CODE 825910 FMG

DIRECTIONS: As a dietary supplement, on training days take one Pre-training Amplified Pak 30 minutes prior to your workout and one Post-training Recovery Pak immediately following your workout.

PRE-TRAINING AMPLIFIED PAK

Amplified Muscle Igniter 4X

Supplement Facts

Serving Size Three Red Tablets

Amount Per Serving		% Daily Value
Vitamin C (as Ascorbic Acid)	120 mg	200%
Niacin (as Niacin and Niacinamide)	40 mg	200%
Vitamin B-6 (as Pyridoxine Hydrochloride)	2 mg	100%
Pantothenic Acid (as Calcium d-Pantothenate)	10 mg	100%
Performance Blend	1.65 g	
Ginger Root Extract (*Zingiber officinale*)		*
Yerba Mate Leaf Extract (*Ilex paraguariensis*) (8% Caffeine = 40 mg)		*
Guarana Seed Extract (*Paullinia cupana*) (36% Caffeine = 152 mg)		*
Schisandra Fruit Extract (*Schisandra chinensis*)		*
Black Tea Leaf Extract (*Camellia sinensis*) (10% Caffeine = 10 mg)		*
Dill Weed Extract (*Anethum graveolens*)		*
Grape Seed Extract (*Vitis vinifera*)		*
Sports Antioxidant Blend	105 mg	
ResVida® trans-Resveratrol		*
Green Tea Leaf Extract (*Camellia sinensis*)		*
Quercetin Dihydrate		*
Yohimbe Bark Extract (*Pausinystalia yohimbe*)		*
Fenugreek Seed Powder (*Trigonella foenum-graecum*)		*
Calorie Burn Blend	293.6 mg	
Caffeine Anhydrous		*
White Willow Bark Extract (*Salix alba*)		*
Capsimax™ Capsicum annum Fruit Extract		*
Black Pepper Extract (*Piper Nigrum*)		*
CarnoSyn® Beta-Alanine	50 mg	*
L-Carnitine (as L-Carnitine Fumarate)	25 mg	*

* Daily Value not established.

OTHER INGREDIENTS: Cellulose, Dicalcium Phosphate, Vegetable Acetoglycerides, Titanium Dioxide (Natural Mineral Whitener), Natural Mint Flavor, Artificial Colors (FD&C Red #40 Lake, FD&C Yellow #6 Lake), Mica, Sucralose.

Total caffeine per serving is 400 mg.

Conforms to USP <2091> for weight.
Meets USP <2040> disintegration.

Amplified Maxertion N.O.™

Supplement Facts

Serving Size Four Gray Tablets

Amount Per Serving		% Daily Value
Niacin	20 mg	100%
PEG-Arginine System (Micronized L-Arginine and Polyethylene Glycol)	3300 mg	*
Circulatory Pump Blend (MegaNatural®-BP™ Proprietary Grape Blend, Yohimbe Bark Extract [2% Yohimbe Alkaloid = 1 mg], ResVida® trans-Resveratrol)	380 mg	*

* Daily Value not established.

OTHER INGREDIENTS: Cellulose, Enteric Coating (Cellulose, Sodium Alginate, Medium Chain Triglycerides, Oleic & Stearic Acid), Mica, Artificial Colors (FD&C Blue #2 Lake, FD&C Yellow #6 Lake, FD&C Red #40 Lake), Vegetable Acetoglycerides, Natural Mint Flavor, Sucralose.

Conforms to USP <2091> for weight.

^ In a study, a group of 25 participants exercised on the treadmill on two occasions. On one occasion, they used the Calorie Burn Blend in this formula 60 minutes before exercise and on the second occasion, they took a placebo. Results showed a 300% increase in calorie burn before exercise for those who took the Calorie Burn Blend compared to the placebo.

* In a randomized, double-blind, placebo-controlled study, 50 healthy untrained male volunteers were given Amplified Maxertion N.O.™ or a placebo. Each subject exercised on a cycle ergometer prior to receiving the supplement or placebo and again after the treatment period was finished. Those subjects supplemented with Amplified Maxertion N.O.™ had a 20% increase in PWCFT (physical working capacity at the fatigue threshold) after four weeks of supplementation relative to the placebo group.

* In a clinical study of 17 healthy young adults, muscle biopsy results revealed that GNC Pro Performance® AMP Amplified Creatine 189™ resulted in 189% greater muscle creatine uptake relative to benchmark amounts of ordinary creatine monohydrate powder.

† In a double-blind, placebo-controlled cross-over study of 20 healthy young adult male subjects when Delayed Onset Muscle Soreness (DOMS) was induced, those taking this enzyme blend were less affected by DOMS, which enabled them to have a stronger workout than when taking the placebo.

‡ In a randomized, double-blind clinical study of 57 healthy young adult males, subjects who took GNC Pro Performance® AMP Amplified Creatine 189™ containing only 1.25 grams creatine significantly improved leg press 1-RM performance by 54 lbs, while subjects on 5 grams of creatine monohydrate improved by 52 lbs., and the placebo group demonstrated no significant improvement.

