GNC PRO PERFORMANCE® AMP

WOMEN'S RIPPED
VITAPAK® PROGRAM

Several high-quality, non-stimulant formulas in one convenient pack for maximum training support to help you maintain a lean, beautifully sculpted physique.*

Women's Ultra Mega® Active without Iron
This powerful, clinically studied* multivitamin formula includes critical components to fill important nutrient gaps common in active women.

Decaf Thermo Igniter 12X
This non-stimulant formula supports metabolism with a mix of high-quality fruit and herbal extracts.*

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

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

Biotin 5000
Restore this important water-soluble nutrient to complement your best body with great hair, skin and nails. Biotin 5000 supports beauty from within.*

1. **FUEL MUSCLE** — Multivitamin with 39 Quality Nutrients
2. **SUPPORT METABOLISM** — Non-Stimulant with Potent Extracts
3. **LEAN MUSCLE** — CLA for Healthy Body Comp Support*
4. **REGULATE WATER** — Water Regulating Complex*

GNC PRO PERFORMANCE® AMP

WOMEN'S RIPPED
VITAPAK® PROGRAM

NON-STIMULANT FORMULA

CLINICALLY RESEARCHED

- Includes multivitamin plus non-stim metabolism and lean muscle support*
- Helps regulate excess water and supports healthy hair, skin and nails*

DIETARY SUPPLEMENT
30 PAKS

CODE 210121 FRG

DIRECTIONS: As a dietary supplement, for optimal health benefits, take the contents of one packet daily with food every morning. On 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:

Women's Ultra Mega® Active without Iron

Supplement Facts
Serving Size Two Light Green Caplets

Amount Per Serving		% Daily Value
Vitamin A (as 50% beta-Carotene & 50% Retinyl Acetate)	5000 IU	100%
Vitamin C (as Ascorbic Acid & Calcium Ascorbate)	200 mg	333%
Vitamin D (as Cholecalciferol D-3)	1600 IU	400%
Vitamin E (as Natural d-alpha Tocopherol Acetate)	30 IU	100%
Vitamin K (as Phytonadione)	80 mcg	100%
Thiamin (Vitamin B-1)(as Thiamin Mononitrate)	50 mg	3333%
Riboflavin (Vitamin B-2)	50 mg	2941%
Niacin (as Niacinamide & Niacin)	50 mg	250%
Vitamin B-6 (as Pyridoxine Hydrochloride)	50 mg	2500%
Folic Acid	400 mcg	100%
Vitamin B-12 (as Cyanocobalamin)	50 mcg	833%
Biotin	300 mcg	100%
Pantothenic Acid (as Calcium D-Pantothenate)	50 mg	500%
Calcium (as Calcium Carbonate & Calcium Ascorbate)	500 mg	50%
Iodine (as Potassium Iodide)	150 mcg	100%
Magnesium (as Magnesium Oxide)	100 mg	25%
Zinc (as Zinc Oxide)	25 mg	167%
Selenium (as L-Selenomethionine)	200 mcg	286%
Copper (as Copper Sulfate)	2 mg	100%
Manganese (as Manganese Sulfate)	2 mg	100%
Chromium (as Chromium Chloride)	120 mcg	100%
Molybdenum (as Sodium Molybdate)	75 mcg	100%
Super Antioxidant Blend		
alpha-Lipoic Acid	25 mg	*
Lutemax® 2020 Lutein	2 mg	*
Lycopene	1 mg	*
Turmeric Root Extract (CurcuWIN™) (*Curcuma longa*)(Standardized to Curcuminoids)	500 mcg	*
Zeaxanthin (as Zeaxanthin Isomers)	400 mcg	*
Astaxanthin (from *Haematococcus pluvialis*)	50 mcg	*
beta-Cryptoxanthin	10 mcg	*
Performance Energy & Metabolism Blend		
Green Tea Leaf Extract (*Camellia sinensis*) (Standardized to EGCG)	30 mg	*
Choline (as Choline Bitartrate)	10 mg	*
Betaine (Trimethylglycine)	10 mg	*
Inositol	10 mg	*
Boron (as Sodium Borate)	2 mg	*
Grape Seed Extract (*Vitis vinifera*) (Standardized to Polyphenols)	1 mg	*
Vanadium (as Sodium Metavanadate)	10 mcg	*

Amount Per Serving		% Daily Value
Joint & Skin Support Blend		
MSM (Methylsulfonylmethane)	12 mg	*
Silica (as Silicon Dioxide)	4 mg	*
Hyaluronic Acid (as Sodium Hyaluronate)	2 mg	*

* Daily Value not established.

