

DIRECTIONS: As a dietary supplement, consume 1-3 scoops of GNC Pro Performance® AMP Amplified Wheybold Extreme 60™ Original 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.

| Supplement Facts | | | | |
|---|-------------------|--------------------|-----------------|--|
| Serving Size | 1 Scoop (26.33 g) | 2 Scoops (52.66 g) | 3 Scoops (79 g) | |
| Servings Per Container | 21 | 10 | 7 | |
| Amount Per Serving | % Daily Value | % Daily Value | % Daily Value | |
| Calories | 90 | 190 | 280 | |
| Calories from Fat | 5 | 5 | 10 | |
| Total Fat | 0.5 g 1%† | 0.5 g 1%† | 1 g 2%† | |
| Saturated Fat | | 0.5 g 3%† | 0.5 g 3%† | |
| Cholesterol | 5 mg 2% | 10 mg 3% | 15 mg 5% | |
| Total Carbohydrate | 2 g 1%† | 5 g 2%† | 7 g 2%† | |
| Dietary Fiber | | | 1 g 4%† | |
| Sugars | 1 g * | 1 g * | 2 g * | |
| Protein | 20 g | 40 g | 60 g | |
| Calcium | 93 mg 9% | 187 mg 19% | 280 mg 28% | |
| Sodium | 115 mg 5% | 230 mg 10% | 350 mg 15% | |
| Potassium | 115 mg 3% | 230 mg 7% | 350 mg 10% | |
| Amino Acids | 4.33 g * | 8.66 g * | 13 g * | |
| Arginine (as Whey Protein Isolate, Micronized L-Arginine, Hydrolyzed Whey Protein), Glutamic Acid & Glutamine (as Whey Protein Isolate, Hydrolyzed Whey Protein, Micronized L-Glutamine) | | | 7.7 g * | |
| Leucine (as Whey Protein Isolate, L-Leucine, Hydrolyzed Whey Protein) | 2.56 g * | 5.13 g * | 7.7 g * | |
| L-Carnitine (as L-Carnitine Tartrate) | 166 mg * | 333 mg * | 500 mg * | |
| Amino Acceleration System | 79 mg * | 159 mg * | 239 mg * | |
| Enzyme Matrix™ Blend (Amylase, Protease 4.5, Protease 6.0, CereCalase® [Hemicellulase, Beta-Glucanase, Phytase], Peptidase, Alpha-galactosidase, Glucoamylase, Bromelain, Protease 3.0, Lipase, Protease AM, 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: Protein Blend (Whey Protein Isolate, Hydrolyzed Whey Protein), Natural and Artificial Flavors, Polydextrose, Lecithin, Salt, Sucralose, Acesulfame Potassium.

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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*When 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.

†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.

‡In 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.

§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.

INFORMED-CHOICE 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.

What is Amplified Wheybold Extreme 60™ Original?

Looking for a protein that will help AMPlify your game? When it comes to enhancing your strength, size and stamina, nothing complements your training regimen like Amplified Wheybold Extreme 60™ Original! It is GNC's top protein formula with a base of whey and leucine – proven in clinical studies to give you a 30% increase in strength, increased muscle size, and a 100% improvement in exercise efficiency.◊□* That's better fuel for a stronger body – premium protein for **ADVANCED MUSCLE PERFORMANCE.***†

The Amplified Wheybold Extreme 60™ Original Evolution

How is this protein AMPified? GNC's scientists worked with leading exercise and sports nutrition experts and went beyond the extreme to develop this distinct product...

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. With 7.7 grams of leucine, this creates an ideal environment for muscle protein synthesis.‡§ This potent blend upregulates multiple Genetic Signaling Pathways (GSP) to enhance anabolism and muscle performance.** In fact, the whey and leucine blend in Amplified Wheybold Extreme 60™ Original has been shown to increase muscle strength and stamina with half the sets.◊□*

Micronized Amino Acids

Using MicroSorb™ Amino Technology, the amino acids added to this formula are pulverized, or micronized, from large molecules into smaller particles to facilitate faster absorption. Why is that important? Better absorption of amino acids means better muscle fuel. These key amino acids support muscle building and recovery.**

More Key Aminos

In addition to a whopping 7.7 grams of leucine, this formula is loaded with an array of aminos necessary for your muscles.† This complex blend of amino acids delivers 3.4 grams of arginine, which is involved in creatine synthesis, and 9.6 grams of glutamic acid & glutamine supporting anabolic effects.‡§ The amino acid L-carnitine is included to help transform fatty acids into energy for muscles and the body's energy production system.*

30% Increase in Muscle Strength□

The unique protein blend includes an anabolic module of 20 grams of whey protein and 7.7 grams of leucine that was clinically tested in an 8-week study of athletes performing an intense resistance exercise training regimen. The athletes using this proprietary module of whey protein and leucine demonstrated an increased improvement in muscle strength and muscle size as compared to those performing the same exercise training regimen who did not consume the proprietary module. In a clinical study of participants using a unilateral lower limb resistance training protocol, even the untrained limb demonstrated increases in muscle size.□*

Increase Muscle Strength and Stamina with Half the Sets◊

In a clinical study using a reduced volume resistance training protocol, the anabolic module in 3 scoops of Amplified Wheybold Extreme 60™ Original has been clinically shown to provide the same gains in maximum muscle strength and stamina doing one set while using Amplified Wheybold Extreme 60™ Original when compared to two sets of the same amount of training without supplementation.*◊

Amino Acceleration System

Wheybold Extreme 60™ Original features an Amino Acceleration System - a digestive enzyme blend with proven bioactivity. This proprietary enzyme blend provides a 12% greater protein breakdown for improved amino acid uptake.*◊

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.



AMPLIFIED WHEYBOLIC EXTREME 60™ ORIGINAL

- Formulated Exclusively with Whey Protein Isolate & Hydrolysates
- Fuels a 30% Increase in Muscle Strength◊□*
- Increases Strength & Stamina with Half the Sets◊□*

60G | **15G** | **2G** | **7.7G**
PROTEIN | BCAA | SUGAR | LEUCINE

CLINICALLY RESEARCHED

VANILLA
NATURAL + ARTIFICIAL FLAVORS



DIETARY SUPPLEMENT
Net Wt 19.5 oz (1.22 lb) 553 g



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