



4 IN 1
PRODUCTS PACK



ADVANCED MUSCLE PERFORMANCE

GNC AMP Men's Ripped Vitapak® Program delivers the power of four science-based formulas to help you achieve your daily nutritional goals as you strive for a lean, sculpted physique.

GET THE NUTRITIONAL SUPPORT ACTIVE MEN NEED

Clinically Studied Men's Multivitamin Blend Shown to Work Better Than a Basic Multivitamin* & Packed with Antioxidants to Help Fight Free Radicals That Can Be Produced from Your Workout*

FUEL YOUR METABOLISM*

Stimulant-Free Thermo with a Potent Blend of Fruit & Herbal Extracts

IMPROVE BODY COMPOSITION & LEAN MUSCLE TONE*

4000 mg of Clinically Studied CLA

REGULATE EXCESS WATER*

Nature-Based Waterex™ Formula

If it's on our packages, then it's in our boxes. Clinically studied ingredients backed by real science. Get vitamins. Get metabolism support. Get ripped.

NON-STIMULANT FORMULA

30 PACKS

DIETARY SUPPLEMENT

CODE 212312

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

Each pack contains:

Mega Men® Sport Multivitamin

Supplement Facts

Serving Size Two Mocha 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 D-3)	40 mcg	200%
Vitamin E (as Natural d-alpha Tocopheryl Acetate)	22.06 mg	147%
Vitamin K (as Phytanadione)	80 mcg	67%
Thiamin (Vitamin B-1)(as Thiamin Mononitrate)	50 mg	4167%
Riboflavin (Vitamin B-2)	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	2083%
Biotin	300 mcg	1800%
Pantothenic Acid (as Calcium d-Pantothenate)	50 mg	1800%
Choline (as Choline Bitartrate)	10 mg	2%
Calcium (as Calcium Carbonate & 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	81%
Chromium (as Chromium Chloride)	120 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	\$4.91 mg	
CarnoSyn® Beta-Alanine	10 mg	*
Taurine	10 mg	*
Inositol	10 mg	*
MSM (Methylsulfonyl-methane)	10 mg	*
L-Carnitine (as L-Carnitine L-Tartrate)	6 mg	*
Silica (as Silicon Dioxide)	4 mg	*
Boron (as Sodium Borate)	2 mg	*
Celery Juice Concentrate (Aptium groveolens)	1.9 mg	*
Hyaluronic Acid (as Sodium Hyaluronate)	1 mg	*
Vanadium (as Sodium Metavanadate)	10 mcg	*

Super Antioxidant Blend	28.96 mg	
alpha-Lipoic Acid	25 mg	*
Lutemax® 2020 Lutein	2 mg	*
Lycopene	1 mg	*
Turmeric Root Extract (Curcuma longa) CurcuWIN® (20% Curcuminoids + 100 mcg)	500 mcg	*
Zeaxanthin (as Zeaxanthin Isomers)	400 mcg	*
Astaxanthin (from Haematococcus pluvialis)	50 mcg	*
Beta-Cryptoxanthin	10 mcg	*

15G

Decaf Thermo Igniter 12X

Supplement Facts

Serving Size One Yellow Caplet

Amount Per Serving	% Daily Value
Niacin	20 mg 125%
Capsimax® Capsicum Fruit Extract (Capsicum annuum)	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% Hydroxytrictric Acid + 125 mg)	250 mg *

* Daily Value not established.

Amount Per Serving	% Daily Value
Branched Chain Amino Acid Blend	150 mg
L-Leucine	50 mg *
L-Isoleucine	50 mg *
L-Valine	50 mg *

* Daily Value not established.

OTHER INGREDIENTS: Microcrystalline Cellulose, Stearic Acid Vegetable Source, Cellulose, Hydroxypropyl Methylcellulose, Hydroxypropylcellulose, Dicalcium Phosphate, Calcium Silicate, Magnesium Stearate Vegetable Source, Natural Vanilla Mint Flavor, Titanium Dioxide (Mineral Whitener), Caramel Color, Polyethylene Glycol, Stevia Leaf Extract, Talc.

CONTAINS: Soybeans and Fish (Anchovy, Mackerel, Sardine, Smelt, Salmon, Tuna, Cod or a Combination Thereof).

Conforms to USP <2091> for weight.

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 8 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.



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 Flavors, No Wheat, Gluten Free, No Dairy.



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

CLA

Supplement Facts

Serving Size Four Yellow Softgel Capsules

Amount Per Serving	% Daily Value
Calories	45
Total Fat	5 g 6%
CLA (Conjugated Linoleic Acid as Clarinol®)(from Safflower Oil)	4000 mg *

* Percent Daily Value based on a 2000 calorie diet.
* Daily Value not established.

Waterex™

Supplement Facts

Serving Size One Gray Filled Capsule

Amount Per Serving	% Daily Value
Vitamin B-6 (as Pyridoxine Hydrochloride)	25 mg 1417%
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 Extract 3:1 (Arctostaphylos uva-ursi), Elderberry Fruit Powder (Sambucus nigra), Horsetail Rush Stems Powder (Equisetum arvense), Fenel Seed Powder (Foeniculum vulgare), Corn Silk Powder (Zea mays), Hydrangea Root Powder (Hydrangea arborescens)	

* Daily Value not established.

OTHER INGREDIENTS: Microcrystalline Cellulose, Croscarmellose Sodium, Hydroxypropyl Cellulose, Stearic Acid Vegetable Source, Magnesium Stearate Vegetable Source, Silicon Dioxide, Cellulose, Sucrose, Sodium Starch Glycolate, Titanium Dioxide (Mineral Whitener), Maltodextrin, Medium Chain Triglycerides, Polydextrose, Riboflavin (Color), Talc.
Conforms to USP <2091> for weight.
Meets USP <2040> disintegration.

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 <2040> disintegration.

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

ACTUAL SIZE

OTHER INGREDIENTS: Microcrystalline Cellulose, Gelatin, Magnesium Stearate Vegetable Source, Silicon Dioxide, Calcium Silicate, Caramel Color.
Conforms to USP <2091> for weight.
Meets USP <2040> disintegration.

ACTUAL SIZE

* 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.

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 a replacement product that is right for you.