Energy + Endurance

Supplement Facts

Serving Size Two Brownish-Red Caplets

Amount Per Serving	
Guarana (*Paullinia cupana*) Seed Extract (Standardized to 36% Caffeine = 178.2 mg)	495 mg*
Black Tea (*Camellia sinensis*) Leaves Extract (Standardized to 5% Caffeine = 13.6 mg)	272.5 mg*
Grape (*Vitis vinifera*) Skin & Seed Extract	210 mg*
Ginger (*Zingiber officinale*) Root Extract	200 mg*
Grape (*Vitis vinifera*) Seed Extract	125 mg*
Dill (*Anethum graveolens*) Seed Extract	5 mg*

* Daily Value not established.

OTHER INGREDIENTS: Dextrose, Cellulose, Dicalcium Phosphate, Crospovidone, Maltodextrin, Calcium Silicate, Silicon Dioxide, Magnesium Stearate Vegetable Source, Polyethylene Glycol, Natural Flavors, Sucralose.

Contains 190 mg of caffeine.

ACTUAL SIZE

Circulatory Pump

Supplement Facts

Serving Size One White-Filled Capsule

Amount Per Serving	
trans-Resveratrol (as resVida®)	30 mg*

* Daily Value not established.

OTHER INGREDIENTS: Cellulose, Gelatin (Bovine and/or Porcine), Stearic Acid Vegetable Source, Silicon Dioxide.

ACTUAL SIZE

L-Arginine + L-Citrulline

Supplement Facts

Serving Size One White Caplet

Amount Per Serving	
L-Arginine (as L-Arginine Hydrochloride)	500 mg*
L-Citrulline	500 mg*

* Daily Value not established.

OTHER INGREDIENTS: Cellulose, Stearic Acid Vegetable Source, Carboxymethyl Cellulose, Calcium Silicate, Magnesium Stearate Vegetable Source, Silicon Dioxide, Carnauba Wax, Triacetin, Polyethylene Glycol, Oleic Acid.

ACTUAL SIZE

Cognition Booster

Supplement Facts

Serving Size One Tan Caplet

Amount Per Serving	
Ginseng (*Panax quinquefolius*) Root Extract (as Cereboost®)	200 mg*

* Daily Value not established.

OTHER INGREDIENTS: Cellulose, Dicalcium Phosphate, Maltodextrin, Croscarmellose Sodium, Silicon Dioxide, Stearic Acid Vegetable Source, Magnesium Stearate Vegetable Source, Polyethylene Glycol, Carnauba Wax.

ACTUAL SIZE

Cereboost® is a trademark of Naturex SA.
resVida® is a trademark of dsm-firmenich group.

KEEP OUT OF REACH OF CHILDREN.
Store in a cool, dry place.
For More Information:
1-877-462-4700
GNC.com

In a randomized, double-blind, placebo-controlled study of 111 healthy participants, those taking the GNC vitamin and mineral blend for six weeks had statistically significant increases in serum levels of a group of B vitamins and a group of antioxidants and carotenoids based on a multivariate statistical analysis when compared to those taking placebo or a basic multivitamin. Statistical improvements in SF-36 Vitality and Mental Health scores were also observed compared to placebo.

In a double-blind, placebo-controlled crossover study, 22 participants exercised on a treadmill on two occasions. On one occasion they took this blend before exercise and on the second, they took a placebo. Results showed that participants burned up to 60% more calories while on this blend in the first hour post-exercise compared to placebo.

5 IN 1

PRODUCTS DAILY PACK

CLINICALLY BACKED MULTIVITAMIN

x2

Extreme training increases the need for vital nutrients. GNC's clinically backed, high-potency multi is shown to boost levels of key nutrients in the body, including immune-supporting and energy-producing nutrients. Plus, it's shown to help you feel better and work better than a basic multi.^*

ENERGY + ENDURANCE

x2

Includes caffeine to improve focus, energy, and reaction time.* Also features a thermogenic blend clinically shown to help you burn more calories during and after exercise.*

CIRCULATORY PUMP

resVida® resveratrol is clinically shown to enhance blood vessel dilation, circulation, and blood flow – allowing for essential nutrients to be delivered to working muscles.*

L-ARGININE + L-CITRULLINE

Provides the amino acids arginine and citrulline to target nitric oxide production.*

COGNITION BOOSTER

Cereboost®, an American ginseng, is clinically shown to improve working memory and the response to cognitive demands.*

* 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.

NEW & IMPROVED: COGNITION BOOSTER*

GNC AMP

ADVANCED MUSCLE PERFORMANCE

AMPLIFIED TRAINING

FEEL BETTER* Clinically Backed MULTIVITAMIN

VITAPAK® PROGRAM

Enhance energy, endurance & calorie burn◆*
Boost focus, cognition & reaction time*
Target blood flow & muscle pumps*

190MG CAFFEINE

5 PRODUCTS IN 1 PERFORMANCE SYSTEM

30 PACKS
30-DAY SUPPLY

DIETARY SUPPLEMENT

* 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.

CODE 213533 **GAG-333**

DIRECTIONS: As a dietary supplement, take the contents of one pack each day in the morning or 30 minutes prior to training. Do not take prior to bedtime.

Each pack contains:

Clinically Backed Multivitamin

Supplement Facts

Serving Size Two Beige 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)	50 mcg (2000 IU)	250%
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	2941%
Folate	680 mcg DFE (Folic Acid 400 mcg)	170%
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-Pantothenate, Dicalcium Phosphate & Calcium Ascorbate)	200 mg	15%
Iodine (as Potassium Iodide)	150 mcg	100%
Magnesium (as Magnesium Oxide)	130 mg	31%
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%
alpha-Lipoic Acid	25 mg	*
Inositol	10 mg	*
Silica (as Silicon Dioxide)	4 mg	*
Saw Palmetto (*Serenoa repens*) Berry Extract	3 mg	*
Pumpkin (*Cucurbita spp.*) Seed Powder	3 mg	*
Boron (as Sodium Borate)	2 mg	*
Lutein (as Marigold [*Tagetes erecta*] Flower Extract)	2 mg	*
Lycopene	1 mg	*
Zeaxanthin Isomers (as Marigold [*Tagetes erecta*] Flower Extract)	400 mcg	*
Astaxanthin (as *Haematococcus pluvialis*)	50 mcg	*
Vanadium (as Sodium Metavanadate)	10 mg	*

* Daily Value not established.

OTHER INGREDIENTS: Cellulose, Corn Starch, Stearic Acid Vegetable Source, Magnesium Stearate Vegetable Source, Titanium Dioxide (Mineral Whitener), Polyethylene Glycol, Talc, Caramel (Color), Natural Vanilla Mint Flavor, Steviol Glycosides.

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

Distributed by:
GNC Holdings, LLC
Pittsburgh, PA 15222 USA

Contains a bioengineered food ingredient.

⚠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.

GLUTEN FREE

ACTUAL SIZE