

30% Increase in Muscle Strength¹

WHEY PROTEIN + LEUCINE GROUP

CARB PLACEBO GROUP



¹An 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.

²In 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.

³When 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.

⁴ Per 3 scoop serving.

⁵Inclusion of these enzymes resulted in a 12% greater protein breakdown as measured by the release profile of the amino acid lysine. These results represent the enzyme activity potential under simulated conditions. Effects in the human body have not been studied.

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Aminogen[®] and Carbogen[®] are registered trademarks of Innophos Nutrition, Inc.

CereCalase[®] is a registered trademark of National Enzyme Company, Inc.

Enzyme Matrix[™] is a GNC Trademark.

Typical Amounts of Key Amino Acids Per 3 Scoop Serving to Support Optimal Muscle Growth and Development¹

18g of BCAA	39g of Muscle Supporting Amino Acids	
LEUCINE	GLUTAMIC ACID & GLUTAMINE	TYROSINE
ISOLEUCINE	ASPARTIC ACID	CYSTINE
VALINE	LYSINE	TRYPTOPHAN
	THREONINE	HISTIDINE
	PROLINE	
	ALANINE	
	SERINE	
	PHENYLALANINE	

INFORMED-CHOICE PROTEIN
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 skip lot testing protocol #CPC007. 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

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Distributed by:

General Nutrition Corporation

Pittsburgh, PA 15222 USA



GNC
PRO PERFORMANCE[®]
AMP

AMPLIFIED WHEYBOLIC EXTREME 60[™] POWER

- Formulated Exclusively with Whey Protein Isolate & Hydrolysates
- Fuels Power, Muscle Strength, Growth & Recovery^{1,2,3,4}
- Clinically Studied Testofen[®], Proven to Deliver Testosterone Support^{1,5}

60G | **18G** | **2G** | **3G**
PROTEIN | BCAA | SUGAR | CREATINE

CLINICALLY RESEARCHED

CHOCOLATE FUDGE

NATURAL + ARTIFICIAL FLAVORS

DIETARY SUPPLEMENT
Net Wt 45.0 oz (2.81 lb) 1275 g



CODE 386473

ERG

DIRECTIONS: As a dietary supplement, consume 1-3 scoops of GNC Pro Performance[®] AMP Amplified WheyBolic Extreme 60[™] Power in 4, 8 or 12 fl oz of cold water, respectively, before and/or after exercise. This product can also be consumed first thing in the morning and/or between meals. For extreme results, consume the full 3 scoop serving twice per day in conjunction with your exercise program.

Daily Dose	Protein	Power Complex	Benefit
1 scoop	20 g	7.70 g	Helps meet protein needs & fuels metabolism*
2 scoops	40 g	14.38 g	Fuels muscles & metabolism, supports recovery & muscle protein synthesis**
3 scoops	60 g	21.6 g	Increases strength by 30%, boosts muscle size, metabolic factors & power^{1,2,3,4}

Supplement Facts

	1 Scoop (28.3 g)	2 Scoops (56.7 g)	3 Scoops (85.1 g)
Serving Size	1 Scoop (28.3 g)	2 Scoops (56.7 g)	3 Scoops (85.1 g)
Servings Per Container	45	22	15
Amount Per Serving	% Daily Value	% Daily Value	% Daily Value
Calories	90	190	280
Calories from Fat	5	15	15
Total Fat	0.5 g 1%	1 g 2%	1.5 g 2%
Saturated Fat	0.5 g 1%	1 g 2%	1 g 2%
Cholesterol	10 mg 2%	15 mg 3%	25 mg 5%
Total Carbohydrate	3 g 1%	5 g 2%	8 g 3%
Sugars	1 g	1 g	2 g
Protein	20 g	40 g	60 g
Calcium	100 mg 10%	200 mg 20%	300 mg 30%
Sodium	110 mg 5%	220 mg 9%	330 mg 14%
Potassium	170 mg 5%	340 mg 10%	510 mg 15%

