



MEN'S RIPPED VITAPAK® PROGRAM

Several high-quality 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

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

Thermo Igniter 12X

This exact blend has been clinically shown to help you burn 12 times more calories and increase metabolism before, during and after exercise.**

Waterex™

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

Burn Up To 12 Times More Calories!

12 Times More Calorie Burn



*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.

**In a double-blind, randomized, placebo-controlled, cross-over study, 25 subjects exercised on a treadmill two times. On the first occasion, subjects took Thermo Igniter 12X 60 minutes before exercise. On the second occasion, they took a placebo. Subjects using Thermo Igniter 12X burned three times more calories before, 3% more calories during, and 12 times more calories for up to one hour after exercise compared to using placebo.



MEN'S RIPPED VITAPAK® PROGRAM

CLINICALLY RESEARCHED

- Includes multivitamin plus lean muscle support*
- Burns up to 12X more calories and increases metabolism**
- Helps regulate excess water*



DIETARY SUPPLEMENT
30 PAKS

CODE 208912

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 Thermo Igniter 12X (red capsule) 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 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>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>) (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	*
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* Daily Value not established.

EQG

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.



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



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



CurcuWIN™ trademark belongs to OmniActive Health Technologies.



Capsimax® is a trademark of OmniActive Health Technologies.



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 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

* 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.

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.

Thermo Igniter 12X

Supplement Facts

Serving Size One Red Capsule

Amount Per Serving		% Daily Value
Niacin	20 mg	100%
Proprietary Thermogenic Blend Caffeine Anhydrous, Capsimax® Capsicum Fruit Extract (<i>Capsicum annuum</i>), Black Pepper Fruit Extract (<i>Piper nigrum</i>)(Piperine = 5 mg)	243.34 mg	*

* Daily Value not established.

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

* 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.

Other Ingredients: Cellulose, Gelatin, Magnesium Stearate Vegetable Source, Silica, Titanium Dioxide (Natural Mineral Whitener), Artificial Colors (FD&C Blue #1, FD&C Red #40).

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

Total caffeine per capsule 200 mg.

Other Ingredients: Cellulose, Gelatin.

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