

GNC

PRO PERFORMANCE

24G PROTEIN | 130 CALORIES | 2G SUGARS

100% WHEY

High-Quality, Gluten Free Protein
Supports Healthy Metabolism &
Lean Muscle Recovery^{^*}

DIETARY SUPPLEMENT
12 SERVINGS
Net Wt 14.39 oz 408 g



VANILLA CREAM
NATURAL AND ARTIFICIAL FLAVORS



PRO PERFORMANCE[®] RESULTS

As your life becomes increasingly hectic, making healthy decisions that steer you toward wellness can be difficult. At any age, it is a challenge to maintain adequate protein levels in your diet. As the basic kick-starter for lean muscle repair,* 100% Whey helps you achieve maximum wellness and athletic performance by supporting a healthy metabolism and lean muscle.*

Following any level of exercise, amino acids are needed for growth, repair and maintenance of muscles.* This formula is packed with 24 grams of high-quality protein, containing all 9 essential amino acids, that digest quickly and support your wellness and performance goals.[^]

PRO PERFORMANCE[®] QUALITY

100% Whey is tested and certified Banned Substance Free. It is gluten free, tastes great and mixes easily with a simple stir, shake or blend.

TYPICAL NATURALLY OCCURRING AMINO ACIDS PER SERVING:

Alanine	1165 mg	Phenylalanine	775 mg
Arginine	558 mg	Proline	1527 mg
Aspartate	2548 mg	Serine	1258 mg
Cystine	295 mg	Threonine	1555 mg
Glutamic Acid	4367 mg	Tryptophan	510 mg
Glycine	532 mg	Tyrosine	584 mg
Histidine	414 mg	Valine [†]	1432 mg
Isoleucine [†]	1552 mg	Total	24263 mg
Leucine [†]	2523 mg		
Lysine	2231 mg		
Methionine	437 mg		

[†] Indicates Branched Chain Amino Acids (BCAA).
[^] When used in conjunction with an exercise program.

WAYS TO ENJOY YOUR 100% WHEY PROTEIN

1



SHAKE

Combine with cold water, milk or your favorite beverage in a shaker cup

2



BLEND

Make a delicious smoothie adding fruits, juices, peanut butter or yogurt

3



EAT

Mix powder in your oatmeal, yogurt or your favorite food

CODE 369942

DIRECTIONS: As a dietary supplement, mix one scoop (34.0 g) in 6 fl. oz. of cold water, milk or your favorite beverage and blend well. Consume 1-2 servings per day. Best enjoyed post-workout and/or throughout the day as an additional source of protein.

BRG

Supplement Facts

Serving Size One Scoop (34.0 g)
Servings Per Container 12

Amount Per Serving	% Daily Value
Calories	130
Calories from Fat	20
Total Fat	2 g 3%†
Saturated Fat	1 g 5%†
Cholesterol	65 mg 22%
Total Carbohydrate	5 g 2%†
Sugars	2 g *
Protein	24 g
Calcium	130 g 13%
Sodium	70 mg 3%
Potassium	180 mg 5%

†Percent Daily Values are based on a 2,000 calorie diet.
* Daily Value not established.

INGREDIENTS: 100% Whey Protein Blend (Whey Protein Concentrate, Whey Protein Isolate), Natural and Artificial Flavors, Cellulose Gum, Soy Lecithin, Xanthan Gum, Acesulfame Potassium, Sucralose.

CONTAINS: Milk and Soybeans.

NOTICE: Use as a food supplement only. Do not use for weight reduction. Significant product settling may occur.

No Artificial Colors, No Preservatives, Gluten Free.

* 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.



Products bearing this logo have been tested for banned substances by LGC Science, Inc., a world-class anti-doping lab. * Product was tested for over 145 banned substances on the 2016 World Anti-Doping Agency (WADA) Prohibited List via LGC skip lot testing protocol #ICP0307. See gnc.com for more information.



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



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For More Information:
1-888-462-2548

SHOP NOW @ GNC.COM

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