

DIRECTIONS: As a dietary supplement, consume 2 scoops in 8 fl. oz. of cold water or your favorite beverage. **Wheybolic™ Ripped** 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. Do not exceed recommended dose per day. Do not combine with other caffeine containing products. Do not take near bedtime.

Supplement Facts

Serving Size 1 Scoop (26.5 g) 2 Scoops (53 g)
 Servings Per Container 18 9

Amount Per Serving	% Daily Value	% Daily Value
Calories	100	200
Total Fat	<1 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%†	6 g 2%†
Total Sugars	1 g *	2 g *
Protein	20 g 40%	40 g 80%
Niacin (as Niacinamide)	10 mg 63%	20 mg 125%
Calcium	90 mg 7%	180 mg 14%
Chromium (as Chromium Picolinate & Chromium Histidinate)	125 mcg 357%	250 mcg 714%
Sodium	110 mg 5%	210 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 *
Caffeine Anhydrous	100 mg *	200 mg *
Capsimax® Capsicum Extract	16.67 mg *	33.34 mg *
Piperine (as Black Pepper Extract)	2.5 mg *	5 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), Citric Acid, Salt, Gum Blend (Cellulose Gum, Xanthan Gum, Carrageenan), Red Beet Powder (Maltodextrin, Beet Juice, Citric Acid), Sucralose, Sunflower Lecithin, Acesulfame Potassium, Dimethylpolysiloxane (Prevents Foaming), Silicon Dioxide.

CONTAINS: Milk.

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

WARNING: 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.

Niacin may cause a temporary flushing reaction.

2 scoops supply 200 mg of caffeine.

Gluten Free, No Soy.

Capsimax® trademark belongs to OmniActive Health Technologies.

Velositol® and its associated logo is a trademark of Nutrition 21, LLC. Velositol® is patent protected.

* 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.



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.

■ 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.

◇ In a double-blind, randomized, placebo-controlled crossover study, 25 subjects exercised on a treadmill on two occasions. On one occasion the subjects took the thermogenic blend before exercise and on the second occasion, they took a placebo. When the subjects took this blend, they burned three times more calories before, 3% more calories during and 12 times more calories after exercise compared to when they took the placebo.

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^{▲*}

Featuring **CAFFEINE, CAPSIMAX® & NIACIN**

Supporting Intense Energy, Mental Focus & Increased Calorie Burning^{◇*}

USAGE BENEFITS

For Pre-Workout & Cardio

Clinically Proven Support for Strength, Performance & Stamina, Plus Energy & Metabolism Support for Superior Results & Increased Calorie Burning^{■▲◇*}

For Post-Workout & Cardio

Provides Fast-Digesting Whey Isolate & Hydrolysates Plus Leucine to Fuel Muscle Support & Recovery Plus a Thermogenic Blend Proven to Increase Calorie Burning by 12 Times After Exercise^{▲◇*}

On Non-Training Days & Between Meals

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

If it's on our labels, then it's in our bags. Full dosing, full transparency and no proprietary blends. Clinically studied ingredients backed by real science. The most effective and premium performance protein available. Get ripped.

°EAA = essential amino acids

