



# MEN'S STRENGTH VITAPAK® PROGRAM

Several high-quality formulas in one convenient pack for maximum training support that boosts power and improves performance.

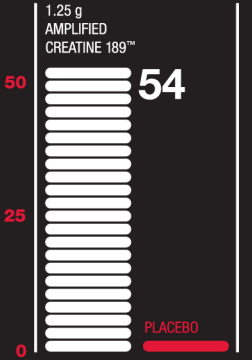
**Mega Men® Sport**  
This powerful, clinically studied^ sports multivitamin formula includes critical components to fill nutrient gaps common in athletic men.\*

**Amplified Creatine 189™**  
Take less and get more. This clinically studied formula has been proven to get into muscles and increase strength better than ordinary creatine.\* In a clinical study, this form of creatine yielded 189% muscle uptake with only 25% of the ordinary dose when compared to ordinary creatine monohydrate.\*†

**Anabolic Primer & Anti-Inflammatory Support**  
Features high-quality anabolic primers to help pack on mass\*† combined with anti-inflammatory support.\*

^In a clinical study of 17 healthy young adults, muscle biopsy results revealed that GNC Pro Performance® AMP Amplified Creatine 189™ containing only 1.25 grams creatine significantly improved leg press 1-RM performance by 54 lbs, while subjects on 5 grams of creatine monohydrate improved by 52 lbs, and the placebo group demonstrated no significant improvement when used in conjunction with regular resistance training.  
\*When used in conjunction with regular resistance training.

IMPROVES LEG PRESS PERFORMANCE BY 54 POUNDS\*  
CHANGE IN LEG PRESS: 1 RM (LB)



# MEN'S STRENGTH VITAPAK® PROGRAM

CLINICALLY RESEARCHED

- Includes powerful sports multivitamin\*
- Increases strength better than ordinary creatine\*
- Features high-quality anabolic primers\*



DIETARY SUPPLEMENT  
30 PAKS



CODE 209011  
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 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 & 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 | 286%          |
| Copper (as Copper 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>Aplium graveolens</i> ) | 1.9 mg * |
| Hyaluronic Acid (as Sodium Hyaluronate)               | 1 mg *   |
| Vanadium (as Sodium Metavanadate)                     | 10 mcg * |

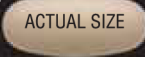
| Super Antioxidant Blend                                                                  |           |
|------------------------------------------------------------------------------------------|-----------|
| alpha-Lipoic Acid                                                                        | 25 mg *   |
| Lutemax® 2020 Lutein                                                                     | 2 mg *    |
| Lycopene                                                                                 | 1 mg *    |
| Turmeric Root Extract (CurcuWIN™)( <i>Curcuma longa</i> ) (Standardized 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.



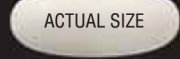
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Amplified Creatine 189™

## Supplement Facts

| Serving Size Two White Caplets                   |          |  |
|--------------------------------------------------|----------|--|
| Amount Per Serving                               |          |  |
| PEG-Creatine System™ (as Creatine Hydrochloride) | 1250 mg* |  |

\* Daily Value not established.



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

Anabolic Primer & Anti-Inflammatory Support

## Supplement Facts

| Serving Size One Green Filled Capsule                       |         |  |
|-------------------------------------------------------------|---------|--|
| Amount Per Serving                                          |         |  |
| Fenugreek Seed Extract ( <i>Trigonella foenum-graecum</i> ) | 300 mg* |  |
| Palmitic Acid Monoethanolamide                              | 100 mg* |  |

\* Daily Value not established.



Other Ingredients: Gelatin, Cellulose, Stearic Acid Vegetable Source, Silica.  
Conforms to USP <2091> for weight.  
Meets USP <2040> disintegration.



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



CurcuWIN™ trademark belongs to OrmniActive Health Technologies.



Lutemax® 2020 is a trademark of OrmniActive Health Technologies.

**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 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**

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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.