GNC AMP
ADVANCED MUSCLE PERFORMANCE

5 IN 1
PRODUCTS PACK

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

GET THE NUTRITIONAL SUPPORT ACTIVE WOMEN NEED
Clinically Studied Women'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*

BURN UP TO 12X MORE CALORIES***
Thermo Blend Clinically Shown to Increase Metabolism Before, During & After Exercise**

IMPROVE BODY COMPOSITION & LEAN MUSCLE TONE*
4000 mg of Clinically Studied CLA

REGULATE EXCESS WATER*
Nature-Based Waterex™ Formula

ENJOY HEALTHY HAIR, SKIN & NAILS*
5000 mcg of Biotin

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.

GNC AMP

ADVANCED MUSCLE PERFORMANCE

WOMEN'S RIPPED

VITAPAK® PROGRAM WITH METABOLISM + MUSCLE SUPPORT

Includes Clinically Studied Multivitamin Blend^
Burns up to 12X More Calories** & Provides Lean Muscle Support*
Helps Regulate Excess Water & Supports Healthy Hair, Skin & Nails*

30 PACKS

DIETARY SUPPLEMENT

CODE 212412 JSG

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 energy production, the Thermo Inferno (green capsule) can be taken 30-60 minutes prior to exercise. Each pack contains:

Women's Ultra Mega® Active Multivitamin without Iron

Supplement Facts

Serving Size Two Light Green 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)	200 mg 222%
Vitamin D (as Cholecalciferol D-3)	40 mcg 200%
Vitamin E (as Natural d-alpha Tocopheryl Acetate)	22 mg 147%
Vitamin K (as Phytonadione)	80 mcg 67%
Thiamin (Vitamin B-1)(as Thiamin Mononitrate)	50 mg 4167%
Riboflavin (Vitamin B-2)	50 mg 3846%
Niacin (as Niacinamide & 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 1000%
Pantothenic Acid (as Calcium d-Pantothenate)	50 mg 1000%
Choline (as Choline Bitartrate)	10 mg 2%
Calcium (as Calcium Carbonate & Calcium Ascorbate)	500 mg 38%
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)	120 mcg 343%
Molybdenum (as Sodium Molybdate)	75 mcg 167%
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 mg *
Zeaxanthin (as Zeaxanthin Isomers)	400 mcg *
Astaxanthin (from *Haematococcus pluvialis*)	50 mcg *
beta-Cryptoxanthin	10 mcg *
Performance Energy & Metabolism Blend	**53.01 mg**
Green Tea Leaf Extract (*Camellia sinensis*)(50% EGCG = 15 mg)	30 mg *
Betaine (Trimethylglycine)(as Betaine Hydrochloride)	10 mg *
Inositol	10 mg *
Boron (as Sodium Borate)	2 mg *
Grape Seed Extract (*Vitis vinifera*)(95% Polyphenols = 0.95 mg)	1 mg *
Vanadium (as Sodium Metavanadate)	10 mcg *

Amount Per Serving	% Daily Value
Joint & Skin Support Blend	**18 mg**
MSM (Methylsulfonyl-methane)	12 mg *
Silica (as Silicon Dioxide)	4 mg *
Hyaluronic Acid (as Sodium Hyaluronate)	2 mg *

* Daily Value not established.

OTHER INGREDIENTS: Hydroxypropyl Methylcellulose, Microcrystalline Cellulose, Dicalcium Phosphate, Cellulose, Hydroxypropylcellulose, Stearic Acid Vegetable Source, Magnesium Stearate Vegetable Grade, Titanium Dioxide (Mineral Whitener), Polyethylene Glycol, Talc, Cool Vanilla Flavor, Chlorophyllin, Stevia Leaf Extract.

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 A-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.

***In a double-blind, randomized, placebo-controlled, crossover study, 25 subjects exercised on a treadmill on two occasions. On one occasion, the subjects took the thermogenic 60 minutes before exercise, and on the second occasion, they took a placebo. When the subjects took the thermogenic, they burned three times more calories before, 3% more calories during and 12 times more calories for up to one hour after exercise compared to when they took the placebo.**

Capsimax® Capsimax® is a trademark of OmniActive Health Technologies.

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

Lutemax® 2020 is a trademark of OmniActive Health Technologies.

CurcuWIN® 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 Flavors, No Wheat, Gluten Free, No Dairy.

GLUTEN FREE

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

Thermo Inferno

Supplement Facts

Serving Size One Green Capsule

Amount Per Serving	% Daily Value
Niacin	20 mg 125%
Caffeine Anhydrous	200 mg *
White Willow Bark Extract (*Salix alba*)	120 mg *
Ginger Root Powder (*Zingiber officinale*)	100 mg *
Capsimax® Capsicum Seed Extract (*Capsicum annuum*)	33.4 mg *
Black Pepper Fruit Extract (*Piper nigrum*)(50% Piperine = 5 mg)	10 mg *
Piper longum Fruit Extract	5 mg *

* Daily Value not established.

OTHER INGREDIENTS: Gelatin, Microcrystalline Cellulose, Magnesium Stearate Vegetable Source, Hydroxypropylcellulose, Stearic Acid Vegetable Source, Silica, Chlorophyllin.
Conforms to USP <2091> for weight.
Meets USP <2040> disintegration.
Total caffeine per capsule is 200 mg.
WARNING: Do not use if pregnant, nursing or are allergic or contraindicated to aspirin. If you are taking aspirin or blood thinning or other medication, consult your health care professional before using this product. Discontinue use two weeks prior to surgery, or if upset stomach occurs.

ACTUAL SIZE

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 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 1471%
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*), Fennel Seed Powder (*Foeniculum vulgare*), Corn Silk Powder (*Zea mays*), Hydrangea Root Powder (*Hydrangea arborescens*)	

* Daily Value not established.

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

Biotin 5000

Supplement Facts

Serving Size One White Filled Capsule

Amount Per Serving	% Daily Value
Biotin	5000 mcg 16667%
Calcium	160 mg 12%

OTHER INGREDIENTS: Dicalcium Phosphate, Gelatin, Microcrystalline Cellulose, Hydroxypropylcellulose, Talc, Calcium Silicate, Magnesium Stearate Vegetable Source.
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.