



5 IN 1
PRODUCTS PACK

GNC AMP Men's Extreme Training Vitapak® Program delivers the power of five science-based formulas to help you maximize your physical and mental intensity and get the most from your workout.

GET THE NUTRITIONAL SUPPORT ACTIVE MEN NEED

Clinically Studied Men's Multivitamin Blend Shown to Work Better Than a Basic Multivitamin*

TRAIN HARDER**

Clinically Studied Formula Improves Performance & Increases Endurance**

ENHANCE CIRCULATION & BLOOD FLOW*

L-Arginine & Clinically Studied resVida® Resveratrol for Increased Nitric Oxide Production, Circulation & Blood Flow*

STAY FOCUSED*

Ginkgo biloba Supports Mental Sharpness*

PROTECT YOUR MUSCLES*

Clinically Researched Antioxidant Formula to Defend Against Damaging Free Radicals Caused by Intense Workouts*

If it's on our packages, then it's in our boxes. Clinically studied ingredients backed by real science. Get vitamins. Train harder. Get extreme.



30 PACKS

DIETARY SUPPLEMENT

ADVANCED MUSCLE PERFORMANCE

MEN'S EXTREME TRAINING

VITAPAK® PROGRAM WITH PERFORMANCE + ENDURANCE SUPPORT*

Includes Clinically Studied Multivitamin Blend*
Improves Performance & Increases Endurance**
Enhances Circulation & Blood Flow*



CODE 213512

DIRECTIONS: As a dietary supplement, take the contents of one pack daily with food.

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)	201 mg 134%
Vitamin K (as Phytonadione)	80 mcg 67%
Thiamin (Vitamin B-1)(as Thiamin Mononitrate)	50 mg 416%
Riboflavin (Vitamin B-2)	50 mg 3846%
Niacin (as Niacinamide & Niacin)	50 mg 313%
Vitamin B-6 (as Pyridoxine Hydrochloride)	50 mg 2941%
Folate	680 mcg DFE (400 mcg Folic Acid) 170%

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 d-Pantothenate & 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 384%
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%

Other Ingredients: Microcrystalline Cellulose, Stearic Acid Vegetable Source, Cellulose, Hydroxypropylcellulose, Hydroxypropyl Methylcellulose, 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, Salmon, Tuna, Cod or a Combination Thereof).	
Conforms to USP <209> for weight.	

Amount Per Serving	% Daily Value
Zeaxanthin (as Zeaxanthin Isomers)	400 mcg *
Astaxanthin (from Haematoctoccus pluvialis)	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, Hydroxypropylcellulose, Hydroxypropyl Methylcellulose, 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, Salmon, Tuna, Cod or a Combination Thereof).	
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Other Ingredients: Microcrystalline Cellulose, Crospovidone, Hydroxypropylcellulose, Dicalcium Phosphate, Croscarmellose Sodium, Maltodextrin, Stearic Acid, Hydroxypropyl Methylcellulose, Silicon Dioxide, Polydextrose, Titanium Dioxide (Mineral Whitener), Natural Vanilla Mint Flavor, Riboflavin (Color), Magnesium Stearate Vegetable Grade, Cellulose, Talc, Medium Chain Triglycerides, Carnauba Wax, Sucralose, Carmine (Color).	
Total Caffeine = 202 mg per serving.	
Conforms to USP <209> for weight.	
Meets USP <2040> disintegration.	

*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, biotin and lycopene). Statistical improvements in SF-36 Vitality and Mental Health scores were also observed compared to placebo.

*A double-blind, placebo-controlled, crossover study of 29 physically fit and healthy young adult male subjects averaging about 4 hours of exercise a week cycling to exhaustion at 80% VO2 shows that these individuals were able to increase performance measured by time to exhaustion nearly 5 minutes longer than when taking placebo.

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Carnosine Synthesizer
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Lutemax
Lutemax® 2020 is a trademark of OmniActive Health Technologies.

CurcuWIN
CurcuWIN® is a trademark of OmniActive Health Technologies.

resVida
ResVida® is a trademark of DSM.

▲ WARNING: Cancer and Reproductive Harm — www.P65Warnings.ca.gov. 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. Inform your physician of this product's biotin content before any lab test. Biotin may cause a temporary flushing reaction. 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

JUG

Explosive Energy Metabolizer

Supplement Facts

Serving Size Two Orange Caplets

Amount Per Serving	% Daily Value
Vitamin C (as Ascorbic Acid)	120 mg 133%
Niacin	20 mg 125%
Vitamin B-6 (as Pyridoxine Hydrochloride)	2 mg 118%
Pantothenic Acid (as Calcium d-Pantothenate)	10 mg 200%

Ginger Rhizome Extract (Zingiber officinale)(5% Gingerols + 25 mg)	500 mg *
Yerba Mate Leaf Extract (Ilex paraguariensis)(8% Caffeine + 40 mg)	500 mg *

Guarana Seed Extract (Poultinia cupana)(36% Caffeine + 152 mg)	422 mg *
Black Tea Leaves Extract (Camellia sinensis)(10% Caffeine + 10 mg)(Polyphenols + 60 mg)	100 mg *
Schizandra chinensis Fruit Extract	100 mg *
L-Carnitine (L-Carnitine Fumarate)	25 mg *
Dill Weed Extract (Anethum graveolens)	5 mg *
Grape Seed Extract (Vitis vinifera)	1 mg *

* Daily Value not established.

Other Ingredients: Microcrystalline Cellulose, Crospovidone, Hydroxypropylcellulose, Dicalcium Phosphate, Croscarmellose Sodium, Maltodextrin, Stearic Acid, Hydroxypropyl Methylcellulose, Silicon Dioxide, Polydextrose, Titanium Dioxide (Mineral Whitener), Natural Vanilla Mint Flavor, Riboflavin (Color), Magnesium Stearate Vegetable Grade, Cellulose, Talc, Medium Chain Triglycerides, Carnauba Wax, Sucralose, Carmine (Color).	
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* 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.

Mental Sharpness

Supplement Facts

Serving Size One Tan Filled Capsule

Amount Per Serving	% Daily Value
Calcium	55 mg 4%
Ginkgo biloba Leaf Extract (24% Ginkgo Flavonoglycosides + 28.8 mg) (6% Terpene Lactones + 7.2 mg)	120 mg *

* Daily Value not established.

Other Ingredients: Dicalcium Phosphate, Vegetable Cellulose Capsule, Microcrystalline Cellulose, Stearic Acid Vegetable Source, Hydroxypropylcellulose, Magnesium Stearate Vegetable Source.	
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