

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.

 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 double-blind, randomized, placebo-controlled crossover study, 25 subjects exercised on a treadmill on two occasions. On one occasion the subjects took the thermogenic blend before exercise and on the second occasion, they took a placebo. When the subjects took this blend, they burned three times more calories before 3% more calories during and 12 times more calories after exercise compared to when they took the placebo.



NOTICE: Use this product as a food supplement only. Do not use for weight reduction.

Product sold by weight not volume. Significant product settling may occur.

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

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

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 220 banned substances on the 2020 World Anti-Doping Agency (WADA) Prohibited List via LGC skip lot testing protocol #ICP0307.

* 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.



ADVANCED MUSCLE PERFORMANCE

WHEYBOLIC

CLINICALLY PROVEN PROTEIN + THERMOGENIC

Proven to Increase Muscle Strength & Size in Just 8 Weeks ■* Proven to Burn 3X More Calories ◊*

40G PROTEIN[‡]

EAA‡

LEUCINE[‡]

500мд VELOSITOL®‡

‡Per 2 scoops



DIRECTIONS: As a dietary supplement, consume 2 scoops in 8 fl. oz. of cold water or your favorite beverage.
Wheybolic" Ripped 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. Do not exceed recommended dose per day. Do not combine with other caffeine containing products. Do not take near bedtime.

Equation Muscle Evel for Muscle Evel for

Supplement Facts Growth & Recovery*

| vings Per Container | 44 | | | 22 | Fast-Digesting |
|---|---------------|------|---------------|------|-------------------------------------|
| ount Per Serving | % Daily Value | | % Daily Value | | Only Whey Hydro Whey Isolate & L |
| ories | 100 | | 190 | | |
| al Fat | <1 g | 1%† | 1.5 g | 2%† | Enhanced with |
| aturated Fat | 0 g | 0%† | 0.5 g | 3%† | To Accelerate Mu |
| lesterol | 10 mg | 3% | 20 mg | 7% | Featuring CAF |
| al Carbohydrate | 3 g | 1%† | 5 g | 2%† | Supporting Inten |
| otal Sugars | 1 g | * | 2 g | * | & Increased Calo |
| tein | 20 g | 40% | 40 g | 80% | |
| cin (as Niacinamide) | 10 mg | 63% | 20 mg | 125% | USAGE BENE |
| cium | 90 mg | 7% | 180 mg | 14% | For Pre-Worko |
| omium (as Chromium Picolinate & Chromium Histidinate) | 125 mcg | 357% | 250 mcg | 714% | Clinically Proven |
| ium | 110 mg | 5% | 210 mg | 9% | |
| assium | 110 mg | 2% | 220 mg | 5% | & Stamina, Plus |

L-Leucine (from Micronized L-Leucine, Whey Protein Isolate, Hydrolyzed Whey Protein 500 ma /elositol® (Amylopectin/Chromium Complex 250 ma nzyme Blend (Blend of Lactase & Bromelain) 200 mg 400 mg 200 mg affeine Anhydrous 100 mg 16.67 ma 33.34 mg apsimax® Capsicum Extract Piperine (as Black Pepper Extract) 2.5 mg * 5 ma

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

OTHER INGREDIENTS: Protein Blend (Whey Protein Isolate, Hydrolyzed Whey Protein), Natural & Artificial Flavor, Sunflower Creamer (Sunflower Oil, Maltodextrin, Sodium Caseinate, Mono & Diglcyerides, Natural Tocopherols, Tricalcium Phosphate), Cookie Crumbs (Milk Protein Isolate, Chicory Root Fiber, Palm Oil, Sugar, Alkalized Cocoa Powder, Ground Flax Seed, Sunflower Lecithin and Natural Flavor), Salt, Gum Blend (Cellulose Gum, Xanthan Gum, Carrageenan), Sucralose, Sunflower Lecithin, Acesulfame Potassium, Silicon Dioxide. CONTAINS: Milk.

Distributed by: General Nutrition Corporation, Pittsburgh, PA 15222 USA

Distributed by: General Nutrition Corporation, Pittsburgh, PA 13222 99A
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

GLUTEN

Gluten Free. No Sov.

Capsimax® trademark belongs to OmniActive Health Technologies.

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

Enhanced with More LEUCINE than

Elevated Muscle Fuel for Muscle

1 Scoop (26.25 g) 2 Scoops (52.5 g) Features Only Premium, Ultra-Pure,

olvsates and a Clinical Core of Leucine to Improve Strength■*

th VELOSITOL® & LEUCINE uscle Protein Synthesis^*

FFEINE, CAPSIMAX® & NIACIN

se Energy, Mental Focus rie Burning◇*

out & Cardio

Support for Strength, Performance nergy & Metabolism Support for Superior Results & Increased Calorie Burning

For Post-Workout & Cardio

Provides Fast-Digesting Whey Isolate & Hydrolysates Plus Leucine to Fuel Muscle Support & Recovery Plus a Thermogenic Blend Proven to Increase Calorie Burning by 12 Times After Exercise^

On Non-Training Days & Between Meals

Provides High-Quality Protein & Critical Amino Acids to Fuel Muscles while you Recover from Intense Training while Providing Energy & Metabolism Support^*

If it's on our labels, then it's in our bottles. Full dosing, full transparency and no proprietary blends. Clinically studied ingredients backed by real science. The most effective and premium performance protein available Get ripped.

°EAA = essential amino acids