GNC PRO PERFORMANCE® AMP

MEN'S RIPPED
VITAPAK® PROGRAM

Several high-quality, non-stimulant formulas in one convenient pack for maximum training support to help support a lean, ripped physique.

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

CLA
Features 4000 mg of CLA clinically shown to support healthy body composition and maintain lean muscles.*

Waterex™
An herb-based, water-balance formula designed to help regulate excess water.*

Decaf Thermo Igniter 12X
This non-stimulant formula supports metabolism with a mix of high-quality fruit and herbal extracts.*

MULTI-FUNCTION NON-STIMULANT SYSTEM TO SUPPORT A RIPPED PHYSIQUE!

1. **FUEL MUSCLE** — Multivitamin with 45 Quality Ingredients
2. **SUPPORT METABOLISM** — Non-Stimulant with Potent Extracts
3. **LEAN MUSCLE** — CLA for Healthy Body Comp Support*
4. **REGULATE WATER** — Water Regulating Complex

GNC PRO PERFORMANCE® AMP

MEN'S RIPPED
VITAPAK® PROGRAM

NON-STIMULANT FORMULA

CLINICALLY RESEARCHED

- Includes multivitamin plus non-stim metabolism and lean muscle support*
- Helps regulate excess water*

DIETARY SUPPLEMENT
30 PAKS

AMP

CODE 210011 EQG

DIRECTIONS: As a dietary supplement, for optimal health benefits, take the contents of one packet daily with food every morning. On workout days, for individuals looking to maximize energy production, the Decaf Thermo Igniter 12X (yellow caplet) can be taken 30-60 minutes prior to exercise.

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 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 (*Apium graveolens*)	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™)(*Curcuma longa*)(Standardized to Curcuminoids)	500 mcg	*
Zeaxanthin (as Zeaxanthin Isomers)	400 mcg	*
Astaxanthin (from *Haematococcus pluvialis*)	50 mcg	*
beta-Cryptoxanthin	10 mg	*
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 B 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.

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

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

Clarinol® — Clarinol® CLA is a registered trademark of Stepan Lipid Nutrition.

Curcuwin® — CurcuWIN™ trademark belongs to OmniActive Health Technologies.

Lutemax® 2020 Lutein & Zeaxanthin — Lutemax® 2020 is a trademark of OmniActive Health Technologies.

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, Yeast Free.

GLUTEN 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

Decaf Thermo Igniter 12X

Supplement Facts

Serving Size One Yellow Caplet

Amount Per Serving		% Daily Value
Niacin	20 mg	100%
Garcinia cambogia Fruit Extract (50% Hydroxycitric Acid = 125 mg)	250 mg	*
Green Coffee Bean Extract (*Coffea sp.*) (45% Chlorogenic Acids = 90 mg)	200 mg	*
EGCG (*Epigallocatechin gallate*)(from Decaffeinated Green Tea Leaf Extract)	50 mg	*
Capsimax® Capsicum Fruit Extract (*Capsicum annuum*)	33.34 mg	*
Black Pepper Fruit Extract (*Piper nigrum*)(50% Piperine = 5 mg)	10 mg	*

* Daily Value not established.

Other Ingredients: Lactose, Cellulose, Titanium Dioxide (Natural Mineral Whitener), Vegetable Acetoglycerides, Riboflavin (Color).

CONTAINS: Milk.

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

ACTUAL SIZE

CLA

Supplement Facts

Serving Size Four Yellow Softgel Capsules

Amount Per Serving		% Daily Value
Calories	45	
Calories from Fat	45	
Total Fat	5 g	8%†
Conjugated Linoleic Acid (CLA)(from Safflower Oil)(Clarinol®)	4000 mg	*

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

Other Ingredients: Gelatin, Glycerin.

WARNING: For adult use only. Do not use this product if you are pregnant or lactating. If you are taking medication or have a medical condition, consult a physician before using this product.

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

CLA is a naturally derived oil; you may notice minor color variation in softgels.

ACTUAL SIZE

Waterex™

Supplement Facts

Serving Size One Gray Filled 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 Garlic Clove Powder (*Allium sativum*), Parsley Herb Powder (*Petroselinum crispum*), Uva Ursi Leaf Extract (*Arctostaphylos uva ursi*), Elderberry Fruit Powder (*Sambucus nigra*), Horsetail Rush Stems Powder (*Equisetum arvense*), Fennel Seed Powder (*Foeniculum vulgare*), Corn Silk Powder (*Zea mays*), Hydrangea Root Powder (*Hydrangea arborescens*), Juniper Berries Extract (*Juniperus communis*)	50 mg	*

* Daily Value not established.

Other Ingredients: Cellulose, Gelatin.

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.