



3 IN **1**
PRODUCTS PACK

GNC AMP Strength Vitapak® Program delivers the power of three science-based formulas to help you achieve your daily nutritional goals as you build muscles and get stronger.*

GET THE NUTRITIONAL SUPPORT ACTIVE BODIES NEED

Clinically Studied 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*

INCREASE STRENGTH & FUEL YOUR MUSCLES 189% MORE EFFICIENTLY**

Because Creatine HCl 189™ Is Clinically Shown to Be Absorbed into Your Muscles 189% More Efficiently than Creatine Monohydrate, You Can Increase Strength & Performance with 1/4 of the Dose***

INCREASE ATHLETIC PERFORMANCE & SUPPORT THE BODY'S HEALTHY INFLAMMATORY RESPONSE***

Also Features High-Quality Testofen® Combined with Support for Your Body's Healthy Inflammatory Response.**

If it's on our packages, then it's in our boxes. Clinically studied ingredients backed by real science. Get vitamins. Fuel muscles. Get stronger.



* In a randomized, double-blind, clinical study of 57 healthy, young adult males, subjects who took GNC AMP Creatine HCl 189™ containing only 1.25 grams of the PEG-Creatine System™ significantly improved leg press 1-RM performance by 54.3 pounds, while subjects receiving 5 grams of creatine monohydrate significantly improved performance by 52.3 pounds and the placebo group showed no significant improvement at 5.7 pounds at the end of the study.

* 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.



ADVANCED MUSCLE PERFORMANCE

STRENGTH VITAPAK®

VITAPAK® PROGRAM FOR PERFORMANCE + MUSCLE SUPPORT*

Includes Clinically Studied Multivitamin Blend*

Increases Strength & Fuels Your Muscles 189% More Efficiently**

Helps Build Muscle† & Supports Your Body's Healthy Inflammatory Response**



14 PACKS
14-DAY SUPPLY

DIETARY SUPPLEMENT

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CODE 213501

DIRECTIONS: As a dietary supplement, take the contents of one pack daily with food. Consume ample amounts of water while taking this product.

Sport Multivitamin

Supplement Facts

Serving Size Two Mocha Brown Caplets		
Amount Per Serving		% Daily Value
Vitamin A (50% as beta-Carotene & 50% Retinyl Acetate)	1500 mcg	167%
Vitamin C (as Ascorbic Acid & Calcium Ascorbate)	300 mg	333%
Vitamin D (as Cholecalciferol D-3)	40 mcg	200%
Vitamin E (as Natural d-alpha Tocopheryl Acetate)	203 mg	134%
Vitamin K (as Phytonadione)	80 mcg	67%
Thiamin (Vitamin B-1)(as Thiamin Mononitrate)	50 mg	416%
Riboflavin (Vitamin B-2)	50 mg	384%
Niacin (as Niacinamide & Niacin)	50 mg	313%
Vitamin B-6 (as Pyridoxine Hydrochloride)	50 mg	294%
Folate	660 mcg DFE (400 mcg Folic Acid)	170%
Vitamin B-12 (as Cyanocobalamin)	50 mcg	2083%
Biotin	300 mcg	1000%
Pantothenic Acid (as Calcium d-Pantothenate)	50 mg	1000%
Choline (as Choline Bitartrate)	10 mg	2%
Calcium (as Calcium Carbonate, Calcium d-Pantothenate & Calcium Ascorbate)	200 mg	15%
Iodine (as Potassium Iodide)	150 mcg	100%
Magnesium (as Magnesium Oxide)	100 mg	24%
Zinc (as Zinc Oxide)	25 mg	227%
Selenium (as L-Selenomethionine)	200 mcg	364%
Copper (as Copper Sulfate)	2 mg	222%
Manganese (as Manganese Sulfate)	2 mg	87%
Chromium (as Chromium Chloride)	120 mcg	343%
Molybdenum (as Sodium Molybdate)	75 mcg	167%
Chloride (as Potassium Chloride)	72 mg	3%
Potassium (as Potassium Chloride)	80 mg	2%
Sports Blend	54.91 mg	
CarnoSyn® Beta-Alanine	10 mg	*
Taurine	10 mg	*
Inositol	10 mg	*
MSM (Methylsulfonylmethane)	10 mg	*
L-Carnitine (as L-Carnitine L-Tartrate)	6 mg	*
Silica (as Silicon Dioxide)	4 mg	*
Boron (as Sodium Borate)	2 mg	*
Celery Juice Concentrate (Apium graveolens)	19 mg	*
Hyaluronic Acid (as Sodium Hyaluronate)	1 mg	*
Vanadium (as Sodium Metavanadate)	10 mcg	*
Super Antioxidant Blend	28.56 mg	
alpha-Lipoic Acid	25 mg	*
Lutemax® 2020 Lutein	2 mg	*
Lycopene	1 mg	*
Turner's Root Extract (Curcuma longa) CurcuWIN® (20% Curcuminoids + 100 mcg)	500 mcg	*

Amount Per Serving		% Daily Value
Zeaxanthin (as Zeaxanthin Isomers)	400 mcg	*
Astaxanthin (from Haematococcus pluvialis)	50 mcg	*
beta-Cryptoxanthin	10 mcg	*
Branched Chain Amino Acid Blend	150 mg	
L-Leucine	50 mg	*
L-Isoleucine	50 mg	*
L-Valine	50 mg	*

* Daily Value not established.