Power Complex			
Leucine (as Whey Protein Isolate, Micronized L-Leucine, Hydrolyzed Whey Protein)	3.33 g *	6.66 g *	10 g *
Isoleucine (as Whey Protein Isolate, Hydrolyzed Whey Protein)	1.33 g *	2.66 g *	4 g *
Valine (as Whey Protein Isolate, Hydrolyzed Whey Protein, Micronized L-Valine)	1.33 g *	2.66 g *	4 g *
Creatine (as Creatine Monohydrate, Creatine Hydrochloride)	1 g *	2 g *	3 g *
Testofen [®] Fenugreek Seed Extract (Fenugreek Extractum graecum)	200 mg *	400 mg *	600 mg *

Amino Acid Complex			
Glutamic Acid & Glutamine (as Whey Protein Isolate, Hydrolyzed Whey Protein)	3.43 g *	6.86 g *	10.3 g *
Arginine (as Whey Protein Isolate, Hydrolyzed Whey Protein)	366 mg *	732 mg *	1.1 g *
Amino Acceleration System			
Enzyme Matrix [™] Blend (Amylase, Protease 4.5, Protease 6.0, CereCalase [®] (Hemicellulase, Beta-Glucanase, Phytase), Pepsinase, Alpha-Galactosidase, Glucoamylase, Bromelain, Protease 3.0, Lipase, Protease AM, Invertase, Lactase, Protease Aminogen [®] , Carbogen [®] (Maltodextrin, Amylase, Cellulase, Hemicellulase))	79 mg *	158 mg *	239 mg *

* Percent Daily Values are based on a 2,500 calorie diet.

* Daily Value not established.

OTHER INGREDIENTS: Protein Blend (Whey Protein Isolate, Hydrolyzed Whey Protein), Cocoa (Processed with Alkali), Natural and Artificial Flavors, Lecithin, Cellulose Gum, Salt, Sucralose, Acesulfame Potassium, Caramel Color.

CONTAINS: Milk and Soybeans.

WARNING: For adult use only. Use only as directed. Consult your physician prior to using this product if you are pregnant, nursing, under 18 years of age, 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.

What is Amplified WheyBolic Extreme 60[™] Power?

GNC's most advanced protein, Amplified WheyBolic Extreme 60[™] Original, has evolved even further to help meet your specific training goals and develop more strength and power.² This product is the only whey protein isolate to combine the whey and leucine clinically shown to fuel increased strength and size, with additional ingredients proven to amplify power and anabolism.¹ This formula features a protein blend that has been validated in clinical studies to give you a 30% increase in strength, increased muscle size and a 100% improvement in exercise efficiency.^{3,4,5} Our GNC scientists have AMPed up the protein with a Power Complex featuring an mTOR-stimulating BCAA blend for protein synthesis and added creatine to increase anabolic muscle growth.⁶

Amplified WheyBolic Extreme 60[™] Power – Break Plateaus, Build Power¹

This breakthrough formula takes protein functionality and performance to new levels so you can break through plateaus and achieve a new level of muscular power.^{1,2}

Power Complex

In addition to 10 grams of leucine, this formula is stacked with 4 grams of both isoleucine and valine to stimulate mTOR activation and give you a powerful boost of all three BCAA to fuel your workouts and enhance your recovery.¹ This product has upped the ante and added a 3 gram creatine blend to increase athletic performance and fuel strength¹ + 600mg of Testofen[®] Fenugreek to help support testosterone levels in the body.^{1,4}

Highly Effective Whey-Leucine Base

The impressive 60 grams of protein are 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.^{1,2} This potent blend delivers arginine, which is involved in creatine synthesis, and over 10 grams of glutamic acid & glutamine to support anabolic effects.^{1,4} In fact, the whey and leucine blend in this product has been shown to increase muscle strength and stamina with half the sets.^{1,2,3,4}

Powerful Amino Acid System

This product is loaded with arginine as well as glutamic acid & glutamine, key amino acids necessary for muscle building and recovery.^{1,2} Over 10 grams of glutamic acid & glutamine help to combat catabolism and support muscle function, while arginine helps to support blood vessel tone and blood flow, and is involved in the production of creatine.^{1,4}

Enzyme Matrix[™] Blend for 12% Greater Protein Breakdown

This digestive enzyme blend with proven bioactivity is designed to accelerate the availability and absorption of amino acids in muscles.¹ This proprietary enzyme blend provides a 12% greater protein breakdown for improved uptake.^{1,2}

* 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.