

An 8-week, randomized, double-blind, placebo-controlled study of 33 healthy men compared the effectiveness of this proprietary module of whey protein and leucine vs. an isocaloric carbohydrate placebo consumed before and after resistance training. Subjects consuming the leucine-whey protein supplement experienced greater increases in muscle strength than those on the placebo. Leucine-whey protein supplementation also increased muscle cross-sectional area from baseline

• In an 8-week, randomized, double-blind, placebo-controlled study of 39 healthy male volunteers comparing 1 set resistance training (RT) • active or carbohydrate placebo to 2 sets RT alone with no supplement, the active group showed equal gains in maximal muscle strength and muscle endurance compared to the control group



STRENGTH IN

JUST 8 WEEKS

NOTICE: Use this product as a food supplement only. Do not use for weight reduction. roduct sold by weight not volume. Significant duct settling may occur

Velositol® and its associated logo is a trademark of Nutrition 21, LLC. Velositol® is patent protected.

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

For More Information: I-888-462-25**4**8 GNC.com



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 220 banned substances on the 2020 World Anti-Doping Agency (WADA) Prohibited List via LGC skip lot testing protocol #ICP0307.

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,



ADVANCED MUSCLE PERFORMANCE

WHEYBOLIC

Proven to Increase Muscle Strength & Size in Just 8 Weeks ■* Ultra-Pure, Fast-Digesting Whey Protein Isolate & Hydrolysates

NATURAL CHOCOLATE

NATURAL FLAVORS

CLINICALLY PROVEN PERFORMANCE PROTEIN

40G PROTEIN[‡]

LEUCINE[‡]

DIRECTIONS: As a dietary supplement, consume 2 scoops in 8 fl. oz. of cold water or your favorite beverage. Wheybolic can be consumed first thing in the morning, pre-workout and/or post-workout. For maximum results, reference usage benefits and consume 2 scoops twice daily. **Enhanced with More LEUCINE than** Standard Whey Protein

Supplement Facts Elevated Muscle Fuel for Muscle

Growth & Recovery^* Serving Size Servings Per Container Features Only Premium, Ultra-Pure, Fast-Digesting Protein
Only Whey Hydrolysates and a Clinical Core of mount Per Serving % Daily Value

Total Fat	1 g	1%†	2 g	3%†	only whey hydrolysales and a clinical core of
Saturated Fat	0 g	0%†	0.5 g	3%†	Whey Isolate & Leucine to Improve Strength■
Cholesterol	10 mg	3%	20 mg	7%	Enhanced with VELOSITOL® & Leucine
Total Carbohydrate	5 g	2%†	10 g	4%†	
Dietary Fiber	0 g	0%†	<1 g	3%†	To Accelerate Muscle Protein Synthesis^*
Total Sugars	3 g	*	5 g	*	
Includes Added Sugars	2 g	4%†	4 g	8%†	USAGE BENEFITS
Protein	20 g	40%†	40 g	80%†	For Pre-Workout & Cardio
Calcium	90 mg	7%	180 mg	14%	
Chromium (as Chromium Picolinate & Chromium Histidinate)	125 mcg	357%	250 mcg	714%	Clinically Proven Support for Strength,

Performance & Stamina •* For Post-Workout & Cardio Provides Fast-Digesting Whey Isolate & -Leucine (from Micronized L-Leucine, Whey Protein Isolate, Hydrolyzed Whey Protein Hydrolysates Plus Leucine to Fuel Muscle & elositol® (Amylopectin/Chromium Complex Support Recovery** nzyme Blend (Blend of Lactase & Bromelain) 200 ma * 400 mg

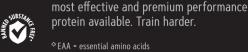
Percent Daily Values are based on a 2,000 calorie diet. Daily Value not established.

OTHER INGREDIENTS: Protein Blend (Whey Protein Isolate, Hydrolyzed Whey Protein), Cane Sugar, Cocoa Powder (Processed with Alkali), Sunflower Creamer (Sunflower Oil, Maltodextrin, Sodium Acids to Fuel Muscles while you Recover from Caseinate, Mono & Diglycerides, Natural Tocopherols, Tricalcium Phosphate), Natural Flavors, Salt, Intense Training^*
Xanthan Gum, Sunflower Lecithin, Monk Fruit Extract, Stevia Extract, Silicon Dioxide. CONTAINS: Milk. If it's on our labels, then it's in our bottles.

Distributed by: General Nutrition Corporation, Pittsburgh, PA 15222 USA

⚠ WARNING: Cancer and Reproductive Harm – www.P55Warnings.ca.gov. 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. Gluten Free. No Sov.





On Non-Training Days & Between Meals

Provides High-Quality Protein & Critical Amino

Full dosing, full transparency and no

proprietary blends. Clinically studied

ingredients backed by real science. The

DIETARY SUPPLEMENT NET-WT 51:6 OZ (3.2 LB) 1462.5 G

500MG VELOSITOL®‡

‡Per 2 scoops