



MEN'S EXTREME TRAINING VITAPAK® PROGRAM

Several high-quality formulas in one convenient pack to amplify physical and mental intensity, the edge necessary to maximize performance.

Mega Men® Sport

This powerful, clinically studied* sports multivitamin formula includes critical components to fill nutrient gaps common in athletic men.*

AMP Explosive Energy Metabolizer

Burn more calories and train harder. This clinically proven formula improves performance for explosive workouts and increases endurance by nearly 5 minutes.1*

Amplified N.O. Charger & Circulatory Pump

Clinically studied resVida® Resveratrol and L-Arginine are potent ingredients that support N.O. production, enhanced circulation and blood flow.*

Mental Sharpness Blend

Get in the zone with this herbal extract that supports mental sharpness and blood flow.*

AMP AOX Recovery

Damaging free radicals increase after intense training. Protect your muscles with this clinically researched antioxidant defense system.*



MEN'S EXTREME TRAINING VITAPAK® PROGRAM

CLINICALLY RESEARCHED

- Includes powerful sports multivitamin*
- Improves performance and increases endurance*
- Supports blood flow*



DIETARY SUPPLEMENT
30 PAKS

CODE 009511

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

Each pak contains:

Mega Men® Sport

Supplement Facts

Serving Size Two Mocha 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 Phytanadione)	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 & Calcium Ascorbate)	200 mg 20%
Iodine (as Potassium Iodide)	150 mcg 100%
Magnesium (as Magnesium Oxide)	100 mg 25%
Zinc (as Zinc Oxide)	25 mg 167%
Selenium (as L-Selenomethionine)	200 mcg 266%
Copper (as Cupric Sulfate)	2 mg 100%
Manganese (as Manganese Sulfate)	2 mg 100%
Chromium (as Chromium Chloride)	120 mcg 100%
Molybdenum (as Sodium Molybdate)	75 mcg 100%
Chloride (as Potassium Chloride)	72 mg 2%
Potassium (as Potassium Chloride)	80 mg 2%

Sports Blend

CarnoSyn® Beta-Alanine	10 mg *
Taurine	10 mg *
Choline (as Choline Bitartrate)	10 mg *
Inositol	10 mg *
MSM (Methylsulfonyl-methane)	10 mg *
L-Carnitine (as L-Carnitine L-Tartrate)	6 mg *
Silica (as Silicon Dioxide)	4 mg *
Boron (as Sodium Borate)	2 mg *
Celery Juice Concentrate (<i>Apium graveolens</i>)	1.9 mg *
Hyaluronic Acid (as Sodium Hyaluronate)	1 mg *
Vanadium (as Sodium Metavanadate)	10 mcg *

Super Antioxidant Blend

alpha-Lipoic Acid	25 mg *
Lutemax® 2020 Lutein	2 mg *
Lycopene	1 mg *
Turmeric Root Extract (CurcuWIN®)(<i>Curcuma longa</i>)(Std. to Curcuminoids)	500 mcg *
Zeaxanthin (as Zeaxanthin Isomers)	400 mcg *
Astaxanthin (from <i>Haematococcus pluvialis</i>)	50 mcg *
beta-Cryptoxanthin	10 mcg *
Branched Chain Amino Acid Blend (L-Leucine, L-Isoleucine, L-Valine)	150 mg *

* Daily Value not established.

Other Ingredients: Cellulose, Stearic Acid Vegetable Source, Magnesium Stearate Vegetable Source, Titanium Dioxide (Natural Mineral Whitener), Natural Vanilla Mint Flavor, Talc, Caramel Color, Stevia Leaf Extract.

CONTAINS: Fish and Soybeans.

ACTUAL SIZE

*In a randomized, double-blind, placebo-controlled study of 112 healthy volunteers, subjects taking the GNC vitamin and mineral blends for six weeks experienced significant improvements in serum levels of certain key nutrients compared to a placebo and a basic multivitamin formula based upon multivariate statistical analyses of a group of 8 vitamins (thiamin, niacin, riboflavin, pantothenic acid, biotin, folic acid and vitamins B-6 and B-12) and key antioxidants and carotenoids (a group of beta-carotene, alpha-tocopherol, selenium, lutein and lycopene). Statistical improvements in SF-36 Vitality and Mental Health scores were also observed compared to placebo.

