

**GNC**  
PRO PERFORMANCE

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**7G** | **5G** | **15** | **2G**  
BCAA | LEUCINE | CALORIES | CARBS

Daily

Pre/Post-Workout

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

**XR SERIES™**  
**BCAA**  
**ADVANCE XR™**  
DIETARY SUPPLEMENT

*Advanced BCAA System to Spare Muscle Breakdown & Preserve Glycogen\**

*Immediate & Sustained 6 Hour Extended Release Anabolic Leucine*

*OT<sup>2</sup>™ Technology for Advanced Muscle Protein Synthesis\**



**BERRY FUSION**  
NATURAL AND  
ARTIFICIAL FLAVORS

**30 SERVINGS**  
Net Wt 11.2 oz (318 g)

CODE 386213

EQG

**DIRECTIONS:** As a dietary supplement, mix one scoop (10.6 g) with 6 fl. oz. of water or your favorite beverage in a shaker cup daily. Enjoy pre or post-workout or in between meals.

**Supplement Facts**

Serving Size	One Scoop (10.6 g)	2 Scoops (21.2 g)
Servings Per Container	30	15
<b>Amount Per Serving</b>	<b>% Daily Value</b>	<b>% Daily Value</b>
Calories	15	25
Calories from Fat	5	10
Total Fat	0.5 g 1%†	1 g 2%†
Saturated Fat	0 g †	0.5 g 3%†
Total Carbohydrate	2 g <1%†	4 g 1%†
Leucine Blend (L-Leucine, OT <sup>2</sup> ™ L-Leucine)	5 g *	10 g *
L-Isoleucine	1 g *	2 g *
L-Valine	1 g *	2 g *

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

**OTHER INGREDIENTS:** Natural and Artificial Flavors, Citric Acid, Hydrogenated Vegetable Oil\* (contains one or more of the following: soybean, palm, and cottonseed oils), Malic Acid, Monoglycerides, Sucralose, FD&C Red #40.

†Trans fat free.

**NOTICE:** Significant product settling may occur.



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 2015 World Anti-Doping Agency (WADA) Prohibited List via LGC skip lot testing protocol #ICP0307. See gnc.com for more information.

**STACK WITH PRO PERFORMANCE® Creatine and 100% Whey Protein.**

**THE BENEFITS OF BCAA ADVANCE XR™**

GNC's superior Pro Performance® XR Series™ BCAA Advance XR™ is uniquely formulated to help athletes receive immediate release of muscle-fueling Branched Chain Amino Acids (BCAA), plus a longer lasting supply of anabolic Leucine. Leucine is the key BCAA shown to impact muscle protein synthesis.\* This anabolic building block is now Optimal Timing Technology – OT<sup>2</sup>™ – enhanced to provide a sustained release of Leucine for six hours.

**OT<sup>2</sup>™ – THE EXCLUSIVE GNC ADVANTAGE**

OT<sup>2</sup>™ is GNC's intelligent nutrient delivery system engineered to help release key ingredients during crucial times when you need them most! These breakthrough products are designed to deliver immediate and sustained release of ingredients to help maintain benefits throughout your workout, day or night. OT<sup>2</sup>™ ingredients are coated with a special technology that controls when they are released.

These special actives may be seen in the product – now that's real technology you can see and feel! It goes without stating that protein is critical for stimulating muscle synthesis and preserving muscle glycogen stores. Leucine, a key branched chain amino acid, is one of the primary nutrients in protein responsible for these benefits. With the introduction of the unique, sustained-release technology, now muscle-fueling leucine is released for up to six hours!

\* 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.