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 suppliers 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.

* 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 AMP ADVANCED MUSCLE PERFORMANCE

MEGA MEN® POWERED RIPPED VITAPAK® PROGRAM

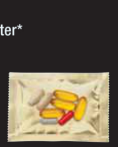
Dietary supplement

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 a Healthy Body Composition with 4g of Clinically Studied CLA*
- → Burns 12 Times♦ More Calories and Boosts Training Performance*
- → Helps to Regulate Excess Water*

Daily | Body Composition | Energy | Endurance

Clinically Researched†



30 PAKS

CODE 331911 FMG

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

Each pak contains:

Mega Men® Sport (FULL STRENGTH)

Supplement Facts

Serving Size Two Brown Caplets

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 Phytonadione) 80 mcg	100%
Thiamin (Vitamin B-1)(as Thiamin Mononitrate) 50 mg	3333%
Riboflavin (Vitamin B-2) 50 mg	2941%
Niacin (as Niacinamide & 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 150 mg L-Valine, L-Leucine, L-Isoleucine	*
Creatine Precursor Blend 100 mg Guanidinoacetic Acid, Glycine, L-Methionine	*
Sports Blend 50 mg Green Tea Leaves Extract (*Camellia sinensis*), L-Glutamine, L-Taurine, beta-Alanine, L-Carnitine	*
Joint Cushion Support Blend 50 mg MSM (Methylsulfonyl-methane), Collagen, Hyaluronic Acid (HA)	*
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™ Lutein 950 mcg	*
Lycopene 950 mcg	*
Zeaxanthin 190 mg	*
Astaxanthin 50 mg	*
Vanadium (as Sodium Metavanadate) 10 mg	*

*Daily Value not established

Other Ingredients: Cellulose, Titanium Dioxide (Natural Mineral Whitener), Vegetable Acetoglycerides, Caramel Color, Ethyl Vanillin.

CONTAINS: Fish and Soybeans.

ACTUAL SIZE

Clarinol® CLA is a registered trademark of Lipid Nutrition

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

Lutemax 2020™ Lutemax 2020™ is a trademark of OmniActive Health Technologies.

WARNING: For adult use only. 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 Wheat, No Gluten, No Dairy, Yeast Free.

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

CLA

Supplement Facts

Serving Size Four Softgel Capsules

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

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

Other Ingredients: Gelatin, Glycerin.

ACTUAL SIZE

Thermo Igniter 12X

Supplement Facts

Serving Size One Red Capsule

Amount Per Serving	% Daily Value
Niacin 20 mg	100%
Proprietary Thermogenic Blend 283.34 mg Caffeine Anhydrous, Capsimax™ Capsicum Fruit Extract, Bioperine® Black Pepper Extract	*

* Daily Value not established.

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

Waterex™

Supplement Facts

Serving Size One Capsule

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 50 mg 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 Berries Extract 2:1 (*Juniperus communis*)	*

* Daily Value not established.

Other Ingredients: Cellulose, Gelatin.

ACTUAL SIZE

For maximum performance and physique support, stack with:

- **Amplified Maxertion N.O.™ – for maximum muscle performance capacity***
- **Amplified Recovery Protein XR™ – for post-workout muscle support.***

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.

GNC 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!