

GNC



PRO PERFORMANCE

50g PROTEIN | 700 CALORIES | 117g CARBS

WEIGHT GAINER

Fast, Medium & Slow Releasing High-Quality Protein



STRAWBERRIES & CREAM

DIETARY SUPPLEMENT
6 SERVINGS

PRO PERFORMANCE® RESULTS

Pro Performance® Weight Gainer contains 50 grams of high-quality protein in a wellness formula designed to digest and release at varied intervals throughout the day to ensure your muscles get the amino acids they need.* This formula is designed to support your body composition goals with naturally occurring branched chain amino acids (BCAA), which may help reduce muscle breakdown during exercise, added medium chain triglycerides (MCT), which are quickly absorbed by the body for use of energy, and a dual carbohydrate system to preserve and replenish energy stores.** Pro Performance® Weight Gainer also includes naturally occurring arginine to fuel muscle cells and influence the cardiovascular system through nitric oxide production.*

PRO PERFORMANCE® QUALITY

Pro Performance® Weight Gainer provides a combination of protein, essential amino acids, carbohydrates, and unique lipids to fuel your body and kick-start wellness.** Tested and certified Banned Substance Free, this formula tastes great and mixes easily with a simple 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 USA

* 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.

CODE 369937

DIRECTIONS: As a dietary supplement, mix four scoops (183 g) with 16 fl. oz. of 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.

FRG

Supplement Facts

Serving Size Four Scoops (183 g)
Servings Per Container 6

Amount Per Serving	% Daily Value	
Calories	700	
Calories from Fat	35	
Total Fat	4 g	6%†
Saturated Fat	2 g	10%†
Cholesterol	110 mg	37%
Total Carbohydrates	117 g	39%†
Dietary Fiber	3 g	12%†
Sugars	6 g	*
Protein	50 g	
Calcium	250 mg	25%
Sodium	310 mg	13%
Potassium	400 mg	11%

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

* Daily Value not established.

INGREDIENTS: Maltodextrin, Protein Blend (Whey Protein Concentrate, Soy Protein Isolate, Hydrolyzed Whey Protein, Milk Protein Concentrate, Whey Protein Isolate, Calcium Caseinate), Polydextrose, Natural and Artificial Flavors, Red Beet Powder (For Color), Gum Blend (Cellulose Gum, Xanthan Gum, Carrageenan), MCT (Medium Chain Triglycerides), D-Ribose, Citric Acid, Soy Lecithin, Sucralose, Silicon Dioxide.

CONTAINS: Milk and Soybeans.

NOTICE: Significant product settling may occur.

Manufactured on equipment that also processes Peanut, Wheat and Egg.

WAYS TO ENJOY YOUR WEIGHT GAINER

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

