

**GNC**

## 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.



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.

# PRO PERFORMANCE

**24G** | **130** | **2G**  
PROTEIN | CALORIES | SUGARS

# 100% WHEY

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

DIETARY SUPPLEMENT  
25 SERVINGS  
Net Wt 29.98 oz (1.87 lb) 850 g



**VANILLA CREAM**  
NATURAL AND ARTIFICIAL FLAVORS

CODE 369948

BRG

**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 25

| 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.

**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 this product as a food supplement only. Do not use for weight reduction. Significant product settling may occur.

No Artificial Colors, No Preservatives, 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).

### 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