

DEVELOPED WITH AND ENDORSED BY



ADVANCED KNOWLEDGE FOR BETTER HEALTH

The GNC Medical Advisory Board utilizes their in-depth medical knowledge and experience to aid in the creation and ongoing development of GNC products, helping GNC stay on the forefront of product innovation and delivering on our commitment to helping you LIVE WELL.

\* 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.



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For More Information:  
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Distributed by:  
General Nutrition Corporation  
Pittsburgh, PA 15222

**Preventive Nutrition® Energy Enhancing Formula** contains clinically studied ingredients, additional key nutrients and a lifestyle program to support energy production.\* This multi-action, stimulant-free formula is designed to fuel cellular energy, maximize blood flow and promote metabolism function.\*

**Vitamin Support** – Essential for energy production from B-vitamins, including niacin and methylcobalamin, the body's active form of B-12.\* Vitamins B-6 and B-12 function in macronutrient and energy metabolism and are involved in red blood cell synthesis, which provides key components to cells for energy production.\* Also provides vitamin C to help protect cells from the damaging effects of free radicals.\*

**Energy Optimizer** – Features premium ingredients that help fuel cells and promote energy production.\* Creatine helps muscles make and circulate ATP.\* Beta-alanine is clinically shown to increase levels of carnosine, a key factor in controlling muscle fatigue.\* Glutamine supports protein synthesis and plays an important role in muscle cell hydration.\* Carnitine is essential for transforming fatty acids to energy and helps fuel muscles.\* CoQ-10 is a powerful antioxidant that is involved in the cellular energy process.\*

**Blood Flow Support** – Contains L-arginine, an important amino acid that supports the production of nitric oxide, which helps maintain blood vessel tone and fuel muscle cells.\* Also contains MegaNatural®-BP™ that supports healthy blood circulation and blood pressure levels.\*

**Antioxidant Support** – Includes powerful nutrients that enhance metabolism function and provide antioxidant support against free radicals.\* Glutathione is a potent antioxidant that supports the activity of the antioxidants vitamins C and E and also supports normal immune system function.\*

**GNC**

PREVENTIVE NUTRITION®

## Energy Enhancing FORMULA

PHYSICIAN FORMULATED  
NUTRITION SOLUTIONS

- Features premium, clinically studied ingredients & key nutrients that support stimulant-free energy production\*
- Fuels cellular energy & combats a key marker of muscle fatigue with clinically studied beta-alanine\*
- Facilitates the metabolism of fatty acids into energy\*

DIETARY SUPPLEMENT  
NET WT 5.6 OZ (159 G)



REFRESHING CITRUS  
NATURAL FLAVORS

CODE 714812

**Directions:** As a dietary supplement, mix one scoop (5.3 g) with 6-8 fl oz of cold water or your favorite beverage. Take 1-2 servings per day.

## Supplement Facts

Serving Size One Scoop (5.3 g)  
Servings Per Container 30

| Amount Per Serving                                   | % Daily Value   |
|------------------------------------------------------|-----------------|
| Calories                                             | 5               |
| Total Carbohydrate                                   | <1 g 0%†        |
| Vitamin C (as Ascorbic Acid)                         | 500 mg 833%     |
| Niacin (as Niacinamide)                              | 30 mg 150%      |
| Vitamin B-6 (as Pyridoxine HCl)                      | 100 mg 5000%    |
| Vitamin B-12 (as Methylcobalamin and Cyanocobalamin) | 1000 mcg 16667% |
| <b>Energy Optimizer Matrix</b>                       |                 |
| Creatine Monohydrate                                 | 1000 mg *       |
| beta-Alanine                                         | 150 mg *        |

| Amount Per Serving                                                  | % Daily Value |
|---------------------------------------------------------------------|---------------|
| Coenzyme Q-10                                                       | 200 mg *      |
| L-Glutamine                                                         | 150 mg *      |
| Rhodiola Root Extract (Rhodiola rosea)(Standardized for 3% Rosavin) | 25 mg *       |
| <b>Blood Flow Support Blend</b>                                     |               |
| L-Arginine HCl                                                      | 1500 mg *     |
| MegaNatural®-BP™ Grape Seed Extract                                 | 300 mg *      |
| <b>Antioxidant Support Blend</b>                                    |               |
| Setria™ L-Glutathione                                               | 25 mg *       |
| Quercetin Dihydrate                                                 | 25 mg *       |
| Acetyl-L-Carnitine                                                  | 100 mg *      |

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

**Other Ingredients:** Natural Flavors, Citric Acid, beta-Carotene (for color), Stevia Leaf Extract, Silica.

**WARNING:** 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.

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

**NOTICE:** Significant product settling may occur.



MegaNatural®-BP™ and its logo are trademarks of Constellation Wines U.S., Inc.



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