

CODE 034571

LUG

**DIRECTIONS:** As a dietary supplement, consume 2 scoops in 8 fl. oz. of cold water or your favorite beverage. WheyBolic® Alpha 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. Do not exceed recommended dose. Consume ample amounts of water while taking this product.

# Supplement Facts

Amount Per Serving	1 Scoop (31.9 g)		2 Scoops (63.7 g)	
		% Daily Value		% Daily Value
Serving Size	1 Scoop (31.9 g)		2 Scoops (63.7 g)	
Servings Per Container	18		9	
<b>Amount Per Serving</b>	<b>% Daily Value</b>		<b>% Daily Value</b>	
Calories	110		220	
Total Fat	0.5 g	1%†	1.5 g	2%†
Saturated Fat	0.5 g	3%†	0.5 g	3%†
Cholesterol	10 mg	3%	20 mg	7%
Total Carbohydrate	6 g	2%†	12 g	4%†
Dietary Fiber	0 g	0%†	1 g	4%†
Total Sugars	1 g	*	2 g	*
Protein	20 g	40%	40 g	80%
Calcium	90 mg	7%	180 mg	14%
Chromium (as Chromium Picolinate & Chromium Histidinate)	125 mcg	357%	250 mcg	714%
Sodium	140 mg	6%	280 mg	12%
Potassium	200 mg	4%	400 mg	9%
L-Leucine (from Micronized L-Leucine, Whey Protein Isolate, Hydrolyzed Whey Protein)	3.1 g	*	6.2 g	*
Creatine (as Creatine Monohydrate & Creatine Hydrochloride)	0.75 g	*	1.5 g	*
Betaine Anhydrous (as BETAPOWER®)	0.625 g	*	1.25 g	*
MyoTOR® (Blend of <i>Sphaeranthus indicus</i> Flower Head Extract & <i>Mangifera indica</i> Bark Extract)	325 mg	*	650 mg	*
Velositol® Amylopectin Chromium Complex	250 mg	*	500 mg	*
Enzyme Blend (Blend of Lactase and Bromelain)	200 mg	*	400 mg	*
Testofen® Fenugreek Seed Extract ( <i>Trigonella foenum graecum</i> )	150 mg	*	300 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), Natural & Artificial Flavor, Cocoa Powder, Sunflower Creamer (Sunflower Oil, Maltodextrin, Sodium Caseinate, Mono & Diglycerides, Natural Tocopherols, Tricalcium Phosphate), Gum Blend (Cellulose Gum, Xanthan Gum, Carrageenan), Salt, Sunflower Lecithin, Sucralose, Acesulfame Potassium, Silicon Dioxide.

**CONTAINS:** Milk.

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

**⚠ WARNING:** Cancer and Reproductive Harm - [www.P65Warnings.ca.gov](http://www.P65Warnings.ca.gov). 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.

Gluten Free, No Soy.

**NOTICE:** Use this product as a food supplement only. Do not use for weight reduction.

Significant product settling may occur.

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

For More Information:

1-888-462-2548

GNC.com

\* 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 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.

<sup>1</sup> 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.

<sup>2</sup> When used in conjunction with an exercise program.

<sup>3</sup> An 8-week randomized, double-blind, placebo-controlled study of 118 healthy men participating in a supervised resistance training program showed that those taking MyoTOR® had significant increases in mean upper body strength (49.7 lb. vs. 19.4 lb.), mean lower body strength (42.1 lb. vs. 19.2 lb.) and muscle endurance after 8 weeks vs. those who took a placebo with the same exercise. Improvements in strength were seen in as early as 2 weeks. Men on MyoTOR® had greater improvements in muscle strength and endurance vs. those who took a placebo but exercised twice as much.

<sup>4</sup> An 8-week randomized, double-blind, placebo-controlled study of 40 healthy men participating in a voluntary exercise routine showed that those taking MyoTOR® had significant improvements in upper and lower body strength, muscle endurance, arm circumference and lean body mass vs. those on a placebo after 8 weeks. Improvements in strength were seen in as early as 2 weeks.



Enhanced with MyoTOR® for improved strength & stamina\*\*

**CLINICALLY PROVEN TO:**

- Accelerate results in as early as 2 weeks\*\*
- Improve bench press by 30 lb. and leg extension by 22 lb.\*\*
- Increase arm circumference and improve lean body mass\*\*

**SUPERIOR PERFORMANCE PROTEIN**

Enhanced with More LEUCINE & BCAA than Standard Whey Protein

Elevated Muscle Fuel for Muscle Growth & Recovery\*\*

Featuring Clinically Studied BETAPOWER® + CREATINE, MyoTOR® & TESTOFEN®

To Enhance Power, Improve Strength & Stamina and Support Testosterone Levels\*\*\*

With Only Premium, Ultra-Pure, Fast-Digesting Protein

Only Whey Hydrolysates and a Clinical Core of Whey Isolate & Leucine to Improve Strength\*\*

If it's on our labels, then it's in our bags. Full dosing, full transparency and no proprietary blends. Clinically studied ingredients backed by real science. The most effective and premium performance protein available. Get power. Be alpha.

◊ EAA = essential amino acids



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BETAPOWER® is a registered trademark of DuPont or its affiliates.

MyoTOR® is a trademark of PLT Health Solutions - Laila Nutraceuticals, LLC. US Patent #9,907,825 and international patents pending.

Testofen® is a registered trademark of Gencor.

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

