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 as you strive to 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 workouts 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.

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 pour favorite food

CODE 300885 CSG

DIRECTIONS: As a dietary supplement, mix one scoop (33.8 g) in 6 fl. oz. of cold water, milk or your favorite beverage and blend well. Consume 1-2 servings per day. This product is best enjoyed post-workout and/or throughout the day as an additional source of protein.

Supplement Facts

Serving Size One Scoop (33.8 g)
Servings Per Container 12

Amount Per Serving		% Daily Value
Calories	130	
Total Fat	2 g	3%†
Saturated Fat	1 g	5%†
Cholesterol	65 mg	22%
Total Carbohydrate	5 g	2%†
Total Sugars	2 g	†
Protein	24 g	
Calcium	130 mg	10%
Sodium	70 mg	3%
Potassium	190 mg	4%

† Percent Daily Values are 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, Red Beet Powder (For Color), Citric Acid, Cellulose Gum, Soy Lecithin, Xanthan Gum, Acesulfame Potassium, Sucralose.
CONTAINS: Milk and Soybeans.
NOTICE: Use as a food supplement only. Do not use for weight reduction. Significant product settling may occur.
No Artificial Colors, No Preservatives, Gluten Free.

*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.

BRONZE CHOICE Trusted by sport — Products bearing this logo have been tested for over 140 banned substances on the 2017 World Anti-Doping Agency (WADA) Prohibited List via LGC ehcp test testing protocol #HCP6307. See gnc.com for more information.

KOSHER — GLUTEN FREE

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

FPO
0 48107 17566 5

For More Information:
1-888-462-2548
SHOP NOW @ GNC.COM

Distributed by:
General Nutrition Corporation
Pittsburgh, PA 15222 USA

GNC

PRO PERFORMANCE®

24g PROTEIN | 130 CALORIES | 2g SUGARS

100% WHEY

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

DIETARY SUPPLEMENT
12 SERVINGS

CREAMY STRAWBERRY
NATURAL AND ARTIFICIAL FLAVORS

BANNED SUBSTANCE FREE