*A double-blind, placebo-controlled, cross-over study of 29 physically fit and healthy young adult male subjects averaging about 4 hours of exercise a week cycling to exhaustion at 80% VO2 shows that these individuals were able to increase performance measured by time to exhaustion nearly 5 minutes longer than when taking placebo.



Natural Alternatives International (NAI) is the owner of the patent estate and registered trademark CarnoSyn®.



CurcuWIN™ trademark belongs to OmniActive Health Technologies.



Lutemax® 2020 is a trademark of OmniActive Health Technologies.



resVida® is a trademark of DSM.

WARNING: Use only as directed. Do not exceed recommended daily intake. 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. No Artificial Colors, No Artificial Flavors, No Wheat, Gluten Free, 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

DQG

AMP Explosive Energy Metabolizer

Supplement Facts

Serving Size Two Orange Caplets

Amount Per Serving	% Daily Value
Vitamin C (as Ascorbic Acid)	120 mg 200%
Niacin	20 mg 100%
Vitamin B-6 (as Pyridoxine Hydrochloride)	2 mg 100%
Pantothenic Acid (as Calcium d-Pantothenate)	10 mg 100%
Ginger Rhizome Extract (<i>Zingiber officinale</i>)(5% Gingerols = 25 mg)	500 mg *
Yerba Mate Leaf Extract (<i>Ilex paraguariensis</i>)(8% Caffeine = 40 mg)	500 mg *
Guarana Seed Extract (<i>Paullinia cupana</i>)(36% Caffeine = 152 mg)	422 mg *
Black Tea Leaves Extract (<i>Camellia sinensis</i>)(10% Caffeine = 10 mg)(Polyphenols = 60 mg)	100 mg *
Schizandra chinensis Fruit Extract	100 mg *
L-Carnitine	25 mg *
Dill Weed Extract (<i>Anethum graveolens</i>)	5 mg *
Grape Seed Extract (<i>Vitis vinifera</i>)	1 mg *

* Daily Value not established.

Other Ingredients: Cellulose, Titanium Dioxide (Natural Mineral Whitener), Natural Vanilla Flavor, Riboflavin (Color), Vegetable Acetoglycerides, Carmine (Color), Sucralose.

Total Caffeine = 202 mg per serving.
Conforms to USP <2091> for weight.
Meets USP <2040> disintegration.

ACTUAL SIZE

Amplified N.O. Charger & Circulatory Pump

Supplement Facts

Serving Size Two Yellow Caplets

Amount Per Serving	% Daily Value
L-Arginine	1.5 g*
(as L-Arginine Hydrochloride and L-Arginine Free Base)	
resVida® trans-Resveratrol	30 mg*

* Daily Value not established.

Other Ingredients: Cellulose, Dicalcium Phosphate, Natural Vanilla Flavor, Titanium Dioxide, Sucralose, Riboflavin (Color).
Conforms to USP <2091> for weight.
Meets USP <2040> disintegration.

ACTUAL SIZE

GNC QUALITY COMMITMENT

Since 1935, 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.

* 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.

Mental Sharpness Blend

Supplement Facts

Serving Size One Capsule

Amount Per Serving	% Daily Value
Ginkgo biloba Leaf Extract (24% Ginkgo Flavonoglycosides = 28.8 mg) (6% Terpene Lactones = 7.2 mg)	120 mg*

* Daily Value not established.

Other Ingredients: Cellulose, Dicalcium Phosphate, Vegetable Cellulose Capsule.
Potency verified by GNC procedure #5000.
Conforms to USP <2091> for weight.
Meets USP <2040> disintegration.

ACTUAL SIZE

Amp AOX Recovery

Supplement Facts

Serving Size One Capsule

Amount Per Serving	% Daily Value
Sicilian Blood Orange Fruit & Peel Extract (<i>Citrus sinensis</i>)	100 mg*

* Daily Value not established.

Other Ingredients: Cellulose, Gelatin.
Conforms to USP <2091> for weight.
Meets USP <2040> disintegration.

ACTUAL SIZE