SERVING SIZE **[illegible]**

DIRECTIONS: As a dietary supplement, consume 2 scoops in 8 fl. oz. of cold water or your favorite beverage. MyoTOR® 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
Servings Per Container — Total (37.1 g) — 2 Scoops (37.1 g)

Amount Per Serving	% Daily Value	Total	2 Scoops
Calories		150	
Total Fat	0.1 g	<1%	2.1 g 3%
Saturated Fat	0.1 g	<1%	0.1 g <1%
Trans Fat	0 mg	0%	0 mg 0%
Total Carbohydrate	0.1 g	<1%	4 g 2%
Total Sugars	1 g	*	2 g *
Protein	37 g	48%†	69 g 48%†
Calcium	50 mg	3%	100 mg 7%
Vitamin D (as Vitamin D2 and D3 & Cholecalciferol)	5.0 mcg	25%†	10.0 mcg 50%
Sodium	150 mg	6%	310 mg 13%
Potassium	90 mg	2%	180 mg 4%
Blend			
Immune Shield (L-Leucine, Whey Protein Isolate, Whey Protein Concentrate)	3.1 g	*	6.2 g *
Creatine Lot Creatine Monohydrate & Kaliphos™ (Creatine Hydrochloride)	0.7 g	*	1.4 g *
Magnesium Citrate (Mg)	0.1 g	*	0.2 g *
Whey Protein Isolate (Whey Protein)	17.1 g	*	34.2 g *
Zinc Citrate (Zn)	0.1 mg	*	0.2 mg *
Tribulus Terrestris (Tribulus Fruit Extract, Atropilora Indica Bark Extract)	0.1 mg	*	0.2 mg *
Bromelain	100 mg	*	200 mg *
Papain	100 mg	*	200 mg *
Tribulus Fruit	100 mg	*	200 mg *
(Tribulus Terrestris Fruit Fruit Extract, Chrysanthemum Indicum Flower Extract)			

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

OTHER INGREDIENTS: Whey Protein Isolate, Dark-Grained Whey Protein Isolate, Natural & Artificial Flavors, Sucralose, Acesulfame Potassium, Citric Acid, Malic Acid, Sea Salt, Xanthan Gum, Sodium Tripolyphosphate, Tetrasodium Pyrophosphate, Soy, Gum Blend (Cellulose Gum, Xanthan Gum, Carrageenan), Sorbitan, Sunflower Lecithin, Sucralose, Acesulfame Potassium, Methylcellulose, Silicon Dioxide, Citric Acid, Sucralose, Maltodextrin, Pineapple.

CONTAINS: Milk.

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 use if you are pregnant or nursing, have a medical condition, are under 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.

Keep out of reach of children.

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
1-800-GNC-GNC
GNC.com

Some products have been evaluated for fast and free delivery/shipping. This product is not intended to diagnose, treat, cure, or prevent any disease.

CHOICE — Product was tested and manufactured for your GNC brand customers on the GNC Third Party Quality Control (TPQC) Prohibited Out on LIST. Only 1% Failing.

* In a double, randomized, double-blind, placebo-controlled study of 14 healthy men compared the effectiveness of Kaliphos™ (a blend of potassium phosphate and potassium citrate) versus potassium chloride and a placebo control. Subjects consuming the Kaliphos™ blend experienced significant increases in muscle strength. Men three or four pounds heavier and consuming protein supplementation also increased muscle circumference over their baseline, while those consuming potassium chloride or placebo did not.

** In a double-blind, double-blind, placebo-controlled study of 53 healthy men participating in a supervised resistance training program, found that those taking MyoTOR® had significantly more lean body mass (+2.1 lb. vs. +0.9 lb.), less fat (-1.1 lb. vs. +0.2 lb.), more total strength (+23 lb. vs. +9 lb.) and greater increases in muscle strength (+23 lb. vs. +9 lb.) and muscle endurance (+17 lb. vs. +4 lb.) in 2 weeks. Men on MyoTOR® had greater improvements in muscle strength were seen in as early as 2 weeks. Men on MyoTOR® had greater improvements in muscle strength and upper body endurance in three sets vs. those who took a placebo (all exercised twice a week).

MYOTOR®
MUSCLE ACCELERATOR

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***

SUPERIOR PERFORMANCE PROTEIN

Enhanced with More LEUCINE & BCAA than Standard Whey Protein
Elevated Muscle Fuel For Muscle Growth & Recovery**

Featuring Clinically Studied BETAPOWER® + CREATINE, MyoTOR® & TESBOR®
To Enhance Power, Improve Strength & Stamina and Support Testosterone Levels**

With Only Premium, Ultra-Pure, Fast-Digesting Protein
Only Whey Hydrolysates and a Clinical Care of Whey Boiolar & Leucine to Improve Strength**

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.
Get power. Go alpha.

*DAA = essential amino acids

CON-CRETE — Trademarks of Nova Systems, Inc. Creatine HCl is covered by one or more patents: www.nova-systems.com/patents/

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Tesmor® is a registered trademark of Bauer and Leila Nutraceuticals.

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