**** Based on 15 workouts monthly.**

POST-TRAINING RECOVERY PAK

Amplified Glutamine Complex

Supplement Facts

Serving Size Four Yellow Tablets

Amount Per Serving		
L-Glutamine	3 g	*
Dual GE Amplifier™ (PowerGrape®) Whole Fruit Extract (*Vitis vinifera*)	400 mg	*

* Daily Value not established.

OTHER INGREDIENTS: Cellulose, Titanium Dioxide, Vegetable Acetoglycerides, Natural Mint Flavor, Riboflavin, Sucralose.

Conforms to USP <2091> for weight.
Meets USP <2040> disintegration.

Amplified Creatine 189™

Supplement Facts

Serving Size Two White Tablets

Amount Per Serving		
PEG-Creatine System™ (Creatine Hydrochloride)	1250 mg	*

* Daily Value not established.

OTHER INGREDIENTS: Cellulose, Dicalcium Phosphate, Polyethylene Glycol, Titanium Dioxide (Natural Mineral Whitener), Enteric Coating (Cellulose, Sodium Alginate, Medium Chain Triglycerides, Oleic & Stearic Acid), Natural Mint Flavor, Sucralose.

Conforms to USP <2091> for weight.

BioCore Recovery™ Enzymes

Supplement Facts

Serving Size Two White Capsules

Amount Per Serving		
BioCore Recovery™ Enzyme Blend	832 mg	*
Protease 4.5 255,000 HUT		
Protease 6.0 Concentrate 256,500 HUT		

* Daily Value not established.

OTHER INGREDIENTS: Rice Bran, Gelatin.

Conforms to USP <2091> for weight.
Meets USP <2040> disintegration.

WARNING: Use only as directed. Do not exceed recommended daily intake. Do not use if pregnant, nursing or are allergic or contraindicated to aspirin. If you are taking aspirin or blood thinning medication, or any other medication, under the age of 18 or have a medical condition consult your health care professional before using this product. Discontinue use two weeks prior to surgery, or if upset stomach occurs.

No Artificial Flavors, No Dairy, Yeast Free.

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

For more information:
1-888-462-2548

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NEW NEW NEW NEW NEW NEW NEW NEW

GNC PRO PERFORMANCE® AMP ADVANCED MUSCLE PERFORMANCE

Muscle performance boosting system

AMPLIFIED PRE-POST TRAINING SYSTEM

Dietary supplement

NEW, ADVANCED ULTIMATE MUSCLE PERFORMANCE AMPLIFYING SYSTEM

- Features Pre-Workout Catalyst to Ignite Ultimate Physical & Mental Intensity^*
- Efficiently Delivers More Nutrients & Oxygen to Power Through Fatigue Barriers◆*
- Powerful Amplified Creatine Formula Delivers a 400% Increase in Dose Efficiency for Enhanced Performance‡
- Push Through Muscle Soreness with BioCore Enzymes & Support Recovery with Micronized Glutamine

Pre-Post — Endurance, Energy, Power, Recovery

Clinically Researched

ONE MONTH SUPPLY**
15 Pre-Training Amplified Paks &
15 Post-Training Recovery Paks

Pre-Training Amplified Pak — Post-Training Recovery Pak

GNC PRO PERFORMANCE® AMP ADVANCED MUSCLE PERFORMANCE

Muscle performance boosting system

AMPLIFIED PRE-POST TRAINING SYSTEM

Dietary supplement

This cutting-edge training system contains new and improved ingredients necessary for optimal blood flow, oxygen and nutrient transportation, and maximum athletic performance. This AMPLIFIED system combines the power of creatine, nitric oxide, an intense thermogenic and breakthrough recovery support technology in one convenient system! Put the confusion of supplement timing to rest and get maximum workout results with the Amplified Pre-Post Training System.

15 PRE-TRAINING PAKS

Features Pro Performance® AMP products ideal to prepare your muscles for training and maximum performance! Take one pre-training pak 30 minutes before your workout.

3 Tablets
Amplified Muscle Igniter 4X

Provides a new and improved formula to take you through the full metabolic cycle of athletic performance and training to deliver serious results before, during and after exercise.*

4 Tablets
Amplified Maxertion N.O.™

A new and improved high-performance nitric oxide formula, proven to intensify your workouts with an extra burst of power and clinically studied ResVida® resveratrol to drive more oxygen and nutrient-rich blood through the body for more efficient muscle pumps!

15 POST-TRAINING PAKS

Maximize the post-workout anabolic window with the ideal nutrient combination to support muscle recovery! Take one post-training pak immediately following your workout.

4 Tablets
Amplified Glutamine Complex

Combines micronized glutamine to replenish glutamine lost during exercise with Dual GE Amplifier™, a clinically studied sports antioxidant.*

2 Tablets
Amplified Creatine 189™

The cutting-edge creatine that is clinically proven to be more efficient than ordinary creatine monohydrate. Not only does more get into your muscles, it provides the power of 5 grams of creatine monohydrate in only 2 easy-to-swallow tablets!†

2 Capsules
BioCore Recovery™ Enzymes

Features clinically researched BioCore Recovery™ Enzymes to help you work better through muscle soreness after exercise.‡ Don't let muscle soreness prevent you from becoming a better athlete!

* 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.

Pills shown not actual size.