

DIRECTIONS: Mix one scoop in 6 fl. oz. of cold water or your favorite beverage and blend well. Best enjoyed post-workout and/or throughout the day as an additional source of protein. Get ready to Perform like a Pro.

Nutrition Facts

Serving Size One Scoop (30.77 g)
 Servings Per Container 12

Amount Per Serving

Calories 120

% Daily Value*

Total Fat 1 g 1%
 Saturated Fat 0.5 g 3%
 Trans Fat 0 g
 Cholesterol 25 mg 8%
 Sodium 150 mg 7%
 Total Carbohydrate 2 g 1%
 Total Sugars 1 g
 Includes 0 g Added Sugars 0%

Protein 25 g 50%

Vitamin D 0 mcg 0%
 Calcium 110 mg 8%
 Iron 0 mg 0%
 Potassium 150 mg 4%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: Whey Protein Isolate, Whey Protein Concentrate, Sunflower Lecithin, Sucralose, Silicon Dioxide.

CONTAINS: Milk.

Distributed by: GNC Holdings, LLC, Pittsburgh, PA 15222 USA

NOTICE: Use this product as a food supplement only. Do not use for weight reduction.

This product is sold by weight, not volume. Significant product settling may occur.

No Artificial Flavors, No Preservatives,

Gluten Free.



◆ Informed Choice products are subject to a rigorous Anti-Doping program that includes protocols for testing & monitoring for over 285 compounds.



For More Information:
 1-888-462-2548, GNC.com

KEEP OUT OF REACH OF CHILDREN.
 Store in a cool, dry place.

FULLY TRANSPARENT DOSING. GLUTEN FREE.
 NO ARTIFICIAL FLAVORS. NO ADDED COLORS.

† Naturally occurring amino acids
 ♣ When used in conjunction with an exercise program.

Enjoy 1 to 2 scoops after weight training,
 cardio or game time.
Enjoy 1 scoop on non-training rest days
 to help meet your protein needs.



Utilizes whey isolate as the leading source of protein for less fat and sugar-paired with whey concentrate for superior flavor and mixability—yielding the perfect protein.

25g
TOTAL PROTEIN

35%
 Whey Concentrate

65%
 Whey Isolate