



What is Amplified Wheybold Extreme 60™ Ripped?

GNC's most advanced protein. Amplified Wheybold Extreme 60™ Original, has evolved even further to help meet your specific training goals, build lean muscle and fuel a ripped and muscular physique.* This product is the only thermogenic-enhanced, clinically proven whey protein isolate designed to help you support lean muscle mass and fuel a shredded physique. With a base of whey and leucine, this formula is clinically proven to fuel increased strength, muscle size and a 100% increase in exercise efficiency.*

Our GNC scientists have AMPed up the protein with a Shredded Complex and a Metabolizer Matrix with clinically proven ingredients to maximize your results, making this product a combination of 7 products in 1!

Amplified Wheybold Extreme 60™ Ripped – Burn Calories, Build Muscle

This breakthrough formula takes protein functionality and performance to new levels so you can achieve chiseled, highly developed muscles.*

Energizing Thermogenic Shred Complex & Metabolizer Matrix

Amplified Wheybold Extreme 60™ Ripped delivers proven ingredients in the powerful Energizing Thermogenic Shred Complex to help increase energy, calorie burning, boost training performance, and speed up metabolism, plus clinically studied Green Coffee Bean Extract.*

In addition, the Metabolizer Matrix features a blend of key amino acids specifically designed to help fuel the metabolism of long chain fatty acids.*

Combining alanine, tyrosine, methionine and 1 gram of L-Carnitine makes this a potent blend for any athlete looking to get ripped.*

The 1 gram of L-Carnitine helps to transform fatty acids into energy for muscles and the body's energy production system.*

Highly Effective Whey-Leucine Base

The impressive 60 grams of protein is made entirely from two of the highest quality, fast-absorbing forms of whey protein, isolates and hydrolysates, including 10 grams of leucine to create an ideal environment for muscle protein synthesis.*

This potent blend delivers Arginine, which is involved in creatine synthesis, and



AMPLIFIED WHEYBOLIC EXTREME 60™ RIPPED

7 PRODUCTS IN ONE

- 60g Whey Isolate & Hydrolysates to Support Muscle Recovery & Growth**
- Scientifically Formulated to Fuel a Ripped Physique*
- 10g Leucine, 10g Glutamine & 1g Carnitine Formulated to Build Lean Muscle**
- Energizing Thermogenic Shred Complex Provides 300% Increase in Calorie Burning**



CLINICALLY RESEARCHED

COOKIES & CREAM

NATURAL + ARTIFICIAL FLAVORS

DIETARY SUPPLEMENT
Net Wt 46 oz (2.87 lb) 1305 g

CODE 386450

DIRECTIONS: Once per day as a dietary supplement, consume 1-3 scoops of GNC Pro Performance® AMP Amplified Wheybold Extreme 60™ Ripped in 4, 8 or 12 fl. oz. of cold water respectively, 30 minutes before your workout. On non-training days, consume one serving first thing in the morning. For extreme results, take the full 3 scoop serving twice per day, pre and post-workout.

Daily Dose	Protein	Shredded Complex	Benefit
1 scoop 30 minutes pre-workout or between meals	20 g	234 mg	Helps meet protein needs & fuels metabolism*
2 scoops 30 minutes pre-workout or between meals	40 g	468 mg	Fuels muscles & metabolism, supports recovery*
3 scoops 30 minutes pre-workout or first thing in the morning	60 g	702 mg	Increase calorie burning, metabolism and strength by 30% while fueling a "ripped physique"

Supplement Facts

Serving Size	1 Scoop (29 g)	2 Scoops (58 g)	3 Scoops (87 g)
Servings Per Container	45	22	15
Amount Per Serving	% Daily Value	% Daily Value	% Daily Value
Calories	100	190	290
Calories from Fat	0	5	10
Total Fat	0 g 0%	0.5 g 1%	1 g 2%
Saturated Fat	0 g 0%	0 g 0%	0.5 g 3%
Cholesterol	5 mg 2%	10 mg 3%	15 mg 5%
Total Carbohydrate	4 g 1%	7 g 2%	11 g 4%
Sugars	2 g *	3 g *	5 g *
Protein	20 g	40 g	60 g
Calcium	130 mg 13%	250 mg 25%	380 mg 38%
Sodium	60 mg 3%	130 mg 5%	190 mg 8%
Potassium	110 mg 3%	220 mg 6%	330 mg 9%

