

be-ENERGIZED™

Supplement Facts

Serving Size Two Orange Capsules		
Amount Per Serving	% Daily Value	
Niacin	20 mg	100%
Caffeine Anhydrous	200 mg	*
MegaNatural®-BP* Grape Seed Extract	150 mg	*
alpha-Lipoic Acid	95 mg	*
Green Tea Leaves Extract (Camellia sinensis)(50% EGCG = 25mg)	50 mg	*
Capsimax™ Capsicum Fruit Extract (Capsicum sp.)	33.34 mg	*
Bioperine® Black Pepper Extract (Piper nigrum) 5 mg	*	
Setria® L-Glutathione	5 mg	*
* Daily Value not established.		

Other Ingredients: Cellulose, Gelatin, Mica, Artificial Colors (Red #40, Yellow #5).

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

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

Setria® is a trademark of Kyowa Hakkio Bio Co., Ltd.

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

be-ENHANCED™

Supplement Facts

Serving Size One Gold Softgel Capsule		
Amount Per Serving	% Daily Value	
Calories	10	
Calories from Fat	10	
Total Fat	1 g	2% †
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	*
DHA (Docosahexaenoic Acid)(Omega-3)	60 mg	*
NCT (Medium Chain Triglycerides)	50 mg	*
LA (Linoleic Acid)(Omega-6)	44 mg	*
OLA (Omega-9)	25 mg	*
GLA (gamma-Linolenic Acid)(Omega-6)	20 mg	*
ALA (alpha-Linolenic Acid)(Omega-3)	15 mg	*
† Percent Daily Value based on a 2,000 calorie diet.		
* 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), Sucralose.

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Tonalin® Nutritional uses of Tonalin® licensed to Cognis under U.S. Patents #5,428,072; 5,954,646 and 5,430,066. Tonalin® CLA is an exclusively licensed trademark of Cognis. The Shape Of Things To Come®

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 you.*

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 placebo.

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

CODE 662211

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

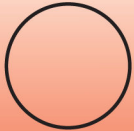
be-DEFINED™

Supplement Facts

Serving Size Two Pink Caplets		
Amount Per Serving	% Daily Value	
Chloride (as Potassium Chloride)	50 mg	1%
Potassium (as Potassium Chloride)	50 mg	1%
NAS (N-amidinocarnosine)	625 mg	*
Green Tea Leaf Extract (Decaffeinated)	100 mg	*
* Daily Value not established.		

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.

30 Turbocharged Paks



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