

be-ENHANCED™

Supplement Facts

Serving Size One Gold Softgel Capsule		
Amount Per Serving		% Daily Value
Calories	10	
Calories from Fat	10	
Total Fat	1 g	2%†
Vitamin E (as d-alpha Tocopherol)	2.5 IU	8%
CLA (Conjugated Linoleic Acid) (as Safflower Oil)	250 mg	*
EPA (Eicosapentaenoic Acid)(Omega-3)	90 mg	*
DHA (Docosapentaenoic Acid)(Omega-3)	60 mg	*
MCT (Medium Chain Triglycerides)	50 mg	*
LA (Linoleic Acid)(Omega-6)	44 mg	*
Oleic Acid (Omega-9)	25 mg	*
GLA (gamma-Linolenic Acid)(Omega-6)	20 mg	*
ALA (alpha-Linolenic Acid)(Omega-3)	15 mg	*

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

Other Ingredients: Fish Body Oil, Borage Oil, Flax Seed Oil, Gelatin, Canola Oil, Glycerin, Natural Lemon Flavor, Natural Vanilla Flavor, Caramel Color, Mica, Titanium Dioxide (Natural Mineral Whitener), Sucralose.
Conforms to USP <2091> for weight.
Meets USP <2040> disintegration.

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

Setria™ Setria™ is a trademark of Kyowa Hakko Kogyo Co., Ltd.

To ensure a complete nutritional program, take with these GNC products:

- be-WHOLE™
- Complete Body Cleansing Program
- Lean Shake™
- Ultra Probiotic Complex 25

GNC QUALITY COMMITMENT

For more than 75 years, GNC has been the leader in the development and manufacture of dietary supplements and is committed to producing the most superior products. We use only the highest quality ingredients manufactured under the strictest quality controls. Every raw material used is tested to ensure its purity and potency. Each product is dated and then shipped immediately to our stores to ensure that you are purchasing the freshest supplements available.

GNC GUARANTEE

If you are not 100% completely satisfied, return the unused portion of the product with your receipt to a GNC store within 30 days. Our trained sales staff will either refund your purchase price or, if you prefer, assist you in finding a replacement product to help you LIVE WELL.



SCAN &
LEARN MORE

For More Information:
1-888-462-2548

SHOP NOW @ GNC.COM

Distributed by:
General Nutrition Corporation
Pittsburgh, PA 15222

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.

No Artificial Flavors, Sodium Free, No Wheat, No Gluten, No Dairy.

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

be-HOT™

EXERCISE ENHANCING TURBOPAK®

*Fuel your workout with a boost,
And, get the body you dream of . . .*

Ever wish your workouts could be easier and achieve better results? GNC's experts have made it simple with **be-HOT™**. Each **be-HOT™** Turbopak® is a breakthrough, customized fitness companion that provides everything you need to maximize the results of your hard work in one small, revolutionary pak. Want to burn more calories? Feel energized? Have a leaner, more toned physique? **be-HOT™** can help you reach your goal.

be-DEFINED™ toning & sculpting formula

This unique formula is specially designed to make your workout easier.* It features an amino acid derivative, proven to enhance athletic performance; electrolytes, essential to replenish during any workout routine; and antioxidants to protect your body against free radicals that can damage healthy cells.* This advanced nutritional formula can help as you strive to sculpt a leaner you.*

be-ENERGIZED™ calorie burning formula

This multi-tasking formula combines the benefits of a thermogenic along with premium antioxidants. It features GNC's own clinically-proven thermogenic blend to help boost your metabolism, helping you burn 3 times more calories before you work out and 12 times more after.* **be-ENERGIZED™** also provides four dual-purpose antioxidants: clinically-studied grape seed extract, proven to support healthy circulation; green tea extract, standardized to ensure 50% EGCG to boost your metabolism, and glutathione and alpha-Lipoic acid to recycle antioxidants in the body.*

be-ENHANCED™ diet supporting CLA complex

This diet-supporting complex features a blend of essential fatty acids to help you look good, feel good and be healthy.* It combines CLA, to help support metabolism and enhance your diet, with other essential fatty acids to provide a healthy source of energy — a perfect complement to any diet.*

With **be-HOT™**, it's easy for you to achieve your fitness goals! Carry your daily pak in your purse, gym bag or pocket! But don't forget to grab a multivitamin — the foundation to any health and wellness program!

be-DEFINED, be-ENERGIZED, be-ENHANCED...be-HOT!

*In a double-blind, randomized, placebo-controlled cross-over study, 25 subjects exercised on a treadmill on two occasions. On one occasion the subjects took GNC's proprietary thermogenic blend 60 minutes before exercise and on the second occasion, they took a placebo. When the subjects took GNC's proprietary thermogenic blend, 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. This resulted in an average cumulative total of 276 more calories burned before, during and after exercise compared to placebo.

* These statements have not been evaluated by the Food and Drug Administration.
This product is not intended to diagnose, treat, cure or prevent disease.

GNC | WELLbeing™

be-HOT™

EXERCISE ENHANCING TURBOPAK®

dietary supplement for women

Each Pak Includes:

be-DEFINED™- Toning & sculpting formula

be-ENERGIZED™- Calorie burning formula

be-ENHANCED™- Diet supporting CLA complex



30 CONVENIENT PAKS

CODE 663322

Directions: As a dietary supplement, take the contents of one packet daily with food, one hour before exercise or with first meal on non-training days.

be-DEFINED™

Supplement Facts

Serving Size Two Pink Caplets		
Amount Per Serving		% Daily Value
Chloride (as Potassium Chloride)	50 mg	1%
Potassium (as Potassium Chloride)	50 mg	1%
NAS (N-amidininosarcosine)	625 mg	*
Green Tea Leaf Extract (Decaffeinated)	100 mg	*

* Daily Value not established.

Other Ingredients: Cellulose, Dicalcium Phosphate, Stearic Acid Vegetable Source, Polyethylene Glycol, Titanium Dioxide (Natural Mineral Whitener), Enteric Coating (Cellulose, Sodium Alginate, Medium Chain Triglycerides, Oleic & Stearic Acid), Mica, Carmine Color, Natural Mint Flavor, Sucralose.

Conforms to USP <2091> for weight.

be-ENERGIZED™

Supplement Facts

Serving Size Two Orange Capsules		
Amount Per Serving		% Daily Value
Niacin	20 mg	100%
Caffeine Anhydrous	200 mg	*
MegaNatural®-BP™ Grape Seed Extract	150 mg	*
alpha-Lipoic Acid	95 mg	*
Green Tea Leaves Extract (<i>Camellia sinensis</i>) (50% EGCG = 25 mg)	50 mg	*
Capsimax™ Capsicum Fruit Extract (<i>Capsicum sp.</i>)	33.34 mg	*
Piperine (from Black Pepper Extract <i>Piper nigrum</i>)	5 mg	*
Setria® L-Glutathione	5 mg	*

* Daily Value not established.

Other Ingredients: Cellulose, Gelatin, Mica, Artificial Colors (FD&C Red #40, FD&C Yellow #5).

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