CODE 369886 IWG

DIRECTIONS: As a dietary supplement, mix one scoop (34.3 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 (34.3 g)
Servings Per Container 12

Amount Per Serving		% Daily Value
Calories	140	
Total Fat	2.5 g	3%†
Saturated Fat	1 g	5%†
Cholesterol	80 mg	27%
Total Carbohydrate	5 g	2%†
Total Sugars	2 g	*
Includes 0 g Added Sugars		0%
Protein	24 g	
Calcium	130 mg	10%
Sodium	90 mg	4%
Potassium	190 mg	4%

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

INGREDIENTS: Whey Protein Concentrate, Natural and Artificial Flavors, Cookie Crumb (Milk Protein Isolate, Chicory Root Fiber, Palm Oil, Sugar, Alkalized Cocoa Powder, Ground Flax Seed, Sunflower Lecithin and Natural Flavor), Whey Protein Isolate, Cellulose Gum, Xanthan Gum, Soy Lecithin, Acesulfame Potassium, Sucralose.

CONTAINS: Milk and Soy.

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

Contains a bioengineered food ingredient.

⚠ WARNING: Cancer and Reproductive Harm - www.P65Warnings.ca.gov.

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

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
GNC.com

INFORMED CHOICE REGULARLY TESTED FOR BANNED SUBSTANCES

Products bearing this logo have been tested for banned substances by LGC Science, Inc., a world-class anti-doping lab. *Product was tested and monitored for over 285 banned substances on the 2021 World Anti-Doping Agency (WADA) Prohibited list via LGC skip lot testing protocol #ICP0307.

KOSHER GLUTEN FREE

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 Banned Substance Tested.* 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

* 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.