

\* 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.

\* 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.  
For More Information:  
1-888-462-2548  
GNC.com  
Distributed by:  
General Nutrition Corporation  
Pittsburgh, PA 15222 USA



ADVANCED MUSCLE PERFORMANCE

# WHEYBOLIC ALPHA™

CLINICALLY PROVEN PROTEIN + TEST & POWER

Proven to Increase Muscle Strength & Size in Just 8 Weeks\*\*

Enhanced to Support Testosterone Levels & Power^\*

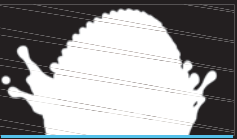
40G PROTEIN

15G BCAA

10G LEUCINE

1G VELOSITOL®

300MG TESTOFEN®



COOKIES AND CREAM

NATURAL + ARTIFICIAL FLAVORS

DIETARY SUPPLEMENT

NET WT 52.77 OZ  
(3.30 LB) 1496 G

SCODE 386575

HSG

DIRECTIONS: As a dietary supplement, consume 2 rounded scoops in 8 fl. oz. of cold water or your favorite beverage. WheyBolic® Alpha can be consumed first thing in the morning, pre-workout, and/or post-workout. For maximum results, reference usage benefits and consume 2 rounded scoops twice daily.

## Supplement Facts

Serving Size 1 Rounded Scoop (34 g) 2 Rounded Scoops (68 g)  
Servings Per Container 44 22

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.....	10 mg.....3%	20 mg.....7%
Total Carbohydrate.....	4 g.....1%†	8 g.....3%†
Total Sugars.....	1 g.....*	2 g.....*
Includes Added Sugars.....	0 g.....0%†	1 g.....2%†
Protein.....	20 g.....	40 g.....
Calcium.....	110 mg.....8%	220 mg.....17%
Iron.....	0.2 mg.....1%	0.5 mg.....3%
Chromium (as Chromium Picolinate and Chromium Histidinate).....	250 mcg.....714%	500 mcg.....1429%
Sodium.....	100 mg.....4%	200 mg.....9%
Potassium.....	120 mg.....3%	240 mg.....5%

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 <i>Bacillus subtilis</i> and <i>Ananas comosus</i> ).....	200 mg.....*	400 mg.....*
(70,000 HUT/200 mg; 140,000 HUT/400 mg)		
Alpha Matrix.....	2.025 g.....*	4.05 g.....*
Creatine (as Creatine Monohydrate, Creatine Hydrochloride).....	1.25 g.....*	2.5 g.....*
BETAPOWER® Betaine Anhydrous.....	625 mg.....*	1.25 g.....*
Testofen® Fenugreek Seed Extract ( <i>Trigonella foenum-graecum</i> ).....	150 mg.....*	300 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), Creamer (Sunflower Oil, Corn Syrup Solids, Sodium Caseinate, Mono- and Diglycerides, Dipotassium Phosphate, Tricalcium Phosphate, Soy Lecithin, Tocopherols), Lecithin, Salt, Acesulfame Potassium, Sucralose, Gum Blend (Cellulose Gum, Xanthan Gum, Carrageenan), Titanium Dioxide, Caramel Color.

CONTAINS: Milk and Soybeans.

WARNING: Consult your physician prior to using this product if you are pregnant, nursing, under 18 years of 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. Do not use for weight reduction. Significant product settling may occur. BETAPOWER® is a registered trademark of DuPont or its affiliates. ProHydrolase® is a trademark of Deerland Enzymes, Inc. Testofen® is a registered trademark of Gencor.

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

### 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\*\*

Featuring an ALPHA MATRIX with Clinically

Studied TESTOFEN®, BETAPOWER® +

CREATINE

To Support Testosterone Levels & Enhance Power for

Superior Performance\*\*

### USAGE BENEFITS

For Pre-Workout & Cardio

Clinically Proven Support for Strength, Power,

Performance & Stamina for Superior Results\*\*\*

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, Plus Healthy Testosterone 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 power. Be alpha.



GLUTEN FREE