

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.

GNC



PRO PERFORMANCE

24G PROTEIN | 130 CALORIES | 2G SUGARS

100% WHEY

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



COOKIES & CREAM
NATURAL AND ARTIFICIAL FLAVORS

DIETARY SUPPLEMENT
64 SERVINGS
Net Wt 4.84 lb (77.43 oz) 2195.2 g

CODE 369957

BRG

DIRECTIONS: As a dietary supplement, mix one scoop (34.3 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	Replenishes nitrogen for muscle protein synthesis*
Resistance Training	1 - 2 scoops	24 - 48	Provides anabolic building blocks, including BCAA*
Cardio & Resistance	2 scoops	48	Fuels lean muscle mass & supports optimal recovery*

Supplement Facts

Serving Size One Scoop (34.3 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	75 mg 3%
Potassium	190 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, Gluten Free Chocolate Cookie Crumbs (Rice Flour, Sugar, Tapioca Starch, Cocoa Processed With Alkali, Palm Oil, Corn Starch, Salt, Natural Flavors, Sodium Bicarbonate, Soy Lecithin), Cellulose Gum, Xanthan Gum, Soy Lecithin, 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	1156 mg	Methionine	432 mg
Arginine	553 mg	Phenylalanine	767 mg
Aspartate	2530 mg	Proline	1509 mg
Cystine	293 mg	Serine	1245 mg
Glutamic Acid	4323 mg	Threonine	1541 mg
Glycine	527 mg	Tryptophan	506 mg
Histidine	410 mg	Tyrosine	579 mg
Isoleucine†	1538 mg	Valine†	1418 mg
Leucine†	2510 mg	Total	24049 mg
Lysine	2212 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