Daily

Energy | Strength | Recovery

KNG

CODE 829512

DIRECTIONS: As a dietary supplement, consume 1 Pre-Training Pack before workout begins, 1 serving of 100% Whey Protein mid-morning or afternoon and 1 Nighttime Strength & Support Pack before bedtime.

PRE-TRAINING PACK
Thermo Igniter 12X

Supplement Facts

Serving Size One Red Capsule

Amount Per Serving		% Daily Value
Niacin	20 mg	100%
Proprietary Thermogenic Blend Caffeine Anhydrous, Capsimax™ Capsicum Fruit Extract, Black Pepper Extract	243.34 mg	*

* Daily Value not established.

Muscle Fatigue Buffer

Supplement Facts

Serving Size Four Silver Tablets

Amount Per Serving		% Daily Value
Niacin	20 mg	100%
Vitamin B6	3330 mg	*
HSI-Arginine System (Micronized L-Arginine and Polyethylene Glycol)	380 mg	*
Circulatory Pump Blend (MegaNatural®-BP Proprietary Grape Blend, Yohimbe Bark Extract (2% Yohimbe Alkaloid = 1 mg), ResVida® trans-Resveratrol)	380 mg	*

* Daily Value not established.

OTHER INGREDIENTS: Cellulose, Gelatin, Titanium Dioxide, Natural Mineral Whitener), Artificial Colors (FD&C Blue #1, FD&C Red #40).

Total caffeine per serving is 260 mg.

ACTUAL SIZE

NIGHTTIME STRENGTH & SUPPORT PACK
Creatine Strength Support

Supplement Facts

Serving Size Two White Tablets

Amount Per Serving		
PEG-Creatine System™ (Creatine Hydrochloride)	1250 mg	*

* Daily Value not established.

OTHER INGREDIENTS: Cellulose, Enteric Coating (Cellulose, Sodium Alginate, Medium Chain Triglycerides, Oleic & Stearic Acids), Silica, Artificial Colors (FD&C Blue #2 Lake, FD&C Yellow #6 Lake, FD&C Red #40 Lake), Vegetable Acetoglycerides, Natural Mint Flavor, Sucralose.

ACTUAL SIZE

Nighttime Restore

Supplement Facts

Serving Size Two White Capsules

Amount Per Serving		% Daily Value
Magnesium (as Magnesium Aspartate)	60 mg	15%
Zinc (as Zinc Arginate)	30 mg	200%
L-Leucine	150 mg	*
L-Isoleucine	50 mg	*
L-Valine	50 mg	*

* Daily Value not established.

OTHER INGREDIENTS: Cellulose, Gelatin, Titanium Dioxide.

ACTUAL SIZE

100% Whey Protein
Chocolate Supreme

Nutrition Facts

Serving Size One Scoop (35.5 g)
Servings Per Container 14

Amount Per Serving		% Daily Value†
Calories	140	
Calories from Fat	20	
Total Fat 2g		3%
Saturated Fat 1g		5%
Trans Fat 0g		
Cholesterol 65mg		22%
Sodium 70mg		3%
Potassium 330mg		9%
Total Carbohydrate 6g		2%
Dietary Fiber 1g		4%
Sugars 3g		
Protein 24g		
Vitamin A	0% • Vitamin C	8%
Calcium	13% • Iron	9%

† Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Potassium		3500mg	3500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: Protein Blend (Whey Protein Concentrate, Whey Protein Isolate), Cocoa Powder (Dutch Process), Natural Flavors, Cellulose Gum, Lecithin, Xanthan Gum, Acesulfame Potassium, Sodium Chloride, Sucralose.

CONTAINS: Milk and Soybeans.

NOTICE: Use this product as a food supplement only. Do not use for weight reduction. Significant product settling may occur.

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Arginine™ is a trademark of InnoScience Health Technologies.
MegaNatural®-BP and its logo are trademarks of Constellation Brands Inc.

† 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.

*In a double-blind, placebo-controlled, cross-over study, 26 subjects exercised on a treadmill on two occasions. On one occasion the subjects took Thermo Igniter 12X 30 minutes before exercising and, on the second occasion, they took a placebo. When the Thermo Igniter 12X was taken, the subjects burned 12% more calories before exercise, 2% more calories during and 12 times more calories for up to one hour after exercise compared to when they took the placebo.

