

Inside of carton
DOES NOT
get printed or coated
All GLUE ASSIST areas need
to be UNCOATED

GNC PRO PERFORMANCE AMP
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!



*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 analysis of a group of 9 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.

GNC PRO PERFORMANCE AMP

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CLINICALLY RESEARCHED

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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 2944%
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 266%
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
Lutein	2 mg
Lycopene	1 mg
Turmeric Root Extract (CurcuWIN™) (Curcuma longa)	500 mcg (Standardized to Curcuminoids)
Zeaxanthin (as Zeaxanthin Isomers)	400 mcg
Astaxanthin (from Haematococcus pluvialis)	50 mcg
beta-Cryptoxanthin	10 mcg
Branched Chain Amino Acid Blend (L-Leucine, L-Isoleucine, L-Valine)	150 mg

Other Ingredients: Cellulose, Stearic Acid Vegetable Source, Magnesium Stearate Vegetable Source, Titanium Dioxide, Natural Mineral Whiteners, Natural Vanilla Mint Flavor, TBK, Caramel Color, Stevia Leaf Extract.

CONTAINS: Fish and Soybeans.

Clarinol™ CLA is a registered trademark of Sigan Lipid Nutrition.

CarnoSyn™ Carnosine Synthetizer

CurcuWIN™ Curcumin is a trademark of CurcuWIN Health Technologies.

Capsimax™ Capsimax is a trademark of OmniActive Health Technologies.

Luteinax™ Luteinax 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: 1-888-488-2548

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.
**Daily Value not established.

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

1 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	243.34 mg
Caffeine Anhydrous, Capsimax®	
Capsicum Fruit Extract (Capsicum annuum), Black Pepper Fruit Extract (Piper nigrum) Piperine = 5 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>), Fenel Seed Powder (<i>Foeniculum vulgare</i>), Com 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, Source, Silica, Titanium Dioxide (Natural Mineral Whiteners), Artificial Colors (FD&C Blue #1, FD&C Red #40).
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, 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.

Please recycle this box.



LM208912

4-3/4" x 4-1/2" x 5-3/4"

Printer: Please supply contract proof to Design Services @ Brunner

BRUNNER 11 Stanwix Street
5th Floor
Pittsburgh, PA 15222
412.955.9500

Client: GNC

Round: Release - J.L.

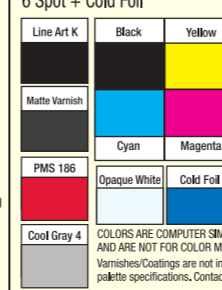
Revise Date: 07/20/15

File name: 208912_0000xx_MensRippedVP_Carton

Application: Adobe Illustrator CC

Artwork is set up at 100%

Color Palette
4 Color Process +
6 Spot + Cold Foil



Contact: Jeff Scott at BRUNNER, 412.955.9500 or Email: jscott@brunnerworks.com

Supplier is responsible for checking files for accuracy in:

- measurements
- print tolerance requirements
- registration
- construction of artwork

- Changes made to suit production requirements must be approved by Brunner design Services.
- Proofs and copy changes must also be submitted to Brunner Design Services for review.
- All copy should be proofread by the client and legal requirements checked by counsel.

COLORS ARE COMPUTER SIMULATED AND ARE NOT FOR COLOR MATCHING. Member's Coatings are not included in color specifications. Contact GNC directly.

Printer Notes: PDP, right, and top panel print silver cold foil as spec'd in "cold foil layer". Logo and product name knock out as "KO Silver".

Opaque White prints under PDP photo. See layer named "Opaque white under photo"