Amino Acid Blend			
Glutamine (as Whey Protein Isolate, Hydrolyzed Whey Protein)	3.33 g *	6.66 g *	10 g *
Leucine (as Whey Protein Isolate, Micronized L-Leucine, Hydrolyzed Whey Protein)	3.33 g *	6.66 g *	10 g *
Arginine (as Whey Protein Isolate, Hydrolyzed Whey Protein)	333 mg *	666 mg *	1 g *

Metabolizer Matrix			
Alanine (as Whey Protein Isolate, Hydrolyzed Whey Protein)	1 g *	2 g *	3 g *
Tyrosine (as Whey Protein Isolate, Hydrolyzed Whey Protein)	666 mg *	1.33 g *	2 g *
Methionine (as Whey Protein Isolate, Hydrolyzed Whey Protein)	500 mg *	1 g *	1.5 g *
L-Carnitine (as L-Carnitine Tartrate)	333 mg *	666 mg *	1 g *

Energizing Thermogenic Shred Complex			
Svetol® Green Coffee Extract (Coffee canephora) (Decaffeinated Green Coffee Beans)	133 mg *	266 mg *	400 mg *
Caffeine	66 mg *	133 mg *	200 mg *
Capsimax® Fruit Extract (Capsicum annuum)	33 mg *	66 mg *	100 mg *
Piperine (Piper nigrum/from Black Pepper Extract)	1.6 mg *	3.3 mg *	5 mg *

Amino Acceleration System			
Enzyme Matrix™ Blend (Amylase, Protease 4.5, Protease 6.0, CereCalase® (Hemicellulase, Beta-Glucanase, Phytase), Peptidase, Alpha-galactosidase, Glucoamylase, Bromelain, Protease 3.0, Lipase, Protease AM, Invertase, Lactase), Aminogen®, Carbogen®	79 mg *	158 mg *	239 mg *

* Percent Daily Values are based on a 2,000 calorie diet.

† Daily Value not established.

OTHER INGREDIENTS: Protein Blend (Whey Protein Isolate, Hydrolyzed Whey Protein), Natural and Artificial Flavor, Cookie Bits (Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Sugar, Palm and Palm Kernel Oil Blend, Cocoa (Processed with Alkali), High Fructose Corn Syrup, Corn Flour, Salt, Dextrose, Sodium Bicarbonate, Soy Lecithin), Lecithin, Cocoa (Processed with Alkali), Titanium Dioxide, Medium Chain Triglycerides, Cellulose Gum, Salt, Sucralose, Coffee Powder, Acesulfame Potassium.

CONTAINS: Milk, Soy and Wheat.

Contains 200 mg of Caffeine Per 3 Scoops.

WARNING: Consult your physician prior to using this product if you are pregnant, nursing, taking medication, or have a medical condition. Discontinue use two weeks prior to surgery.

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	1256 mg	Lysine	5043 mg
Arginine	3027 mg	Methionine	1261 mg
Aspartate	6804 mg	Phenylalanine	1771 mg
Cystine	1491 mg	Proline	3967 mg
Glutamine & Glutamic Acid	10002 mg	Serine	2982 mg
Glycine	970 mg	Threonine	4568 mg
Histidine	785 mg	Tryptophan	875 mg
Isoleucine†	3967 mg	Tyrosine	1566 mg
Leucine**	10213 mg	Valine†	3452 mg
	Total		63700 mg

† Indicates Branched Chain Amino Acids (BCAA).

* Denotes naturally occurring and added free form amino acids.

• In an eight-week, randomized, double-blind, placebo-controlled study of 30 healthy male volunteers comparing 1 set resistance training + active or carbohydrate placebo to 2 sets resistance training alone with no supplement, the active group showed equal gains in maximal muscle strength and muscle endurance compared to the control group.

• When used in conjunction with an exercise program. As with any food product, use of this product alone will not lead to increased muscle mass or strength.

† Per 3 scoop serving.

• Inclusion of these enzymes resulted in a 12% greater protein breakdown as measured by the release profile of the amino acid tyrosine. These results represent the enzyme activity potential under simulated conditions. Effects in the human body have not been studied.

• In a double-blind, randomized, placebo-controlled cross-over study, 25 subjects exercised on a treadmill on two occasions. On one occasion the subjects took the thermogenic blend and on the second occasion, they took a placebo. When the subjects took the thermogenic blend, they burned 3 times more calories before, 3% more calories during and 12x more calories for up to one hour after exercise when compared to the placebo.

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KEEP OUT OF REACH OF CHILDREN.

Store in a cool, dry place.

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