

THE PROS BEHIND PERFORMANCE  
SINCE 1988 • TRUST • QUALITY • TESTED FOR SPORT

**PRO QUALITY**  
Every scoop of 100% WHEY delivers **25G of gluten-free protein** with **whey isolate** as the leading source for a more refined, high-quality protein that digests easily. Trusted by athletes around the world, our formula undergoes rigorous **third-party testing** for purity and potency.\*

**PRO RESULTS**  
100% WHEY is a **complete protein** designed for optimal absorption of amino acids, including muscle-activating BCAAs to support muscle protein synthesis for **lean muscle mass** and **recovery**.^

**FOR PRO-LEVEL RESULTS**, enjoy with GNC PRO PERFORMANCE® CREATINE and PRE-WORKOUT.



\* Informed Choice products are subject to a rigorous Anti-Doping program that includes protocols for testing & monitoring for over 285 compounds.  
^ When used in conjunction with an exercise program.

**FULLY TRANSPARENT DOSING. GLUTEN FREE. NO ARTIFICIAL FLAVORS. NO ADDED COLORS.**

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

**25G PROTEIN**  
Muscle Strength & Recovery^

**COMPLETE PROTEIN**  
All 20 Amino Acids for Building Muscle^

**BEST-IN-CLASS**  
Formulated for Flavor, Efficacy & Versatility

**GNC** PRO PERFORMANCE® TRUSTED SINCE 1988

# PRE 100% WHEY

**PRO QUALITY. PRO RESULTS.**  
Fast-Absorbing Protein for Muscle Strength and Recovery^

**25G** PROTEIN | **5.7G** BCAAs† | **110** CALORIES

**UNFLAVORED**  
No Artificial Flavors or Colors

**25 SERVINGS** | **PROTEIN DRINK MIX**  
**NET WT. 26.5 OZ. (1.7 LB.) 750 G**

**Mixes Easily!**

CODE 379978 HZG  
DIRECTIONS: Mix one scoop in 6 fl. oz. of cold water or your favorite beverage and blend well. Best enjoyed post-workout and/or throughout the day as an additional source of protein. Get ready to Perform like a Pro.

## Nutrition Facts

Serving Size One Scoop (30.03 g)  
Servings Per Container 25

Amount Per Serving		
<b>Calories</b>	<b>110</b>	
		% Daily Value*
<b>Total Fat</b> 1 g		1%
Saturated Fat 0.5 g		3%
Trans Fat 0 g		
<b>Cholesterol</b> 25 mg		8%
<b>Sodium</b> 75 mg		3%
<b>Total Carbohydrate</b> 1 g		1%
Total Sugars 1 g		
Includes 0 g Added Sugars		0%
<b>Protein</b> 25 g		50%
Vitamin D 0 mcg		0%
Calcium 110 mg		8%
Iron 0 mg		0%
Potassium 150 mg		4%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**INGREDIENTS:** Whey Protein Isolate, Whey Protein Concentrate, Silicon Dioxide.  
**CONTAINS:** Milk

# 25G

## TOTAL PROTEIN

Utilizes **whey isolate** as the leading source of protein for **less fat** and **sugar**—paired with **whey concentrate** for superior flavor and mixability—yielding the perfect protein.

**65%**  
Whey Isolate

**35%**  
Whey Concentrate



**Enjoy 1 to 2 scoops** after weight training, cardio or game time.  
**Enjoy 1 scoop** on non-training rest days to help meet your protein needs.

Distributed by: GNC Holdings, LLC, Pittsburgh, PA 15222 USA  
**NOTICE:** Use this product as a food supplement only. Do not use for weight reduction.  
This product is sold by weight, not volume. Significant product settling may occur.  
No Artificial Flavors, No Artificial Colors, No Preservatives, Gluten Free.  
† Naturally occurring amino acids

FILL LINE

