

### What Makes Gold Series 100% Whey Protein Advanced the New Gold Standard?

By using whey protein isolate as our leading protein source, Gold Series 100% Whey Protein Advanced delivers a fast-acting, lean-muscle-building protein with fewer impurities.\*^ This formula provides naturally occurring BCAA (branched chain amino acids) in addition to key enzymes and vital nutrients, without the high levels of cholesterol, sodium and fat that some proteins offer. We demand superior quality every step of the way, and that's exactly what makes Gold Series 100% Whey Protein Advanced the new gold standard.

#### The New Gold Standard

- ✔ *Fast-Acting Whey Protein Isolate is the Leading Protein Source*
- ✔ *24g of Protein Per Serving*
- ✔ *Includes Ultra-Filtered Whey & Hydrolyzed Peptides for Less Cholesterol, Fat & Carbohydrates*
- ✔ *5.5g BCAA Per Serving*
- ✔ *4g Glutamine & Glutamic Acid Precursors Per Serving*
- ✔ *Contains 100mg Digestive Enzymes Aminogen® & Lactase*
- ✔ *Mixes Instantly & Tastes Amazing*

\*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



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

For More Information:  
1-888-462-2548  
GNC.com



# GOLD SERIES 100% WHEY PROTEIN ADVANCED

- Formulated with Fast-Acting Whey Isolate & Hydrolysate Plus Micro & Ultra-Filtered Protein to Support Lean Muscle\*\*
- Superior Recovery Fuel After Intense Training\*
- 100mg Digestive Enzymes Including Aminogen® & Lactase for Enhanced Nutrient Breakdown

**24g** PROTEIN | **5.5g** BCAA | **3g** CARBS | **4g** GLUTAMINE & GLUTAMIC ACID



DIETARY SUPPLEMENT

NET WT. 32.8 OZ. (2.05 LB.) 930 G

30 SERVINGS

**COOKIES & CREAM**

NATURAL + ARTIFICIAL FLAVORS

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CODE 414674

JWG

**DIRECTIONS:** As a dietary supplement, Gold Series 100% Whey Protein Advanced instantly mixes with your favorite beverage. Just simply stir, shake or blend 1 scoop (31 g) with 6-8 fl. oz. of cold water. For maximum results, take 1-2 scoops 2-3 times daily.

| Supplement Facts  |              |
|---|--------------|
| Serving Size One Scoop (31 g)<br>Servings Per Container 30                              |              |
| Amount Per Serving  | %Daily Value |
| Calories  | 120          |
| Total Fat   | 1 g 1%†      |
| Saturated Fat   | 0.5 g 3%†    |
| Cholesterol   | 40 mg 13%    |
| Total Carbohydrate  | 3 g 1%†      |
| Total Sugars  | 1 g *        |
| Protein   | 24 g         |
| Calcium   | 130 mg 10%   |
| Sodium  | 100 mg 4%    |
| Potassium   | 160 mg 3%    |
| Enzyme Blend (Protease Aminogen®, Lactase)  | 100 mg *     |
| † Percent Daily Values based on a 2,000 calorie diet.<br>* Daily Value not established. |              |

**OTHER INGREDIENTS:** Whey Protein Blend (Whey Protein Isolate, Whey Protein Concentrate, Whey Protein Hydrolysate), Natural & Artificial Flavors, Cookie Pieces (Enriched Flour [Wheat Flour, Niacin, Reduced Iron, Thiamin, Riboflavin, Folic Acid], Sugar, Palm Oil, Cocoa [Processed with Alkali]), Contains 2% or less of High Fructose Corn Syrup, Caramel Color, Soy Lecithin, Chocolate Liquor, Salt, Leavening [Baking Soda, Ammonium Bicarbonate], and Corn Starch), Xanthan Gum, Lecithin, Salt, Sucralose, Acesulfame Potassium.

**CONTAINS:** Milk, Soybeans and Wheat.

Distributed by: GNC Holdings, LLC, Pittsburgh, PA 15222 USA

Contains a bioengineered food ingredient.

**NOTICE:** Significant product settling may occur.

Aminogen® is a registered trademark of Innophos Nutrition, Inc.



Products bearing this logo have been tested for banned substances by LGC Science, Inc., a world-class anti-doping lab. \*Product was tested and monitored for over 285 banned substances on the 2021 World Anti-Doping Agency (WADA) Prohibited List via LGC skip lot testing protocol #ICP0307.

^When used in conjunction with an exercise program.

*Typical Amounts of Key Amino Acids Per 1 Scoop Serving to Support Optimal Muscle Growth and Development\*\**

| 11g of Essential Amino Acids | 8g of Conditionally Essential Amino Acids | 5g of Non-Essential Amino Acids |
|------------------------------|---|---------------------------------|
| LEUCINE†                     | GLUTAMINE & GLUTAMIC ACID                 | ASPARTIC ACID                   |
| LYSINE                       | PROLINE                                   | ALANINE                         |
| THREONINE                    | TYROSINE                                  | SERINE                          |
| ISOLEUCINE†                  | ARGININE                                  | GLYCINE                         |
| VALINE†                      | CYSTINE                                   | † Total BCAA 5.5 g              |
| PHENYLALANINE                | HISTIDINE                                 |                                 |
| METHIONINE                   |   |                                 |
| TRYPTOPHAN                   |   |                                 |

### Mixing Directions & Tips

**STIR** Simply add 1 scoop to 6-8 fl. oz. of cold water in a glass and stir with a spoon for 20 seconds. Add fat-free milk, flavored almond milk or soy milk for a quick and delicious snack.

**SHAKE** Combine 1 scoop with 6-8 fl. oz. of cold water, milk or your favorite beverage in a shaker cup.

**BLEND** Combine 1 scoop with 6-8 fl. oz. of cold water to make a delicious smoothie adding fruits, juices, peanut butter or yogurt.

**TIPS** 1. Mix powder in your oatmeal, yogurt or favorite food. Simply adjust the recommended liquid for each individual recipe.

2. To achieve a higher protein level, you may use 2 scoops with each recipe above. Simply adjust the recommended liquid for each individual recipe.

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