



What is Pro Performance® AMP Extreme Training Vitapak® Program?

To maintain peak performance, premium nutrition is critical: the absolute fine-tuning of your sports nutrition regimen enables you to bring the intensity to your training – and your results. Elite athletes know that an effective, targeted and balanced nutrition regimen is crucial to achieving maximum results. GNC Scientists have created the breakthrough Pro Performance® AMP Extreme Training Vitapak® Program. The unparalleled power of over 50 premium ingredients combined together to amplify physical and mental intensity, providing the formula for increased stamina, energy, and recovery. This powerful combination of a daily premium multivitamin, sports nutrients and clinically studied ingredients delivers the nutritional edge athletes want to maximize performance.

The Pro Performance® AMP Extreme Training Vitapak® Program Evolution

A majority of today's athletes are not getting the proper ratios of critical sports nutrition. This elite system, used by runners, cyclists and other hardcore athletes, delivers precisely what the muscles need to fuel intense training and help your body recover to do it again. Amplify your performance, improve stamina and add the required intensity and energy to your daily regimen.

Mega Men® Sport – This high-potency, clinically studied* sports multivitamin formula includes critical components to fill supplementation programs. Mega Men® Sport contains B vitamins that are important for energy production and carbohydrate metabolism.* It provides amino acids, including BCAA, and a joint cushioning blend for healthy joint cartilage.* Also features a broad spectrum of cell-protecting antioxidants and nutrients that aid in boosting immunity.*

AMP Explosive Energy Metabolizer – Clinically proven formula improves performance for explosive workouts and has been shown to increase endurance by nearly 5 minutes. Now you can burn more calories, work out longer and train harder than ever before.*

Amplified N.O. Pump & Charge – Includes clinically studied resVida® Resveratrol along with L-Arginine, an essential precursor of N.O., to create a potent blend to support N.O. production, enhanced circulation and blood-flow dilation.**

Mental Sharpness Blend – Mental focus is just as important as physical preparation. Get in the zone with this herbal extract to support mental sharpness and peripheral blood flow.*

AOX Recovery – Help fight off damaging free radicals that increase after intense training and protect your muscles with this clinically researched antioxidant defense system.*

*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 vitamins and antioxidant status, as well as improvements in SF-36 Vitality and Mental Health scores compared to those taking a placebo.

*In a randomized, double-blind, placebo-controlled, cross-over study, 19 volunteers consumed 3 doses of resVida® (30mg, 90 mg, 270mg) and a placebo at weekly intervals. Flow-mediated dilatation (FMD) of the brachial artery was measured one hour after ingestion of each treatment and was significantly increased at all 3 doses relative to placebo. 30 mg of resVida® demonstrated 2.5% greater increase in FMD relative to placebo.

*A double-blind, placebo-controlled, cross-over study of 29 physically fit and healthy young adult male subjects averaging about 4 hours of exercise a week cycling to exhaustion at 80% VO2 shows that these individuals were able to increase performance measured by time to exhaustion nearly 5 minutes longer 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.

OUR MOST POPULAR FORMULAS DESIGNED SPECIFICALLY FOR MEN IN ONE CONVENIENT PAK



NEW

MEGA MEN® POWERED EXTREME TRAINING VITAPAK® PROGRAM

- Features GNC's Highest-Potency Sports Multivitamin to Fuel Intense, Long-Lasting, High-Energy Training*
- Ignites Metabolism, Combats Fatigue with Critical Ingredients to Power You Past Your Plateaus*[†]
- Provides Laser-Focused, Mental Intensity to Support Your Mind-Muscle Connection*
- Delivers Vital Nutrients for Explosive Circulation and Muscle-Volumizing Pumps*[†]



HYPER-CHARGED FORMULA

CLINICALLY RESEARCHED

DIETARY SUPPLEMENT
30 PAKS

CODE 331722

DIRECTIONS: As a dietary supplement, for optimum health benefits, take the contents of one packet daily with food every morning. On workout days, for individuals looking to maximize energy production, AMP Explosive Energy Metabolizer can be taken 30 minutes prior to exercise.

Each pak contains:

Mega Men® Sport (Full-Strength)

