

GNC
PRO PERFORMANCE[®]
AMP

MEN'S RIPPED VITAPAK[®] PROGRAM

Several high-quality, non-stimulant formulas in one convenient pack for maximum training support to help support a lean, ripped physique.

Mega Men[®] Sport

This powerful, clinically studied^{*} sports multivitamin formula includes critical components to fill nutrient gaps common in athletic men.*

CLA

Features 4000 mg of CLA clinically shown to support healthy body composition and maintain lean muscles.*

Waterx[™]

An herb-based, water-balance formula designed to help regulate excess water.*

Decaf Thermo Igniter 12X

This non-stimulant formula supports metabolism with a mix of high-quality fruit and herbal extracts.*

MULTI-FUNCTION NON-STIMULANT SYSTEM TO SUPPORT A RIPPED PHYSIQUE!

**FUEL
MUSCLE**

Multivitamin
with 45 Quality
Ingredients

**SUPPORT
METABOLISM**

Non-Stimulant with
Potent Extracts

**LEAN
MUSCLE**

CLA for Healthy
Body Comp
Support*

**REGULATE
WATER**

Water Regulating
Complex

GNC
PRO PERFORMANCE[®]
AMP

MEN'S RIPPED VITAPAK[®] PROGRAM

NON-STIMULANT FORMULA

CLINICALLY RESEARCHED

- Includes multivitamin plus non-stim metabolism and lean muscle support*
- Helps regulate excess water*



DIETARY SUPPLEMENT
30 PAKS

CODE 210011

DIRECTIONS: As a dietary supplement, for optimal health benefits, take the contents of one packet daily with food every morning. Do workout days, for individuals looking to maximize energy production, the Decaf Thermo Igniter 12X (yellow caplet) can be taken 30-60 minutes prior to exercise.

Each pak contains:

Mega Men[®] Sport

Supplement Facts

Serving Size Two Media Brown Caplets	
Amount Per Serving	% Daily Value
Vitamin A (50% as beta Carotene & 50% Retinyl Acetate)	1500 mcg 167%
Vitamin C (as Ascorbic Acid & Calcium Ascorbate)	300 mg 333%
Vitamin D (as Cholecalciferol)	40 mcg (1600 IU) 200%
Vitamin E (as Natural d-Alpha Tocopheryl Acetate)	22 mg 147%
Vitamin K (as Phylloquinone)	80 mcg 87%
Thiamin (Vitamin B1) (as Thiamin Mononitrate)	50 mg 4167%
Riboflavin (Vitamin B2)	50 mg 3846%
Niacin (as Nicotinamide & Niacin)	50 mg 313%
Vitamin B-6 (as Pyridoxine Hydrochloride)	50 mg 2941%
Folate	667 mcg DFE (400 mcg folic Acid) 167%
Vitamin B-12 (as Cyanocobalamin)	50 mcg 2383%
Biotin	300 mcg 1800%
Pantothenic Acid (as Calcium d-Pantothenate)	50 mg 1000%
Choline (as Choline Bitartrate)	10 mg 2%
Calcium (as Calcium Carbonate and Calcium Ascorbate)	200 mg 15%
Iodine (as Potassium Iodide)	150 mcg 100%
Magnesium (as Magnesium Oxide)	100 mg 24%
Zinc (as Zinc Oxide)	25 mg 227%
Selenium (as L-Selenomethionine)	200 mcg 364%
Copper (as Copper Sulfate)	2 mg 222%
Manganese (as Manganese Sulfate)	2 mg 87%
Chromium (as Chromium Chloride)	130 mcg 343%
Molybdenum (as Sodium Molybdate)	75 mcg 167%
Chloride (as Potassium Chloride)	72 mg 3%
Potassium (as Potassium Chloride)	80 mg 2%
Sports Blend	\$4.81 mg *
L-Carnitine (as L-Carnitine L-Tartrate)	13 mg *
Naucine	10 mg *
Inositol	10 mg *
ALA (alpha-lipoic acid)	10 mg *
L-Carnitine (as L-Carnitine L-Tartrate)	8 mg *
Silica (as Silicon Dioxide)	4 mg *
Selen (as Sodium Selenate)	2 mg *
Gelatin (as Gelatin)	1.8 mg *
Hyaluronic Acid (as Sodium Hyaluronate)	1 mg *
Vitamin (as Sodium Methylsulfonyl)	10 mg *
Super Antioxidant Blend	28.96 mg *
alpha-Lipoic Acid	25 mg *
Lutein [®] 2020 Lutein	2 mg *
Cyclopent	1 mg *
Resveratrol Extract (Resveratrol) (Resveratrol)	500 mg *
Resveratrol (as Resveratrol isomers)	400 mg *
Antioxidant (from Nematocystis pinnata)	50 mg *
Beta-Cryptoxanthin	10 mg *
Branched Chain Amino Acid Blend (L-Leucine, L-Isoleucine, L-Valine)	150 mg *

* Daily Value not established.

Other Ingredients: Cellulose, Dicalcium Phosphate, Stearic Acid Vegetable Source, Calcium Silicate, Magnesium Stearate Vegetable Source, Titanium Dioxide (Natural Mineral Whitener), Natural Vanilla Mint Flavor, Polyethylene Glycol, Talc, Carmel Color, Stevia Leaf Extract.