Other Ingredients: Cellulose, Stearic Acid Vegetable Source, Magnesium Stearate Vegetable Source, Titanium Dioxide (Natural Mineral Whitener), Natural Vanilla Mint Flavor, Talc, Chlorophyll, 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 OmniActive Health Technologies.

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

Curcuwin™ CurcuWIN™ is a trademark of OmniActive Health Technologies.

Lutemax® 2020 Lutemax® 2020 is a trademark of OmniActive 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: 1-888-462-2548

SHOP NOW @ GNC.COM

Distributed by:
General Nutrition Corporation
Pittsburgh, PA 15222 USA

* 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.

Decaf Thermo Igniter 12X

Supplement Facts
Serving Size One Yellow Caplet

Amount Per Serving		% Daily Value
Niacin	20 mg	100%
Garcinia cambogia Fruit Extract (Standardized to Hydroxy Citric Acid)	250 mg	*
Green Coffee Bean Extract (Coffee sp.)(Standardized to Chlorogenic Acid)	200 mg	*
EGCG (*Epigallocatechin gallate*)(from Decaffeinated Green Tea Leaf Extract)	50 mg	*
Capsimax® Capsicum Fruit Extract (*Capsicum annuum*)	33.34 mg	*
Black Pepper Fruit Extract (*Piper nigrum*)(Standardized to Piperine)	10 mg	*

* Daily Value not established.

Other Ingredients: Lactose, Cellulose, Crospovidone, Sodium Starch Glyconate, Stearic Acid Vegetable Source, Silica, Magnesium Stearate Vegetable Source, Titanium Dioxide (Natural Mineral Whitener), Vegetable Acetophycerides, Riboflavin (Color).
CONTAINS: Milk.
Conforms to USP <2091> for weight.
Meets USP <2040> disintegration.

ACTUAL SIZE

CLA

Supplement Facts
Serving Size Four Yellow Softgel Capsules

Amount Per Serving		% Daily Value
Calories	45	
Calories from Fat	45	
Total Fat	5 g	8%†
Conjugated Linoleic Acid (CLA)from Safflower Oil)(Clarinol®)	4000 mg	*

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

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 <2040> disintegration.
CLA is a naturally derived oil; you may notice minor color variation in softgels.

ACTUAL SIZE

Waterex™

Supplement Facts
Serving Size One Gray Filled Capsule

Amount Per Serving		% Daily Value
Vitamin B-6 (as Pyridoxine Hydrochloride)	25 mg	1250%
Magnesium (as Magnesium Oxide)	25 mg	6%
Potassium (as Potassium Chloride)	25 mg	1%
Proprietary Blend	50 mg	*

Garlic Clove Powder (*Allium sativum*), Parsley Herb Powder (*Petroselinum crispum*), Uva Ursi Leaf Extract (*Arctostaphylos uva ursi*), Elderberry Fruit Powder (*Sambucus nigra*), Horsetail Rush Stems Powder (*Equisetum arvense*), Fennel Seed Powder (*Foeniculum vulgare*), Corn Silk Powder (*Zea mays*), Hydrangea Root Powder (*Hydrangea arborescens*), Juniper Berries Extract (*Juniperus communis*)

* Daily Value not established.

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

ACTUAL SIZE

Biotin 5000

Supplement Facts
Serving Size One White Capsule

Amount Per Serving		% Daily Value
Biotin	5000 mcg	1667%

Other Ingredients: Cellulose, Gelatin, Talc, Calcium Silicate, Magnesium Stearate Vegetable Source.
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.