

## 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 wellness and performance goals.^^

## PRO PERFORMANCE® QUALITY

100% Whey is tested and certified Banned Substance Free. It is gluten free 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 your favorite food

CODE 366688

CS6

DIRECTIONS: As a dietary supplement, mix one scoop (33.6 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 (33.6 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	4 g 1%†
Total Sugars	2 g *
Protein	24 g
Calcium	130 mg 10%
Sodium	60 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), Cellulose Gum, Soy Lecithin, Xanthan Gum, Silicon Dioxide.

CONTAINS: Milk and Soybeans.

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

No Artificial Flavors, 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.



Products bearing this logo have been tested for banned substances by LSC Science, Inc., a world-class anti-doping lab. \* Product was tested for over 145 banned substances on the 2017 World Anti-Doping Agency (WADA) Prohibited List via LGC skip lot testing protocol HGP0387. 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

SHOP NOW @ [GNC.COM](http://GNC.COM)

Distributed by:  
General Nutrition Corporation  
Pittsburgh, PA 15222 USA

UNFLAVORED

DIETARY SUPPLEMENT  
12 SERVINGS  
Net Wt 14.22 oz (403.2 g)

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

# 100% WHEY

24g PROTEIN | 130 CALORIES | 1g SUGARS

# PRO PERFORMANCE®



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