



What is Women's Ripped Vitapak® Program?

The best-trained female athletes know that targeted nutritional support is essential to achieve maximum results. Women's Ripped Vitapak® Program is scientifically designed to boost performance and help develop and maintain a lean, beautifully sculpted physique.*

Women's Ultra Mega® Active without Iron – This powerful, clinically studied* multivitamin formula includes critical components to fill important nutrient gaps in regular supplementation programs. Women's Ultra Mega® Active contains B vitamins and key minerals important for energy production and carbohydrate metabolism.* It also provides a joint cushioning blend for healthy joint cartilage as well as a broad spectrum of cell-defending antioxidants to assist with immunity support.*

CLA 1000 – Features 4 grams of CLA clinically shown to support and maintain lean, toned muscles for a healthy body composition.*

X-12 – Push your performance to a higher level! X-12 contains 200 mg of caffeine along with a proven blend of piperine, Capsimax™ and niacin to increase energy, enhance metabolism and support improved endurance.* It has been shown to help burn up to 12 times more calories and increase your metabolism before, during and after exercise.*

Waterex™ – Excess water retention beneath the skin can interfere with that sexy sculpted look you work hard for in the gym. Waterex™ is an herb-based, water-balance formula designed to help regulate excess fluids while supplying vital electrolytes that keep muscles primed for performance.*

Biotin 5000 – Restore this important water-soluble nutrient to complement your best body with great hair, skin and nails. Biotin 5000 supports beauty from within.



*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 double-blind, randomized, placebo-controlled, cross-over study, 25 subjects exercised on a treadmill two times. On the first occasion, subjects took X-12 60 minutes before exercise. On the second occasion, they took a placebo. Subjects using X-12 burned three times more calories before, 3% more calories during, and 12 times more calories for up to one hour after exercise compared to using placebo.

◇ When used in conjunction with a regular diet & exercise program.



WOMEN'S RIPPED VITAPAK® PROGRAM

- High-Potency Multivitamin Fuels a Ripped & Chiseled Physique*
- Thermogenic Formula Burns 12x More Calories* & Boosts Training Performance**
- CLA Supports Lean Muscle & Healthy Body Composition with a Full-Potency Dose*
- Water Shed Formula Regulates Excess Water & Fuels a Lean, Defined Look◇*
- Biotin Supports Beautiful Hair, Skin & Nails*

ULTIMATE SHREDDING FORMULA

CLINICALLY RESEARCHED



DIETARY SUPPLEMENT 30 PAKS

CODE 348722 FOG

DIRECTIONS: As a dietary supplement, for optimal health benefits, take contents of one packet daily with food every morning. On workout days, for individuals looking to maximize energy production, X-12 can be taken 30-60 minutes prior to exercise.

Each pak contains:

Women's Ultra Mega® Active without Iron

Supplement Facts

Amount Per Serving	% Daily Value
Vitamin A (50% as beta-carotene; 50% as Acetate)	5000 IU 100%
Vitamin C (as Ascorbic Acid & Calcium Ascorbate)	200 mg 333%
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 Niacinamide & Niacin)	50 mg 250%
Vitamin B-6 (as Pyridoxine Hydrochloride)	50 mg 2500%
Folic Acid	400 mcg 100%
Vitamin B-12 (as Cyanocobalamin)	50 mcg 833%
Biotin	300 mcg 100%
Pantothenic Acid (as Calcium d-Pantothenate)	50 mg 500%
Calcium (as Calcium Carbonate)	500 mg 50%
Iodine (as Potassium Iodide)	150 mcg 100%
Magnesium (as Magnesium Oxide)	100 mg 25%
Zinc (as Zinc Oxide)	15 mg 100%
Selenium (as L-Selenomethionine)	200 mcg 286%
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%
Proprietary Energy & Metabolism Blend	100 mg
Panax ginseng Root Extract, Ginkgo biloba Leaf Extract, Green Tea Leaf Extract, L-Valine, L-Leucine, L-Isoleucine	
Joint Cushion Support Blend	50 mg
MSM (Methylsulfonyl-Methane), Collagen, Hyaluronic Acid (HA)	
alpha-Lipoic Acid	25 mg
Choline (as Choline Bitartrate)	10 mg
Inositol	10 mg
Cranberry Concentrate (Vaccinium macrocarpon)	10 mg
Silica (as Silicon Dioxide)	4 mg
Boron (as Hydrolyzed Protein Chelate)	2 mg
Lutemax 2020™ Lutein	950 mcg
Lycopene	950 mcg
Zeaxanthin (as Zeaxanthin Isomers)	190 mcg
Astaxanthin	50 mcg
Vanadium (as Sodium Metavanadate)	10 mcg

* Daily Value not established.

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

CONTAINS: Fish and Soybeans.

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*



Clarinol® CLA is a registered trademark of Lipid Nutrition.



Lutemax 2020™ is a trademark of OmegaActive Health Technologies.



Capsimax™ is a trademark of OmegaActive Health Technologies.

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 Artificial Flavors, No Wheat, 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

X-12 Supplement Facts

Amount Per Serving	% Daily Value
Niacin	20 mg 100%
Proprietary Thermogenic Blend	243.34 mg
Caffeine Anhydrous, Capsimax™ Capsicum Fruit Extract, Black Pepper Extract	

* 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 capsule 200 mg. Conforms to USP <2091> for weight. Meets USP <2040> disintegration.

ACTUAL SIZE

CLA 1000 Supplement Facts

Amount Per Serving	% Daily Value
Calories	45
Calories from Fat	45
Total Fat	5 g 8%
Conjugated Linoleic Acid (CLA)(Clarinol®)	4000 mg

† Percent Daily Value based on a 2,000 calorie diet. * Daily Value not established.

Other Ingredients: Gelatin, Glycerin. **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. Conforms to USP <2091> for weight. Meets USP <2040> disintegration.

ACTUAL SIZE

Waterex™ Supplement Facts

Amount Per Serving	% Daily Value
Vitamin B-6 (as Pyridoxine Hydrochloride)	25 mg 1250%
Magnesium (as Magnesium Oxide)	25 mg 6%
Potassium (as Potassium Chloride)	25 mg 1%
Proprietary Blend	50 mg
Garlic Clove Powder (Allium sativum), Parsley Herb Powder (Petroselinum crispum), Uva Ursi Extract 3:1 (Arctostaphylos uva-ursi), Elderberry Fruit Powder (Sambucus nigra), Horseail Rush Stems Powder (Equisetum arvense), Fennel Seed Powder (Foeniculum vulgare), Corn Silk Powder (Zea mays), Hydrangea Root Powder (Hydrangea arborescens), Juniper Berries Extract 2:1 (Juniperus communis)	

* Daily Value not established.

Other Ingredients: Cellulose, Gelatin. Conforms to USP <2091> for weight. Meets USP <2040> disintegration.

ACTUAL SIZE

Biotin 5000 Supplement Facts

Amount Per Serving	% Daily Value
Biotin	5000 mcg 1667%

Other Ingredients: Cellulose, Gelatin. Potency verified by GNC procedure #5003. Conforms to USP <2091> for weight. Meets USP <2040> disintegration.

ACTUAL SIZE

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.

* 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 WOMEN IN ONE CONVENIENT PAK