

COLOR KEY

- Dieline**
- LABELS: Safe Copy Area**
All copy and printable items must be within this area so they are not trimmed off during production. Items MUST stay inset -0.0625 (1/16") away from the dieline edge, excluding graphics intended to bleed.
- BOOKS: Safe Copy Area**
- **Front:** 125" inset from edge of die
- **All inside pages:** .25" inset from edge of die
- **Base:** .25" inset from the book placement
- Required Bleed** - We REQUIRE at least 0.25" (1/4") of bleed past the dieline for any background, including images.

PLEASE NOTE:

- SPECIFY ALL COLORS TO BE USED as spot Pantone colors **or** 4 color process (CMYK).
- Please drag ALL SPOT COLORS utilized into the SWATCHES pallet.
- All black items should use the SAME BLACK SWATCH in the color pallet, 100% Black.


FILES:

Adobe Illustrator (.ai) files are best suited for label production and design.

DIELINE TEMPLATE

Date: 11/19/19
Size: 5.5 X 20.25
Artist: CD
RLG#: 577194
1.4G

die: 5.5 X 20.25



Enhanced with MyoTOR[®] for improved strength & stamina**

CLINICALLY PROVEN TO:

- Accelerate results in as early as 2 weeks**
- Improve bench press by 23 lb. and leg extension by 17 lb.**
- Increase muscle endurance**


** 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.
* When used in conjunction with an exercise program.
** 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 (42.5 lb. vs. 19.4 lb.), mean lower body strength (37.1 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 upper body endurance vs. those who took a placebo but exercised twice as much.

KEEP OUT OF REACH OF CHILDREN.
Store in a cool, dry place.
For More Information:
1-888-462-2548
GNC.com

BETAPOWER[®] (Betaine) is a registered trademark of DuPont or its affiliates.
MyoTOR[®] is a trademark of PLY Health Solutions - Laila Nutraceuticals, LLC. US Patent #9,907,825 and international patents pending.
Tesnor[®] is a trademark of Gencor and Laila Nutraceuticals.
Velositol[®] (amylpectin/chromium complex) and its associated logo are trademarks of Nutrition 21, LLC. Velositol[®] is patent protected.
* 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
REGULARLY TESTED FOR BANNED SUBSTANCES
WHEN YOU BUY

CON-CRET REINFORCED
Trademarks of Vireo Systems, Inc. Creatine HCl is covered by one or more patents:
www.vireosystems.com/patents/



ADVANCED MUSCLE PERFORMANCE

WHEYBOLIC[®] ALPHA

CLINICALLY PROVEN PROTEIN + TEST & POWER

Proven to Increase Muscle Strength in as Early as 2 Weeks**
Enhanced to Support Testosterone Levels & Power*

40G
PROTEIN[†]

15G
EAA^{†,‡}

6.2G
LEUCINE[†]

325mg
MyoTOR[†]

†Per 2 scoops

DIETARY SUPPLEMENT
NET WT. 44.85 OZ. (2.8 LB.) 1271.6 G
22 SERVINGS

STRAWBERRIES AND CREAM
NATURAL + ARTIFICIAL FLAVORS

CODE 450057 CXG

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 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.

