

DIRECTIONS: As a dietary supplement, consume 2 scoops in 8 fl. oz. of cold water or your favorite beverage. WheyBolic™ 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.

Supplement Facts

Serving Size 1 Scoop (30.75 g) 2 Scoops (61.5 g)
 Servings Per Container 10 10

Amount Per Serving	% Daily Value	
Calories	100	200
Total Fat	0.5 g	1.5 g 2%†
Saturated Fat	0 g	0.5 g 3%†
Cholesterol	15 mg	25 mg 8%
Total Carbohydrate	3 g	7 g 3%†
Total Sugars	1 g	3 g *
Includes Added Sugars	0 g	1 g 2%†
Protein	20 g	40 g
Calcium	95 mg	190 mg 15%
Chromium (as Chromium Picolinate and Chromium Histidinate)	250 mcg	500 mcg 1429%
Sodium	80 mg	160 mg 7%
Potassium	140 mg	270 mg 6%
WheyBolic™ Complex	11.2 g	22.4 g *
BCAA	7.5 g	15 g *
L-Leucine (from L-Leucine, Whey Protein Isolate, Hydrolyzed Whey Protein)	5 g	10 g *
L-Isoleucine (from Whey Protein Isolate, Hydrolyzed Whey Protein, Micronized L-Isoleucine)	1.25 g	2.5 g *
L-Valine (from Whey Protein Isolate, Micronized L-Valine, Hydrolyzed Whey Protein)	1.25 g	2.5 g *
Glutamic Acid and Glutamine (from Whey Protein Isolate, Hydrolyzed Whey Protein)	3 g	6 g *
Velositol® Amylopectin Chromium Complex	500 mg	1 g *
ProHydrolase® Protease Enzyme Blend (Proteases from <i>Bacillus subtilis</i> and <i>Ananas comosus</i>) (70,000 HUT/200 mg; 140,000 HUT/400 mg)	200 mg	400 mg *

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

OTHER INGREDIENTS: WheyBolic™ Protein Complex (Whey Protein Isolate, Hydrolyzed Whey Protein), Natural and Artificial Flavors, Creamer (Sunflower Oil, Corn Syrup Solids, Sodium Caseinate, Mono- and Diglycerides, Dipotassium Phosphate, Tricalcium Phosphate, Soy Lecithin, Tocopherols), Lecithin, Citric Acid, Beet Juice Powder (Color), Gum Blend (Cellulose Gum, Xanthan Gum, Carrageenan), Sucralose, Tartaric Acid, Acesulfame Potassium.

CONTAINS: Milk and Soybeans.

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.

Gluten Free.

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

ProHydrolase® is a trademark of Deerland Enzymes, Inc.

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

■ 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 randomized, double-blind crossover clinical trial that included 20 recreationally trained, healthy male subjects, those taking 10 g whey protein isolate plus 10 g leucine immediately post-workout showed significant increases in key protein (p70S6k & rpS6) associated with muscle protein synthesis.



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 145 banned substances on the 2017 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.

SUPERIOR PERFORMANCE PROTEIN

Enhanced with More LEUCINE & BCAA than Standard Whey Protein

Elevated Muscle Fuel with a Premium 4:1:1 BCAA Ratio for Muscle Growth & Recovery^{^*}

Features Only Premium, Ultra-Pure, Fast-Absorbing Protein

Only Whey Hydrolysates and a Clinical Core of Whey Isolate & Leucine to Improve Strength & Post-Training Anabolic Response^{^◇*}

Enhanced with VELOSITOL® & PROHYDROLASE®

To Accelerate Muscle Protein Synthesis & Absorption of Amino Acids for Efficient Use by Muscles^{^*}

USAGE BENEFITS

For Pre-Workout & Cardio

Clinically Proven Support for Strength, Performance & Stamina^{^**}

For Post-Workout & Cardio

Provides Fast-Absorbing Whey Isolate & Hydrolysates Plus BCAA to Fuel Anabolic 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^{^*}

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. Train harder.



GLUTEN FREE



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