



GNC AMP Men's Extreme Training Vitapak® Program delivers the power of five science-based formulas to help you maximize your physical and mental intensity and get the most from your workout.*

GET THE NUTRITIONAL SUPPORT ACTIVE MEN NEED

Clinically Studied Men's Multivitamin Blend Shown to Work Better Than a Basic Multivitamin*

TRAIN HARDER**

Clinically Studied Formula Improves Performance & Increases Endurance**

ENHANCE CIRCULATION & BLOOD FLOW*

L-Arginine & Clinically Studied resVida® Resveratrol for Nitric Oxide Production, Circulation & Blood Flow*

STAY SHARP*

Ginkgo biloba Supports Mental Sharpness*

PROTECT YOUR MUSCLES*

Clinically Researched Antioxidants to Defend Against Damaging Free Radicals Caused by Intense Workouts*

If it's on our packages, then it's in our boxes. Clinically studied ingredients backed by real science. Get vitamins. Train harder. Get extreme.

* 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.

5 IN **1**
PRODUCTS PACK



ADVANCED MUSCLE PERFORMANCE

MEN'S EXTREME TRAINING

VITAPAK® PROGRAM WITH PERFORMANCE + ENDURANCE SUPPORT*

Includes Clinically Studied Multivitamin Blend*
Improves Performance & Increases Endurance**
Enhances Circulation & Blood Flow*



30 PACKS
30-DAY SUPPLY

DIETARY SUPPLEMENT

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CODE 21352

DIRECTIONS: As a dietary supplement, take the contents of one pack daily with food.

Mega Men® Sport Multivitamin

Supplement Facts

Serving Size Two Mocha Brown Caplets

Amount Per Serving	% Daily Value
Vitamin A (50% as beta-Carotene & 50% as Retinyl Acetate) 1500 mcg RAE	167%
Vitamin C (as Ascorbic Acid & Calcium Ascorbate) 300 mg	333%
Vitamin D (as Cholecalciferol) 40 mcg	200%
Vitamin E (as d-alpha Tocopheryl Acetate) 201 mg	134%
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	2947%
Folate 680 mcg DFE (400 mcg Folic Acid)	170%
Vitamin B-12 (as Cyanocobalamin) 50 mcg	2083%
Biotin 300 mcg	1000%
Pantothenic Acid (as Calcium d-Pantothenate) 50 mg	1000%
Calcium (as Calcium Carbonate, Calcium d-Pantothenate & Calcium Ascorbate) 200 mg	15%
Iodine (as Potassium Iodide) 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 Cupric 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) 70 mg	3%
L-Boleucine 50 mg	*
L-Leucine 50 mg	*
L-Valine 50 mg	*
alpha-Lipoic Acid 25 mg	*
Beta-Alanine 10 mg	*
Methylsulfonylmethane (MSM) 10 mg	*
Inositol 10 mg	*
L-Taurine 10 mg	*
L-Carnitine (as L-Carnitine L-Tartrate) 6 mg	*
Silica (as Silicon Dioxide) 4 mg	*
Boron (as Sodium Borate) 2 mg	*
Lutein (as Marigold [Tagetes erecta] Flower Extract) 2 mg	*
Celery (Apium graveolens) Stalk Powder 1.9 mg	*
Hyaluronic Acid (as Sodium Hyaluronate) 1 mg	*
Lycopene 1 mg	*
Turmeric (Curcuma longa) Rhizome Extract (Standardized to 20% Curcuminoids + 100 mcg) 500 mcg	*
Zeaxanthin (as Zeaxanthin Isomers from Marigold [Tagetes erecta] Flower Extract) 400 mcg	*

Supplement Facts

Serving Size Two Orange Caplets

Amount Per Serving	% Daily Value
Astaxanthin (from Haematococcus pluvialis) 50 mcg	*
Vanadium (as Sodium Metavanadate) 10 mcg	*

* Daily Value not established.

OTHER INGREDIENTS: Microcrystalline Cellulose, Potassium Chloride, Hydroxypropyl Methylcellulose, Stearic Acid Vegetable Source, Cellulose, Hydroxypropylcellulose and Less than 2%: Ascorbyl Palmitate (Preservative), BHA/BHT (Preservative), Calcium Silicate, Caramel (Color), Choline Bitartrate, Corn Starch, Corn Syrup, Cryptoxanthin, Dextrin, Dicalcium Phosphate, Gelatin (Porcine, Fish), Gum Arabic, Magnesium Stearate Vegetable Source, Maltodextrin, Mannitol, Medium Chain Triglycerides, Methylcellulose, Mixed Carotenoids, Modified Food Starch, Natural Vanilla Mint Flavor, Polyethylene Glycol, Polyglycerol Acid Esters, Povidone, Sodium Aluminum Silicate, Sodium Ascorbate (Preservative), Sodium Carboxymethylcellulose, Steviol Glycosides from Stevia rebaudiana Leaf, Sugar, Talc, Titanium Dioxide (Color), Tocopherols (Preservative), Tricalcium Phosphate, Vegetable Oil.

CONTAINS: Soybeans, Fish (Anchovy, Mackerel, Sardine, Whiting, Pollock, Smelt, Salmon, Tuna, Cod or a Combination Thereof).

