

CODE 533900

Directions: As a dietary supplement, take the contents of one pack daily. For optimal results, take 30 minutes prior to exercise. Do not take prior to bed. For individuals who want more flexibility with the timing of their thermogenic, the two Meta-Ignite™ tablets may be removed from the pack and taken separately at your convenience.

SHRED SUPPORT MULTIVITAMIN

Supplement Facts

Serving Size One Yellow Tablet	
Amount Per Serving	% Daily Value
Vitamin A.....5000 IU...100%	(50% as beta-carotene; 50% as Acetate)
Vitamin C.....300 mg...500%	(as Ascorbic Acid & Calcium Ascorbate)
Vitamin D.....1600 IU...400%	(as Cholecalciferol D-3)
Vitamin E.....30 IU...100%	(as Natural d-alpha Tocopheryl Acetate)
Vitamin K.....80 mcg...100%	(as Phylloquinone)
Thiamin.....50 mg...3333%	(Vitamin B-1)(as Thiamin Mononitrate)
Riboflavin (Vitamin B-2).....50 mg...2941%	
Niacin.....50 mg...250%	(as Nicotinamide and Niacin)
Vitamin B-6.....50 mg...2500%	(as Pyridoxine Hydrochloride)
Folic Acid.....400 mcg...100%	
Vitamin B-12.....50 mcg...833%	(as Cyanocobalamin)
Biotin.....300 mcg...100%	
Pantothenic Acid.....50 mg...500%	(as Calcium d-Pantothenate)
Calcium.....100 mg...10%	(as Calcium Carbonate & Calcium Ascorbate)
Iodine.....150 mcg...100%	(as Potassium Iodide)
Magnesium.....50 mg...13%	(as Magnesium Oxide)

Other Ingredients: Cellulose, Titanium Dioxide (Natural Mineral Whitener), Vegetable Acetoglycerides, Riboflavin (Color).

CONTAINS: Fish and Soybeans.
Conforms to USP <2091> for weight.

ACTUAL SIZE

Clarinol® is a registered trademark of Stepan Lipid Nutrition.

lutemax™ and Capsimax™ are trademarks of

OmniActive Health Technologies.

resVida® is a trademark of DSM.

MegaNatural® Gold and its logo are trademarks

of Constellation Brands, Inc.

The trademark Phase 2 Carb Controller™ is

being used under license.

KEEP OUT OF REACH OF CHILDREN.

Store in a cool, dry place.

For More Information:

1-888-462-5548

SHOP NOW @ GNC.COM

Distributed by:

General Nutrition Corporation

Pittsburgh, PA 15222

* 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.

GOG

META-IGNITE™ (Full Dose)

Supplement Facts

Serving Size Two Silver Tablets	
Amount Per Serving	% Daily Value
Zinc (as Zinc Oxide).....15 mg...100%	
Selenium.....200 mcg...286%	(as L-Selenomethionine)
Copper (as Copper Oxide).....2 mg...100%	
Manganese.....2 mg...100%	(as Manganese Sulfate)
Chromium.....120 mcg...100%	(as Hydrolyzed Protein Chelate)
Molybdenum.....75 mcg...100%	(as Sodium Molybdate)
alpha-Lipoic Acid.....25 mg.....*	
Broccoli Sprouts Powder.....25 mg.....*	(Brossica oleracea Italica)
Turmeric Root Extract.....25 mg.....*	(Curcuma longa)
Choline.....10 mg.....*	(as Choline Bitartrate)
Aspartol.....10 mg.....*	
Hyaluronic Acid.....5 mg.....*	
Silica (as Silicon Dioxide).....4 mg.....*	
Boron.....2 mg.....*	
(as Hydrolyzed Protein Chelate)	
Lutemax 2020® Lutetin.....950 mcg.....*	
lycopene.....950 mcg.....*	
Zeaxanthin.....190 mcg.....*	(as Zeaxanthin Isomers)
Astaxanthin.....50 mcg.....*	
Vanadium.....10 mcg.....*	(as Sodium Metavanadate)

Other Ingredients: Cellulose, Vegetable Acetoglycerides, Artificial Colors (FD&C Blue #1 Lake, FD&C Red #40 Lake, FD&C Yellow #6 Lake), Mica, Titanium Dioxide.

