

# EVERY SCOOP DELIVERS:

## PRO QUALITY

Essential Amino Complete delivers a fully transparent EAA and electrolyte blend, with BCAAs in an optimal 2:1:1 ratio for muscle building.<sup>^^</sup>

Our amino formula mixes easily and undergoes rigorous third-party testing for purity and potency.\*

## PRO RESULTS

Recovering muscles need aminos your body can't produce on its own. Step up to next-level goals with an infusion of EAAs and BCAAs to enhance recovery and reduce muscle soreness after working out.\*

On both training and non-training days, Essential Amino Complete improves muscle recovery by reducing breakdown and supporting protein synthesis.<sup>^^</sup>

For More Pro Tips, Visit [GNC.com/ProPerformance](http://GNC.com/ProPerformance)

FULLY TRANSPARENT DOSING. GLUTEN FREE.  
NO ARTIFICIAL COLORS. NO SOY.



For More Information:  
1-877-462-4700 • [GNC.com](http://GNC.com)

\* Informed Choice products are subject to a rigorous Anti-Doping program that includes protocols for testing & monitoring for over 285 compounds.  
<sup>^^</sup> When used in conjunction with an exercise program.

# GNC

PRO PERFORMANCE® TRUSTED SINCE 1988

# PROPER

PERFORMANCE®

# ESSENTIAL AMINO COMPLETE

**NEW**  
Formula  
& Better  
Taste!

## PRO QUALITY. PRO RESULTS.

Enhances Recovery, Reduces Muscle Soreness & Improves Hydration<sup>^^</sup>

10G  
TOTAL  
AMINOS

6G  
BCAAs

4G  
EAAs

0G  
SUGAR



## STRAWBERRY KIWI

With Natural Flavors and No Added Colors



30  
SERVINGS

DIETARY SUPPLEMENT

NET WT. 16.3 OZ. (1 LB.) 462 G

CODE 759083

ABG-7590

DIRECTIONS: As a dietary supplement, mix one scoop in 10-16 fl. oz. of cold water and consume during workouts, post-workout, and/or throughout the day. Get ready to Perform like a Pro.

## Supplement Facts

Serving Size About One Scoop (15.4 g)  
Servings Per Container 30

Amount Per Serving	% Daily Value	
Calories	15	
Total Carbohydrate	0 g	0%†
Total Sugars	0 g	*
Includes 0 g Added Sugars		0%†
Chloride	380 mg	17%
Sodium (as Trisodium Citrate)	210 mg	9%
Potassium (as Tripotassium Citrate)	150 mg	3%
<b>Total Essential Amino Acids</b>	<b>10 g</b>	<b>*</b>
BCAAs	6 g	*
L-Leucine	3 g	*
L-Isoleucine	1.5 g	*
L-Valine	1.5 g	*
L-Lysine HCl	1.8 g	*
L-Threonine	1.4 g	*
L-Tryptophan	500 mg	*
L-Phenylalanine	100 mg	*
L-Methionine	100 mg	*
L-Histidine HCl	100 mg	*

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

OTHER INGREDIENTS: Citric Acid, Sucralose, Natural Flavor, Silicon Dioxide, Steviol Glycosides (Reb A).

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

⚠ WARNING: Reproductive Harm - [www.P65Warnings.ca.gov](http://www.P65Warnings.ca.gov)  
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: Product is sold by weight, not volume. Significant product settling may occur.  
No Sugar, No Artificial Colors, Gluten Free, No Soy.  
KEEP OUT OF REACH OF CHILDREN. Store in a cool, dry place.

FILL  
LINE



GLUTEN  
FREE

\* 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.