

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 as you strive to 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.

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

CODE 369888

LUG

DIRECTIONS: As a dietary supplement, mix one scoop (33.6 g) in 6 fl. oz. of cold water or your favorite beverage and blend well. Consume 1-2 servings per day. This product is best enjoyed post-workout and/or throughout the day as an additional source of protein.

Supplement Facts

Serving Size One Scoop (33.6 g)
Servings Per Container 12

Amount Per Serving	% Daily Value	
Calories	130	
Total Fat	2 g	3%†
Saturated Fat	1 g	5%†
Cholesterol	80 mg	27%
Total Carbohydrate	4 g	1%†
Total Sugars	1 g	*
Protein	24 g	
Calcium	130 mg	10%
Sodium	60 mg	3%
Potassium	190 mg	4%

† Percent Daily Values are based on a 2,000 calorie diet.

* Daily Value not established.

INGREDIENTS: 100% Whey Protein Blend (Whey Protein Concentrate, Whey Protein Isolate), Cellulose Gum, Soy Lecithin, Xanthan Gum, Silicon Dioxide.

CONTAINS: Milk and Soybeans.

Distributed by:
General Nutrition Corporation
Pittsburgh, PA 15222 USA

No Artificial Flavors, No Artificial Colors, No Preservatives, Gluten Free.
KEEP OUT OF REACH OF CHILDREN.
Store in a cool, dry place.

For More Information:
1-888-462-2548

SHOP NOW @ GNC.COM

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

* 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.

INFORMED-CHOICE
LABORATORY
Trusted by sport

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 220 banned substances on the 2020 World Anti-Doping Agency (WADA) Prohibited List via LGC skip lot testing protocol #CP0307.

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FREE