GNC AMP

ADVANCED MUSCLE PERFORMANCE

WHEYBOLIC™

CLINICALLY PROVEN PERFORMANCE PROTEIN

Proven to Increase Muscle Strength & Size in Just 8 Weeks■*
Ultra-Pure, Fast-Absorbing Whey Protein Isolate & Hydrolysates

40G PROTEIN

15G BCAA

10G LEUCINE

1G VELOSITOL®

COOKIES AND CREAM

NATURAL + ARTIFICIAL FLAVORS

DIETARY SUPPLEMENT

NET WT 21.87 OZ
(1.37 LB) 620 G

CODE 386559

HSG

DIRECTIONS: As a dietary supplement, consume 2 scoops in 8 fl. oz. of cold water or your favorite beverage. Wheybolic™ 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.

Supplement Facts

Serving Size	1 Scoop (31 g)	2 Scoops (62 g)
Servings Per Container	20	10
Amount Per Serving	**% Daily Value**	**% Daily Value**
Calories	100	200
Total Fat	1 g 1%†	1.5 g 2%†
Saturated Fat	0 g 0%†	1 g 5%†
Cholesterol	15 mg 5%	25 mg 8%
Total Carbohydrate	3 g 1%†	6 g 2%†
Total Sugars	1 g *	2 g *
Includes Added Sugars	0 g 0%†	1 g 2%†
Protein	20 g	40 g
Calcium	100 mg 8%	200 mg 15%
Chromium (as Chromium Picolinate and Chromium Histidinate)	250 mcg 714%	500 mcg 1429%
Sodium	125 mg 5%	250 mg 11%
Potassium	140 mg 3%	280 mg 6%
Wheybolic™ Complex	**11.2 g** *	**22.4 g** *
BCAA	7.5 g *	15 g *
L-Leucine (from L-Leucine, Whey Protein Isolate, Hydrolyzed Whey Protein)	5 g *	10 g *
L-Isoleucine (from Whey Protein Isolate, Hydrolyzed Whey Protein, Micronized L-Isoleucine)	1.25 g *	2.5 g *
L-Valine (from Whey Protein Isolate, Micronized L-Valine, Hydrolyzed Whey Protein)	1.25 g *	2.5 g *
Glutamic Acid and Glutamine (from Whey Protein Isolate, Hydrolyzed Whey Protein)	3 g *	6 g *
Velositol® Amylopectin Chromium Complex	500 mg *	1 g *
Prohydrolase® Protease Enzyme Blend (Proteases from *Bacillus subtilis* and *Aspergillus oryzae*) (70,000 HUT/200 mg; 140,000 HUT/400 mg)	200 mg *	400 mg *

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

OTHER INGREDIENTS: Wheybolic™ Protein Complex (Whey Protein Isolate, Hydrolyzed Whey Protein), Natural and Artificial Flavors, Chocolate Flavored Sprinkles (Sugar, Corn Starch, Vegetable Oil [Palm Kernel Oil and/or Palm Oil], Cocoa [Processed with Alkali], Soy Lecithin, Dextrin, Confectioner's Glaze, Natural and Artificial Flavor, Carnauba Wax), Lecithin, Creamer (Sunflower Oil, Corn Syrup Solids, Sodium Caseinate, Mono- and Diglycerides, Dipotassium Phosphate, Tricalcium Phosphate, Soy Lecithin, Tocopherols), Salt, Gum Blend (Cellulose Gum, Xanthan Gum, Carrageenan), Sucralose, Acesulfame Potassium, Caramel Color.

CONTAINS: Milk and Soybeans.

WARNING: Consult your physician prior to using this product if you are pregnant, nursing, 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.

Significant product settling may occur.

ProHydrolase® is a trademark of Deertand Enzymes, Inc.

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

■ 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.

● In an 8-week, randomized, double-blind, placebo-controlled study of 30 healthy male volunteers comparing 1 set resistance training (RT) + active or carbohydrate placebo to 2 sets RT alone with no supplement, the active group showed equal gains in maximal muscle strength and muscle endurance compared to the control group.

◇ In a randomized, double-blind crossover clinical trial that included 20 recreationally trained, healthy male subjects, those taking 10 g whey protein isolate plus 10 g leucine immediately post-workout showed significant increases in key protein (p70S6k & rpS6) associated with muscle protein synthesis.

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 #ICP0307. See gnc.com for more information.

INFORMED-CHOICE.ORG Trusted by sport

*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.

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

Enhanced with More LEUCINE & BCAA than Standard Whey Protein
Elevated Muscle Fuel with a Premium 4:1:1 BCAA Ratio for Muscle Growth & Recovery^*

Features Only Premium, Ultra-Pure, Fast-Absorbing Protein
Only Whey Hydrolysates and a Clinical Core of Whey Isolate & Leucine to Improve Strength & Post-Training Anabolic Response■◇*

Enhanced with VELOSITOL® & PROHYDROLASE®
To Accelerate Muscle Protein Synthesis & Absorption of Amino Acids for Efficient Use by Muscles^*

USAGE BENEFITS

For Pre-Workout & Cardio
Clinically Proven Support for Strength, Performance & Stamina■●*

For Post-Workout & Cardio
Provides Fast-Absorbing Whey Isolate & Hydrolysates Plus BCAA to Fuel Anabolic Muscle Support & Recovery^◇*

On Non-Training Days & Between Meals
Provides High-Quality Protein & Critical Amino Acids to Fuel Muscles while you Recover from Intense Training^*

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. Train harder.

GLUTEN FREE

BANNED SUBSTANCE FREE