

What is Amplified Wheyboldc Extreme 60™ Casein?

This low-carb friendly, 60g multi-phase protein formula is your ultimate, anabolic rest and recovery support.* Continuously refuel your muscles with this powerful combination of slow-digesting micellar casein and fast-absorbing whey protein isolate throughout the day.* Amplified Wheyboldc Extreme 60™ Casein is GNC's premium sustained muscle fuel with over 17g BCAA, including 10g Leucine, plus 12g Glutamine, 500mg Carnitine† and clinically studied ingredients to:

- Improve muscle recovery with continuous anabolic fuel**
- Increase muscle strength and size by 30%□*
- Promote muscle growth & strength□**
- Enhance protein breakdown with advanced digestive enzymes*

Multi-Phase Protein Supplies Continuous Fuel for Muscle Recovery**□*

This powerful combination of slow-digesting micellar casein and fast-absorbing whey protein isolate delivers amino acids throughout the day, providing you the ultimate muscle recovery. *For continuous muscle support, simply take one scoop every 7-8 hours, three times daily.



10g Leucine Blend Clinically Proven to Increase Post-Exercise Anabolic Response**



*In a randomized, double-blind, cross-over clinical trial that included 20 recreationally trained, healthy male subjects, those taking a WPI and leucine blend immediately post-workout showed significant increases in plasma insulin concentration. Those taking the WPI and leucine blend showed 400% more insulin 30 minutes post-workout compared to a placebo.

Amplified Wheyboldc Extreme 60™ Casein Features 6 Products in 1!

1. Whey Protein Isolate
2. Micellar Casein
3. Leucine
4. Carnitine
5. Theanine
6. Digestive Enzymes

* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



AMPLIFIED WHEYBOLIC EXTREME 60™ CASEIN

6 PRODUCTS IN ONE

- 40g Slow-Digesting Micellar Casein + 20g Rapid-Absorbing Whey Isolate for Sustained Muscle Fuel & Recovery†**
- Clinically Proven Protein Blend to Help Rebuild & Repair Muscles*□*
- 17g BCAA, 10g Leucine & 12g Glutamine to Combat Muscle Breakdown*
- Advanced Enzymes for Enhanced Digestion*

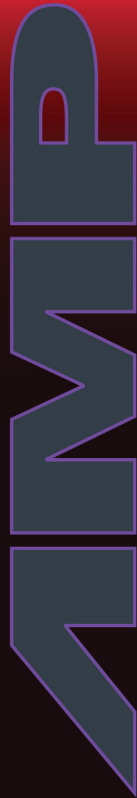


CLINICALLY RESEARCHED

COOKIES & CREAM

NATURAL + ARTIFICIAL FLAVORS

DIETARY SUPPLEMENT
Net Wt 43.2 oz (2.7 lb) 1225 g



CODE 414690 JQG
DIRECTIONS: As a dietary supplement, consume 1-3 scoops of GNC Pro Performance® AMP Amplified Wheyboldc Extreme 60™ Casein in 4-6 fl. oz. of cold water per scoop post-workout. For continuous support and maximum results, take 1 full scoop every 7-8 hours, three times daily.

Daily Dose	Total Protein	Benefit
1 scoop in the morning	20 g	Helps meet protein needs & fuels metabolism*
1 scoop in the afternoon, 7-8 hours after previous dose	40 g	Fuels muscles & metabolism, supports recovery & muscle protein synthesis*
1 scoop in the evening, 7-8 hours after previous dose	60 g	Increases muscle size, anabolic factors, and strength by 30%□*

