



4 IN 1
PRODUCTS | PACK



GNC AMP Men's Ripped Vitapak® Program delivers the power of four science-based formulas to help you achieve your daily nutritional goals as you strive for a lean, sculpted physique.†

GET THE NUTRITIONAL SUPPORT ACTIVE MEN NEED

Clinically Studied Men's Multivitamin Blend Shown to Work Better Than a Basic Multivitamin* & Packed with Antioxidants to Help Fight Free Radicals That Can Be Produced from Your Workout*

BURN UP TO 12X MORE CALORIES**

Thermo Blend Clinically Shown to Increase Metabolism Before, During & After Exercise**

IMPROVE BODY COMPOSITION & LEAN MUSCLE TONE*

4,000 mg of CLA

REGULATE EXCESS WATER*

Waterex™ Formula Features a Nature-Based Herbal Blend

If it's on our packages, then it's in our boxes. Clinically studied ingredients backed by real science. Get vitamins. Get metabolism support. Get ripped.



30 PACKS
30-DAY SUPPLY

DIETARY SUPPLEMENT

ADVANCED MUSCLE PERFORMANCE

MEN'S
RIPPED

VITAPAK® PROGRAM WITH METABOLISM + MUSCLE SUPPORT*

Includes Clinically Studied Multivitamin Blend*

Burns up to 12X More Calories** & Provides Lean Muscle Support*

Helps Regulate Excess Water*

CODE 2220311

DIRECTIONS: As a dietary supplement, for optimal health benefits, take the contents of one pack daily with food every morning. On workout days, for individuals looking to maximize energy production, the Thermo Igniter 12X (red capsule) can be taken 30-60 minutes prior to exercise. Do not take before bedtime. Each pack contains:

Mega Men® Sport Multivitamin

Supplement Facts

Serving Size Two Mocha Brown Timed-Release Caplets

Amount Per Serving	% Daily Value
Vitamin A (50% as beta-Carotene & 50% as Retinyl Acetate)	1500 mcg RAE 167%
Vitamin C (as Ascorbic Acid & Calcium Ascorbate)	300 mg 333%
Vitamin D (as Cholecalciferol)	40 mcg (1600 IU) 200%
Vitamin E (as d-alpha Tocopheryl Acetate)	201 mg 134%
Vitamin K (as Phytonadione)	80 mcg 67%
Thiamin (Vitamin B-1)(as Thiamin Mononitrate)	50 mg 4167%
Riboflavin (Vitamin B-2)	50 mg 3846%
Niacin (as Niacinamide & Niacin)	50 mg 313%
Vitamin B-6 (as Pyridoxine Hydrochloride)	50 mg 2941%
Folate	680 mcg DFE 170% (400 mcg Folic Acid)

* Daily Value not established.

Vitamin B-12 (as Cyanocobalamin)

Biotin

Pantothenic Acid (as Calcium d-Pantothenate)

Calcium (as Calcium Carbonate, Calcium Ascorbate & Calcium d-Pantothenate)

Iodine (as Potassium Iodide)

Magnesium (as Magnesium Oxide)

Zinc (as Zinc Oxide)

Selenium (as L-Selenomethionine)

Copper (as Cupric Sulfate)

Manganese (as Manganese Sulfate)

Chromium (as Chromium Chloride)

Molybdenum (as Sodium Molybdate)

Chloride (as Potassium Chloride)

Potassium (as Potassium Chloride)

Leucine (as L-Leucine)

Isoleucine (as L-Isoleucine)

Valine (as L-Valine)

alpha-Lipoic Acid

Inositol

Methylsulfonylmethane (MSM)

Beta-Alanine

Taurine

Carnitine (as L-Carnitine L-Tartrate)

Silica (as Silicon Dioxide)

Boron (as Sodium Borate)

Lutein (from Marigold [*Tagetes erecta*] Flower Extract)

Celery (*Apium graveolens*) Stalk (Juice) Extract

Lycopene

Hyaluronic Acid (as Sodium Hyaluronate)

Turmeric (*Curcuma longa*) Rhizome Extract

(Standardized to 20% Curcuminoids = 100 mcg)

Amount Per Serving % Daily Value

Zeaxanthin (as Zeaxanthin Isomers from Marigold [<i>Tagetes erecta</i>] Flower Extract)	400 mcg *
Astaxanthin (from <i>Haematococcus pluvialis</i>)	50 mcg *
Vanadium (as Sodium Metavanadate)	10 mcg *

* Daily Value not established.

OTHER INGREDIENTS: Microcrystalline Cellulose, Hydroxypropyl Methylcellulose, Stearic Acid Vegetable Source, Cellulose, Hydroxypropylcellulose and Less than 2%: Ascorbyl Palmitate (Preservative), BHA/BHT (Preservative), Calcium Silicate, Caramel (Color), Choline Bitartrate, Corn Starch, Corn Syrup, Cryptoxanthin, Dextrin, Dicalcium Phosphate, Gelatin (Porcine, Fish), Gum Arabic, Magnesium Stearate Vegetable Source, Maltodextrin, Mannitol, Medium Chain Triglycerides, Methylcellulose, Mixed Carotenoids, Modified Food Starch, Natural Vanilla Mint Flavor, Polyethylene Glycol, Polyglycerol Acid Esters, Povidone, Sodium Aluminum Silicate, Sodium Ascorbate (Preservative), Sodium Carboxymethylcellulose, Steviol Glycosides from *Stevia rebaudiana* Leaf, Sugar, Talc, Titanium Dioxide (Mineral Whitener), Tocopherols (Preservative), Tricalcium Phosphate, Vegetable Oil.

