

#### be-ENERGIZED"

#### Supplement Facts Serving Size Two Orange Capsules Amount Per Serving 20 mg Caffeine Anhydrous 200 mg MegaNatural®-BP™ Grape Seed Extract 150 mg alpha-Lipoic Acid 95 mg Green Tea Leaves Extract

5 mg

Bioperine® Black Pepper Extract (Piper nigrum) 5 mg Daily Value not established Other Ingredients: Cellulose, Gelatin, Mica, Artificial Colors (Red #40

Conforms to USP <2091> for weight. Meets USP <2040> disintegration

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(Camellia sinensis)(50% EGCG = 25mg)

Capsimax™ Capsicum Fruit Extract

(Capsicum sp.)

Setria® L-Glutathione

Gapsimax" Capsimax" is a trademark of OmniActive Health Technologies Kyowa Hakko Bio Co., Ltd

Setria® is a trademark of

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 Artificial Flavors, Sodium Free, No Wheat No Gluten, No Dairy.

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 GNC QUALITY COMMITMENT

GNC, the leader in the development and manufacture of dietary supplements, is committed to producing the highest quality products available. This commitment begins with quality designed supplement formulations. Every raw material that goes into a GNC supplement is guaranteed as to quality and potency. Each product is dated and then shipped immediately to our stores, so you can be sure you are purchasing the freshest supplements available. At GNC, we extend our quality commitment to you by offering our money-back guarantee.

Use any GNC supplement for as little as 10 days. If you are not 100% completely satisfied, return the unused portion of the product with proof of purchase to your GNC store for a complete refund of your purchase price. No questions asked!

#### be-ENHANCED™

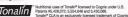
# Supplement Facts

Amount Per Serving	% Daily Value	
Calories	10	
Calories from Fat	10	
Total Fat	1 g	2% 1
Vitamin E (as Natural d-alpha Tocopherol	2.5 IU	8%
Tonalin® CLA (Conjugated Linoleic Acid)	250 mg	
EPA (Eicosapentaenoic Acid)(Omega-3)	90 mg	- 2
DHA (Docosahexaenoic Acid)(Omega-3)	60 mg	
MCT (Medium Chain Triglycerides)	50 mg	1
LA (Linoleic Acid)(Omega-6)	44 mg	
Oleic Acid (Omega-9)	25 mg	
GLA (gamma-Linolenic Acid)(Omega-6)	20 mg	2
ALA (alpha-Linolenic Acid)(Omega-3)	15 ma	1.5

\* Daily Value not established. Other Ingredients: Fish Body Oil, Borage Oil, Flax Seed Oil, Gelatin Canola Oil, Glycerin, Natural Lemon Flavor, Natural Vanilla Flavor,

Caramel Color, Mica. Titanium Dioxide (Natural Mineral Whitener).

Conforms to USP <2091 > for weight. Meets USP <2040 > disintegration.



# **be**-HOT™

### EXERCISE ENHANCING TURBOPAK"

Fuel your workout with a boost. And, get the body you dream of ...

Ever wish your workout could be easier and achieve better results? GNC's experts have made it simple. be-HOT Turbopak is a breakthrough, customized fitness companion. Finally, everything you need to maximize the results of your hard work in one small revolutionary pak. Want to burn more calories? Feel energized? Have a leaner, more toned physique? be-HOT can help you reach your goal.

be-DEFINED™ toning & sculpting formula: is a unique formula that can make your workout easier.\* It features an amino acid derivative, proven to enhance athletic performance: electrolytes, essential to replenish during any workout routine; and antioxidants to protect your body against free radicals that can damage healthy cells.\* This advanced nutritional formula can help as you strive to sculpt a leaner

be-ENERGIZED™ calorie burning formula; this multi-tasking formula combines the benefits of a thermogenic along with premium antioxidants. It features GNC's own clinically-proven thermogenic blend to help boost your metabolism, helping you burn 3 times more calories before you workout and 12 times more after." be-ENERGIZED also provides four dual-purpose antioxidants: clinically-studied grape seed extract, proven to support healthy circulation; green tea extract, standardized to ensure 50% EGCG to boost your metabolism, and glutathione and alpha-Lipoic acid to recycle antioxidants in the body.\*

be-ENHANCED™ diet supporting CLA: features a blend of essential fatty acids to help you look good, feel good and be healthy.\* This supplement combines clinically-studied Tonalin® CLA, to help support metabolism and enhance your diet. with other essential fatty acids to provide a healthy source of energy - a perfect complement to any diet."

Now with the help of be-HOT, it's simple for you to achieve your fitness goals! Carry your daily pak in your purse, gym bag or pocket! But don't forget to grab a multivitamin - the foundation to any health and wellness program!

be-DEFINED, be-ENERGIZED, be-ENHANCED...be-HOT

"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 GNC's proprietary thermogenic blend 60 minutes before exercise and on the second occasion, they took a placebo. When the subjects took GNC's proprietary thermogenic blend, 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 276 more calories burned before, during and after exercise compared to

> These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent disease.



dietary supplement for women

Each Pak Includes:

be-DEFINED™- Toning & sculpting formula be-ENERGIZED™- Calorie burning formula **be**-ENHANCED™- Diet supporting CLA complex

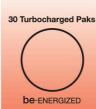
Directions: As a dietary supplement, take the contents of one pak daily with food

be-DEFINED™

Daily Value not established.

#### Supplement Facts Amount Per Serving % Daily Value 50 ma Potassium (as Potassium Chloride 50 mg NAS (N-amidinosarcosine) 625 ma Green Tea Leaf Extract (Decaffeinated) 100 ma

Other Ingredients: Cellulose, Dicalcium Phosphate, Stearic Acid Vegetable Source, Polyethylene Glycol, Titanium Dioxide (Natural Mineral Whitener), Enteric Coating (Cellulose, Sodium Alginate, Medium Chain Triglycerides, Oleic & Stearic Acid), Mica, Carmine Color, Natural Mint Flavor, Sucralose. Conforms to USP <2091> for weight.



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