

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



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

Distributed by:
General Nutrition Corporation
Pittsburgh, PA 15222 USA



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 | **2g** CARBS | **4g** GLUTAMINE & GLUTAMIC ACID



VANILLA ICE CREAM

DIETARY SUPPLEMENT
Net Wt 4.9 lb
(78.57 oz) 2227.5 g



CODE 414676
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 (29.7 g) with 6-8 fl. oz. of cold water, milk or a beverage of your choice. For maximum results, take 1-2 scoops 2-3 times daily.

Supplement Facts		
Serving Size One Scoop (29.7 g)		
Servings Per Container 75		
Amount Per Serving	%Daily Value	
Calories	110	
Total Fat	1 g	1%†
Saturated Fat	0.5 g	3%†
Cholesterol	40 mg	13%
Total Carbohydrate	2 g	<1%†
Total Sugars	1 g	*
Protein	24 g	
Calcium	100 mg	8%
Sodium	50 mg	2%
Potassium	140 mg	3%
Enzyme Blend (Protease Aminogen®, Lactase)	100 mg	*
† Percent Daily Values based upon a 2,000 calorie diet.		
* Daily Value not established.		

OTHER INGREDIENTS: Whey Protein Blend (Whey Protein Isolate, Whey Protein Concentrate, Whey Protein Hydrolysate), Natural & Artificial Flavors, Lecithin, Xanthan Gum, Sucralose, Acesulfame Potassium.

CONTAINS: Milk and Soybeans.

NOTICE: Significant product settling may occur.

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

INFORMED-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 145 banned substances on the 2017 World Anti-Doping Agency (WADA) Prohibited List via LGC skip lot testing protocol #CPO307. See gnc.com for more information.

*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 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 oz of cold water, milk or your favorite beverage in a shaker cup.
- BLEND** Combine 1 scoop with 6-8 oz of cold water to make a delicious smoothie adding fruits, juices, peanut butter or yogurt.
- TIPS**
 - Mix powder in your oatmeal, yogurt or favorite food. Simply adjust the recommended liquid for each individual recipe.
 - To achieve a higher protein level, you may use 2 scoops with each recipe above. Simply adjust the recommended liquid for each individual recipe.

**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.