

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, tastes great and mixes easily with a simple stir, shake or blend.

^When used in conjunction with an exercise program.

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 369886

CSG

DIRECTIONS: As a dietary supplement, mix one scoop (34.3 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 (34.3 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	75 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, Gluten Free Chocolate Cookie Crumbs (Rice Flour, Sugar, Tapioca Starch, Cocoa [Processed with Alkali], Palm Oil, Corn Starch, Salt, Natural Flavors, Sodium Bicarbonate, Soy Lecithin), Cellulose Gum, Xanthan Gum, Soy Lecithin, 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.

INFORMED-CHOICE

Trusted by sport



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 2017 World Anti-Doping Agency (WADA) Prohibited List via LGC skip lot testing protocol #WCP0307. See gnc.com for more information.



KOSHER



GLUTEN FREE

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

For More Information:
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NATURAL AND ARTIFICIAL FLAVORS
COOKIES & CREAM

DIETARY SUPPLEMENT
12 SERVINGS
Net Wt 14.52 oz (411.6 g)

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

100% WHEY

24g PROTEIN | 130 CALORIES | 2g SUGARS

PRO PERFORMANCE

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