7-HOUR SUSTAINED RELEASE PROTEIN*

Rapid-Release* Sustained-Release

* Visual illustration based on published data.



INFORMED—CHOICE ORG

Products bearing this logo have been tested for banned substances by LGC Science, lnc., a world-class anti-doping lab. *Product was tested for over 220 banned substances on the 2019 World Anti-Doping Agency (WADA) Prohibited List via LGC skip lot testing protocol #ICP0307. See gnc.com for more information.



*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.

KEEP OUT OF REACH OF CHILDREN. Store in a cool, dry place. For More Information 1-888-462-2548 GNC.com Distributed by: General Nutrition Corporation Pittsburgh, PA 15222 USA



ADVANCED MUSCLE PERFORMANCE

SUSTAINED PROTEIN BLEND

7-HOUR SUSTAINED-RELEASE PROTEIN

Ultra-Premium Blend of 4 High-Quality Protein Sources Rapid & Sustained-Release for Up to 7 Hours of Muscle Fuel*

STRAWBERRY

NATURAL + ARTIFICIAL FLAVORS

MILKSHAKE

25_G **PROTEIN**

PROTEIN SOURCES

5G BCAA

130 CALORIES

DIETARY SUPPLEMENT

NET WT 31.6 OZ

(1.98 LB) 896 G

28 SERVINGS

DIRECTIONS: As a dietary supplement, mix one scoop (32 g) in 6-8 fl. oz. of cold water and enjoy. See usage benefits for additional suggestions and information.

Supplement Facts

Servings Per Container	1 2000	p (32 g) 28
Amount Per Serving	% Daily Value	
Calories	130	
Total Fat	1.5 g	2%†
Cholesterol	25 mg	8%
Total Carbohydrate	3 g	1%†
Total Sugars	1 g	*
Protein	25 g	
Calcium	300 mg	23%
Sodium	100 mg	4%
Potassium	110 mg	2%
† Percent Daily Values are based on a 2,000 calorie diet.		

Daily Value not established

OTHER INGREDIENTS: Protein Blend (Native Micellar Casein, Native Whey Protein Isolate, Whey Protein Hydrolysate, Egg White Protein), Creamer (Sunflower Oil, Maltodextrin, Sodium Caseinate (a Milk Derivative), Natural Tocopherols, Tricalcium Phosphate), Sunflower Lecithin, Gum Blend (Cellulose Gum, Xanthan Gum, Carrageenan), Natural and Artificial Flavors, Sucralose, Acesulfame Potassium, FD&C Red 40.

CONTAINS: Milk and Eggs.

Gluten Free, No Soy.

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





4 Sources of Scientifically Blended Protein. Including Specially Processed Native Protein — Protein in Its Natural State

- Native Whey Isolate
- Native Micellar Casein
- Egg Whites

KTG

Whey Hydrolysate

Breakfast

Rapid Release of Amino Acids to "Break Your Fast" & Fuel Muscles, Plus Ongoing Support for Up to 7 Hours*

Between Meals

Sustained Release of Amino Acids for Ongoing Muscle

Post-Workout

Rapid Release of Amino Acids Plus Sustained Release for Ongoing Muscle Support & Protein Synthesis **

Non-Training Days

Provides Critical Amino Acids to Fuel Muscles During Recovery from Intense Training **

If it's on our labels, then it's in our bottles. Full dosing, full transparency and no meaningless sprinkles of ingredients. Superior ingredients backed by real science. Up to 7 hours of premium muscle fuel for advanced muscle performance.*

^When used in conjunction with an exercise program.