



GNC AMP Men's Ripped Vitapak® Program delivers the power of four science-based formulas to help you achieve your daily nutritional goals as you strive for a lean, sculpted physique.

GET THE NUTRITIONAL SUPPORT ACTIVE MEN NEED

Clinically Studied Men's Multivitamin Blend Shown to Work Better Than a Basic Multivitamin^{& Packed with Antioxidants to Help Fight Free Radicals That Can} Be Produced from Your Workout*

BURN UP TO 12X MORE CALORIES**

Thermo Blend Clinically Shown to Increase Metabolism Before, During & After Exercise ◆*

IMPROVE BODY COMPOSITION & LEAN MUSCLE TONE*

4000 mg of CLA

REGULATE EXCESS WATER⁴

Waterex™ Formula Features a Nature-Based Herbal Blend

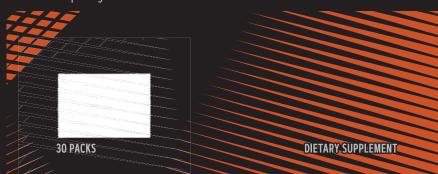
If it's on our packages, then it's in our boxes. Clinically studied ingredients backed by real science. Get vitamins. Get metabolism support. Get ripped.



ADVANCED MUSCLE PERFORMANCE

VITAPAK® PROGRAM WITH METABOLISM + MUSCLE SUPPORT

Includes Clinically Studied Multivitamin Blend^ Burns up to 12X More Calories ** & Provides Lean Muscle Support* Helps Regulate Excess Water*



DIRECTIONS: As a dietary supplement, for optimal health benefits, take the contents of one pack 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. Do not take before bedtime.

% Daily Value

Mega Men° Sport Multivitamin

Amount Per Servina

Turmeric Root Extract

(Curcuma longa) CurcuWIN° (20% Curcuminoids = 100 mcg)

Supplement Facts

Serving Size Two Mocha Brown Timed-Release Caplets

Vitamin A (50% as beta-Carotene & 50% Retinyl Acetate)

vitamin A (50% as beta-Larotene & 50% ketinyi Ace	etate) 1500 mcg	10/%
Vitamin C (as Ascorbic Acid & Calcium Ascorbate)	300 mg	333%
Vitamin D (as Cholecalciferol D-3)	40 mcg (1600 I U)	200%
Vitamin E (as Natural d-alpha Tocopheryl Acetate)	22.06 mg	147%
Vitamin K (as Phytonadione)	80 mcg	67%
Thiamin (Vitamin B-1)(as Thiamin Mononitrate)	50 mg	4167%
Riboflavin (Vitamin B-2)	50 mg	3846%
Niacin (as Niacinamide & Niacin)	50 mg	313%
Vitamin B-6 (as Pyridoxine Hydrochloride)	50 mg	2941%
Folate	667 mcg DFE (400 mcg Folic Acid)	167%
Vitamin B-12 (as Cyanocobalamin)	50 mcg	2083%
Biotin	300 mcg	1000%
Pantothenic Acid (as Calcium d-Pantothenate)	50 mg	1000%
Choline (as Choline Bitartrate)	10 mg	2%
Calcium (as Calcium Carbonate, Calcium d-Pantother & Calcium Ascorbate)	nate 200 mg	15%
lodine (as Potassium lodide)	150 mcg	100%
Magnesium (as Magnesium Oxide)	100 mg	24%
Zinc (as Zinc Oxide)	25 mg	227%
Selenium (as L-Selenomethionine)	200 mcg	364%
Copper (as Copper Sulfate)	2 mg	222%
Manganese (as Manganese Sulfate)	2 mg	87%
Chromium (as Chromium Chloride)	120 mcg	343%
Molybdenum (as Sodium Molybdate)	75 mcg	167%
Chloride (as Potassium Chloride)	72 mg	3%
Potassium (as Potassium Chloride)	80 mg	2%
Sports Blend	54.91 mg	
CarnoSyn° Beta-Alanine	10 mg	*
Taurine	10 mg	*
nositol	10 mg	*
MSM (Methylsulfonylmethane)	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	28.96 mg	
alpha-Lipoic Acid	25 mg	*
Lutemax® 2020 Lutein	2 mg	*

