



4 IN 1
PRODUCTS PACK

GNC AMP Men's Ripped Vitapak® Program delivers the power of four science-based formulas to help you achieve your daily nutritional goals as you strive for a lean, sculpted physique.†

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*

BURN UP TO 12X MORE CALORIES**

Thermo Blend Clinically Shown to Increase Metabolism Before, During & After Exercise**

IMPROVE BODY COMPOSITION & LEAN MUSCLE TONE*

4000 mg of CLA

REGULATE EXCESS WATER*

Waterex™ Formula Features a Nature-Based Herbal Blend

If it's on our packages, then it's in our boxes. Clinically studied ingredients backed by real science. Get vitamins. Get metabolism support. Get ripped.

30 PACKS

DIETARY SUPPLEMENT

ADVANCED MUSCLE PERFORMANCE

MEN'S
RIPPED

VITAPAK® PROGRAM WITH METABOLISM + MUSCLE SUPPORT

Includes Clinically Studied Multivitamin Blend*

Burns up to 12X More Calories** & Provides Lean Muscle Support*

Helps Regulate Excess Water*



CODE 214911
DIRECTIONS: As a dietary supplement, for optimal health benefits, take the contents of one pack daily with food every morning. On workout days, for individuals looking to maximize energy production, the Thermo Igniter 12X (red capsule) can be taken 30-60 minutes prior to exercise. Do not take before bedtime. Each pack contains:
Mega Men® Sport Multivitamin

Supplement Facts

Serving Size Two Mocha Brown Timed-Release Capslets

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 (1600 IU) 200%
Vitamin E (as Natural d-alpha Tocopheryl Acetate)	22.06 mg 147%
Vitamin K (as Phytonadione)	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 (400 mcg Folic Acid) 167%
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 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 (Apium graveolens)	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 (Curcuma longa) CurcuWIN® (20% Curcuminoids • 100 mcg)	500 mcg *

Amount Per Serving	% Daily Value
Zeaxanthin (as Zeaxanthin Isomers)	400 mcg *
Astaxanthin (from Haematococcus 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, 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 <2091> for weight.
CAUTION: Niacin may cause flushing, itching and skin reddening. The effects are temporary and will gradually disappear.

*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 B 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 double-blind, randomized, placebo-controlled, crossover study, 25 subjects exercised on a treadmill on two occasions. On one occasion, the subjects took the thermogenic 60 minutes before exercise, and on the second occasion, they took a placebo. When the subjects took the thermogenic, 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.

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

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

Lutemax® 2020 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. Inform your physician of this product's biotin content before any lab test.
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

Thermo Igniter 12X

Amount Per Serving	% Daily Value
Serving Size One Red Capsule	
Niacin	20 mg 125%
Caffeine Anhydrous	200 mg *
Capsimax® Capsicum Fruit Extract (Capsicum annuum)	33.34 mg *
Piperine (Black Pepper Fruit Extract [Piper nigrum])	5 mg *

* Daily Value not established.

CLA

Amount Per Serving	% Daily Value
Serving Size Four Yellow Softgel Capsules	
Calories	45
Total Fat	5 g 6%
CLA (Conjugated Linoleic Acid)(from Safflower Oil)	4000 mg *

† Percent Daily Value based on a 2,000 calorie diet.

* Daily Value not established.

Waterex™

Amount Per Serving	% Daily Value
Serving Size One Gray Filled Capsule	
Vitamin B-6 (as Pyridoxine Hydrochloride)	25 mg 1471%
Magnesium (as Magnesium Oxide)	25 mg 6%
Potassium (as Potassium Chloride)	25 mg 1%
Proprietary Blend	50 mg *
Garlic Clove Powder (Allium sativum), Parsley Leaf Powder (Petroselinum crispum), Uva Ursi Extract 3:1 (Arctostaphylos uva-ursi), Elderberry Fruit Powder (Sambucus nigra), Horsetail Rush Stems Powder (Equisetum arvense), Fennel Seed Powder (Foeniculum vulgare), Corn Silk Powder (Zea mays), Hydrangea Root Powder (Hydrangea arborescens)	

* Daily Value not established.

†When used in conjunction with an exercise program.

* 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.

OTHER INGREDIENTS: Microcrystalline Cellulose, Gelatin, Magnesium Stearate Vegetable Source, Silicon Dioxide, Titanium Dioxide (Mineral Whitener), Artificial Colors (FD&C Blue #1, FD&C Red #40).
Conforms to USP <2091> for weight.
Meets USP <2040> disintegration.
Total caffeine per capsule is 200 mg.

ACTUAL SIZE

OTHER INGREDIENTS: Gelatin, Glycerin.
WARNING: For adult use only. Do not use this product if you are pregnant or lactating. If you are taking medication or have a medical condition, consult a physician before using this product.
Conforms to USP <2091> for weight.
Meets USP <2040> disintegration.
CLA is a naturally derived oil; you may notice minor color variation in softgels.

ACTUAL SIZE

OTHER INGREDIENTS: Microcrystalline Cellulose, Gelatin, Magnesium Stearate Vegetable Source, Silicon Dioxide, Calcium Silicate, Caramel Color.
Conforms to USP <2091> for weight.
Meets USP <2040> disintegration.

ACTUAL SIZE