

What is Pro Performance® AMP Ripped Vitapak® Program?

Athletes today are developing their speed, athleticism, muscle performance and complete physical potential faster than ever before. The ability to maintain a lean, ripped physique requires absolute fine-tuning of your sports nutrition regimen to enable the body to burn more calories, metabolize fats and achieve the best possible results from your training. Championship athletes know that you must have an effective, targeted and balanced nutrition regimen to achieve maximum training benefits. GNC Scientists have created the breakthrough Pro Performance® AMP Ripped Vitapak® Program. This unparalleled, powerful program combines a daily premium multivitamin, sports nutrients and clinically studied ingredients to fuel an athletes' physique repartitioning efforts.

The Pro Performance® AMP Ripped Vitapak® Program Evolution

Now you have the ability to overcome regular training limitations through the all-new Pro Performance® AMP Ripped Vitapak® Program. This elite breakthrough program is designed to maximize training effects, enhance calorie burning and support lean, toned muscles to achieve a healthy body composition.* Most athletes today are not utilizing the proper combinations and ratios of critical sports nutrition. This system features potent supplements used by elite athletes and supplies what the muscles need to fuel intense training designed to deliver the ripped, lean body athletes want.

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.*

Conjugated Linoleic Acid (CLA) – Features 4 grams of CLA clinically shown to support the lean, toned muscles for a healthy body composition that elite athletes push to achieve.* CLA is a naturally occurring fatty acid that is present in fatty foods many athletes cut from their training diet programs.

Thermo Igniter 12X – Push your performance to higher levels, increase energy and speed up metabolism.* This clinically proven, proprietary thermogenic blend has been shown to help you burn 12 times more calories* and increase your metabolism before, during and after exercise. In addition, just one capsule supports improved endurance and performance to help your body work longer and harder than ever before.

Waterex™ – As athletes strive to bring out muscle striations, vascularity and extreme definition, excess water retention beneath the skin can be a barrier. Waterex™ is an all-natural, scientifically formulated, water balance formula designed to help regulate excess body fluids while supplying vital electrolytes to keep your muscles primed for performance.*

*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 double-blind, randomized, placebo-controlled cross-over study, 25 subjects exercised on a treadmill on two occasions. On one occasion the subjects took Thermo Igniter 12X and on the second occasion, they took a placebo. When the subjects took Thermo Igniter 12X, 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.

*In an eight-week randomized double-blind placebo-controlled study of 36 healthy male volunteers comparing 1 set resistance training (RT) + active or carbohydrate placebo, to 2 sets RT alone with no supplement, the active group showed equal gains in maximal muscle strength (1RM) and muscle endurance (ME) compared to the control group.

* 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.



PRO PERFORMANCE
AMP
ADVANCED
MUSCLE
PERFORMANCE

MEGA MEN® POWERED RIPPED VITAPAK® PROGRAM

Dietary supplement

ADVANCED SPORTS VITAMIN SYSTEM TO FUEL A TIGHT
CHISELED PHYSIQUE WITH OVER 50 POWERFUL INGREDIENTS*

- Features GNC's Highest-Potency Sports Multivitamin to Fuel a Ripped Physique*
- Fuels Shredded Muscles and Supports Healthy Body Composition with 4g of Clinically Studied CLA*
- Burns 12 Times* More Calories and Boosts Training Performance*
- Helps to Regulate Excess Water*



Clinically Researched*



30 PAKS

CODE 331911

DIRECTIONS: As a dietary supplement, take the contents of one pak daily first thing in the morning with food. Do not take prior to bed.

Mega Men® Sport (FULL STRENGTH)

Supplement Facts

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)	80 mg 2%
Branched Chain Amino Acid Blend L-Valine, L-Leucine, L-Isoleucine	150 mg *
Creatine Precursor Blend Guaridacetic Acid, Glycine, L-Methionine	100 mg *
Sports Blend Green Tea Leaves Extract (Carnellia sinensis), L-Glutamine, L-Taurine, Beta-Alanine (as CarnoSyn®), L-Carnitine	50 mg *
Joint Cushion Support Blend MSM (Methylsulfonylmethane), 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 *
Boron (as Hydrolyzed Protein Chelate)	2 mg *
Lutemax 2020™ Lutetin	950 mcg *
Lyopene	950 mcg *
Zeaxanthin Isomers	190 mcg *
Astaxanthin	50 mcg *
Vanadium (as Sodium Molybdate)	10 mcg *

* Daily Value not established.

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CLA

Supplement Facts

Amount Per Serving	% Daily Value
Calories	50
Calories from Fat	50
Total Fat	5 g 8% ¹
Conjugated Linoleic Acid (from Safflower Oil)	4000 mg *

¹ Percent Daily Value based on a 2,000 calorie diet.
* Daily Value not established.

Thermo Igniter 12X

Supplement Facts

Amount Per Serving	% Daily Value
Niacin	20 mg 100%
Proprietary Thermogenic Blend Caffeine Anhydrous, Capsimax™ Capsicum Fruit Extract, Piperine® Black Pepper Extract	258.34 mg *

* Daily Value not established.

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 Garlic Clove (Allium sativum), Parsley Herb Powder (Petroselinum crispum), Uva Ursi Leaf Extract 3:1 (Arctostaphylos uva-ursi), Elderberry fruit (Sambucus nigra), Horsetail Rush Stems (Equisetum arvense), Cantaloupe Fruit, Watermelon Fruit, Fennel Seed (Foeniculum vulgare), Corn Silk Powder (Zea mays), Hydrangea Root Powder (Hydrangea arborescens), Juniper Berry Extract 2:1 (Lupinus communis)	50 mg *

* Daily Value not established.

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CLA is a naturally derived oil, you may notice minor color variation in softgels.

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

Other Ingredients: Gelatin, Glycerin.

ACTUAL SIZE

Other Ingredients: Cellulose, Gelatin, Titanium Dioxide (Natural Mineral Whitener), Artificial Colors (FD&C Blue # 1, FD&C Red #40).
Conforms to USP <2091> for weight. Meets USP <2040> for disintegration.
Total caffeine per capsule 200mg.

ACTUAL SIZE

Other Ingredients: Cellulose, Gelatin.

ACTUAL SIZE

For maximum performance and physique support, stack with:

- Amplified Maxertion N.O.™ – for maximum muscle performance capacity*
- Amplified WheyBolic Extreme 60™ – with rapid absorbing whey isolate and hydrolysates to improve strength and stamina with half the sets**

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.