

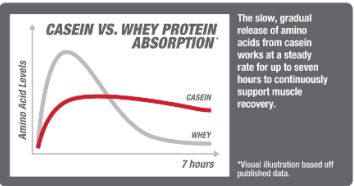
PRO PERFORMANCE® RESULTS

Maintaining adequate protein levels throughout the day can be a challenge. Casein is a slow-release protein naturally rich in glutamine and branched chain amino acids (BCAA). 100% Casein contains 25 grams of protein, providing slow and steady amino acids for muscle growth and maintenance over several hours.*[†] A perfect choice for overnight and long-period lean muscle recovery, 100% Casein supports your wellness and performance goals.*[†]

PRO PERFORMANCE® QUALITY

100% Casein 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 **CHOICE**
Trusted by sport

Products bearing this logo have been tested for banned substances by LGC Sciences, 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's split lot testing protocol #PCP307. 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.

GNC



PRO
PERFORMANCE

25G PROTEIN | 130 CALORIES | <1G SUGARS

100% CASEIN

High-Quality, Gluten Free Protein
Supports Muscle Recovery
with Slow-Digesting Protein*[†]



VANILLA CREAM
NATURAL AND ARTIFICIAL FLAVORS

DIETARY SUPPLEMENT
28 SERVINGS
Net Wt 33.58 oz (2.10 lb) 952 g

CODE 386497 FRG
DIRECTIONS: As a dietary supplement, mix one scoop (34 g) in 10 fl. oz. of cold water, milk or your favorite beverage and blend well. Consume 1-2 servings per day. Best enjoyed early in the day, post-workout and/or before bed as an additional source of protein.

Supplement Facts

Amount Per Serving	% Daily Value
Serving Size One Scoop (34 g)	
Servings Per Container 28	
Calories	130
Calories from Fat	10
Total Fat	1 g 2%†
Cholesterol	20 mg 7%
Total Carbohydrate	4 g 1%†
Dietary Fiber	1 g 4%†
Sugars	<1 g *
Protein	25 g
Calcium	600 mg 60%
Sodium	150 mg 6%
Potassium	100 mg 3%

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

INGREDIENTS: Micellar Casein, Natural and Artificial Flavors, Polydextrose, Creamer (Sunflower Oil, Maltodextrin, Sodium Caseinate, Mono- and Diglycerides, Tocopherols, Tricalcium Phosphate), Salt Substitute (Salt, Sodium Gluconate, Potassium Chloride), Gum Blend (Cellulose Gum, Xanthan Gum, Carrageenan), Lecithin, Salt, Sucralose, Acesulfame Potassium.

CONTAINS: Milk and Soybeans.

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



THREE WAYS TO ENJOY YOUR 100% CASEIN 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.

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 USA

