



3 IN 1
PRODUCTS PACK

GNC AMP Men's Strength Vitapak® Program delivers the power of three science-based formulas to help you achieve your daily nutritional goals as you build muscles and get stronger.

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*

INCREASE STRENGTH & FUEL YOUR MUSCLES 189% MORE EFFICIENTLY*†

Because Creatine HCl 189™ Is Clinically Shown to Be Absorbed into Your Muscles 189% More Efficiently than Creatine Monohydrate, You Can Increase Strength & Performance with ¼ of the Dose**†‡

INCREASE ATHLETIC PERFORMANCE & SUPPORT A HEALTHY INFLAMMATION RESPONSE*•

Features High-Quality Anabolic Primers Combined with Healthy Inflammation Response Support.*

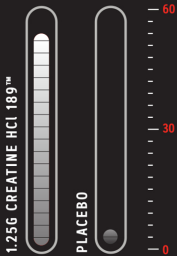
If it's on our packages, then it's in our boxes. Clinically studied ingredients backed by real science. Get vitamins. Fuel muscles. Get stronger.

MOVE

9.5x
MORE
WEIGHT*

CREATINE
HCl 189™

CHANGE IN LEG PRESS 1 RM (LB)



† In a randomized, double-blind, clinical study of 57 healthy, young adult males, subjects who took GNC AMP Creatine HCl 189™ containing only 1.25 grams of the PEG-Creatine System™ significantly improved leg press 1-RM performance by 54.3 pounds, while subjects receiving 5 grams of creatine monohydrate significantly improved performance by 52.3 pounds and the placebo group showed no significant improvement at 5.7 pounds at the end of the study.



ADVANCED MUSCLE PERFORMANCE

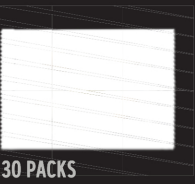
MEN'S
STRENGTH

VITAPAK® PROGRAM WITH POWER + MUSCLE SUPPORT

Includes Clinically Studied Multivitamin Blend^

Increases Strength & Fuels Your Muscles 189% More Efficiently*†

Helps Build Mass† & Supports a Healthy Inflammation Response*



30 PACKS

DIETARY SUPPLEMENT

CODE 213922

DIRECTIONS: As a dietary supplement, take the contents of one pack daily with food. 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 Niacinamide & Niacin)	50 mg 313%
Vitamin B-6 (as Pyridoxine Hydrochloride)	50 mg 2941%
Folate	667 mcg DFE 167% (400 mcg Folic Acid)
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)	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 87%
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	54.91 mg
CarnoSyn® Beta-Alanine	10 mg *
Taurine	10 mg *
Inositol	10 mg *
MSM (Methylsulfonylmethane)	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 (<i>Apium graveolens</i>)	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 (<i>Curcuma longa</i>) CurcuWIN® (20% Curcuminoids = 100 mcg)	500 mcg *

Amount Per Serving	% Daily Value
Zeaxanthin (as Zeaxanthin Isomers)	400 mcg *
Astaxanthin (from <i>Haematococcus pluvialis</i>)	50 mcg *
beta-Cryptoxanthin	10 mcg *
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 <209> for weight.

*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.

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

*When used in conjunction with regular resistance training.



Natural Alternatives International (NAI) is the owner of the patent estate and registered trademark CarnoSyn®.



CurcuWIN® is a trademark of OmniActive Health Technologies.



Lutemax® 2020 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.

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

LSG

Creatine HCl 189™

Supplement Facts

Serving Size Two White Caplets

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

* Daily Value not established.

Anabolic Primer & Healthy Inflammatory Response Support

Supplement Facts

Serving Size One Green Filled Capsule

Amount Per Serving	
Testofen® Fenugreek Seed Extract (<i>Trigonella foenum-graecum</i>)	300 mg*
Palmitoylethanolamide	100 mg*

* Daily Value not established.

OTHER INGREDIENTS: Dicalcium Phosphate, Microcrystalline Cellulose, Hydroxypropylcellulose, Vegetable Stearate, Hydroxypropyl Methylcellulose, Enteric Coating (Stearic Acid, Sodium Alginate, Ammonium Hydroxide, Ethylcellulose, Medium Chain Triglycerides, Oleic Acid) Croscarmellose Sodium, Silicon Dioxide, Calcium Silicate, Titanium Dioxide (Mineral Whitener), Magnesium Stearate Vegetable Source, Vegetable Acetoglycerides, Natural Mint Flavor, Sucralose, Triacetin, Diacetylated Monoglycerides.

WARNING: Consume ample amounts of water while taking this product.

Conforms to USP <209> for weight.

ACTUAL SIZE

OTHER INGREDIENTS: Gelatin, Microcrystalline Cellulose, Stearic Acid Vegetable Source, Silica. Conforms to USP <209> 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.