*In a 4-week randomized, double-blind, placebo-controlled study of 50 healthy, untrained male volunteers ages 19-29, subjects were supplemented with either one of two doses of the Muscle Fatigue Buffer or placebo. After 4 weeks of treatment, the subjects taking the Muscle Fatigue Buffer experienced significant increases in PWCF1 (physical working capacity at the fatigue threshold) over the placebo group.

*In a randomized, double-blind clinical trial, 42 healthy young adult males were supplemented with either placebo or Creatine Strength Support for 28 days. At the end of the study, while subjects in the creatine monohydrate group increased by 12 lbs, and the placebo group did not have significant improvements.

*27 healthy young adults' muscle biopsy results revealed that Creatine HCl resulted in 100% greater creatine uptake relative to benchmark amounts of ordinary creatine monohydrate powder.

†When used in conjunction with an exercise program.

GNC
PRO PERFORMANCE

LIMITED EDITION

HIGH INTENSITY TRAINING PROGRAM

2-WEEK RAPID POWER TRAINING STACK
DIETARY SUPPLEMENT

*Includes Delicious 100% Whey Protein to Fuel Muscle Growth & Recovery† + Rapid Power Training Guide**

*Pre-Training Pack Increases Energy for Performance, M.O. Production & 12x Max Calorie Burn**

*Nighttime Strength & Support Pack Replenishes Muscle Stores with Key Minerals & Aminos**

NITRO-FACTOR™ 34g

14 - PRE-TRAINING PACKS • 14 - NIGHTTIME STRENGTH & SUPPORT PACKS • 1 - 1LB BAG 100% WHEY PROTEIN CHOCOLATE SUPREME • RAPID POWER TRAINING GUIDE

HIGH INTENSITY TRAINING PROGRAM COMBINES 5 POWERFUL FORMULAS IN 1 CUSTOMIZED KIT!

Experience all of the individual benefits these 5 formulas need to perform well in one kit. Whether you're in excellent shape or just starting out, this 2-week stack will help power you through your workouts and perform better. High intensity training camps and boot camp workouts are some of the toughest training regimens athletes will experience. Don't struggle to finish your workouts, but instead power through them with GNC Pro Performance® High Intensity Training Program. All of the science and customized formulations have been developed to help your body respond better to intense training environments and supporting an anti-catabolic state. Staying in anabolic, nitrogen-rich environments is key – this powerful kit provides a Nitro-Factor™ of 34g per day to help fuel muscle performance and anabolism.

POWERFUL PRE-TRAINING PACK

The Pre-Training Pack is a powerful formula meant to be taken prior to training or first thing in the morning on non-training days for 12 times more calorie burn to boost energy and metabolism.† The clinically proven Muscle Fatigue Buffer will help to improve physical performance and provide 20% more power output at the body's barrier during intense training. Plus, this blend contains a highly available form of Arginine to help expand blood vessels for increased blood flow and delivery of vital nutrients to muscles.

POST-TRAINING RECOVERY WITH 100% WHEY PROTEIN

The GNC Pro Performance 100% Whey Protein Chocolate Supreme is loaded with the fuel it needs for muscle growth and recovery.† Maintaining a stable balance of muscle glycogen is key to pushing through even the most intense workouts. Loaded with 24 grams of high-quality protein and a full spectrum of amino acids, this delicious whey protein is perfect for post-workout recovery or as a snack any time of the day on non-training days.

NIGHTTIME STRENGTH & SUPPORT PACK

A key factor in any training regimen is knowing when you are giving your body time to rest and recover with proper supporting nutrients, often an overlooked area of sports supplementation. The Nighttime Strength & Support Pack contains a Nighttime Restore blend with Zinc and Magnesium Aspartate and amino acids to help replenish muscle stores with key minerals and aminos. And, the clinically proven Creatine Strength Support is shown to improve muscle creatine absorption by 100%, delivering greater creatine uptake to support athletic performance and increase strength.*

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. Pro Performance® High Intensity Training Program with a Nitro-Factor™ of 34 grams helps fuel performance and anabolism.*