

# PRO PERFORMANCE<sup>®</sup> ESSENTIAL AMINO COMPLETE

## RESULTS

Essential amino acids (EAA), including branched chain amino acids (BCAA), cannot be made by the body and therefore must be obtained through your diet. These amino acids are crucial to lean muscle maintenance and for helping to reduce muscle protein breakdown. Essential Amino Complete contains 5 grams of BCAA in an optimal 2:1:1 ratio to support protein synthesis, plus an additional 5 grams of EAA for muscle recovery and electrolytes for hydration<sup>†\*</sup>

## QUALITY

Essential Amino Complete is tested and certified Banned Substance Free.<sup>†</sup> It tastes amazing, contains no sugar and mixes easily with a simple stir, shake or blend.

## USAGE BENEFITS

### During Workout

Hydrates and fuels muscles.\*

### Post-Workout

Supports recovery.\*

### Non-Training Days

May be used to support muscle protein synthesis and help reduce muscle protein breakdown.\*

\*When used in conjunction with an exercise program.

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

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

# GNC PRO PERFORMANCE

10G  
TOTAL  
AMINOS

5G  
BCAA

5G  
EAA

0G  
SUGAR

# ESSENTIAL AMINO COMPLETE

Fuels Muscles<sup>^\*</sup>

Supports Recovery<sup>\*</sup>

Replenishes Electrolytes<sup>\*</sup>

DIETARY SUPPLEMENT

NET WT 15.87 OZ (450 G)

30 SERVINGS



TANGY ORANGE

NATURAL AND ARTIFICIAL FLAVORS

CODE 414648

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. See usage benefits.

AVG

## Supplement Facts

Serving Size One Scoop (15 g)

Servings Per Container 30

Amount Per Serving		Daily Value
Calories	10	
Total Carbohydrate	3 g	1%†
Total Sugars	0 g	*
Includes 0 g Added Sugars		0%†
Vitamin B-6 (as Pyridoxine Hydrochloride)	0.64 mg	38%
Chloride (as Potassium Chloride, Sodium Chloride)	760 mg	33%
Sodium (as Trisodium Citrate Dihydrate, Sodium Chloride)	215 mg	9%
Potassium (as Potassium Chloride)	210 mg	4%
<b>Total Essential Amino Acids</b>	<b>10 g</b>	<b>*</b>
<b>BCAA</b>	<b>5 g</b>	<b>*</b>
L-Leucine	2.5 g	*
L-Isoleucine	1.25 g	*
L-Valine	1.25 g	*
<b>Essential Amino Acid Blend</b>	<b>5 g</b>	<b>*</b>
Micronized Lysine, Micronized Threonine, Micronized Phenylalanine, Micronized Tryptophan, Micronized Methionine, Micronized Histidine		
<b>Electrolyte Complex</b>	<b>1.11 g</b>	<b>*</b>
Trisodium Citrate Dihydrate, Sodium Chloride, Potassium Chloride		

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

\* Daily Value not established.

OTHER INGREDIENTS: Citric Acid, Natural and Artificial Flavors, Malic Acid, Sucralose, Acesulfame Potassium, FD&C Red #40, FD&C Yellow #6.

Distributed by: General Nutrition Corporation, Pittsburgh, PA 15222 USA

NOTICE: Significant product settling may occur.



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 #ICPO307.

\* 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.