



5 IN 1  
PRODUCTS PACK

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

GET THE NUTRITIONAL SUPPORT ACTIVE WOMEN NEED

Clinically Studied Women'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\*

4000 mg of CLA

REGULATE EXCESS WATER\*

Waterex™ Formula Features a Nature-Based Herbal Blend

ENJOY HEALTHY HAIR, SKIN & NAILS\*

5300 mcg of Biotin

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.

\* 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

# WOMEN'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 & Supports Healthy Hair, Skin & Nails\*



30 PACKS  
30-DAY SUPPLY

DIETARY SUPPLEMENT

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CODE 220611

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 Inferno (green capsule) can be taken 30-60 minutes prior to exercise. Do not take before bedtime. Each pack contains:

Women's Ultra Mega® Active Multivitamin without Iron

## Supplement Facts

Serving Size Two Light Green Timed-Release 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)                           | 200 mg 222%           |
| Vitamin D (as Cholecalciferol D-3)                                         | 40 mcg (1600 IU) 200% |
| Vitamin E (as Natural d-alpha Tocopheryl Acetate)                          | 201 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 3846%           |
| Niacin (as Niacinamide & Niacin)                                           | 50 mg 313%            |
| Vitamin B-6 (as Pyridoxine Hydrochloride)                                  | 50 mg 294%            |
| Folate                                                                     | 680 mcg DFE 170%      |
|                                                                            | (400 mcg Folic Acid)  |
| 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) | 500 mg 38%            |
| 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%           |
| <b>Super Antioxidant Blend</b>                                             | <b>28.96 mg</b>       |
| alpha-Lipoic Acid                                                          | 25 mg *               |
| Lutein                                                                     | 2 mg *                |
| Lycopene                                                                   | 1 mg *                |
| Turmeric Root Extract (Curcuma longa)(20% Curcuminoids = 100 mcg)          | 500 mcg *             |
| Zeaxanthin (as Zeaxanthin Isomers)                                         | 400 mcg *             |
| Astaxanthin (from Haematococcus pluvialis)                                 | 50 mcg *              |
| beta-Cryptoxanthin                                                         | 10 mcg *              |
| <b>Performance Energy &amp; Metabolism Blend</b>                           | <b>53.01 mg</b>       |
| Green Tea Leaf Extract (Camellia sinensis)(50% EGCG = 15 mg)               | 30 mg *               |
| Betaine (Trimethylglycine)(as Betaine Hydrochloride)                       | 10 mg *               |
| Inositol                                                                   | 10 mg *               |
| Boron (as Sodium Borate)                                                   | 2 mg *                |
| Grape Seed Extract (Vitis vinifera)(86% Polyphenols = 0.86 mg)             | 1 mg *                |
| Vanadium (as Sodium Metavanadate)                                          | 10 mcg *              |

| Amount Per Serving                      | % Daily Value |
|-----------------------------------------|---------------|
| <b>Joint &amp; Skin Support Blend</b>   | <b>18 mg</b>  |
| MSM (Methylsulfonylmethane)             | 12 mg *       |
| Silica (as Silicon Dioxide)             | 4 mg *        |
| Hyaluronic Acid (as Sodium Hyaluronate) | 2 mg *        |
| * Daily Value not established.          |               |

OTHER INGREDIENTS: Microcrystalline Cellulose, Hydroxypropyl Methylcellulose, Cellulose, Stearic Acid Vegetable Source, Hydroxypropylcellulose, Dicalcium Phosphate, Titanium Dioxide (Mineral Whitener), Magnesium Stearate Vegetable Source, Polyethylene Glycol, Talc, Natural Vanilla Mint Flavor, Chlorophyllin (Color), Stevia Leaf Extract.

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

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

Contains a bioengineered food ingredient.

KWG

Thermo Inferno

## Supplement Facts

Serving Size One Green Capsule

| Amount Per Serving                                   | % Daily Value |
|------------------------------------------------------|---------------|
| Niacin                                               | 20 mg 125%    |
| Caffeine Anhydrous                                   | 200 mg *      |
| White Willow Bark Extract (Salix alba)               | 120 mg *      |
| Ginger Root Powder (Zingiber officinale)             | 100 mg *      |
| Capsimax® Capsicum Seed Extract (Capsicum annuum)    | 33.4 mg *     |
| Piperine (Black Pepper Fruit Extract [Piper nigrum]) | 5 mg *        |
| Piper longum Fruit Extract                           | 5 mg *        |

\* Daily Value not established.

CLA

Serving Size Four Yellow Softgel Capsules

| Amount Per Serving                                 | % Daily Value |
|----------------------------------------------------|---------------|
| Calories                                           | 45            |
| Total Fat                                          | 5 g 6%        |
| CLA (Conjugated Linoleic Acid)(from Safflower Oil) | 4000 mg *     |

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

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%      |
| Potassium (as Potassium Chloride)                                                                                                                                                                                                                                                                                                               | 25 mg 1%      |
| Proprietary Blend                                                                                                                                                                                                                                                                                                                               | 50 mg *       |
| Garlic Clove Powder (Allium sativum), Parsley Leaf Powder (Petroselinum crispum), Uva Ursi Leaf Extract 3:1 (Arctostaphylos uva-ursi), Elderberry Fruit Powder (Sambucus nigra), Horehound Root Powder (Marrubium vulgare), Fennel Seed Powder (Foeniculum vulgare), Corn Silk Powder (Zea mays), Hydrangea Root Powder (Hydrangea arborescens) |               |

\* Daily Value not established.

Biotin 5000

## Supplement Facts

Serving Size One White Filled Capsule

| Amount Per Serving               | % Daily Value  |
|----------------------------------|----------------|
| Biotin                           | 5000 mcg 1666% |
| Calcium (as Dicalcium Phosphate) | 170 mg 13%     |

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

ACTUAL SIZE

ACTUAL SIZE

OTHER INGREDIENTS: Gelatin, Microcrystalline Cellulose, Magnesium Stearate Vegetable Source, Hydroxypropylcellulose, Stearic Acid Vegetable Source, Silica, Chlorophyllin (Color).

Total caffeine per capsule is 200 mg.

WARNING: Do not use if pregnant, nursing or are allergic or contraindicated to aspirin. If you are taking aspirin or blood thinning or other medication, consult your health care professional before using this product. Discontinue use two weeks prior to surgery, or if upset stomach occurs.

OTHER INGREDIENTS: Gelatin, 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.

OTHER INGREDIENTS: Microcrystalline Cellulose, Gelatin, Magnesium Stearate Vegetable Source, Silicon Dioxide, Calcium Silicate, Caramel Color.

OTHER INGREDIENTS: Gelatin, Microcrystalline Cellulose, Hydroxypropylcellulose, Talc, Calcium Silicate, Magnesium Stearate Vegetable Source.

Capsimax®

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⚠ 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. This product contains EGCG from green tea.

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



GLUTEN FREE