

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.

^When used in conjunction with an exercise program.

INFORMED-CHOICE

TRUSTED BY SPORT

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.

For More Information:
1-888-462-2548
SHOP NOW @ GNC.COM
Distributed by:
General Nutrition Corporation
Pittsburgh, PA 15222

* 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.

GNC



PRO PERFORMANCE

24g

PROTEIN

130

CALORIES

2g

SUGARS

100% WHEY

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



VANILLA CREAM
NATURAL AND ARTIFICIAL FLAVORS

DIETARY SUPPLEMENT
64 SERVINGS
Net Wt 4.80 lb (76.76 oz) 2176 g

CODE 369955
DIRECTIONS: As a dietary supplement, mix one scoop (34 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.

Activity	Daily Dose	Protein (g)	Benefits
Non-Training/Off Day	1/2 - 1 scoop	12 - 24	Helps meet protein needs & fuels metabolism*
Cardio Training	1 scoop	24	Replenishes nitrogen for muscle protein synthesis*
Resistance Training	1 - 2 scoops	24 - 48	Provides anabolic building blocks, including BCAA*
Cardio & Resistance	2 scoops	48	Fuels lean muscle mass & supports optimal recovery*

Supplement Facts

Serving Size One Scoop (34 g)
Servings Per Container 64

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 Carbohydrates	5 g 2%†
Sugars	2 g *
Protein	24 g
Calcium	130 mg 13%
Sodium	70 mg 3%
Potassium	180 mg 5%

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

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Gf

KOSHER

GLUTEN FREE

TYPICAL AMINO ACID PROFILE PER SERVING:

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

† Indicates Branched Chain Amino Acids (BCAA).

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