Supplement Facts	
Serving Size Two Capslets	
Amount Per Serving	% Daily Value
Vitamin A (50% as beta-Carotene; 50% as Retinyl Acetate)	5000 IU 100%
Vitamin C (as Ascorbic Acid & Calcium Ascorbate)	300 mg 500%
Vitamin D (as Cholecalciferol D-3)	1600 IU 400%
Vitamin E (as Natural d-alpha-Tocopheryl Acetate)	30 IU 100%
Vitamin K (as Phytonadione)	80 mcg 100%
Thiamin (Vitamin B-1)(as Thiamin Mononitrate)	50 mg 3333%
Riboflavin (Vitamin B-2)	50 mg 2941%
Niacin (as Nicotinamide & Niacin)	50 mg 250%
Vitamin B-6 (as Pyridoxine Hydrochloride)	50 mg 2500%
Folic Acid	400 mcg 100%
Vitamin B-12 (as Cyanocobalamin)	95 mcg 833%
Biotin	300 mcg 100%
Pantothenic Acid (as Calcium d-Pantothenate)	50 mg 500%
Calcium (as Calcium Carbonate)	200 mg 20%
Iodine (as Potassium Iodide)	150 mcg 100%
Magnesium (as Magnesium Oxide)	50 mg 13%
Zinc (as Zinc Oxide)	25 mg 167%
Selenium (as L-Selenomethionine)	200 mcg 288%
Copper (as Cupric Oxide)	2 mg 100%
Manganese (as Manganese Sulfate)	2 mg 100%
Chromium (as Hydrolyzed Protein Chelate)	120 mcg 100%
Molybdenum (as Sodium Molybdate)	75 mcg 100%
Chloride (as Potassium Chloride)	72 mg 2%
Potassium (as Potassium Chloride)	80 mg 2%
Branched Chain Amino Acid Blend L-Valine, L-Leucine, L-Isoleucine	150 mg *
Creatine Precursor Blend Guaridinocetic Acid, Glycine, L-Methionine	100 mg *
Sports Blend Green Tea Leaves Extract (Camellia sinensis), L-Glutamine, L-Taurine, CarnoSyn® beta-Alanine, L-Carnitine	50 mg *
Joint Cushion Support Blend MSM (Methylsulfonylmethane), Collagen, Hyaluronic Acid (HA)	50 mg *
alpha-Lipoic Acid	25 mg *
Choline (as Choline Bitartrate)	10 mg *
Inositol	10 mg *
Silica	4 mg *
Boron (as Hydrolyzed Protein Chelate)	2 mg *
Lutemax 2020™ Lutein	950 mcg *
Lycopene	950 mcg *
Zeaxanthin (as Zeaxanthin Isomers)	190 mcg *
Anthocyanthin	50 mcg *
Vanadium (as Sodium Molybdate)	10 mcg *

* Daily Value not established.

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

CONTAINS: Fish and Soybeans.

Conforms to USP <2091> for weight.

AMP Explosive Energy Metabolizer

Supplement Facts	
Serving Size Two Capslets	
Amount Per Serving	% Daily Value
Vitamin C (as Ascorbic Acid)	120 mg 200%
Niacin	20 mg 100%
Vitamin B-6 (as Pyridoxine Hydrochloride)	2 mg 100%
Pantothenic Acid (as Calcium d-Pantothenate)	10 mg 100%
Ginger Rhizome Extract (Zingiber officinale)(5% Gingerols = 25 mg)	500 mg *
Yerba Mate Extract (Ilex paraguariensis)(8% Caffeine = 40 mg)	500 mg *
Guarana Seed Extract (Paullinia cupana)(36% Caffeine = 152 mg)	422 mg *
Black Tea Leaves Extract (Camellia sinensis)(10% Caffeine = 10 mg)(Polyphenols = 60 mg)	100 mg *
Schisandra chinensis Fruit Extract	100 mg *
L-Carnitine	25 mg *
Dill Weed Extract (Anethum graveolens)	5 mg *
Grape Seed Extract (Vitis vinifera)	1 mg *

* Daily Value not established.

Other Ingredients: Cellulose, Titanium Dioxide (Natural Mineral Whitener), Natural Vanilla Flavor, Riboflavin (Color), Vegetable Acetoglycides, Carmine (Color), Sucralose.

Total Caffeine = 202 mg per serving.
Conforms to USP <2091> for weight.
Meets USP <2040> disintegration.

resVida
promotes healthy aging
resVida® is a trademark of DSM.

Lutemax 2020
Lutein & Zeaxanthin
Lutemax 2020™ is a trademark of UnimActive Health Technologies.

CarnoSyn
Carnosine Synthesizer
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WARNING: Use only as directed. Do not exceed recommended daily intake. Consult your physician prior to using this product if you are pregnant, nursing, taking medication, or have a medical condition. Discontinue use two weeks prior to surgery.

No Alcohol, No Gluten, No Dairy, Yeast Free.
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

ACTUAL SIZE

Amplified N.O. Pump & Charge

Supplement Facts	
Serving Size Two Capslets	
Amount Per Serving	
L-Arginine (as L-Arginine Hydrochloride and L-Arginine Free Base)	1.5 g *
resVida® trans-Resveratrol	30 mg *

* Daily Value not established.

Mental Sharpness Blend

Supplement Facts	
Serving Size One Capsule	
Amount Per Serving	
Ginkgo biloba Leaf Extract (24% Ginkgo Flavonoglycosides = 28.8 mg)(6% Terpene Lactones = 7.2 mg)	120 mg *

* Daily Value not established.

AOX Recovery

Supplement Facts	
Serving Size One Capsule	
Amount Per Serving	
Sicilian Blood Orange Fruit & Peel Extract (Citrus sinensis)	100 mg *

* Daily Value not established.

Other Ingredients: Cellulose, Dicalcium Phosphate, Vegetable Cellulose Capsule.

Potency verified by GNC procedure #5000.
Conforms to USP <2091> for weight.
Meets USP <2040> disintegration.

ACTUAL SIZE

To maximize total endurance and energy support, use with:

- Ultra Probiotic Complex 25 – To aid in the digestion of critical nutrients*
- Triple Strength Fish Oil – To support the body's natural anti-inflammatory response*

GNC QUALITY COMMITMENT

For more than 77 years, GNC has been the leader in the development and manufacture of dietary supplements and is committed to producing the most superior products. We use only the highest quality ingredients manufactured under the strictest quality controls. Every raw material used is tested to ensure its purity and potency. Each product is dated and then shipped immediately to our stores to ensure that you are purchasing the freshest supplements available.

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.