



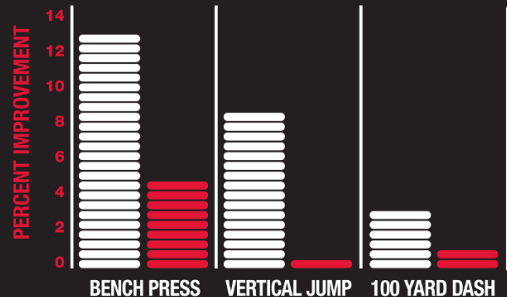
Power

Stamina

Endurance

## PERFORMANCE IMPROVEMENT

Amplified Creatine XXX™ — Carbohydrate Only —



\*In one study, eight weeks of supplementation with this product's creatine and carbohydrate blend in male collegiate athletes during off-season training produced a 12.9% increase in bench press, 8.4% increase in vertical jump and a 2.6% improvement in 100 yard dash performance compared to those taking only carbohydrates who experienced a 4.5%, 1.1% and 0.4% improvement, respectively. Another randomized controlled cross-over clinical study including healthy adults that examined the benefits of consuming the specific blend of amino acids and carbohydrates in this formula before exercise resulted in dramatic increase in amino acid delivery to the leg muscles.

†Per 2 Scoop Serving.

### Nitro-Factor™ — Maximize Muscle Building†

The full muscle-building potential of a GNC product is based on its total nitrogen content — so the more nitrogen a product has, the stronger it will perform. Pro Performance® AMP Amplified Creatine XXX™ with a Nitro-Factor™ of 25 grams helps fuel performance and anabolism.\*\*†

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

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PRO PERFORMANCE®  
**AMP**

# AMPLIFIED CREATINE XXX™

- Powerful 10g Micronized Creatine Matrix Strength & Power Enhancer<sup>^\*</sup> + Glycogen-Loading Carb Blend<sup>†</sup>
- Features 3g Micronized Arginine and 7g Amino Acid Complex<sup>†</sup>
- Clinically Shown to Increase Upper Body Strength by 12.9%<sup>^\*</sup>
- Maximizes Post-Workout Replenishment and Performance<sup>\*</sup>



CLINICALLY RESEARCHED

**FRUIT PUNCH**

NATURAL + ARTIFICIAL FLAVORS

DIETARY SUPPLEMENT  
Net Wt 44.37 oz (2.77 lb) 1260 g

# AMP

CODE 351220

DIRECTIONS: As a dietary supplement, mix one to two scoops with 4 - 8 fl. oz. water, immediately after your workout. On non-training days, take immediately upon waking up in the morning. Consume ample amounts of water while taking this product.

IGP

## Supplement Facts

| Serving Size                                                                                                                                                     | 1 Scoop (31.5 g) | 2 Scoops (63 g) |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------|-----------------|
| Servings Per Container                                                                                                                                           | 40               | 20              |
| Amount Per Serving                                                                                                                                               | % Daily Value    | % Daily Value   |
| Calories                                                                                                                                                         | 70               | 140             |
| Total Carbohydrate                                                                                                                                               | 18 g 6%†         | 35 g 12%†       |
| Sugars                                                                                                                                                           | 17 g *           | 33 g *          |
| Calcium                                                                                                                                                          | 24 mg 2%         | 48 mg 5%        |
| Micronized Creatine Matrix Blend                                                                                                                                 | 5 g *            | 10 g *          |
| Micronized Creatine Monohydrate, Micronized L-Arginine, Micronized Guanidinoacetate, Micronized Alpha-Ketoglutarate, Micronized Glycine, Micronized L-Methionine |                  |                 |
| Proprietary Amino Acid Complex                                                                                                                                   | 3.5 g *          | 7 g *           |
| L-Glutamine, L-Lysine (as L-Lysine HCl), L-Threonine, L-Phenylalanine, L-Histidine, L-Leucine, L-Valine, L-Isoleucine, L-Methionine                              |                  |                 |
| resVida® trans-Resveratrol                                                                                                                                       | 15 mg *          | 30 mg *         |

† Percent Daily Values are based on a 2,000 calorie diet.

\* Daily Value not established.

**OTHER INGREDIENTS:** Dextrose, Natural and Artificial Flavors, Citric Acid, Silicon Dioxide, Calcium Silicate, Lecithin, Malic Acid, Sucralose, FD&C Red #40.

**CONTAINS:** Soybeans.

**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.

**NOTICE:** Significant product settling may occur.



resVida® is a trademark of DSM.



Products bearing this logo have been tested for banned substances by LGC Science, Inc., a world-class anti-doping lab. \*Product was tested for over 145 banned substances on the 2015 World Anti-Doping Agency (WADA) Prohibited List via LGC's in-lab testing protocol #ICP0307. See gnc.com for more information.

### The Ultimate Performance Supplement Breakthrough.

Pro Performance® AMP Amplified Creatine XXX™ has taken creatine supplementation to a whole new level. This powerful formula includes a clinically studied strength enhancer for superior muscular creatine absorption, amino acid delivery and glycogen re-loading.\* It's created with a 10g Micronized Creatine Matrix Blend<sup>†</sup> to deliver fast fuel for powerful performance. This innovation keeps on delivering with an amino muscle surge providing a clinically studied blend of amino acids, including branched chain amino acids (BCAA), and carbohydrates to help reduce the breakdown of muscle during intense training.\* This advanced formula supplies three of the most critical components to training, creatine, amino acids, and carbohydrates, designed for serious and hardcore athletes striving to go beyond their maximum potential. In the body, creatine is converted to creatine phosphate which helps fuel skeletal muscles and provides support for immediate energy production during high-intensity workouts, while amino acids are involved in protein synthesis for the muscle growth and repairing process.\* Amplified Creatine XXX™ gives you the most powerful creatine and amino acid system available today.

### Where's the Proof?

Numerous studies have shown the benefits of creatine and amino acids for training. The supplementation of creatine may help improve athletic performance and promote cellular hydration, while amino acids promote the growth and repair of tissues, including muscles.\* Our research and development experts have taken the

science and developed a powerful creatine formulation...Amplified Creatine XXX™, loaded with a blend of ingredients that significantly maximize the effects of creatine and amino acids.\* Carbohydrates are the body's main source of post-workout recovery and energy, and this formula is infused with a 33-gram supply of dextrose<sup>†</sup>, a fast-acting carbohydrate, to help spike insulin and drive creatine and amino acids into the muscles more efficiently.\* It also includes micronized creatine precursors designed to help fuel your body's natural creatine production process. This clinically researched creatine and carbohydrate blend has been shown to dramatically increase bench press, vertical jump and 100 yard dash performance.\*\* Making it more extreme, additional research shows the amino acid and carbohydrate blend delivers the power of 40 grams of amino acids, providing benefits to your muscle and energy levels to help enhance performance.\*\*

### Who should be taking Amplified Creatine XXX™?

It's not for everyone — it's for the select hardcore. The serious athlete. The dedicated, highly competitive fitness athlete, and weekend warrior who wants the edge. You're serious about sports nutrition and we know what you're looking for in an advanced creatine formula. If you are ready to take your workouts to the next level and want to increase athletic performance through effective creatine and amino acid delivery with just one product, take Amplified Creatine XXX™!

\* 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.