GNC AMP
ADVANCED MUSCLE PERFORMANCE

5 IN 1
PRODUCTS PACK

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

GET THE NUTRITIONAL SUPPORT ACTIVE WOMEN NEED
Clinically Studied Women'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*

SUPPORT YOUR METABOLISM*
Stimulant-Free Thermo with a Potent Blend of Fruit & Herbal Extracts

IMPROVE BODY COMPOSITION & LEAN MUSCLE TONE*
4000 mg of CLA

REGULATE EXCESS WATER*
Waterex™ Formula Features a Nature-Based Herbal Blend

ENJOY HEALTHY HAIR, SKIN & NAILS*
5300 mcg of Biotin

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.

GNC AMP

ADVANCED MUSCLE PERFORMANCE

WOMEN'S RIPPED

VITAPAK® PROGRAM WITH METABOLISM + MUSCLE SUPPORT*

Includes Clinically Studied Multivitamin Blend^
Provides Non-Stimulant Metabolism & Lean Muscle Support*
Helps Regulate Excess Water & Supports Healthy Hair, Skin & Nails*

NON-STIMULANT FORMULA

30 PACKS
30-DAY SUPPLY

DIETARY SUPPLEMENT

CODE 215212 JUG

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 results, the Decaf Thermo Igniter 12X (yellow caplet) can be taken 30-60 minutes prior to exercise.
Each pack contains:

Women's Ultra Mega® Active Multivitamin without Iron

Supplement Facts

Serving Size Two Light Green Timed-Release 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)	200 mg	222%
Vitamin D (as Cholecalciferol D-3)	40 mcg (1600 IU)	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	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	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)	500 mg	38%
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%
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	*
Zeaxanthin (as Zeaxanthin Isomers)	400 mcg	*
Astaxanthin (from *Haematococcus pluvialis*)	50 mcg	*
beta-Cryptoxanthin	10 mcg	*
Performance Energy & Metabolism Blend	**53.01 mg**	*
Green Tea Leaf Extract (*Camellia sinensis*)(50% EGCG + 15 mg)	30 mg	*
Betaine (Trimethylglycine)(as Betaine Hydrochloride)	10 mg	*
Inositol	10 mg	*
Boron (as Sodium Borate)	2 mg	*
Grape Seed Extract (*Vitis vinifera*)(86% Polyphenols + 0.86 mg)	1 mg	*
Vanadium (as Sodium Metavanadate)	10 mcg	*

Amount Per Serving		% Daily Value
Joint & Skin Support Blend	**18 mg**	
MSM (Methylsulfonylmethane)	12 mg	*
Silica (as Silicon Dioxide)	4 mg	*
Hyaluronic Acid (as Sodium Hyaluronate)	2 mg	*

* Daily Value not established.

OTHER INGREDIENTS: Microcrystalline Cellulose, Hydroxypropyl Methylcellulose, Cellulose, Stearic Acid Vegetable Source, Hydroxypropylcellulose, Dicalcium Phosphate, Titanium Dioxide (Mineral Whitener), Magnesium Stearate Vegetable Source, Polyethylene Glycol, Talc, Natural Vanilla Mint Flavor, Chlorophyllin (Color), Stevia Leaf Extract.

CONTAINS: Soybeans and Fish (Anchovy, Mackerel, Sardine, Smelt, Salmon, Tuna, Cod or a Combination Thereof).
Conforms to USP <2091> for weight.

ACTUAL SIZE

*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.
†When used in conjunction with an exercise program.

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

Lutemax® 2020 LUTEIN & ZEAXANTHIN Lutemax® 2020 is a trademark of OmniActive Health Technologies.

⚠ **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. Niacin may cause a temporary flushing reaction. This product contains EGCG from green tea.

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

GF GLUTEN FREE

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

Decaf Thermo Igniter 12X

Supplement Facts

Serving Size One Yellow Caplet

Amount Per Serving		% Daily Value
Niacin	20 mg	125%
Garcinia cambogia Fruit Extract (50% Hydroxycitric Acid = 125 mg)	250 mg	*
Green Coffee Bean Extract (*Coffea spp.*)(45% Chlorogenic Acids = 90 mg)	200 mg	*
EGCG (Epigallocatechin Gallate)(from Green Tea Leaf Extract)	50 mg	*
Capsimax™ Capsicum Fruit Extract (*Capsicum annuum*)	33.34 mg	*
Piperine (Black Pepper Fruit Extract [*Piper nigrum*])	5 mg	*

* Daily Value not established.

OTHER INGREDIENTS: Microcrystalline Cellulose, Croscarmellose Sodium, Hydroxypropylcellulose, Stearic Acid Vegetable Source, Magnesium Stearate Vegetable Source, Silicon Dioxide, Titanium Dioxide (Mineral Whitener), Vegetable Acetoglycerides, Carnauba Wax, Polyethylene Glycol, Polysorbate 80, Cellulose, Sodium Starch Glyconate, Maltodextrin, Medium Chain Triglycerides, Polydextrose, Riboflavin (Color), Talc.
Conforms to USP <2091> for weight.
Meets USP <2040> disintegration.

ACTUAL SIZE

CLA

Supplement Facts

Serving Size Four Yellow Softgel Capsules

Amount Per Serving		% Daily Value
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.

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

Waterex™

Supplement Facts

Serving Size One Gray Filled Capsule

Amount Per Serving		% Daily Value
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 Leaf 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.

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

Biotin 5000

Supplement Facts

Serving Size One White Filled Capsule

Amount Per Serving		% Daily Value
Biotin	5000 mcg	16667%
Calcium (as Dicalcium Phosphate)	170 mg	13%

OTHER INGREDIENTS: Gelatin, Microcrystalline Cellulose, Hydroxypropylcellulose, Talc, Calcium Silicate, Magnesium Stearate Vegetable Source.
Conforms to USP <2091> 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.