CONTAINS: Soybeans and Fish (Anchovy, Mackerel, Sardine, Whiting, Pollock, Smelt, Salmon, Tuna, Cod or a Combination Thereof).

Distributed by: GNC Holdings, LLC, Pittsburgh, PA 15222 USA

Contains a bioengineered food ingredient.

▲ WARNING: Cancer and Reproductive Harm — www.P65Warnings.ca.gov.

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. Inform your physician of this product's biotin content before any lab test. Niacin may cause a temporary flushing reaction.

No Artificial Flavors.

KEEP OUT OF REACH OF CHILDREN.

Store in a cool, dry place.

For More Information: 1-888-462-2548

GNC.com

*In a randomized, double-blind, placebo-controlled study of 112 healthy volunteers, subjects taking the GNC vitamin and mineral blends for six weeks experienced significant improvements in serum levels of certain key nutrients compared to a placebo and a basic multivitamin formula based upon multivariate statistical analyses of a group of 8 vitamins (thiamin, niacin, riboflavin, pantothenic acid, biotin, folic acid and vitamins B-6 and B-12) and key antioxidants and carotenoids (a group of beta-carotene, alpha-tocopherol, selenium, lutein and lycopene). Statistical improvements in SF-36 Vitality and Mental Health scores were also observed compared to placebo.

*In a double-blind, randomized, placebo-controlled, crossover study, 25 subjects exercised on a treadmill on two occasions. On one occasion, the subjects took the thermogenic 60 minutes before exercise, and on the second occasion, they took a placebo. When the subjects took the thermogenic, 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.

*Capsimax® is a trademark of OmniActive Health Technologies.

Natural Alternatives International (NAI) is the owner of the patent estate and registered trademark CarnoSyn®.

CarnoSyn Carnosine Synthesizer

EVG Thermo Igniter 12X

Supplement Facts

Serving Size One Red Capsule

Amount Per Serving	% Daily Value
Niacin	20 mg 125%

Caffeine

Capsicum (*Capsicum annuum*) Fruit Extract

Black Pepper (*Piper nigrum*) Fruit Extract (Standardized to 50% Piperine = 5 mg)

* Daily Value not established.

OTHER INGREDIENTS: Microcrystalline Cellulose, Gelatin (Bovine and/or Porcine), Sugar, Shellac, Magnesium Stearate (Vegetable Source) and Less than 2%: FD&C Blue #1, FD&C Red #3, FD&C Red #40, Hydroxypropyl Methylcellulose, Silicon Dioxide, Titanium Dioxide (Mineral Whitener).

Caution: Niacin may cause a temporary flushing reaction.

Contains 200 mg of caffeine.

CLA

Supplement Facts

Serving Size Four Yellow Softgel Capsules

Amount Per Serving	% Daily Value
Calories	45
Total Fat	5 g 6%†

Conjugated Linoleic Acid (CLA)

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

* Daily Value not established.

OTHER INGREDIENTS: Safflower Seed Oil, Gelatin (Bovine), Glycerin, Purified Water.

WARNING: For adult use only. Do not use this product if you are pregnant or lactating. If you are taking medication or have a medical condition, consult a physician before using this product.

CLA is a naturally derived oil; you may notice minor color variation in softgels.

Waterex™

Supplement Facts

Serving Size One Gray Filled Capsule

Amount Per Serving	% Daily Value
Vitamin B-6 (as Pyridoxine Hydrochloride)	25 mg 1471%
Magnesium (as Magnesium Oxide)	25 mg 6%

Corn silk (*Zea mays*) Powder

Fennel (*Foeniculum vulgare*) Seed Powder

Garlic (*Allium sativum*) Bulb Powder

Horsetail (*Equisetum arvense*) Stem Powder

Parsley (*Petroselinum crispum*) Leaf Powder

Uva Ursi (*Arctostaphylos uva-ursi*) Leaf Extract

* Daily Value not established.

OTHER INGREDIENTS: Microcrystalline Cellulose, Gelatin (Bovine and/or Porcine), Potassium Chloride and Less than 2%: Calcium Silicate, Cellulose, Magnesium Stearate (Vegetable Source), Maltodextrin, Silicon Dioxide, Sodium Lauryl Sulfate.

CONTAINS: Wheat.

†When used in conjunction with an exercise program.

OUR QUALITY COMMITMENT TO YOU

Since 1935, our mission as the industry leader has been to provide you with the highest-quality nutritional supplements. We continue to stand behind this mission. If you're not 100% satisfied with your purchase, return the unused portion of the product with your receipt within 30 days and we'll either refund your money or find a replacement product that is right for you.

ACTUAL SIZE

ACTUAL SIZE

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* 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.

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