

GNC
PRO PERFORMANCE[®]

GNC
PRO PERFORMANCE[®]

NEW

7G
BCAA

5G
LEUCINE

15
CALORIES

2G
CARBS

Daily

Pre/Post-Workout

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

For More Information:
1-888-462-2548

SHOP NOW @ GNC.COM

Distributed by:
General Nutrition Corporation
Pittsburgh, PA 15222



SCAN &
LEARN MORE

XR SERIES™

BCAA ADVANCE XR™

DIETARY SUPPLEMENT

Advanced BCAA System to Spare Muscle Breakdown & Preserve Glycogen*

Immediate & Sustained 6 Hour Extended Release Anabolic Leucine

OT²™ Technology for Advanced Muscle Protein Synthesis*



OPTIMAL
TIMING
TECHNOLOGY

BERRY FUSION
NATURAL AND
ARTIFICIAL FLAVORS

30 SERVINGS
Net Wt 11.2 oz (318 g)

CODE 386213

DIRECTIONS: As a dietary supplement, mix one scoop (10.6g) with 6 fl. oz. of water or your favorite beverage in a shaker cup daily. Enjoy pre- or post-workout or in between meals.

Supplement Facts

	One Scoop (10.6g)	2 Scoops (21.2g)
Serving Size		
Servings Per Container	30	15
Amount Per Serving	% Daily Value	% Daily Value
Calories	15	25
Calories from Fat	5	10
Total Fat	0.5 g 1%†	1 g 2%†
Saturated Fat	0 g †	0.5 g 3%†
Total Carbohydrate	2 g <1%†	4 g 1%†
Leucine Blend (L-Leucine, OT ² ™ L-Leucine)	5 g *	10 g *
L-Isoleucine	1 g *	2 g *
L-Valine	1 g *	2 g *

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

* Daily Value not established.

OTHER INGREDIENTS: Natural and Artificial Flavors, Citric Acid, Hydrogenated Vegetable Oil* (contains one or more of the following: soybean, palm, and cottonseed), Malic Acid, Monoglycerides, Sucralose, FD&C Red #40.

*Trans fat free.

NOTICE: Significant product settling may occur.



Products bearing this logo have been tested for banned substances by HFL Sport Science, a world-class anti-doping lab. *Product was tested for over 145 banned substances on the 2012 World Anti-Doping Agency (WADA) Prohibited List via HFL skip lot testing protocol #CP0307. See gnc.com for more information.

STACK WITH: Pro Performance[®] Creatine Advance XR™, Protein Advance XR™ and Restore Advance XR™.

* 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.

**ING THE BENEFITS OF BCAA
ADVANCE XR™**

GNC's superior Pro Performance[®] XR Series™ BCAA Advance XR™ is uniquely formulated to help athletes receive immediate release of muscle fueling Branched Chain Amino Acids (BCAA), plus a longer lasting supply of anabolic Leucine. Leucine is the key BCAA shown to impact muscle protein synthesis.* This anabolic building block is now Optimal Timing Technology – OT²™ – enhanced to provide a sustained release of Leucine for six hours.

**OT²™ – THE EXCLUSIVE
GNC ADVANTAGE**

OT²™ is GNC's intelligent nutrient delivery system engineered to help release key ingredients during crucial times when you need them most! These breakthrough products are designed to deliver immediate and sustained release of ingredients to help maintain benefits throughout your workout, day or night. OT²™ ingredients are coated with a special technology that controls when they are released.

These special actives may be seen in the product – now that's real technology you can see and feel! It goes without stating that protein is critical for stimulating muscle synthesis and preserving muscle glycogen stores. Leucine, a key branched chain amino acid, is one of the primary nutrients in protein responsible for these benefits. With the introduction of the unique, sustained-release technology, now muscle fueling leucine is released for up to six hours!

**NITRO-FACTOR™ – MAXIMIZE
MUSCLE BUILDING**

The full muscle building potential of a GNC product is based on its total nitrogen content – so the more nitrogen a product has, the stronger it will perform. Nitrogen needs increase during training, and if nitrogen levels are low, your body pulls from muscle stores which can result in catabolism, poor performance and longer recovery. To fuel performance and anabolism, Pro Performance[®] BCAA Advance XR™ is loaded with 5 grams of nitrogen-boosting ingredients.