

COLOR KEY

- Dieline**
- LABELS: Safe Copy Area**
All copy and printable items must be within this area so they are not trimmed off during production. Items MUST stay inset -0.0625 (1/16") away from the dieline edge, excluding graphics intended to bleed.
- BOOKS: Safe Copy Area**
- **Front:** 125" inset from edge of die
- **All inside pages:** .25" inset from edge of die
- **Base:** .25" inset from the book placement
- Required Bleed** - We REQUIRE at least 0.25" (1/4") of bleed past the dieline for any background, including images.

PLEASE NOTE:

- SPECIFY ALL COLORS TO BE USED as spot Pantone colors **or** 4 color process (CMYK).
- Please drag ALL SPOT COLORS utilized into the SWATCHES pallet.
- All black items should use the SAME BLACK SWATCH in the color pallet, 100% Black.


FILES:

Adobe Illustrator (.ai) files are best suited for label production and design.

DIELINE TEMPLATE

Date: 11/19/19
Size: 5.5 X 20.25
Artist: CD
RLG#: 577194
1.4G

die: 5.5 X 20.25



Enhanced with MyoTOR[®] for improved strength & stamina**


CLINICALLY PROVEN TO:

- Accelerate results in as early as 2 weeks**
- Improve bench press by 23 lb. and leg extension by 17 lb.**
- Increase muscle endurance**

** 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.
** An 8-week randomized, double-blind, placebo-controlled study of 118 healthy men participating in a supervised resistance training program showed that those taking MyoTOR[®] had significant increases in mean upper body strength (42.5 lb. vs. 19.4 lb.), mean lower body strength (37.1 lb. vs. 19.2 lb.) and muscle endurance after 8 weeks vs. those who took a placebo with the same exercise. Improvements in strength were seen in as early as 2 weeks. Men on MyoTOR[®] had greater improvements in muscle strength and upper body endurance vs. those who took a placebo but exercised twice as much.

KEEP OUT OF REACH OF CHILDREN.
Store in a cool, dry place.
For More Information:
1-888-462-2548
GNC.com

BETAPOWER[®] is a registered trademark of International Flavors & Fragrances Inc. or its affiliates.
MyoTOR[®] is a trademark of PLY Health Solutions - Laila Nutraceuticals, LLC. US Patent #9,907,825 and international patents pending.
Tesnor[®] is a registered trademark of Gencor and Laila Nutraceuticals.
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.



ADVANCED MUSCLE PERFORMANCE

WHEYBOLIC[®] ALPHA

CLINICALLY PROVEN PROTEIN + TEST & POWER

Proven to Increase Muscle Strength in as Early as 2 Weeks**
Enhanced to Support Testosterone Levels & Power*

40G
PROTEIN[†]

15G
EAA^{†*}

6.2G
LEUCINE[†]

325mg
MyoTOR^{†*}

†Per 2 scoops

DIETARY SUPPLEMENT

NET WT. 46.64 OZ. (2.91 LB.) 1322.2 G

22 SERVINGS

CHOCOLATE FUDGE
NATURAL + ARTIFICIAL FLAVORS

CODE 034573

DIRECTIONS: As a dietary supplement, consume 2 scoops in 8 fl. oz. of cold water or your favorite beverage. WheyBolic[®] Alpha can be consumed first thing in the morning, pre-workout or post-workout. For maximum results, reference usage benefits and consume 2 scoops twice daily. Do not exceed recommended dose. Consume ample amounts of water while taking this product.

| Serving Size | 1 Scoop (30.05 g) | 2 Scoops (60.1 g) |
|---|----------------------|----------------------|
| Servings Per Container | 44 | 22 |
| Amount Per Serving | % Daily Value | % Daily Value |
| Calories | 110 | 220 |
| Total Fat | 0.5 g 1% | 1.5 g 3% |
| Saturated Fat | 0.5 g 3% | 0.5 g 3% |
| Cholesterol | 10 mg 3% | 20 mg 7% |
| Total Carbohydrate | 5 g 2% | 10 g 4% |
| Dietary Fiber | 0 g 0% | 1 g 4% |
| Total Sugars | 1 g * | 2 g * |
| Protein | 20 g 40% | 40 g 80% |
| Calcium | 90 mg 7% | 180 mg 14% |
| Chromium (as Chromium Piccolinate & Chromium Histidinate) | 125 mcg 357% | 250 mcg 714% |
| Sodium | 140 mg 6% | 280 mg 12% |
| Potassium | 160 mg 3% | 320 mg 7% |
| L-Leucine (from L-Leucine, Whey Protein Isolate, Hydrolyzed Whey Protein) | 31 g * | 6.2 g * |
| Creatine (as Creatine Monohydrate & CON-CRET [®] Creatine Hydrochloride) | 0.75 g * | 1.5 g * |
| Betaine (as Betaine Anhydrous) | 0.625 g * | 1.25 g * |
| High Amylopectin Starch (Waxy Maize) | 250 mg * | 500 mg * |
| MyoTOR [®] (Sphoranthus indicus Flower Head Extract, Mangifera indica Bark Extract) | 162.5 mg * | 325 mg * |
| Bromelain | 100 mg * | 200 mg * |
| Lactase | 100 mg * | 200 mg * |
| Tesnor [®] Blend (Panicum granatum Fruit Peel Extract, Theobroma cacao Seed Extract) | 100 mg * | 200 mg * |

