

CODE 386448 IQG
DIRECTIONS: As a dietary supplement, mix 1 packet with 3 fl. oz. of water or milk post-workout, first thing in the morning, or between meals. For best results, take two packets daily.

Supplement Facts

Serving Size One Packet (26.5 g)	
Servings Per Container 6	
Amount Per Serving	% Daily Value
Calories	110
Calories from Fat	25
Total Fat	2.5 g 4%†
Saturated Fat	1 g 5%†
Cholesterol	65 mg 22%
Total Carbohydrate	5 g 2%†
Dietary Fiber	<1 g 2%†
Sugars	1 g *
Protein	15 g
Vitamin D	200 IU 50%
Calcium	125 mg 13%
Iron	5 mg 28%
Magnesium	45 mg 11%
Zinc	1 mg 7%
Sodium	80 mg 3%
Potassium	180 mg 5%
Glutamine (as Whey Protein Concentrate, Whey Protein Isolate)	2.6 g *
Leucine (as Whey Protein Concentrate, Whey Protein Isolate)	1.6 g *
Lysine (as Whey Protein Concentrate, Whey Protein Isolate)	1.4 g *
Isoleucine (as Whey Protein Concentrate, Whey Protein Isolate)	850 mg *
Valine (as Whey Protein Concentrate, Whey Protein Isolate)	800 mg *
Proline (as Whey Protein Concentrate, Whey Protein Isolate)	800 mg *
Pomegranate Extract (fruit)	500 mg *
Tyrosine (as Whey Protein Concentrate, Whey Protein Isolate)	400 mg *
Tryptophan (as Whey Protein Concentrate, Whey Protein Isolate)	250 mg *
ProHydrolase® Protease Enzyme Blend	150 mg
Proprietary blend of proteases from <i>Bacillus subtilis</i> and <i>Ananas comosus</i>	52,500 HUT
Acetyl L-Carnitine	125 mg *

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

OTHER INGREDIENTS: Protein Blend (Whey Protein Concentrate, Whey Protein Isolate), Natural and Artificial Flavors, Cocoa (Processed with Alkali), Medium Chain Triglycerides, Creamer (Sunflower Oil, Corn Syrup Solids, Sodium Caseinate, Mono- and Diglycerides, Dipotassium Phosphate, Tricalcium Phosphate, Soy Lecithin, Tocopherols), Magnesium Bisglycinate Chelate, Calcium Citrate Malate, Lecithin, Cellulose Gum, Ferric Pyrophosphate (SunActive®), Xanthan Gum, Flaxseed Protein, Milled Chia Seed, Sucralose, Zinc Citrate, Cholecalciferol.
CONTAINS: Milk and Soybeans.
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: Significant product settling may occur.
*When used in conjunction with an exercise program.
†Per two packets
ProHydrolase® is a trademark of Deerland Enzymes, Inc.
SunActive® is a registered trademark of Taiyo International, Inc.

Perfectly Portioned for Women
Think ordinary protein is good enough? Think again. A woman's body is different than a man's, so her protein product should be different as well. This easy-mixing whey protein blend not only tastes delicious, each premium ingredient is perfectly portioned to help you meet daily nutritional needs, fuel athletic performance and feel your best.*

- Optimizes post-workout muscle recovery**
- Replenishes nutrients often low in athletic women*
- Enhances lean muscle and calcium absorption*
- Provides digestive enzymes, which may facilitate less bloating*
- Supports energy metabolism and hormone balance*
- Contains alpha-lactalbumin, naturally occurring immune support*

The Proof is in the Protein and Then Some...
It's a fact that female athletes need unique nutrients in just the right proportions to maximize lean muscle recovery and athletic performance. Women's Advanced Protein is made just for women with the highest quality ingredients in just the right amounts.

INFORMED-CHOICE

Trusted by sport

ORG

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 2015 World

Anti-Doping Agency (WADA) Prohibited List via LGC skip lot testing protocol #ICP0307. See gnc.com for more information.

* 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.

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



Designed by Women for Women

PROTEIN

optimal post-workout recovery†

AMINO ACIDS

supports women's physiology needs

1g SUGAR

calorie-conscious yet delicious

POMEGRANATE

extract clinically studied in women

HEALTHY FATS

women's performance support

MINERALS

often low in active women



WOMEN'S ADVANCED PROTEIN



CLINICALLY RESEARCHED

CHOCOLATE CUPCAKE

NATURAL + ARTIFICIAL FLAVORS

DIETARY SUPPLEMENT
6 PACKETS - Net Wt 5.6 oz (159 g)



- High-Quality Protein for Optimal Muscle Recovery†*
- Specifically Formulated for Active Women to Support Energy Metabolism and Hormone Balance*
- Enhances Lean Muscle for a Healthy Body Composition^*