

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

For more information:
1-888-462-2548

SHOP NOW @ GNC.COM

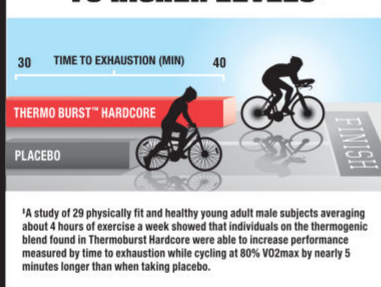
Distributed by:
General Nutrition Corporation
Pittsburgh, PA 15222

ACTUAL SIZE

GNC Pro Performance® Thermo Burst™ Hardcore intensifies your workout energy, helps you burn more calories and enables you to work out longer and harder! It features clinically proven thermogenic blends shown to improve finish time by nearly five minutes and help push your endurance performance to higher levels.*

Each serving combines 400 mg of caffeine with technology-enhanced red and black pepper extracts and other superior components proven to provide calorie-burning effects. In fact, it's been clinically shown to burn 12 times more calories and increase metabolism before, during and after exercise.^^

PUSH YOUR PERFORMANCE TO HIGHER LEVELS†



Study participants taking the blends in Thermo Burst™ Hardcore reported that they felt less tired while working out.* In addition to ingredients that promote a thermogenic response and support your goal of improved physical activity, Thermo Burst™ Hardcore also supplies micronized L-carnitine to help convert fatty acids into energy.*

^In a double blind, randomized, placebo controlled cross-over study, 25 subjects exercised on a treadmill on two occasions. On one occasion the subjects took the herbal blend in GNC Pro Performance® Thermo Burst™ Hardcore 60 minutes before exercise and on the second occasion, they took a placebo. When the subjects took the herbal blend in GNC Pro Performance® Thermo Burst™ Hardcore, 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. This resulted in an average cumulative total of 278 more calories burned before, during and after exercise compared to placebo.

* 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.

GNC PRO PERFORMANCE®

THERMO BURST™ HARDCORE

DIETARY SUPPLEMENT

**POWERED WITH 400 MG OF
CAFFEINE AND MICRONIZED
L-CARNITINE FOR EXPLOSIVE
ENERGY***

**CLINICALLY PROVEN
THERMOGENIC BLEND
IMPROVES ENDURANCE AND
ATHLETIC PERFORMANCE***

**HELPS YOU BURN 12 TIMES
MORE CALORIES AFTER YOUR
WORKOUT^***

90 TABLETS



CODE 107211

HG

DIRECTIONS: As a dietary supplement, take three tablets daily one hour before exercise.

Supplement Facts

Serving Size Three Tablets
Servings Per Container 30

Amount Per Serving	% Daily Value
Vitamin C (as Ascorbic Acid)	120 mg 200%
Niacin	20 mg 100%
Vitamin B-6 (as Pyridoxine Hydrochloride)	2 mg 100%
Pantothenic Acid (as Calcium d-Pantothenate)	10 mg 100%
Ginger Root Extract (<i>Zingiber officinale</i>) (5% Gingerols = 25mg)	500 mg *
Yerba Mate Extract (<i>Ilex paraguariensis</i>) (8% Caffeine = 40mg)	500 mg *
Guarana Seed Extract (<i>Paulinia cupana</i>) (36% Caffeine = 152mg)	422 mg *
Proprietary Thermogenic Blend Caffeine Anhydrous, Capsimax™ Capsicum Fruit Extract, Bioperine® Black Pepper Extract	238.34 mg *
Pre-Workout Xplosion Blend	100 mg *
Green Tea Leaves Extract (<i>Camellia sinensis</i>) (8% Caffeine = 2mg), Yohimbe Bark Extract (<i>Pausinystalia yohimbin</i>) (2% Yohimbine = 1mg), GABA (gamma-Aminobutyric Acid)	100 mg *
Black Tea Leaves Extract (<i>Camellia sinensis</i>) (10% Caffeine = 10mg) (Polyphenols = 60mg)	100 mg *
Schisandra chinensis Fruit Extract	100 mg *
Micronized L-Carnitine	25 mg *
Dill Weed Extract (<i>Anethum graveolens</i>)	5 mg *
Grape Seed Extract (<i>Vitis vinifera</i>)	1 mg *

* Daily Value not established.

OTHER INGREDIENTS: Cellulose, Dicalcium Phosphate, Titanium Dioxide (Natural Mineral Whitener), Vegetable Acetoglycerides, Natural Mint Flavor, FD&C Red #40 Aluminum Lake, FD&C Blue #1 Aluminum Lake, Sucralose.

Total Caffeine = 400 mg per serving

WARNING: 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.

Capsimax™ Capsimax™ is a trademark of OmniActive Health Technologies.

Conforms to USP <2091> for weight. Meets USP <2040> disintegration.
No Wheat, No Gluten, No Soy, No Dairy, Yeast Free.



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