Daily Energy Strength Recovery

CODE 826612 KNG

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<br>Caffeine Anhydrous, Capsimax™ Capsicum Fruit Extract, Black Pepper Extract | 243.34 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 200 mg.

ACTUAL SIZE

### Muscle Fatigue Buffer

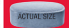
**Supplement Facts**

Serving Size Four Silver Tablets

| Amount Per Serving | | % Daily Value |
|---|---|---|
| Niacin | 20 mg | 100% |
| PEG-Arginine System<br>(Micronized L-Arginine and Polyethylene Glycol) | 3300 mg | * |
| Circulatory Pump Blend<br>(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, Enteric Coating (Cellulose, Sodium Alginate, Medium Chain Triglycerides, Oleic & Stearic Acid), Mica, Artificial Colors (FD&C Blue #2 Lake, FD&C Yellow #6 Lake, FD&C Red #40 Lake), Vegetable Acetoglycerides, Natural Mint Flavor, Sucralose.



## 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, Dicalcium Phosphate, Polyethylene Glycol, Titanium Dioxide (Natural Mineral Whitener), Enteric Coating (Cellulose, Sodium Alginate, Medium Chain Triglycerides, Oleic & Stearic Acid), 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

| | | |
|---|---|---|
| **Calories** | 140 | |
| Calories from Fat | 20 | |
| | | % Daily Value† |
| **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 2g | | |
| **Protein** 24g | | |

| | | | |
|---|---|---|---|
| Vitamin A | 0% | Vitamin C | 0% |
| 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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Capsimax™ is a trademark of OmniActive 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, 25 subjects exercised on a treadmill on two occasions. On one occasion the subjects took Thermo Igniter 12X 60 minutes before exercise and on a second occasion, they took a placebo. When the subjects took Thermo Igniter 12X, 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.

^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 PWCFT (physical working capacity at the fatigue threshold) over the placebo group.

°In a randomized, double-blind clinical trial, 57 healthy young adult males took Creatine HCl and significantly improved leg press 1-RM performance by 54-lbs, while subjects on 5g creatine monohydrate improved by 52 lbs, and the placebo group did not have significant improvements.

§17 healthy young adults' muscle biopsy results revealed that Creatine HCl resulted in 189% greater muscle creatine uptake relative to benchmark amounts of ordinary creatine monohydrate powder.

†When used in conjunction with an exercise program.

GNC
PRO PERFORMANCE®

# 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, N.O. Production & 12x Max Calorie Burn°**

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

NITRO-FACTOR | 34G™

LIMITED EDITION

GNC
PRO PERFORMANCE
100% WHEY PROTEIN
NEW

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 nutritional supplement tools you 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 in intense training environments and supporting an anti-catabolic state. Staying in anabolic, nitrogen-rich environment 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 fatigue 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 will keep your body primed for intense workouts 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 ensuring that you are getting enough 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 189%, 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.*