



Stamina

Exclusive OT²™ Delivers Arginine Over 2 Hours

In a double-blind, randomized, placebo-controlled cross-over study, 33 male and female subjects exercised on two occasions. On one occasion the subjects took the herbal blend in two scoops of this formula 60 minutes before exercise and on the other occasion, they took a placebo. When the subjects took these herbal ingredients, they burned 6 times (619%) more calories pre-exercise (compared to when they took the placebo).

A study of 20 physically fit and healthy young adult male subjects averaging about 4 hours of exercise a week (spitting to exhaustion at 80% VO₂ shows that these individuals were able to increase performance measured by time to exhaustion nearly 5 minutes (12%) longer taking the herbal blend in two scoops of this formula than when taking placebo.

* 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.

**NEW****AMPLIFIED STAMINA™****CONCENTRATED INTELLIGENT RELEASE****CLINICALLY RESEARCHED**

- Dual Release Thermogenic Powder Amplifies Calorie Burning by 619%[†] & Boosts Stamina by 12%^{**}
- Immediate & 2 Hour Release OT²™ Arginine to Maximize Blood Flow*

**LEMON TEA**

NATURAL FLAVORS

DIETARY SUPPLEMENT
Net Wt 10.2 oz (288.6 g)

CODE 751256

JNG

DIRECTIONS: As a dietary supplement, mix 1-2 scoops with 4-8 fl. oz. water prior to training. On non-workout days, take 1-2 scoops before breakfast. For maximum results, take 2 scoops 30-60 minutes prior to training. Do not take prior to bedtime.

Supplement Facts

	1 scoop (5.55 g)	2 scoops (11.1 g)
Serving Size	1 scoop (5.55 g)	2 scoops (11.1 g)
Servings Per Container	52	26
Amount Per Serving	% Daily Value	% Daily Value
Vitamin C (as Ascorbic Acid)	88 mg 100%	128 mg 200%
Niacin (as Nicotinic Acid)	18 mg 50%	28 mg 100%
Vitamin B-6 (as Pyridoxine HCl)	1 mg 50%	2 mg 100%
Pantothenic Acid (as D-Calcium Pantothenate)	5 mg 50%	10 mg 100%
Calcium (as Calcium Carbonate)	25 mg 5%	50 mg 10%
Sodium (as Sodium Chloride)	25 mg 1%	50 mg 2%
Potassium (as Potassium Chloride)	25 mg <1%	50 mg 1%
Performance/Fuel Matrix		
L-Leucine	450 mg *	900 mg *
L-Isoleucine	150 mg *	300 mg *
L-Valine	150 mg *	300 mg *
Beta-Alanine	500 mg *	1000 mg *
Thermogenic Activator		
Mucuna pruriens Seed Extract	250 mg *	500 mg *

OTHER INGREDIENTS: Citric Acid, Black Tea (Tender Shoots), Natural Flavors, Hydrogenated Vegetable Oil (contains one or more of the following oils: soybean, palm and cottonseed), Monoglycerides, Acesulfame Potassium, Silica, Sucralose.

*0g trans fat.

Total caffeine per scoop is 200 mg.

WARNING: Consult your physician prior to using this product if you are pregnant, nursing, taking medication, under 18 years of age or have a medical condition. Discontinue use two weeks prior to surgery.

NOTICE: Significant product settling may occur.

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resVida™ is a trademark of DSM Nutritional Products, Inc.

MegaNatural® is a trademark of Constellation Wines U.S., Inc.

Amount Per Serving	% Daily Value	% Daily Value
Ginger Root Extract (<i>Zingiber officinale</i>)	250 mg *	500 mg *
Aspenella serrata Extract (Ginseng)	125 mg *	250 mg *
Caffeine Anhydrous	100 mg *	200 mg *
Capsimax™ Capsicum Fruit Extract	50 mg *	100 mg *
Cinnamon Bark Extract (<i>Cinnamomum zeylanicum</i>)	50 mg *	100 mg *
Piper longum Fruit Extract	1 mg *	1 mg *
Stamina Delivery		
Yerba Mate Leaf Extract (40 mg Caffeine)	250 mg *	500 mg *
Guarana Seed Extract (Purified extract) 150 mg Caffeine	211.25 mg *	422.5 mg *
Black Tea Leaf Extract (Caffeine present) 10 mg Caffeine	50 mg *	100 mg *
Schizandra Fruit Extract (<i>Schizandra chinensis</i>)	50 mg *	100 mg *
Scholar's Blood Orange Fruit & Peel Extract (Citrus sinensis)	50 mg *	100 mg *
MegaNatural® Cold Grape Seed Extract (Vitis vinifera)	10 mg *	20 mg *
Oil of Wintergreen (<i>Arctostaphylos uva-ursi</i>)	2.5 mg *	5 mg *
Pump Maximizer with OT ² ™		
L-Arginine (as OT ² ™ L-Arginine, L-Arginine HCl)	500 mg *	1000 mg *
resVida™ trans-Resveratrol	15 mg *	30 mg *

* Daily Value not established.

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

For More Information:
1-888-462-2548

SHOP NOW @ GNC.COM

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