Distributed by: GNC Holdings, LLC, Pittsburgh, PA 15222 USA
Contains a bioengineered food ingredient.

ACTUAL SIZE

⚠ WARNING: Cancer and Reproductive Harm — www.P65Warnings.ca.gov.
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. Niacin may cause a temporary flushing reaction.

No Artificial Flavors, Gluten Free.



*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.

*A double-blind, placebo-controlled, crossover study of 29 physically fit and healthy young adult male subjects averaging about 4 hours of exercise a week cycling to exhaustion at 80% VO2 shows that these individuals were able to increase performance measured by time to exhaustion nearly 5 minutes longer than when taking placebo.



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



resVida® is a trademark of DSM.

Explosive Energy Metabolizer

Supplement Facts

Serving Size Two Orange Caplets

Amount Per Serving	% Daily Value
Vitamin C (as Ascorbic Acid) 120 mg	133%
Niacin 20 mg	125%
Vitamin B-6 (as Pyridoxine Hydrochloride) 2 mg	118%
Pantothenic Acid (as Calcium d-Pantothenate) 10 mg	200%
Calcium 40mg	3%
Ginger (Zingiber officinale) Root Extract (Standardized to 5% Gingerols + 25 mg) 500 mg	*
Mate (Ilex paraguariensis) Leaf Extract (Standardized to 36% Caffeine + 40 mg) 500 mg	*
Guarana (Paullinia cupiana) Seed Extract (Standardized to 36% Caffeine + 152 mg) 422 mg	*
Black Tea (Camellia sinensis) Leaf Extract (Standardized to 10% Caffeine + 10 mg and 30% Polyphenols + 60 mg) 100 mg	*
L-Carnitine (as L-Carnitine Fumarate) 25 mg	*
Schisandra (Schisandra chinensis) Fruit Extract 100 mg	*
Dill (Anethum graveolens) Seed Extract 5 mg	*
Grape (Vitis vinifera) Seed Extract 1 mg	*

* Daily Value not established.

OTHER INGREDIENTS: Microcrystalline Cellulose, Maltodextrin, Modified Food Starch, Cellulose, Croscopolvidone, Hydroxypropylcellulose, Dicalcium Phosphate, Croscarmellose Sodium, Silicon Dioxide, Hydroxypropyl Methylcellulose and Less than 2%: Carmine (Color), Carnauba Wax, Gum Arabic, Magnesium Stearate Vegetable Source, Medium Chain Triglycerides, Natural Vanilla Mint Flavor, Polydextrose, Polyethylene Glycol, Polysorbate 80, Riboflavin (Color), Sodium Starch Glycolate, Stearic Acid, Sucralose, Sugar, Talc, Titanium Dioxide (Mineral Whitener), Tricalcium Phosphate, Vegetable Acetoglycerides.

Total Caffeine = 202 mg per serving.

ACTUAL SIZE

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

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

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 a replacement product that is right for you.

Mental Sharpness

Supplement Facts

Serving Size One Tan Filled Capsule

Amount Per Serving	% Daily Value
Calcium 55 mg	4%
Ginkgo (Ginkgo biloba) Leaf Extract (Standardized to 24% Flavone Glycosides + 28.8 mg & 6% Terpene Lactones + 7.2 mg) 120 mg	*

* Daily Value not established.

OTHER INGREDIENTS: Dicalcium Phosphate, Hydroxypropyl Methylcellulose Capsule, Microcrystalline Cellulose, Stearic Acid Vegetable Source, Hydroxypropylcellulose, Magnesium Stearate Vegetable Source.

ACTUAL SIZE

AOX Defense

Supplement Facts

Serving Size One Reddish-Filled Capsule

Amount Per Serving	% Daily Value
Sicilian Blood Orange (Citrus sinensis var. Moro) Fruit & Peel Extract 100 mg*	

* Daily Value not established.

OTHER INGREDIENTS: Microcrystalline Cellulose, Gelatin (Bovine and/or Porcine), Maltodextrin and Less than 2%: Calcium Silicate, Magnesium Stearate Vegetable Source, Silicon Dioxide, Sodium Lauryl Sulfate.

ACTUAL SIZE

N.O. Charger & Circulatory Pump

Supplement Facts

Serving Size Two Light Yellow Caplets

Amount Per Serving	% Daily Value
Calcium 40 mg	3%
L-Arginine (as L-Arginine Monohydrochloride and L-Arginine) 1.5 g	*
trans-Resveratrol 30 mg	*

* Daily Value not established.

OTHER INGREDIENTS: Microcrystalline Cellulose, Dicalcium Phosphate, Stearic Acid, Hydroxypropyl Cellulose, Croscarmellose Sodium and Less than 2%: Croscopolvidone, Ethylcellulose, Gum Arabic, Hydroxypropyl Methylcellulose, Magnesium Stearate Vegetable Source, Maltodextrin, Methyl Paraben (Preservative), Natural Cool Vanilla Flavor, Oleic Acid, Polyethylene Glycol, Propyl Paraben (Preservative), Riboflavin (Color), Silicon Dioxide, Sucralose, Sugar, Sunflower Lecithin, Titanium Dioxide (Mineral Whitener), Triacetin, Tricalcium Phosphate, Triethyl Citrate.

ACTUAL SIZE