

Perfectly Portioned for Women
Think ordinary protein is good enough? Think again. A woman's body is different than a man's, so her protein product should be different as well. This easy-mixing whey protein blend not only tastes delicious, each premium ingredient is perfectly portioned to help you meet daily nutritional needs, fuel athletic performance and feel your best.*

- Optimizes post-workout muscle recovery*
- Replenishes nutrients often low in athletic women*
- Enhances lean muscle and calcium absorption*
- Reduces bloating with enzymes and digestive support*
- Supports energy metabolism and hormone balance*
- Contains alpha-lactalbumin, naturally occurring immune support*

The Proof is in the Protein and Then Some...

It's a fact that female athletes need unique nutrients in just the right proportions to maximize lean muscle recovery and athletic performance. Women's Advanced Protein is made just for women with the highest quality ingredients in just the right amounts.

Designed by Women for Women

30g PROTEIN optimal post-workout recovery	3g SUGAR calorie-conscious yet delicious	5g HEALTHY FATS women's performance support
30g AMINO ACIDS supports women's physiology needs	1g POMEGRANATE extract clinically studied in women	4 MINERALS often low in active women

*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.



WOMEN'S ADVANCED PROTEIN

- 30g High-Quality Protein for Optimal Muscle Recovery*
- Specifically Formulated for Active Women to Support Energy Metabolism and Hormone Balance*
- Enhances Lean Muscle for a Healthy Body Composition^*



CLINICALLY RESEARCHED

VANILLA ICE CREAM

NATURAL + ARTIFICIAL FLAVORS

DIETARY SUPPLEMENT
Net Wt 28 oz (1.75 lb) 795 g



CODE 386444

GQG

DIRECTIONS: As a dietary supplement, mix 1-2 scoops (26.5-53g) with 3-6 fl. oz. of water or milk. On training days, consume 1-2 scoops post workout. On non-training days, consume 1-2 scoops first thing in the morning.

Supplement Facts

Amount Per Serving	One Scoop (26.5 g)	Two Scoops (53 g)	% Daily Value	% Daily Value
Serving Size	One Scoop (26.5 g)	Two Scoops (53 g)		
Servings Per Container	30	15		
Calories	110	210		
Calories from Fat	25	45		
Total Fat	2.5 g	5 g	4%†	8%†
Saturated Fat	1 g	2.5 g	5%†	13%†
Cholesterol	65 mg	130 mg	22%	43%
Total Carbohydrate	6 g	11 g	2%†	4%†
Dietary Fiber	<1 g	1 g	2%†	4%†
Sugars	1 g	3 g	*	*
Protein	15 g	30 g		
Vitamin D	200 IU	400 IU	50%	100%
Calcium	125 mg	250 mg	13%	25%
Iron	4.5 mg	9 mg	25%	50%
Magnesium	40 mg	80 mg	10%	20%
Zinc	1 mg	2 mg	7%	13%
Sodium	85 mg	170 mg	4%	7%
Potassium	100 mg	200 mg	3%	6%
Glutamine (as Whey Protein Concentrate, Whey Protein Isolate)	2.6 g	5.2 g	*	*
Leucine (as Whey Protein Concentrate, Whey Protein Isolate)	1.6 g	3.2 g	*	*
Lysine (as Whey Protein Concentrate, Whey Protein Isolate)	1.4 g	2.8 g	*	*
Probiotic Blend (Galactooligosaccharides, Lactose, Glucose, Gum Arabic, Galactose, Trisodium Citrate)	1.3 g	2.75 g	*	*
Isoleucine (as Whey Protein Concentrate, Whey Protein Isolate)	850 mg	1.7 g	*	*
Valine (as Whey Protein Concentrate, Whey Protein Isolate)	800 mg	1.6 g	*	*
Proline (as Whey Protein Concentrate, Whey Protein Isolate)	800 mg	1.6 g	*	*
Pomegranate Extract (fruit)	500 mg	1 g	*	*
Tyrosine (as Whey Protein Concentrate, Whey Protein Isolate)	400 mg	800 mg	*	*
Tryptophan (as Whey Protein Concentrate, Whey Protein Isolate)	250 mg	500 mg	*	*
ProHydrolase® Protease Enzyme Blend (Proprietary blend of proteases from <i>Bacillus subtilis</i> and <i>Ananas comosus</i>)	150 mg	300 mg	*	*
Acetyl L-Carnitine	125 mg	250 mg	*	*

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

OTHER INGREDIENTS: Protein Blend (Whey Protein Concentrate, Whey Protein Isolate), Natural and Artificial Flavor, Medium Chain Triglycerides, Creamer (Sunflower Oil, Corn Syrup Solids, Sodium Caseinate, Mono- and Diglycerides, Dipotassium Phosphate, Tricalcium Phosphate, Soy Lecithin, Tocopherols), Magnesium Bisglycinate Chelate, Titanium Dioxide, Calcium Citrate Malate, Lecithin, Cellulose Gum, Ferric Pyrophosphate (SunActive®), Xanthan Gum, Flaxseed Protein, Milled Chia Seed, Sucralose, Zinc Citrate, Cholecalciferol.
CONTAINS: Milk and Soybeans.

WARNING: Consult your physician prior to using this product if you are pregnant, nursing, taking medication, or have a medical condition. Discontinue use two weeks prior to surgery.
NOTICE: Significant product settling may occur.

Mixing Directions & Tips

STR Simply add 1-2 scoops to 3-6 fl. oz. of cold water in a glass and stir with a spoon for 20 seconds. Add fat-free milk, flavored almond milk or soy milk for a quick and delicious snack.

SHAKE Combine 1-2 scoops with 3-6 fl. oz. of cold water in a shaker cup and shake for 30 seconds. Top with fat-free whipped cream or cinnamon for an added treat.

BLEND Combine 1-2 scoops with 3-6 fl. oz. of cold water in a GNC On-The-Go Blender and blend for 20-30 seconds. Add 2 ice cubes and blend for another 30 seconds. For a delicious treat, add frozen fruit, peanut butter, flax seeds, chia seeds or non-fat yogurt.

TYPICAL AMINO ACID PROFILE PER 2 SCOOP SERVING

Alanine	1430 mg	Lysine	2865 mg
Arginine	1060 mg	Methionine	646 mg
Aspartate	2973 mg	Phenylalanine	929 mg
Cystine	707 mg	Proline	1593 mg
Glutamine & Glutamic Acid	5142 mg	Serine	1451 mg
Glycine	531 mg	Threonine	2004 mg
Histidine	561 mg	Tryptophan	544 mg
Isoleucine†	1729 mg	Tyrosine	861 mg
Leucine†	3279 mg	Valine†	1695 mg
	Total		30000 mg

†Indicates Branched Chain Amino Acids (BCAA).

*When used in conjunction with an exercise program.

ProHydrolase® is a trademark of Deerland Enzymes, Inc.

SunActive® is a registered trademark of Taiyo International, Inc.

*Product was tested for over 145 banned substances on the 2015 World Anti-Doping Agency (WADA) Prohibited List via LGC skip lot testing protocol #CP0307. 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

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