

What is Pro Performance® AMP Strength Vitapak® Program?

Strength. Power. Mass. You train and prepare in the gym and on the field to reach your fullest physical potential. Now, with the Pro Performance® AMP Strength Vitapak® Program powered by Mega Men® Sport, ensure you leave nothing under-utilized by maximizing the results of your supplement and training regimen. Each performance boosting pak delivers GNC's most optimal and precise combination of a premium daily multivitamin and sports nutrients. With over 50 powerful ingredients to support your total exercise strength training program, we've taken athletic performance nutrition to a whole new level. This scientifically mastered formula features a daily premium multivitamin and support nutrients combined with strength supporting mechanisms.

The Pro Performance® AMP Strength Vitapak® Program Evolution

When activating the strength-building potential of this exclusive system, you amplify total strength results, increase muscular power and prepare your muscles to utilize the nutrients necessary to build mass* with this complete training stack.* Most athletes today are not combining the proper combinations and ratios of critical sports nutrition. This advanced multivitamin platform delivered by Mega Men® Sport allows well-trained muscles to develop, build and recover. If attaining every possible ounce of strength is your goal to improve your competitive edge, then the Pro Performance® AMP Strength Vitapak® Program is your new weapon in training.

Mega Men® Sport – This high-potency clinically studied* sports multivitamin formula includes critical components to fill important nutrient gaps in regular 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.*

Amplified Creatine 189™ – This advanced, cutting-edge formula has been clinically proven to get in your muscles better than ordinary creatine. Creatine promotes cellular hydration and helps fuel muscles to improve and enhance athletic performance.* This form increases strength with only 25% of the dose of ordinary creatine³. In a clinical study, this form of creatine yielded 189% muscle creatine uptake relative to ordinary creatine monohydrate.* This allows you to take less and get more into the muscle!

Tribulus Terrestris & Anabolic Primer – Features high-quality Tribulus Terrestris and Fenugreek extract clinically studied to support anabolic muscle factors in the body.*

*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 clinical study of 17 healthy young adults, muscle biopsy results revealed that GNC Pro Performance® AMP Amplified Creatine 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.

*In a randomized, double-blind clinical study of 57 healthy young adult males, subjects who took GNC Pro Performance® AMP Amplified Creatine 189™ containing only 1.25 grams creatine significantly improved leg press 1-RM performance by 54 lbs, while subjects on 5 grams of creatine monohydrate improved by 32 lbs, and the placebo group demonstrated no significant improvement when used in conjunction with regular resistance training.

* 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.



MEGA MEN® POWERED STRENGTH VITAPAK® PROGRAM

Dietary supplement

ADVANCED SPORTS VITAMIN SYSTEM TO ENHANCE STRENGTH TRAINING WITH OVER 50 POWERFUL INGREDIENTS*

- Features GNC's Highest-Potency Sports Multivitamin to Fuel Maximum Strength Training*
- Scientifically Formulated to Improve Upper and Lower Body Strength and Help Pack on Mass**
- The Power of 5g of Creatine in 2 Tablets Delivers 189% Improved Muscle Creatine Absorption†
- Triggers Anabolic Effects with High-Quality Tribulus & Fenugreek*



Clinically Researched*



30 PAKS

CODE 331811

DIRECTIONS: As a dietary supplement, take the contents of one pak 30-60 minutes pre-workout. On non-training days, take the contents of one pak first thing in the morning with food.

Each pak contains:

Mega Men® Sport (FULL STRENGTH)

Supplement Facts

Serving Size Two Brown 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 Phytanadione)	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)	50 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 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)	60 mg 2%
Branching Chain Amino Acid Blend L-Valine, L-Leucine, L-Isoleucine	150 mg *
Creatine Precursor Blend: Guanidinoacetic Acid, Glycine, L-Methionine	100 mg *
Sports Blend: Green Tea Leaves Extract (Camellia sinensis), L-Glutamine, L-Taurine, Beta-Alanine (as CarnoSyn®), L-Carnitine	50 mg *
Joint Cushion Support Blend: MSM (Methylsulfonyl-methane), Collagen, Hyaluronic Acid (HA)	50 mg *
alpha-Lipoic Acid	25 mg *
Choline (as Choline Bitartrate)	10 mg *
Inositol	10 mg *
Silica (as Silicon Dioxide)	4 mg *
Baron (as Hydrolyzed Protein Chelate)	2 mg *
Lutemax 2020™ (Lutein)	950 mcg *
Lycopene	950 mcg *
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), Vegetable Acryloylchlorides, Caramel Color, Ethyl Vanillin.

CONTAINS: Fish and Soybeans.



CarnoSyn
Carnitine System

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Lutemax 2020
Lutein

Lutemax 2020™ is a trademark of OneActive Health Technologies.

WARNING: 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.

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

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Amplified Creatine 189™

Supplement Facts

Serving Size Two White Capslets	
Amount Per Serving	
PG-Creatine System™ (Creatine Hydrochloride)	1250 mg *

* Daily Value not established.

Other Ingredients: Cellulose, Dicalcium Phosphate, Polyethylene Glycol, Titanium Dioxide (Natural Mineral Whitener), Enteric Coating (Cellulose, Sodium Alginate, Medium Chain Triglycerides, Oleic & Stearic Acid, Natural Mint Flavor, Sucralose).



Tribulus Terrestris

Supplement Facts

Serving Size One Brown Capsule	
Amount Per Serving	
Tribulus terrestris Extract (aerial parts)	300 mg *

* Daily Value not established.

Other Ingredients: Gelatin, Cellulose.



Anabolic Primer

Supplement Facts

Serving Size One Red Capsule	
Amount Per Serving	
Fenugreek Seed Extract (Trigonella foenum-graecum)	300 mg *

* Daily Value not established.

Other Ingredients: Cellulose, Gelatin, Titanium Dioxide (Natural Mineral Whitener), FD&C Blue #1, FD&C Red #40.



SCAN & LEARN MORE

To take muscular strength gains to new levels, stack with:

- Amplified Muscle Igniter 4X – to improve physical and mental intensity*
- Amplified Mass XXX™ – provides a ratio of nutrients proven to accelerate increases in lean mass and exercise performance

GNC QUALITY COMMITMENT

For more than 75 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.