GNC PRO PERFORMANCE® AMP

# WOMEN'S RIPPED
## VITAPAK® PROGRAM

Several high-quality formulas in one convenient pack for maximum training support to help support a lean, beautifully sculpted physique.*

**Women's Ultra Mega® Active without Iron**
This powerful, clinically studied[1] multivitamin formula includes critical components to fill important nutrient gaps common in active women.

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

**Thermo Inferno**
This exact blend is shown to burn up to 12 times more calories and increase metabolism before, during and after exercise.[1,*]

**Beauty & Water Balance**
An herb-based, water-balance formula designed to help regulate excess water combined with Biotin 5000 that supports beauty from within. Complement that sexy, sculpted look you work hard for in the gym with support for great hair, skin and nails.*

***Burn Up To 12 Times More Calories!****

**12 Times More Calorie Burn**

*DIFFERENCE IN CALORIES (KCAL) BURNED*

PLACEBO | GNC THERMO INFERNO

[1]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.

[1]In a double-blind, randomized, placebo-controlled, cross-over study, 25 subjects exercised on a treadmill two times. On the first occasion, subjects took GNC clinical blend contained in Thermo Inferno 60 minutes before exercise. On the second occasion, they took a placebo. Subjects using GNC clinical blend contained in Thermo Inferno 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.

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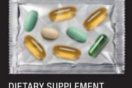
# WOMEN'S RIPPED
## VITAPAK® PROGRAM

*CLINICALLY RESEARCHED*

- Includes multivitamin plus lean muscle support*
- Burns up to 12X more calories and increases metabolism*+
- Helps regulate excess water and supports healthy hair, skin and nails*



DIETARY SUPPLEMENT
**30 PAKS**

CODE 205112 FRG

**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 Inferno (green capsule) can be taken 30-60 minutes prior to exercise.
**Each pak contains:**

### Women's Ultra Mega® Active without Iron

**Supplement Facts**

Serving Size Two Light Green Caplets

| Amount Per Serving | % Daily Value |
|---|---|
| Vitamin A (as 50% beta-Carotene & 50% Retinyl Acetate) 5000 IU | 100% |
| Vitamin C (as Ascorbic Acid & Calcium Ascorbate) 200 mg | 333% |
| Vitamin D (as Cholecalciferol D-3) 1600 IU | 400% |
| Vitamin E (as Natural d-alpha Tocopherol 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) 500 mg | 50% |
| 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% |
| **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 mg | * |
| Zeaxanthin (as Zeaxanthin Isomers) 400 mcg | * |
| Astaxanthin (from *Haematococcus pluvialis*) 50 mcg | * |
| beta-Cryptoxanthin 10 mcg | * |
| **Performance Energy & Metabolism Blend** | |
| Green Tea Leaf Extract (*Camellia sinensis*) (Standardized to EGCG) 30 mg | * |
| Choline (as Choline Bitartrate) 10 mg | * |
| Betaine (Trimethylglycine) 10 mg | * |
| Inositol 10 mg | * |
| Boron (as Sodium Borate) 2 mg | * |
| Grape Seed Extract (*Vitis vinifera*)(Standardized to Polyphenols) 1 mg | * |
| Vanadium (as Sodium Metavanadate) 10 mcg | * |

| Amount Per Serving | % Daily Value |
|---|---|
| **Joint & Skin Support Blend** | |
| MSM (Methylsulfonyl-methane) 12 mg | * |
| Silica (as Silicon Dioxide) 4 mg | * |
| Hyaluronic Acid (as Sodium Hyaluronate) 2 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, Chlorophyll, Stevia Leaf Extract.
**CONTAINS: Fish and Soybeans.**

ACTUAL SIZE

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

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

CurcuWIN™ CurcuWIN™ is a trademark of OmniActive Health Technologies.

Lutemax® 2020 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, No Dairy, 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 USA**

* 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.

### Thermo Inferno

**Supplement Facts**

Serving Size One Green Capsule

| Amount Per Serving | % Daily Value |
|---|---|
| Niacin 20 mg | 100% |
| Caffeine Anhydrous 200 mg | * |
| White Willow Bark Extract (*Salix alba*) 120 mg | * |
| Ginger Root Powder (*Zingiber officinale*) 100 mg | * |
| Capsimax® Capsicum Seed Extract (*Capsicum annuum*) 33.4 mg | * |
| Black Pepper Fruit Extract (*Piper nigrum*)(50% Piperine = 5 mg) 10 mg | * |
| *Piper longum* Fruit Extract 5 mg | * |

* Daily Value not established.

**Other Ingredients:** Gelatin, Cellulose, Magnesium Stearate Vegetable Source, Stearic Acid Vegetable Source, Silica, Chlorophyll.
Total caffeine per capsule 200 mg.
Conforms to USP <2091> for weight. Meets USP <2040> disintegration.
Do not use if pregnant, nursing or allergic or contraindicated to aspirin. If you are taking aspirin or blood thinning or other medication, consult your physician before using this product.
Discontinue use two weeks prior to surgery or if stomach upset occurs.

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

### Beauty & Water Balance

**Supplement Facts**

Serving Size One Beige Caplet

| Amount Per Serving | % Daily Value |
|---|---|
| Vitamin B-6 (as Pyridoxine Hydrochloride) 50 mg | 2500% |
| Biotin 5000 mcg | 1667% |
| Magnesium (as Magnesium Oxide) 50 mg | 13% |
| Zinc (as Zinc Oxide) 1 mg | 7% |
| Potassium (as Potassium Chloride) 50 mg | 1% |
| Parsley Herb Powder (*Petroselinum crispum*) 10 mg | * |
| Elderberry Fruit Powder (*Sambucus nigra*) 10 mg | * |
| Horsetail Rush Stems Powder (*Equisetum arvense*) 10 mg | * |
| Garlic Clove Powder (*Allium sativum*) 5 mg | * |
| Uva Ursi Leaf Powder 3:1 (*Arctostaphylos uva ursi*) 5 mg | * |
| Fennel Seed Powder (*Foeniculum vulgare*) 5 mg | * |
| Corn Silk Powder (*Zea mays*) 5 mg | * |
| Hydrangea Root Powder (*Hydrangea arborescens*) 5 mg | * |
| Juniper Berries Extract (*Juniperus communis*) 5 mg | * |
| Burdock Root Extract (*Arctium lappa*) 5 mg | * |
| Olive Fruit Extract (*Olea europaea*) 5 mg | * |
| Amla Fruit Extract (*Phyllanthus emblica*) 5 mg | * |
| Hyaluronic Acid (as Sodium Hyaluronate) 2 mg | * |
| Lutemax® 2020 Lutein 1 mg | * |

* Daily Value not established.

**Other Ingredients:** Cellulose, Silica, Magnesium Stearate Vegetable Source, Stearic Acid Vegetable Source, Titanium Dioxide (Natural Mineral Whitener), Caramel Color.
Conforms to USP <2091> for weight. Meets USP <2040> disintegration.

ACTUAL SIZE

**OUR QUALITY COMMITMENT TO YOU**
Since 1935, our mission as the industry leader has been to provide you with the highest-quality nutritional supplements. We continue to stand behind this mission. If you're not 100% satisfied with your purchase, return the unused portion of the product with your receipt within 30 days and we'll either refund your money or find you a replacement product that is right for you.