OTHER INGREDIENTS: Microcrystalline Cellulose, Stearic Acid Vegetable Source, Cellulose, Hydroxypropylcellulose, Hydroxypropyl Methylcellulose, Dicalcium Phosphate, Calcium Silicate, Maltodextrin, Magnesium Stearate Vegetable Source, Modified Food Starch, Mannitol, Gelatin (Porcine, Fish), Corn Starch, Natural Vanilla Mint Flavor, Sodium Ascorbate, di-alpha Tocopherol, Methylcellulose, Glucose Syrup, Stevia Leaf Extract, Vegetable Oil, BHA/BHT, Gum Arabic, Polyvinyl Pyrrolidone, Mixed Tocopherols, Ascorbyl Palmitate, Caramel Color, Medium Chain Triglycerides, Paprika Extract, Polyethylene Glycol, Polyglycerol Fatty Acid Esters, Polysorbate, Sodium Aluminum Silicate, Sodium Carboxymethylcellulose, Starch, Titanium Dioxide (Mineral Whitener), Talc, Tricalcium Phosphate.

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

Distributed by: GNC Holdings, LLC
Pittsburgh, PA 15222 USA
Contains bioengineered food ingredients.

* 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 analysis of a group of 8 vitamins (thiamin, niacin, riboflavin, pantothenic acid, biotin, beta-carotene and vitamins E & K) 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 clinical study of 11 healthy young adults, muscle biopsy results revealed that GNC AMP Creatine HCl 189™ resulted in 189% greater muscle creatine uptake relative to benchmark amounts of ordinary creatine monohydrate powder.

* When used in conjunction with regular resistance training.

WARNING: Cancer and Reproductive Harm - www.P65Warnings.ca.gov. Consult your physician prior to using this product if you are pregnant, nursing, taking medication, under 18 years of age 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. Biotin may cause a temporary flashing reaction.

No Artificial Flavors, Gluten Free, No Dairy.

KEEP OUT OF REACH OF CHILDREN.
Store in a cool, dry place.

For More Information:
1-888-462-2548
GNC.com



FWG

Creatine HCl 189™

Supplement Facts

Serving Size Two White Caplets		
Amount Per Serving		% Daily Value
Calcium	140 mg	11%
PEG-Creatine System™ with CON-CRET® (as Creatine Hydrochloride)	1250 mg	*

* Daily Value not established.

Testofen® & Healthy Inflammatory Response*

Supplement Facts

Serving Size One Green Filled Capsule		
Amount Per Serving		% Daily Value
Testofen® Fenugreek Seed Extract (Trigonella foenum-graecum)	300 mg*	
Palmitoylethanolamide	100 mg*	

* Daily Value not established.

OTHER INGREDIENTS: Dicalcium Phosphate, Microcrystalline Cellulose, Hydroxypropylcellulose, Hydrogenated Vegetable Oil, Ethylcellulose, Hydroxypropyl Methylcellulose, Croscarmellose Sodium, Silica, Calcium Silicate, Magnesium Stearate Vegetable Source, Titanium Dioxide (Mineral Whitener), Ammonium Hydroxide, Sodium Alginate, Medium Chain Triglycerides, Oleic Acid, Talc, Vegetable Acetoglycerides, Natural Mint Flavor, Triacetin, Polysorbate 80, Sucralose, Purified Stearic Acid.

WARNING: Consume ample amounts of water while taking this product.

ACTUAL SIZE

OTHER INGREDIENTS: Gelatin, Microcrystalline Cellulose, Stearic Acid Vegetable Source, Silica.

ACTUAL SIZE

* Palmitoylethanolamide targets multiple mechanisms involved in the body's natural anti-inflammatory response.
* For exercise-induced inflammation.

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

CON-CRET
REINFORCED®

Trademarks of Vireo Systems, Inc. Creatine HCl is covered by one or more patents: www.vireosystems.com/patents/

CurcuWIN
CurcuWIN® is a trademark of OmniActive Health Technologies.

Lutemax
Lutemax® 2020 is a trademark of OmniActive Health Technologies.

Testofen
Testofen® is a registered trademark of Gencor.

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.