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

OTHER INGREDIENTS: Whey Protein Isolate, Hydrolyzed Whey Protein Isolate, Cocoa Powder (Processed with Alkali), Natural & Artificial Flavors, Sunflower Creamer (Sunflower Oil, Maltodextrin, Sodium Caseinate, Mono & Diglycerides, Tocopherols, Tricalcium Phosphate), Salt, Gum Blend (Cellulose Gum, Xanthan Gum, Carrageenan), Shellac, Sunflower Lecithin, Sucralose, Acesulfame Potassium, Maltodextrin, Citric Acid, Guar Gum, Silicon Dioxide, Bicalcium Phosphate.
CONTAINS: Milk.
Distributed by: GNC Holdings, LLC, Pittsburgh, PA 15222 USA
Contains a bioengineered food ingredient.
*WARNING: Cancer and Reproductive Harm - www.P65Warnings.ca.gov. Consult your physician prior to using this product if you are pregnant, nursing, under 18 years of age, taking medication or have a medical condition. Discontinue use two weeks prior to surgery.
Gluten Free.
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.

SUPERIOR PERFORMANCE PROTEIN

Enhanced with More LEUCINE & BCAA than Standard Whey Protein
Elevated Muscle Fuel for Muscle Growth & Recovery**

Featuring Clinically Studied BETAPOWER[®] + CREATINE, MyoTOR[®] & TESNOR[®]

To Enhance Power, Improve Strength & Stamina and Support Testosterone Levels**

With Only Premium, Ultra-Pure, Fast-Digesting Protein
Only Whey Hydrolysates and a Clinical Core of Whey Isolate & Leucine to Improve Strength**

USAGE BENEFITS

For Pre-Workout & Cardio
Clinically Proven Support for Strength, Power, Performance & Stamina for Superior Results**

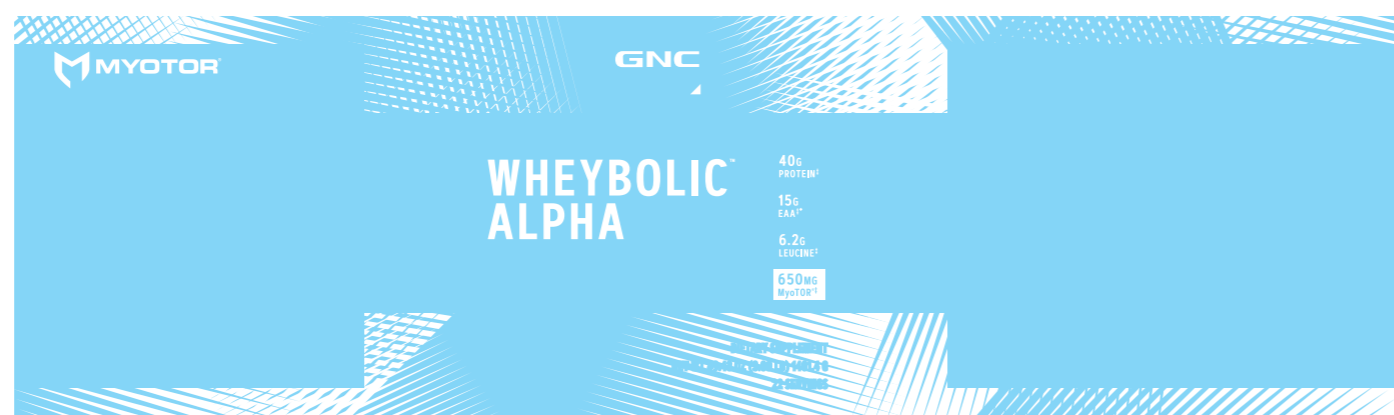
For Post-Workout & Cardio
Provides Fast-Digesting Whey Isolate & Hydrolysates Plus Leucine to Fuel Muscle Support & Recovery**

On Non-Training Days & Between Meals
Provides High-Quality Protein & Critical Amino Acids to Fuel Muscles while you Recover from Intense Training. Plus Healthy Testosterone Support**


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

*EAA = essential amino acids

Fill line is 85mm from bottom of die



White Plate



**300 Sixth Avenue #2
Pittsburgh, PA 15222**

Round: RELEASE - AP

Revise Date: 9/24/21

File name:
034573_HWG_WheybolicAlpha_Label.eps

Application: Adobe Illustrator CC

Artwork is set up at 100%

Color Palette
4 c/p, 7 spot, KO to substrate

| | | |
|----------------|----------|-------------|
| PMS 2132 | Black | Yellow |
| Line Art Black | Cyan | Magenta |
| KO Silver | PMS 2028 | Cool Gray 4 |
| Opaque White | PMS 464 | MATCH GOLD |

**Contact: Heather Cass at GNC, 412.338.2577
or Email: heather-cass@gnc-hq.com**

Supplier is responsible for checking files for accuracy in:

- measurements
- print tolerance requirements
- registration
- construction of artwork

* Changes made to suit production requirements must be approved by GNC.
* Proofs and copy changes must be sent to GNCPackaging@gnc-hq.com for review.
COLORS ARE COMPUTER SIMULATED AND ARE NOT FOR COLOR MATCHING.
Varnishes/Coatings may not be included in color palette specifications. Refer to print specifications.