Each serving supplies 400 mg of Caffeine.
WARNING: Do not use if you are pregnant, nursing or are allergic or contraindicated to aspirin. If you are taking aspirin or blood thinning or other medication, or have a medical condition, or are under 18 years of age, consult your healthcare professional before using this product. Discontinue use two weeks prior to surgery, or if upset stomach occurs.

Conforms to USP <2091> for weight.
Meets USP <2040> disintegration.

ACTUAL SIZE

* 8 products in 1 is calculated on the count of standalone products the customer would need to purchase to obtain the ingredients and blends provided in each pack.

† In a randomized, double-blind clinical study of 57 healthy young adult males, subjects who took Creatine 189 Strength & Performance Support containing only 1.25 grams of creatine significantly improved leg press 1-RM performance by 54 lbs, while subjects on 5 grams of creatine monohydrate improved by 52 lbs and the placebo group demonstrated no significant improvement.

‡ In a randomized, double-blind, placebo-controlled study of 112 healthy volunteers, subjects taking the GNC vitamin and mineral blend in this product for six weeks experienced statistically significant improvements in markers of B vitamin and antioxidant status, as well as improvements in SF-36 Vitality and Mental Health scores compared to those taking a placebo.

§ In a clinical study of 17 healthy young adults, muscle biopsy results revealed that Creatine 189 Strength & Performance Support resulted in 189% greater muscle creatine uptake relative to benchmark amounts of ordinary creatine monohydrate powder.

¶ In a double-blind, randomized, placebo-controlled cross-over study, 25 subjects exercised on a treadmill on two occasions. On one occasion the subjects took the Tri-Pepper Blend 60 minutes before exercise and on the second occasion, they took a placebo. When the subjects took Tri-Pepper Blend, they burned 300% more calories before starting their exercise compared to the placebo group. The amount of calories burned was higher in the Tri-Pepper Blend before, during and up to one hour after exercise relative to placebo.

* When used in conjunction with an exercise program.

NUTRIENT OPTIMIZER

Supplement Facts

Serving Size One Beige Tablet	
Amount Per Serving	
Phase 2 Carb Controller™ White Kidney Bean Extract (Phaseolus vulgaris)	500 mg

* Daily Value not established.

CREATINE 189 STRENGTH & PERFORMANCE SUPPORT

Supplement Facts

Serving Size Two White Tablets	
Amount Per Serving	
PEG-Creatine System™ (as Creatine Hydrochloride)	1250 mg

† Percent Daily Values are based on a 2,000 calorie diet.

* Daily Value not established.

MUSCLE RECOVERY & JOINT SUPPORT

Supplement Facts

Serving Size One Red Tablet	
Amount Per Serving	% Daily Value
Magnesium (as Magnesium Aspartate)	60 mg 15%
Zinc (as Zinc Aspartate)	30 mg 200%
Sicilian Blood Orange Fruit & Peel Extract (Citrus sinensis)	100 mg *
Hyaluronic Acid	5 mg *

† Percent Daily Values are based on a 2,000 calorie diet.

* Daily Value not established.

CLA

Supplement Facts

Serving Size Two Softgels	
Amount Per Serving	% Daily Value
Calories	25
Calories from Fat	25
Total Fat	2.5 g 4%†
CLA Conjugated Linoleic Acid (from Safflower Oil)	2 g *

† Percent Daily Values are based on a 2,000 calorie diet.

* Daily Value not established.

GNC QUALITY COMMITMENT

For more than 77 years, GNC has been the leader in the development of superior nutritional supplements. Our products are produced using only fresh, high-quality ingredients and are manufactured under the strictest quality controls.