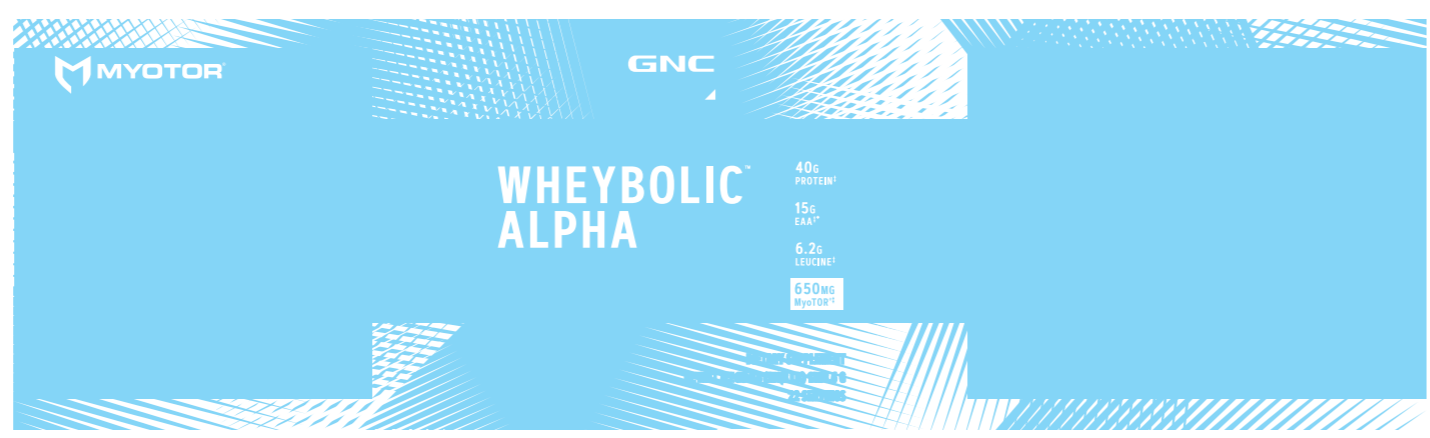
Supplement Facts		
Serving Size	1 Scoop (28.9 g)	2 Scoops (57.8 g)
Servings Per Container	44	
Amount Per Serving	% Daily Value	% Daily Value
Calories	110	210
Total Fat	0.5 g 1%†	1.5 g 2%†
Saturated Fat	0.5 g 3%†	0.5 g 3%†
Cholesterol	10 mg 3%	20 mg 7%
Total Carbohydrate	4 g 1%†	8 g 3%†
Total Sugars	1 g *	2 g *
Protein	20 g 40%†	40 g 80%†
Calcium	90 mg 7%	180 mg 14%
Chromium (as Chromium Histidinate & Chromium Picolinate)	125 mcg 357%	250 mcg 714%
Sodium	130 mg 6%	260 mg 11%
Potassium	90 mg <2%	180 mg 4%
L-Leucine (from Whey Protein Isolate, L-Leucine & Hydrolyzed Whey Protein)	3.1 g *	6.2 g *
Creatine (as Creatine Monohydrate & CON-CRET [®] Creatine Hydrochloride)	0.75 g *	1.5 g *
Betaine (as Betaine Anhydrous)	0.625 g *	1.25 g *
Amylopectin/Chromium Complex	250 mg *	500 mg *
MyoTOR [®] (Sphaeranthus indicus Flower Head Extract, Mangifera indica Bark Extract)	162.5 mg *	325 mg *
Bromelain	100 mg *	200 mg *
Lactase	100 mg *	200 mg *
Tesnor [®] Blend (Punica granatum Fruit Peel Extract, Theobroma cacao Seed Extract)	100 mg *	200 mg *

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


OTHER INGREDIENTS: Whey Protein Isolate, Hydrolyzed Whey Protein Isolate, Natural & Artificial Flavors, Sunflower Creamer (Sunflower Oil, Maltodextrin, Sodium Caseinate, Mono & Diglycerides, Natural Tocopherols, Tricalcium Phosphate) and Less than 2%: Acesulfame Potassium, Citric Acid, Dicalcium Phosphate, Guar Gum, Gum Blend (Carrageenan Gum, Xanthan Gum, Guar Gum), Maltodextrin, and Beet Powder (Maltodextrin, Beet Juice, Citric Acid) (Color), Salt, Shellac, Silicon Dioxide, Soy Lecithin, Sucralose, Sunflower Lecithin.
CONTAINS: Milk and Soy.
Distributed by GNC Holdings, LLC, Pittsburgh, PA 15222 USA
Contains a bioengineered food ingredient.
⚠️ WARNING: Cancer and Reproductive Harm - 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.
NOTICE: Use this product as a food supplement only. Do not use for weight reduction. Product sold by weight, net volume. Significant product settling may occur.

* 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.

Fill line is 85mm from bottom of die



White Plate



300 Sixth Avenue #2
Pittsburgh, PA 15222

Round: RELEASE - AP

Revise Date: 6/9/22

File name:
450057_CXG_WheybolicAlpha_Label.eps

Application: Adobe Illustrator CC

Artwork is set up at 100%

Color Palette
4 c/p, 7 spot, KO to substrate

PMS 2132	Black	Yellow
Line Art Black	Cyan	Magenta
KO Silver	PMS 2028	Cool Gray 4
Opaque White	PMS 190	MATCH GOLD

Contact: Heather Cass at GNC, 412.338.2577
or Email: heather-cass@gnc-hq.com

Supplier is responsible for checking files for accuracy in:

- measurements
- print tolerance requirements
- registration
- construction of artwork

* Changes made to suit production requirements must be approved by GNC.
* Proofs and copy changes must be sent to GNCPackaging@gnc-hq.com for review.
COLORS ARE COMPUTER SIMULATED AND ARE NOT FOR COLOR MATCHING.
Varnishes/Coatings may not be included in color palette specifications. Refer to print specifications.