

What is Pro Performance® AMP Recovery Vitapak® Program?

Athletes today push their bodies to extremes to achieve maximum results in athleticism, speed, muscle performance and physical potential. Their ability to exhaust their bodies with powerful physical training regimens goes further than just how they perform any given workout. An overlooked key to their physical prowess is the ability to recover from the intense strain on their bodies and capacity to rebuild muscles that have been put through a rigorous thrashing. GNC Scientists have created the breakthrough Pro Performance® AMP Recovery Vitapak® Program. This incomparable, dominant program combines daily premium sports nutrients and clinically studied ingredients to rebuild muscle and fuel an athlete's recovery.

What is Pro Performance® AMP Recovery Vitapak® Program?

With the breakthrough Pro Performance® AMP Recovery Vitapak® Program athletes can power through training fearless of repercussions and after-effects. This elite, advanced program provides your body with highly absorbable, clinically studied ingredients for recovery plus potent herbal ingredients proven to provide fast joint comfort and flexibility.*

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, to support lean muscle and a healthy metabolism.* It also features a broad spectrum of cell-protecting antioxidants and nutrients that aid in boosting immunity.*

L-Glutamine – Provides an anti-catabolic effect and supports your muscle recovery from every workout, every day with L-Glutamine, which is a preferential amino acid for use in skeletal muscle and helps with muscle hydration and to maximize muscle function during and after exercise.*

Joint Comfort Formula – This fast-acting formula is anchored with a clinically studied blend of herbs shown to improve joint flexibility by 30% and joint function by 19.4%.* In addition, it offers powerful antioxidant properties and supports a healthy response to inflammation.* The Joint Comfort Formula also includes Red Orange Complex – a clinically studied antioxidant defense for athletes.

Triple Strength Fish Oil – As an athlete with intense workouts every day, your cardiovascular and joint health are key to keeping you at your best. Fish oil provides EPA and DHA which support cardiovascular and joint health, as well the body's natural anti-inflammatory response. Fish Oil provides 900 mg of Omega-3 fatty acids EPA and DHA to promote joint health while supporting the body's natural anti-inflammatory response.*

Muscle Function Formula – Combining BCAA and Zinc Magnesium Aspartate gives athletes a unique element that will replenish key amino acids and minerals. BCAA are essential amino acids that are part of muscle protein that help to preserve muscle glycogen stores and help to reduce the amount of protein breakdown.* Exercise may result in a loss of essential vitamins and minerals. Replenish your body daily with zinc, which is involved in carbohydrate metabolism, glucose utilization and insulin production and magnesium which is necessary for protein synthesis, muscle function and energy production every day.

*In a 12 week multi-center randomized, double-blind, placebo-controlled study of 60 adults, subjects taking 250 mg/day of the two active components found in Joint Comfort Formula showed a significant 30% improvement in joint flexibility and a 19.4% improvement in joint function in 30 days compared to subjects on placebo.

† The proprietary blend of flavonoids from *Acacia catechu* and *Scutellaria baicalensis* extracts has been shown to act upon metabolic processes in the body related to supporting a healthy inflammatory response.

* 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 RECOVERY VITAPAK® PROGRAM

Dietary supplement

ADVANCED SPORTS VITAMIN SYSTEM TO FUEL MUSCLE RECOVERY AND REPAIR WITH OVER 50 POWERFUL INGREDIENTS*

- Features GNC's Highest-Potency Sports Multivitamin designed to fuel recovery*
- Provides anti-catabolic amino acids to support prevention of muscle breakdown*
- Clinically formulated to improve joint flexibility by 30%* and support the body's natural anti-inflammatory response†*
- Replenish and refuel fatigued muscles with potent nutrients to optimize recuperation*



Clinically Researched* 30 PAKS



CODE 330011

DIRECTIONS: As a dietary supplement, take the contents of one packet daily with food after your workout.

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 Phylloquinone)	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 Guanidinesuccinic Acid, Glycine, L-Methionine	100 mg *
Sports Blend Green Tea Leaves Extract (Camellia sinensis), L-Glutamine, L-Taurine, Beta-Alanine, 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	4 mg *
Boron (as Hydrolyzed Protein Chelate)	2 mg *
Lutemas 2020™ Lutetin	950 mcg *
Lycopene	950 mcg *
Zeaxanthin (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 Acryloylbenzoates, Caramel Color, Ethyl Vanillin.
CONTAINS: Fish and Soybeans.
Conforms to USP <2091> for weight.

ACTUAL SIZE

For maximum performance and physique support, stack with:

- Amplified Recovery Protein 88™ for post-workout muscle support.
- Amplified Creatine 180™ to fuel muscles and promote cell hydration.

Lutemas 2020™ is a trademark of OnniActive Health Technologies.



SCAN & LEARN MORE

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.

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

HNG

L-Glutamine 1600 mg

Supplement Facts

Amount Per Serving	% Daily Value
L-Glutamine	1600 mg*

* Daily Value not established.

Triple Strength Fish Oil

Supplement Facts

Amount Per Serving	% Daily Value
Calories	15
Calories from Fat	15
Total Fat	3.5 g 2%
EPA (Eicosapentaenoic Acid)(Omega-3)	647 mg *
DHA (Docosahexaenoic Acid)(Omega-3)	253 mg *

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

Joint Comfort Formula

Supplement Facts

Amount Per Serving	% Daily Value
Fast-Acting Comfort Blend (Acacia catechu Wood & Bark Extract, Chinese Skullcap Root Extract) Sichuan Blood Orange Fruit & Peel Extract (Citrus sinensis)	250 mg *
	180 mg *

* Daily Value not established.

Muscle Function Formula

Supplement Facts

Amount Per Serving	% Daily Value
Magnesium (as Magnesium Aspartate)	80 mg 10%
Zinc (as Zinc Aspartate)	30 mg 200%
L-Leucine	150 mg *
L-Isoleucine	50 mg *
L-Valine	50 mg *

* Daily Value not established.

Other Ingredients: Dicalcium Phosphate, Povidone, Cellulose.
Potency verified by GNC procedure #5652.
Conforms to USP <2091> for weight.
Meets USP <2040> disintegration.

ACTUAL SIZE

Other Ingredients: Fish Body Oil, Gelatin, Glycerin, Vitamin E, Enteric Coating (Cellulose, Sodium Alginate, Medium Chain Triglycerides, Oleic & Stearic Acid).

ACTUAL SIZE

Other Ingredients: Cellulose, Titanium Dioxide, Riboflavin Color, Caramel Color.

ACTUAL SIZE

Other Ingredients: Cellulose, Gelatin, Titanium Dioxide.

ACTUAL SIZE

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.