GNC GUARANTEE

If you are not 100% completely satisfied, return the unused portion of the product with your receipt to a GNC store within 30 days. Our trained sales staff will either refund your purchase price or, if you prefer, assist you in finding a replacement product to help you LIVE WELL.

Other Ingredients: Dicalcium Phosphate, Cellulose, Titanium Dioxide (Natural Mineral Whitener), Vegetable Acetoglycerides, Caramel Color, Ethyl Vanillin.

Conforms to USP <2091> for weight.
Meets USP <2040> disintegration.

ACTUAL SIZE

Other Ingredients: Dicalcium Phosphate, Cellulose, Titanium Dioxide (Natural Mineral Whitener), Enteric Coating (Cellulose, Sodium Alginate, Medium Chain Triglycerides, Oleic & Stearic Acid), Natural Mint Flavor, Sucralose.

Conforms to USP <2091> for weight.

ACTUAL SIZE

Other Ingredients: Cellulose, Vegetable Acetoglycerides, Carmine (Color), Titanium Dioxide (Natural Mineral Whitener).

ACTUAL SIZE

Other Ingredients: Gelatin, Glycerin.

Potency verified by GNC procedure #5281.
Conforms to USP <2091> for weight.
Meets USP <2040> disintegration.

ACTUAL SIZE

**8-in-1 BODY CHISELING,
POWER & PERFORMANCE SYSTEM[†]**

- Clinically Researched, Full-Spectrum Multivitamin Complex[‡]
- Achieve Razor-Sharp Detail & Definition[§]
- Extreme Energy, Focus, Workout Intensity and Performance[¶]
- Unparalleled Strength, Plus Muscle Recovery & Joint Support[§]

**GNC
GENETIXHD®**

VITAPAK® PROGRAM

30 PACKS

Powered by **GNX Science™**

**DIETARY
SUPPLEMENT**

The Pursuit of Physical Perfection

GNC Introduces the GNC GenetixHD® Elite Physique Vitapak® Program, the most cutting-edge combination of advanced body-sculpting tactics that leverage 8 clinically studied blends and a lean muscle-defining fitness plan designed to help you achieve the ultimate ripped, chiseled physique you've been striving for!*

This breakthrough program targets more than 12 metabolic and biochemical pathways to fuel fat metabolism, triple the body's calorie burning,* support targeted nutrient optimization, amplify strength and exercise performance for intense muscle-defining workouts,† promote lean muscle tone and superior body composition* & fuel lean muscle recovery while supporting joint health and cell rejuvenation.*

Elite Physique Vitapak® Works

Clinically Studied Multivitamin‡: Provides critical nutrients needed to fill the nutritional gaps created by intense exercise & dieting plus support the proper metabolism of protein, carbohydrates & fat.*

Meta-Ignite™: The ultimate thermogenic amplifier clinically shown to increase calorie burning by 300%* & ignite 3-phase calorie burning before, during & after exercise!‡ This next-generation formula is engineered to simultaneously fuel fat metabolism, drive mental intensity, plus open up blood vessels for maximal nutrient delivery & performance.*

Nutrient Optimization: Clinically studied Phase 2 Carb Controller™ designed to reduce the caloric impact of carbohydrates for advanced nutrient optimization.*

CLA: A naturally occurring fatty acid that fuels energy & fat metabolism and supports lean muscle tone.*

Creatine 189 Strength & Performance Support: Proprietary creatine formula clinically shown to result in 189% more efficient uptake into muscles‡, allowing you to increase strength while taking only 25% of the dose of ordinary creatine.† The system is designed to help you increase strength and physical performance even while dieting.*

Muscle Recovery & Joint Support: Provides zinc aspartate featuring minerals involved in carbohydrate metabolism, glucose utilization & insulin sensitivity.* Sicilian blood orange complex for clinically studied antioxidant defense to fuel recovery from intense exercise and hyaluronic acid to support joint cushioning & cell rejuvenation.*

The key to GNX Science™ is its multi-pronged genomic approach to leveraging every last ounce of your true potential. It targets multiple metabolic pathways from every direction for unparalleled results.