

## PRO PERFORMANCE® RESULTS

As your life becomes increasingly hectic, making healthy decisions that steer you toward wellness can be difficult. At any age, it is a challenge to maintain adequate protein levels in your diet. As the basic kick-starter for lean muscle repair,\* 100% Whey helps you achieve maximum wellness and athletic performance by supporting a healthy metabolism and lean muscle.\*

Following any level of exercise, amino acids are needed for growth, repair and maintenance of muscles.\* This formula is packed with 24 grams of high-quality protein, containing all 9 essential amino acids, that digest quickly and support your wellness and performance goals.^^

## PRO PERFORMANCE® QUALITY

100% Whey is tested and certified Banned Substance Free. It is gluten free, tastes great and mixes easily with a simple stir, shake or blend.

\*When used in conjunction with an exercise program.



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 2016 World Anti-Doping Agency (WADA) Prohibited List via LGC skip lot testing protocol #ICP0307. See gnc.com for more information.



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

\* 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.

**GNC**



**PERFORMANCE**

**24G** | **130** | **2G**  
PROTEIN | CALORIES | SUGARS

**100% WHEY**

High-Quality, Gluten Free Protein  
Supports Healthy Metabolism &  
Lean Muscle Recovery^^



**VANILLA CREAM**  
NATURAL AND ARTIFICIAL FLAVORS

DIETARY SUPPLEMENT  
64 SERVINGS  
Net Wt 4.80 lb (76.76 oz) 2176 g

CODE 369955

BRG

**DIRECTIONS:** As a dietary supplement, mix one scoop (34 g) in 6 fl. oz. of cold water, milk or your favorite beverage and blend well. Consume 1-2 servings per day. Best enjoyed post-workout and/or throughout the day as an additional source of protein.

Activity	Daily Dose	Protein (g)	Benefits
Non-Training/Off Day	1/2 - 1 scoop	12 - 24	Helps meet protein needs & fuels metabolism*
Cardio Training	1 scoop	24	
Resistance Training	1 - 2 scoops	24 - 48	Replenishes nitrogen for muscle protein synthesis*
Cardio & Resistance	2 scoops	48	Provides anabolic building blocks, including BCAA*
			Fuels lean muscle mass & supports optimal recovery*

## Supplement Facts

Serving Size One Scoop (34 g)  
Servings Per Container 64

Amount Per Serving	% Daily Value	
Calories	130	
Calories from Fat	20	
Total Fat	2 g	3%†
Saturated Fat	1 g	5%†
Cholesterol	65 mg	22%
Total Carbohydrates	5 g	2%†
Sugars	2 g	*
Protein	24 g	
Calcium	130 mg	13%
Sodium	70 mg	3%
Potassium	180 mg	5%

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

**INGREDIENTS:** 100% Whey Protein Blend (Whey Protein Concentrate, Whey Protein Isolate), Natural and Artificial Flavors, Cellulose Gum, Soy Lecithin, Xanthan Gum, Acesulfame Potassium, Sucralose.

**CONTAINS:** Milk and Soybeans.

**NOTICE:** Use this product as a food supplement only. Do not use for weight reduction. Significant product settling may occur.

No Artificial Colors, No Preservatives, Gluten Free.



TYPICAL AMINO ACID PROFILE PER SERVING:

Alanine	1165 mg	Methionine	437 mg
Arginine	558 mg	Phenylalanine	775 mg
Aspartate	2548 mg	Proline	1527 mg
Cystine	295 mg	Serine	1258 mg
Glutamic Acid	4367 mg	Threonine	1555 mg
Glycine	532 mg	Tryptophan	510 mg
Histidine	414 mg	Tyrosine	584 mg
Isoleucine†	1552 mg	Valine†	1432 mg
Leucine†	2523 mg	Total	24263 mg
Lysine	2231 mg		

† Indicates Branched Chain Amino Acids (BCAA).

## WAYS TO ENJOY YOUR 100% WHEY PROTEIN

**1**

**SHAKE**  
Combine with cold water, milk or your favorite beverage in a shaker cup

**2**

**BLEND**  
Make a delicious smoothie adding fruits, juices, peanut butter or yogurt

**3**

**EAT**  
Mix powder in your oatmeal, yogurt or your favorite food