CONTAINS: Fish and Soybeans.

ACTUAL SIZE

In a randomized, double-blind, placebo-controlled study of 112 healthy volunteers, subjects taking the GNC vitamin and mineral blends for six weeks experienced significant improvements in serum levels of certain key nutrients compared to a placebo and a basic multivitamin formula based upon multivariate statistical analyses of a group of 9 vitamins (thiamin, niacin, riboflavin, pantothenic acid, biotin, folic acid and vitamins B-6 and B-12) and key antioxidants and carotenoids (a group of beta-carotene, alpha-tocopherol, selenium, lutein and lycopene). Statistical improvements in SF-36 Vitality and Mental Health scores were also observed compared to placebo.

Capsimax[®] Capsimax[®] is a trademark of Cardioactive Health Technologies.

CarnoSyn[®] Natural Alternatives International (NAI) is the owner of the patent estate and registered trademark CarnoSyn[®].

Clarinol[®] Clarinol[®] CLA is a registered trademark of Stepan Lipid Nutrition.

Curcuwin[®] Curcuwin[®] trademark belongs to Cardioactive Health Technologies.

Luteinax[®] 2020 Luteinax[®] 2020 is a trademark of Cardioactive Health Technologies.

WARNING: Use only as directed. Do not exceed recommended daily intake. 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.

No Artificial Colors, No Artificial Flavors, No Wheat, Gluten Free, Yeast Free.



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

For More Information:
1-800-462-2548

SHOP NOW @ GNC.COM

Distributed by:
General Nutrition Corporation
Pittsburgh, PA 15222 USA

Decaf Thermo Igniter 12X

Supplement Facts

Serving Size One Yellow Caplet	
Amount Per Serving	% Daily Value
Niacin	20 mg 125%
Capsimax [®] Capsimax Fruit Extract (Capsimax amount)	33.34 mg *
Black Pepper Fruit Extract (Piper nigrum)(50% Piperine = 5 mg)	10 mg *
EGCG (Epigallocatechin Gallate)(from Green Tea Leaf Extract)	50 mg *
Green Coffee Bean Extract (Coffea sp.) (45% Chlorogenic Acids = 90 mg)	200 mg *
Garcinia cambogia Fruit Extract (50% Hydroxylic Acid = 125 mg)	250 mg *

* Daily Value not established.

CLA

Supplement Facts

Serving Size Four Yellow Softgel Capsules	
Amount Per Serving	% Daily Value
Calcium	45
Total Fat	5 g 8%
Conjugated Linoleic Acid (CLA)(from Safflower Oil)(Carnitol [®])	4000 mg *

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

Waterx[™]

Supplement Facts

Serving Size One Gray Filled Capsule	
Amount Per Serving	% Daily Value
Vitamin B-6 (as Pyridoxine Hydrochloride)	25 mg 1471%
Magnesium (as Magnesium Oxide)	25 mg 8%
Potassium (as Potassium Chloride)	25 mg 7%
Proprietary Blend	50 mg *
Garlic Clove Powder (Allium sativum), Parsley Herb Powder (Petroselinum crispum),	
Yucca Root Leaf Extract (Arctostaphylos uva-ursi), Elderberry Fruit Powder (Sambucus nigra),	
Marigold Root Stem Powder (Tagetes arvensis), Fennel Seed Powder (Foeniculum	
sulganum), Corn Silk Powder (Zea mays), Hydrangea Root Powder (Hydrangea arborescens),	
Juniper Berries Extract (Juniperus communis)	

* Daily Value not established.

Other Ingredients: Lactose, Cellulose, Croscollon, Sodium Starch Glycolate, Stearic Acid Vegetable Source, Silica, Magnesium Stearate Vegetable Source, Carnauba Wax, Titanium Dioxide (Natural Mineral Whitener), Vegetable Acetoglycolides, Triacetin, Di-Acetylated Monoglycerides, Oleic Acid, Polyethylene Glycol, Medium Chain Triglycerides, Riboflavin (Color), Polydextrose, Talc.

CONTAINS: MEAT.

Conforms to USP <2091> for weight.

ACTUAL SIZE

Other Ingredients: Gelatin, Glycerin.

WARNING: For adult use only. Do not use this product if you are pregnant or lactating. If you are taking medication or have a medical condition, consult a physician before using this product.

Conforms to USP <2091> for weight.
Meets USP <2440> disintegration.

ACTUAL SIZE

Other Ingredients: Cellulose, Gelatin, Magnesium Stearate Vegetable Source, Calcium Silicate, Silica. Conforms to USP <2091> for weight. Meets USP <2040> disintegration.

ACTUAL SIZE

OUR QUALITY COMMITMENT TO YOU

Since 1935, our mission as the industry leader has been to provide you with the highest-quality nutritional supplements. We continue to stand behind this mission. If you're not 100% satisfied with your purchase, return the unused portion of the product with your receipt within 30 days and we'll either refund your money or find you a replacement product that is right for you.

* 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.