Amount Per Serving	% Daily Value	
Zeaxanthin (as Zeaxanthin Isomers)	400 mcg	*
Astaxanthin (from Haematococcus pluvialis)	50 mcg	*
beta-Cryptoxanthin	10 mcg	*
Branched Chain Amino Acid Blend	150 mg	
L-Leucine	50 mg	*
L-Isoleucine	50 mg	*
L-Valine	50 mg	*

* Daily Value not established

OTHER INGREDIENTS: Microcrystalline Cellulose, Stearic Acid Vegetable Source, Cellulose, Hydroxypropyl Methylcellulose, Hydroxypropylcellulose, Dicalcium Phosphate, Calcium Silicate, Magnesium Stearate Vegetable Source, Natural Vanilla Mint Flavor, Titanium Dioxide (Mineral Whitener), Caramel Color,

Polyethylene Glycol, Stevia Leaf Extract, Talc. CONTAINS: Soybeans and Fish (Anchovy, Mackerel, Sardine, Smelt, Salmon, Tuna, Cod or a Combination Thereof).

Conforms to USP <2091> for weight. CAUTION: Niacin may cause flushing, itching and skin reddening. The effects are mporary and will gradually disappear

'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 <u>also observed compared</u>

*In a double-blind, randomized, placebo-controlled, crossover study, 25 subjects exercised on a treadmill on two occasions. On one occasion, the subjects took the thermogenic 60 minutes before exercise, and on the second occasion, they took a placebo. When the subjects took the thermogenic, they burned three times more calories before, 3% more calories during and 12 times more calories for up to one hour after exercise compared to when they took the placebo.

Capsimax Capsimax Is a trademark

Curcuwin' CurcuWIN® is a trademark of OmniActive Health Technologies.

ACTUAL SIZE



registered trademark CarnoSyn 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. Inform your physician of this product's biotin content before any lab test. No Artificial Flavors. No Wheat, Gluten Free, No Dairy.

KEEP OUT OF REACH OF CHILDREN. Store in a cool, dry place.

For More Information: 1-888-462-2548 GNC.com

General Nutrition Corporation Pittsburgh, PA 15222 USA

Thermo laniter 12X

Supplement Facts Gelatin, Magnesium Stearate Vegetable Source, Silicon Dioxide, Titanium Dioxide (Mineral Whitener), Artificial

Amount Per Serving	% Daily Value		
Niacin	20 mg	125%	
Caffeine Anhydrous	200 mg	*	
Capsimax® Capsicum Fruit Extract (Capsicum annuum)	33.34 mg	*	
Piperine (Black Pepper Fruit Extract [Piper nigrum])	5 mg	*	
* Daily Value not established.			

Colors (FD&C Blue #1, FD&C Red #40). Conforms to USP <2091> for weight. Meets USP <2040> disintegration. Total caffeine per capsule is 200 mg

OTHER INGREDIENTS: Microcrystalline Cellulose,

ACTUAL SIZE

CLA

Supplement Facts 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 Serving Size Four Yellow Softgel Capsules

Amount Per Serving physician before using this product. Conforms to USP <2091> for weight. Meets USP <2040> disintegration. 5 q CLA is a naturally derived oil; you may CLA (Conjugated Linoleic Acid)(from Safflower Oil) 4000 ma

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

ACTUAL SIZE

Waterex"

Supplement Facts

Serving Size One Gray Filled Capsule

Amount Per Serving	% Dail	% Daily Value	
Vitamin B-6 (as Pyridoxine Hydrochloride)	25 mg	1471%	
Magnesium (as Magnesium Oxide)	25 mg	6%	
Potassium (as Potassium Chloride)	25 mg	1%	
D : DI I			

Garlic Clove Powder (Allium sativum), Parsley Leaf Powder (Petroselinum crispum), Uva Ursi Extract 3:1 (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)

OTHER INGREDIENTS: Microcrystalline Cellulose, Gelatin Magnesium Stearate Vegetable Source, Silicon Dioxide, Calcium Silicate, Caramel Color. Conforms to USP <2091> for weight, Meets USP <2040> disintegration.

variation in softgel

ACTUAL SIZE

¹When used in conjunction with an exercise program.

*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.

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 nursed portion of the product with your receipt within 30 days and we'll either refund your money or find a replacement product that is right for you.

^{*} Daily Value not established.