

CODE 328111

DIRECTIONS: As a dietary supplement, take the contents of one pack daily with food.

Each pack contains:

Mega Men® Sport

Supplement Facts

Serving Size Two Brown Caplets

Amount Per Serving	% Daily Value
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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 (<i>Camellia sinensis</i>), L-Glutamine, L-Taurine, beta-Alanine, L-Carnitine		

Joint Cushion Support Blend	50 mg	*
MSM (Methylsulfonyl-methane), Collagen, Hyaluronic Acid (HA)		

CMG

Amount Per Serving	% Daily Value
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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 mcg	*
Astaxanthin	50 mcg	*
Vanadium (as Sodium Metavanadate)	10 mcg	*

* Daily Value not established.

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

CONTAINS: Fish and Soybeans.

Conforms to USP <2091> for weight.

ACTUAL SIZE

Amplified Maxertion N.O.™

Supplement Facts

Serving Size Two Silver Caplets

Amount Per Serving	% Daily Value
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Niacin	10 mg	50%
PEG-Arginine System	1.65 g	*
(L-Arginine and Polyethylene Glycol)		
Circulatory Pump Blend	175 mg	*
(MegaNatural®-BP™ Proprietary Grape Blend, Yohimbe Bark Extract) *		

* Daily Value not established.

Other Ingredients: Cellulose, Enteric Coating (Cellulose, Sodium Alginate, Medium Chain Triglycerides, Oleic & Stearic Acid), Mica, Artificial Colors (FD&C Blue #2 Lake, FD&C Yellow #6 Lake, FD&C Red #40 Lake), Soy Lecithin, Vegetable Acetoglycerides, Natural Mint Flavor, Sucralose.

Potency of Arginine verified by GNC procedure #5115.

Conforms to USP <2091> for weight.

ACTUAL SIZE

X12™

Supplement Facts

Serving Size One Red Capsule

Amount Per Serving	% Daily Value
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Niacin	20 mg	100%
Proprietary Thermogenic Blend	238.34 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).

Total caffeine per capsule 200 mg.

Conforms to USP <2091> for weight.

Meets USP <2040> disintegration.

ACTUAL SIZE

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.

*Compared to leading brands.

No Wheat, No Gluten, No Dairy, Yeast Free.

KEEP OUT OF REACH OF CHILDREN.

Store in a cool, dry place.

Lutemax™
LUTEIN &
ZEA XANTHIN
2020

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OmniActive Health Technologies.

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!

Amplified Creatine 189™

Supplement Facts

Serving Size One White Caplet

Amount Per Serving	% Daily Value
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PEG-Creatine System™ (Creatine Hydrochloride)	625 mg	*
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* Daily Value not established.

Other Ingredients: Cellulose, Dicalcium Phosphate, Polyethylene Glycol, Titanium Dioxide (Natural Mineral Whitener), Enteric Coating (Cellulose, Sodium Alginate, Medium Chain Triglycerides, Oleic & Stearic Acid), Natural Mint Flavor, Sucralose.

Conforms to USP <2091> for weight.

ACTUAL SIZE

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GNC

MEGA
MEN®

Extreme Athlete

Dietary Supplement

VITAPAK® PROGRAM

FOR THE SERIOUS ATHLETE

- Clinically studied multivitamin^ with 1,600 IU of vitamin D-3
- Enhances performance with a superior form of creatine*
- Boosts workout thermogenesis for better endurance*
- Amplifies nitric oxide production for more intense workouts*
- Supports muscle protein*



30 PACKS



CLINICALLY
STUDIED^



Dr. Frank J. Costa, M.D.

Dr. Frank J. Costa, M.D., an internationally acclaimed urological surgeon and men's health expert, is part of the GNC Medical Advisory Board.

One of "America's Top Physicians," Dr. Costa lectures nationally and internationally on men's health topics. Dr. Costa is regularly featured in television, radio and newspaper interviews and has published articles in both professional journals and popular magazines.

"I recommend this Vitapak® Program to athletes who seriously train - it provides an assortment of GNC's latest, clinically researched products that are shown to improve athletic performance."

MEGA MEN® EXTREME ATHLETE

GNC Mega Men® Extreme Athlete Vitapak® Program conveniently combines nutrients and special ingredients designed to support overall health, athletic performance and exercise intensity.*

- **Mega Men® Sport** – Our premium timed-release, clinically studied^ formula includes vitamins and minerals to supplement key nutrients that may be missing in your daily diet. Mega Men® Sport contains 1,600 IU of vitamin D-3 for colon health and immune support, as well as B-vitamins that are important for cardiovascular health, energy production and carbohydrate metabolism.* It fuels muscles and supports recovery with amino acids including BCAAs; features a joint cushioning blend for healthy joint cartilage; and provides a broad spectrum of cell-protecting antioxidant nutrients that also support immune health.*
- **X12™** – Contains a clinically proven, proprietary thermogenic blend shown to help you burn 12 times more calories.* It also helps increase your metabolism before, during and after exercise - helping burn up to 278 more calories cumulatively.** In addition, just one capsule of X12™ contains ingredients to support improved endurance and performance.*
- **Amplified Creatine 189™** – An enhanced, cutting-edge form of creatine that is designed to get in your muscles better than ordinary creatine.* Creatine supplementation may help to improve athletic performance.*
- **Amplified Maxertion N.O.™** – GNC's champion of nitric oxide products! This formula features clinically studied ingredients designed to enhance blood flow and amplify intense workouts. It's technology-enhanced for better absorption of muscle fuel that you need to push through the wall and go above and beyond your regular workout.

^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 vitamin 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 GNC X12™ 60 minutes before exercise and on the second occasion, they took a placebo. When the subjects took GNC X12™, 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 278 more calories burned before, during and after exercise compared to placebo.

* In a clinical study of 17 healthy young adults, muscle biopsy results revealed that GNC Pro Performance® AMP Amplified Creatine 189™ resulted in 189% greater muscle creatine uptake relative to benchmark amounts of ordinary creatine monohydrate powder.

* 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.