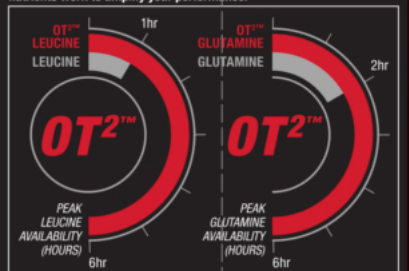
Nightly

Recovery

Introducing GNC Pro Performance® AMP Concentrated Intelligent Release Series, featuring revolutionary new formulas with performance-enhancing, clinically studied ingredients developed to change the way nutrients work to amplify your performance.*



Exclusive OT2™ Delivers Anabolic Leucine & Anti-Catabolic Glutamine Over 6 Hours*

- This product is engineered for dual delivery of fast and slow releasing anabolic leucine and anti-catabolic glutamine!
- Designed to deliver immediate release of anabolic leucine within 1 hour, immediate release of glutamine in 2 hours, plus extended release OT2™ leucine and glutamine over 6 hours!*

OT2™ – THE EXCLUSIVE GNC ADVANTAGE

GNC's breakthrough Optimal Timing Technology (OT2™) is an exclusive innovation that enhances ingredients to control their release. No other products are engineered with this technology.

NITRO-FACTOR™ – MAXIMIZE MUSCLE BUILDING†

The full muscle building potential of a GNC product is based on its total nitrogen content – so the more nitrogen a product has, the stronger it will perform.

GNC PRO PERFORMANCE® AMP

NEW

AMPLIFIED RECOVER PM™

CONCENTRATED INTELLIGENT RELEASE

CLINICALLY RESEARCHED

- Immediate & 6 Hour Release OT2™ Leucine & Glutamine to Fuel Recovery*
- Primes Body for Sleep Potential with Key Ingredients + Muscle Fueling Compounds*
- Features Melatonin, L-Theanine, GABA, Mucuna & D-Aspartic Acid

NITRO-FACTOR 10G™ OT2 OPTIMAL TIMING TECHNOLOGY™

FRUIT BLAST

NATURAL + ARTIFICIAL FLAVORS

DIETARY SUPPLEMENT

Net Wt 9.82 oz (278.4 g)

CENTER OF FRONT LABEL

AMP

CODE 386321

JNG

DIRECTIONS: As a dietary supplement, mix 1-2 scoops with 8 fl. oz. of water before bedtime. For maximum results, take 2 scoops.

Supplement Facts

	1 scoop (9.28 g)		2 scoops (18.56 g)	
Serving Size				
Servings Per Container	30		15	
Amount Per Serving		**% Daily Value**		**% Daily Value**
Calories	15		35	
Calories from Fat	5		10	
Total Fat	0.5 g	1%†	1 g	2%†
Saturated Fat	0.5 g	3%†	1 g	5%†
Total Carbohydrates	3 g	1%†	6 g	2%†
Sugars	0 g	*	<1 g	*
Vitamin B6 (as Pyridoxine Hydrochloride)	1 mg	50%	2 mg	100%
Magnesium (as Magnesium Aspartate)	30 mg	8%	60 mg	15%
Zinc (as Zinc Arginate)	15 mg	100%	30 mg	200%
Sodium (as Trisodium Citrate)	90 mg	4%	180 mg	8%
Anabolic Optimizer				
L-Leucine (as L-Leucine & OT2™ L-Leucine)	2.5 g	*	5 g	*
D-Aspartic Acid	100 mg	*	200 mg	*

Amount Per Serving		**% Daily Value**		**% Daily Value**
Nighttime Recovery Complex				
L-Glutamine (as L-Glutamine & OT2™ L-Glutamine)	2.5 g	*	5 g	*
Sustamine™ (L-Alanyl-L-Glutamine)	25 mg	*	50 mg	*
Sicilian Blood Orange Fruit & Peel Extract (*Citrus sinensis*)	50 mg	*	100 mg	*
Lutemax 2020™ Lutein	5 mg	*	10 mg	*
Quercetin (as Quercetin Dihydrate)	25 mg	*	50 mg	*
Setria® Glutathionine	12.5 mg	*	25 mg	*
Rhodiola rosea Extract	25 mg	*	50 mg	*
P.M. Matrix				
Melatonin	1.5 mg	*	3 mg	*
L-Theanine	25 mg	*	50 mg	*
Gamma Aminobutyric Acid (GABA)	50 mg	*	100 mg	*
Mucuna pruriens (Standardized to 20% L-Dopa)	250 mg	*	500 mg	*

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

CENTER OF BACK PANEL

OTHER INGREDIENTS: Natural & Artificial Flavors, Citric Acid, Hydrogenated Vegetable Oil* (contains one or more of the following oils: soybean, palm and cottonseed), Sucralose, Acesulfame Potassium, Calcium Silicate, Monoglycerides, FD&C Red #40.

***0g trans fat.**

WARNING: For adult use only at bedtime. This product is not to be taken by pregnant or lactating women. If you are taking medication or have a medical condition, consult a physician before using this product. Do not use in conjunction with alcoholic beverages, when driving a vehicle, or while operating machinery. Do not exceed recommended intake.

NOTICE: Significant product settling may occur.

†When used in conjunction with an exercise program.

Lutemax 2020™ is a trademark of OmniActive Health Technologies.

Setria® is a trademark of Kyowa Hakko Bio Co., Ltd.

Sustamine™ is a trademark of Kyowa Hakko Bio Co., Ltd.

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

For More Information:
1-888-462-2548

SHOP NOW @ GNC.COM

Distributed by:
General Nutrition Corporation
Pittsburgh, PA 15222

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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.