

CODE 012356

LUG

DIRECTIONS: As a dietary supplement, consume 2 scoops in 8 fl. oz. of cold water or your favorite beverage. WheyBolic™ can be consumed first thing in the morning, pre-workout and/or post-workout. For maximum results, reference usage benefits and consume 2 scoops twice daily.

Supplement Facts

Serving Size 1 Scoop (26 g) 2 Scoops (52 g)
 Servings Per Container 20 10

Amount Per Serving	% Daily Value		% Daily Value	
Calories	100		190	
Total Fat	0.5 g	1%†	1.5 g	2%†
Saturated Fat	0 g	0%†	0.5 g	3%†
Cholesterol	10 mg	3%	20 mg	7%
Total Carbohydrate	3 g	1%†	5 g	2%†
Total Sugars	1 g	*	2 g	*
Protein	20 g	40%	40 g	80%
Calcium	90 mg	7%	180 mg	14%
Chromium (as Chromium Picolinate & Chromium Histidinate)	125 mcg	357%	250 mcg	714%
Sodium	100 mg	4%	200 mg	9%
Potassium	110 mg	2%	220 mg	5%
L-Leucine (from Micronized L-Leucine, Whey Protein Isolate, Hydrolyzed Whey Protein)	3.1 g	*	6.2 g	*
Velositol® (Amylopectin/Chromium Complex)	250 mg	*	500 mg	*
Enzyme Blend (Blend of Lactase & Bromelain)	200 mg	*	400 mg	*

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

OTHER INGREDIENTS: Protein Blend (Whey Protein Isolate, Hydrolyzed Whey Protein), Natural & Artificial Flavor, Sunflower Creamer (Sunflower Oil, Maltodextrin, Sodium Caseinate, Mono & Diglycerides, Natural Tocopherols, Tricalcium Phosphate), Cookie Crumbs (Milk Protein Isolate, Chicory Root Fiber, Palm Oil, Sugar, Alkalized Cocoa Powder, Ground Flax Seed, Sunflower Lecithin and Natural Flavor), Salt, Gum Blend (Cellulose Gum, Xanthan Gum, Carrageenan), Sucralose, Sunflower Lecithin, Acesulfame Potassium, Silicon Dioxide.

CONTAINS: Milk.

Distributed by:
 General Nutrition Corporation
 Pittsburgh, PA 15222 USA

⚠ WARNING: Cancer and Reproductive Harm – 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.

Gluten Free. No Soy.

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

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



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

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■ An 8-week, randomized, double-blind, placebo-controlled study of 33 healthy men compared the effectiveness of this proprietary module of whey protein and leucine vs. an isocaloric carbohydrate placebo consumed before and after resistance training. Subjects consuming the leucine-whey protein supplement experienced greater increases in muscle strength than those on the placebo. Leucine-whey protein supplementation also increased muscle cross-sectional area from baseline.

^ When used in conjunction with an exercise program.

• In an 8-week, randomized, double-blind, placebo-controlled study of 30 healthy male volunteers comparing 1 set resistance training (RT) + active or carbohydrate placebo to 2 sets RT alone with no supplement, the active group showed equal gains in maximal muscle strength and muscle endurance compared to the control group.

*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.

SUPERIOR PERFORMANCE PROTEIN

Enhanced with More LEUCINE than Standard Whey Protein

Elevated Muscle Fuel for Muscle Growth & Recovery^{^*}

Features Only Premium, Ultra-Pure, Fast-Digesting Protein

Only Whey Hydrolysates and a Clinical Core of Whey Isolate & Leucine to Improve Strength^{■*}

Enhanced with VELOSITOL® & Leucine
 To Accelerate Muscle Protein Synthesis^{^*}

USAGE BENEFITS

For Pre-Workout & Cardio

Clinically Proven Support for Strength, Performance & Stamina^{■•*}

For Post-Workout & Cardio

Provides Fast-Digesting Whey Isolate & Hydrolysates Plus Leucine to Fuel Muscle & Support Recovery^{^*}

On Non-Training Days & Between Meals

Provides High-Quality Protein & Critical Amino Acids to Fuel Muscles while you Recover from Intense Training^{^*}

If it's on our labels, then it's in our bag.

Full dosing, full transparency and no proprietary blends. Clinically studied ingredients backed by real science. The most effective and premium performance protein available. Train harder.

◇ EAA = essential amino acids



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 #ICP0307.

