

What is Amplified Wheybollic Extreme 60™ Casein?

This low-carb friendly, 60 g, multi-phase protein formula is your ultimate anabolic rest and recovery support.* Amplified Wheybollic Extreme 60™ Casein is GNC's premium sustained muscle fuel with 17 g BCAA, including 10 g Leucine, plus 12 g Glutamic Acid & Glutamine, 500 mg Carnitine^a and clinically studied ingredients to:

- Improve muscle recovery with continuous anabolic fuel**
- Increase muscle strength and size by 30%[□]*
- Promote muscle growth & strength[□]*
- Enhance protein breakdown with advanced digestive enzymes**

Multi-Phase Protein Supplies Continuous Fuel for Muscle Recovery**

This powerful combination of slow-digesting micellar casein and fast-absorbing whey protein isolate delivers amino acids throughout the day, providing you the ultimate muscle recovery. For continuous muscle support, simply take one scoop every 7-8 hours, three times daily.

- MICELLAR CASEIN
- WHEY ISOLATE

10 g Leucine Blend Clinically Proven to Increase Post-Exercise Anabolic Response**



*In a randomized, double-blind, cross-over clinical trial that included 20 recreationally trained, healthy male subjects, those taking a WPI and leucine blend immediately post-workout showed significant increases in plasma insulin concentration. Those taking the WPI and leucine blend showed 400% more insulin 30 minutes post-workout compared to a placebo.

**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.



AMPLIFIED WHEYBOLIC EXTREME 60™ CASEIN

- Slow-Digesting Micellar Casein + Rapid-Absorbing Whey Isolate for Sustained Muscle Fuel & Recovery[†]*
- Clinically Proven Protein Blend to Support Muscle Building[□]*
- Advanced Enzymes for Enhanced Digestion**

60G PROTEIN | 17G BCAA | 10G LEUCINE | 3G SUGAR

CLINICALLY RESEARCHED

VANILLA

NATURAL + ARTIFICIAL FLAVORS

DIETARY SUPPLEMENT
Net Wt 41.0 oz (2.56 lb) 1162 g



CODE 414686

DIRECTIONS: As a dietary supplement, consume 1-3 scoops of GNC Pro Performance™ AMP Amplified Wheybollic Extreme 60™ Casein in 4-6 fl oz of cold water per scoop post-workout. For continuous support and maximum results, take 1 full scoop every 7-8 hours, three times daily. For extreme results, consume the full 3 scoop serving twice per day in conjunction with your exercise program.

Daily Dose	Total Protein	Benefit
1 scoop in the morning	20 g	Helps meet protein needs & fuels metabolism*
1 scoop in the afternoon, 7-8 hours after previous dose	40 g	Fuels muscles & metabolism, supports recovery & muscle protein synthesis**
1 scoop in the evening, 7-8 hours after previous dose	60 g	Increases muscle size, anabolic factors, and strength by 30% [□] *

Supplement Facts

Serving Size	1 Scoop (27.6 g)	2 Scoops (55.3 g)	3 Scoops (83 g)
Servings Per Container	42	21	14
Amount Per Serving	% Daily Value	% Daily Value	% Daily Value
Calories	90	190	280
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	10 mg 3%	20 mg 7%	30 mg 10%
Total Carbohydrates	3 g 1%†	6 g 2%†	9 g 3%†
Dietary Fiber	<1 g 2%†	1 g 4%†	2 g 8%†
Sugar	1 g *	2 g *	3 g *
Protein	20 g	40 g	60 g
Calcium	327 mg 33%	653 mg 65%	960 mg 96%
Magnesium	25 mg 6%	50 mg 13%	75 mg 19%
Zinc	2.7 mg 18%	5.3 mg 35%	8 mg 53%
Sodium	70 mg 3%	140 mg 6%	210 mg 9%
Potassium	100 mg 3%	200 mg 6%	300 mg 9%
Recovery & Relaxation Compound			
L-Carnitine (as L-Carnitine Tartrate)	166 mg *	333 mg *	500 mg *
Milk Protein Hydrolysate (Lactium®)	17 mg *	33 mg *	50 mg *
L-Theanine (as Suntheanine®)	8 mg *	17 mg *	25 mg *
Amino Acids			
Glutamic Acid & Glutamine (as Micellar Casein, Whey Protein Isolate)	4 g *	8 g *	12 g *
Leucine (as Micellar Casein, Whey Protein Isolate, L-Leucine)	3.3 g *	6.7 g *	10 g *
Arginine (as Micellar Casein, Whey Protein Isolate)	633 mg *	1.27 g *	1.9 g *
Amino Acceleration Blend	79 mg *	159 mg *	239 mg *
Enzyme Matrix™ Blend (Amylase, Protease 4.5, Protease 6.0, CereCase® (Hemicellulase, Beta-Glucanase, Phytase), Peptidase, Alpha-galactosidase, Glucoamylase, Bromelain, Protease 3.0, Lipase, Protease M1, Invertase, Lactase), Protease Aminogen®, Carbogen® (Maltodextrin, Amylase, Cellulase, Hemicellulase)			

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

OTHER INGREDIENTS: Micellar Casein, Whey Protein Isolate, Natural & Artificial Flavors, Gum Blend (Cellulose Gum, Xanthan Gum, Carrageenan), Lecithin (Soy), Calcium Lactate Gluconate, TriPotassium Citrate, Sucralose, TriMagnesium Citrate, Acesulfame Potassium, Zinc Citrate.

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

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Typical Amounts of Key Amino Acids Per 3 Scoop Serving to Support Optimal Muscle Growth and Development**

17g of BCAA	43g of Muscle Supporting Amino Acids	
LEUCINE	GLUTAMIC ACID & GLUTAMINE	PHENYLALANINE
ISOLEUCINE	ASPARTIC ACID	ALANINE
VALINE	LYSINE	ARGININE
	PROLINE	METHIONINE
	SERINE	HISTIDINE
	THREONINE	GLYCINE
	TYROSINE	TRYPTOPHAN
		CYSTINE

*In a randomized, double-blind, controlled study of 16 healthy adults, subjects consumed either whey protein or casein containing equal amounts of leucine. While plasma BCAA (branched chain amino acid) levels were highest at 100 minutes post-supplementation in subjects who consumed whey protein, after 300 minutes BCAA levels were higher in subjects who consumed casein compared to those who took whey protein.

**When used in conjunction with an exercise program.

□An 8-week study of athletes performing an intense resistance exercise training regimen demonstrated that those using this proprietary module of whey protein and leucine had greater increases in muscle strength and size than those on a placebo.

†Per 3 scoop serving

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KEEP OUT OF REACH OF CHILDREN. Store in a cool, dry place.

For More Information: 1-888-462-2548

SHOP NOW @ GNC.COM

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* 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.