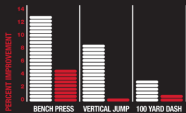


PERFORMANCE IMPROVEMENT

Amplified Creatine XXX™  Carbohydrate Only 



In one study, eight weeks of supplementation with this product's creatine and carbohydrate blend in male collegiate athletes during off-season training produced a 12.5% increase in bench press, 8.4% increase in vertical jump and a 2.6% improvement in 100 yard dash performance compared to those taking only carbohydrates who experienced a 4.5%, 1.5% and 0.4% improvement, respectively. Another randomized, controlled, crossover clinical study including healthy adults that examined the benefits of consuming the specific blend of amino acids and carbohydrates in this formula before exercise resulted in a 40% increase in amino acid delivery to the leg muscles.

*Per 2 Scoop Serving.

†When used in conjunction with an exercise program.

‡In a randomized, double-blind, placebo-controlled, crossover study, 19 volunteers consumed 3 doses of ResVida® (30 mg, 90 mg, 270 mg) and a placebo at weekly intervals. Flow mediated dilation (FMD) of the brachial artery was measured one hour after ingestion of each treatment and was significantly increased in all 3 doses relative to placebo. 30 mg of ResVida® demonstrated 2.5% greater increase in FMD relative to placebo.



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

For More Information:
1-888-882-2548

SHOP NOW @ **GNC.COM**

Distributed by:
General Nutrition Corporation
Pittsburgh, PA 15222 USA

GNC
PRO PERFORMANCE™
AMP

AMPLIFIED CREATINE XXX™

- Enhances Strength, Power & Performance**
- Clinically Shown to Increase Upper Body Strength by 12.9%**
- Maximizes Post-Workout Recovery with Glycogen-Loading Carbs†

10G
CREATINE
MATRIX

7G
AMINO
COMPLEX

33G
FAST-ACTING
DEXTROSE

CLINICALLY RESEARCHED

PINK LEMONADE

NATURAL & ARTIFICIAL FLAVORS



DIETARY SUPPLEMENT

Net Wt 44.4 oz (2.78 lb) 1260 g

CODE 288521

DIRECTIONS: As a dietary supplement, take one to two scoops with 4 - 8 fl. oz. water, before, during or after your workout. On non-training days, take immediately upon waking up in the morning. Consume ample amounts of water while taking this product.

ADD

Supplement Facts

Serving Size	1 Scoop (31.5 g)	2 Scoops (63 g)
Servings Per Container	40	20
Amount Per Serving	% Daily Value	% Daily Value
Calories	30	160
Total Carbohydrate	16 g 75%	35 g 175%
Total Sugars	17 g *	33 g *
Includes Added Sugars	17 g 34%	33 g 66%
Calcium	45 mg	4%
Micronized Creatine Matrix Blend	5 g	10 g
Micronized Creatine Monohydrate, Micronized L-Alanine, Micronized Guanidinosuccinate, Micronized Alpha-Ketoglutarate, Micronized Glycine, Micronized L-Norleucine		
Proprietary Amino Acid Complex	3.5 g	7 g
L-Glutamine, L-Cysteine (as L-Cystine Hydrochloride), L-Threonine, L-Phenylalanine, L-Histidine, L-Leucine, L-Valine, L-Isoleucine, L-Methionine		
resVida® trans-Resveratrol	15 mg	30 mg
*Percent Daily Values are based on a 2,000 calorie diet.		
* Daily Value not established.		

OTHER INGREDIENTS: Sucrose, Citric Acid, Natural and Artificial Flavors, Silicon Dioxide, Calcium Silicate, Maleic Acid, Levulinic, Saccharin, Acesulfame Potassium, Red 404 Lake.

CONTAINS: Soybeans.

WARNING: Consult your physician prior to using this product if you are pregnant, nursing, taking medication, under 18 years of age or have a medical condition. Discontinue use two weeks prior to surgery.

NOTICE: Significant product settling may occur.

resVida® resVida® is a trademark of DSM.



Trusted by sport

Products bearing this logo have been tested for banned substances by LSC. Biochem, Inc., a world-class anti-doping lab. *Product was tested for over 160 banned substances on the 2011 World Anti-Doping Agency (WADA) Prohibited List via LSC (LSC lab testing protocol #CPL0007). 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.

What Is Amplified Creatine XXX™?

This is creatine supplementation on another level. The advanced formula delivers accelerated fuel for a power-driven performance by supplying three critical components to training – creatine, amino acids and carbohydrates – designed for extreme athletes striving to go beyond their maximum potential. Creatine helps fuel skeletal muscles and provides support for immediate energy during high-intensity workouts, while amino acids are involved in protein synthesis for muscle growth and repair.** For post-workout recovery and energy, Amplified Creatine XXX™ is infused with 33 grams of a fast-acting carbohydrate, dextrose, to help spike insulin and stimulate the uptake of amino acids.** The overall innovation is a superior performance complex of amino acids, including branched chain amino acids (BCAA) and carbohydrates to help reduce muscle protein breakdown and push your intense training to a new level.**

Where's the Proof?

Numerous studies have shown the benefits of creatine and amino acids for training athletes. Our researchers have taken the science and developed a powerhouse creatine formula to maximize the improvement of athletic performance, cellular hydration and muscle repair.* Amplified Creatine XXX™ is clinically shown to increase bench press, vertical jump and 100 yard dash performance.** This powerful formulation also includes the clinically studied resVida® trans-Resveratrol, shown to enhance blood vessel dilation, along with 3 grams of micronized arginine, a precursor for the synthesis of nitric oxide, proteins and creatine.**†

Who should be taking Amplified Creatine XXX™?

This breakthrough performance supplement is for the dedicated, highly competitive fitness warrior who wants that extra edge. Amplified Creatine XXX™ is the next level of athletic performance through effective creatine and amino acid delivery in a single, better-lasting supplement.*