Supplement Facts

Serving Size	1 Scoop (29.2 g)	2 Scoops (58.3 g)	3 Scoops (87.5 g)
Servings Per Container	42	21	14
Amount Per Serving	% Daily Value	% Daily Value	% Daily Value
Calories	100	200	300
Calories from Fat	5	10	20
Total Fat	0.5 g 1%†	1 g 2%†	2 g 3%†
Saturated Fat	0 g 0%†	0 g 0%†	0.5 g 3%†
Cholesterol	10 mg 3%	20 mg 7%	30 mg 10%
Total Carbohydrates	3 g 1%†	7 g 2%†	10 g 3%†
Dietary Fiber	<1 g 2%†	1 g 4%†	2 g 8%†
Sugar	2 g	3 g	5 g
Protein	20 g	40 g	60 g
Calcium	333 mg 33%	665 mg 66%	1 g 100%
Iron	0.17 mg 1%	0.33 mg 2%	0.5 mg 3%
Magnesium	28 mg 7%	56 mg 14%	85 mg 21%
Zinc	4 mg 27%	8 mg 53%	12 mg 80%
Sodium	75 mg 3%	150 mg 6%	230 mg 10%
Potassium	100 mg 3%	200 mg 6%	300 mg 9%
Amino Acids			
Glutamic Acid & Glutamine (as Micellar Casein, Whey Protein Isolate)	4 g *	8 g *	12 g *
Leucine (as Micellar Casein, Whey Protein Isolate, L-Leucine)	3.3 g *	6.7 g *	10 g *
Arginine (as Micellar Casein, Whey Protein Isolate)	633 mg *	1.27 g *	1.9 g *
Recovery & Relaxation Compound			
L-Carnitine (as L-Carnitine Tartrate)	166 mg *	333 mg *	500 mg *
Milk Protein Hydrolysate	17 mg *	33 mg *	50 mg *
L-Theanine (as Suntheanine®)	8 mg *	17 mg *	25 mg *
Amino Acceleration Blend	79 mg *	158 mg *	238 mg *
Enzyme Matrix™ Blend (Amylase, Protease 4.5, Protease 6.0, CereCalase®, Pepsidase, Alpha-galactosidase, Glucosylase, Bromelain, Protease 3.0, Lipase, Protease AM, Invertase, Lactase), Aminogen®, Carbogen®			
† Percent Daily Values are based on a 2,000 calorie diet.			
* Daily Value not established.			

OTHER INGREDIENTS: Micellar Casein, Whey Protein Isolate, Cookie Crumbs (Rice Flour, Sugar, Canola Oil, Cocoa (Processed with Alkali), Rice Starch, Baking Soda, Salt), Natural & Artificial Flavor, Titanium Dioxide, Gum Blend (Cellulose Gum, Xanthan Gum, Carrageenan), Lecithin, Calcium Lactate Gluconate, Sucralose, TriPotassium Citrate, Salt, TriMagnesium Citrate, Acesulfame Potassium, Zinc Citrate. CONTAINS: Milk and Soybeans. NOTICE: Use this product as a food supplement only. Do not use for weight reduction. Significant product settling may occur.

TYPICAL AMINO ACID PROFILE PER 3 SCOOP SERVING				
Alanine	2430 mg	Lysine		5420 mg
Arginine	1965 mg	Methionine		1625 mg
Aspartate	5470 mg	Phenylalanine		2635 mg
Cystine	815 mg	Proline		5500 mg
Glutamine/Glutamic Acid	12350 mg	Serine		3170 mg
Glycine	1130 mg	Threonine		3255 mg
Histidine	1405 mg	Tryptophan		974 mg
Isoleucine†	3560 mg	Tyrosine		2780 mg
Leucine†	10550 mg	Valine†		3575 mg
Total				68609 mg

† Indicates Branched Chain Amino Acids (BCAA).
* Denotes naturally occurring and added free form amino acids.

*In a randomized, double-blind controlled study of sixteen healthy adults, subjects consumed either whey protein or casein containing equal amounts of leucine. While plasma branched chain amino acid levels were highest at 100 minutes post-supplementation in subjects who consumed whey protein, after 300 minutes BCAA levels were higher in subjects who consumed casein compared to those who took whey protein.

*When combined with a resistance training program.

□An 8-week study of athletes performing an intense resistance exercise training regimen demonstrated that those using this proprietary module of whey protein and leucine had greater increases in muscle strength and size than those on a placebo.

†Per 3 scoop serving
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Products bearing this logo have been tested for banned substances by LSC Sport Science, a world-class anti-doping lab.
*Product was tested for over 145 banned substances on the 2015 World Anti-Doping Agency (WADA) Prohibited List via LGC ship lot testing protocol #ICP201537. See gnc.com for more information.

KEEP OUT OF REACH OF CHILDREN.
Store in a cool, dry place.

For More Information:
1-888-462-2548

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