

## Creatine HCl 189™

### Supplement Facts

Amount Per Serving	% Daily Value
Calcium	132 mg 10%
PEG-Creatine System™ with CON-CRET® (Creatine Hydrochloride)	1250 mg *

\* Daily Value not established.

**OTHER INGREDIENTS:** Cellulose, Dicalcium Phosphate, Polyethylene Glycol, Vegetable Stearate, Croscarmellose Sodium, Silicon Dioxide, Calcium Silicate, Magnesium Stearate Vegetable Source, Ammonium Hydroxide, Sodium Alginate, Medium Chain Triglycerides, Oleic Acid, Vegetable Acetoglycerides, Triacetin, Polysorbate 80, Stearic Acid.

ACTUAL SIZE

## MYOTOR® Strength Accelerator

### Supplement Facts

Amount Per Serving	% Daily Value
MYOTOR® Sphaeranthus indicus Flower Extract Mangifera indica Bark Extract	325 mg *

\* Daily Value not established.

**OTHER INGREDIENTS:** Cellulose, Croscarmellose Sodium, Stearic Acid Vegetable Source, Corn Starch, Silicon Dioxide, Magnesium Stearate Vegetable Source, Carnauba Wax, Vegetable Acetoglycerides, Polyethylene Glycol, Polysorbate 80, Magnesium Hydroxide.

ACTUAL SIZE

## CON-CRET® REINFORCED®

Trademarks of Vireo Systems, Inc. Creatine HCl is covered by one or more patents: [www.vireosystems.com/patents/](http://www.vireosystems.com/patents/)

MYOTOR® is a trademark of PLT Health Solutions - Laila Nutraceuticals, LLC. US PATENT #9,907,825 and international patents pending.

**KEEP OUT OF REACH OF CHILDREN.**

Store in a cool, dry place.

For More Information:  
1-877-462-4700  
GNC.com

\* An 8-week randomized, double-blind, placebo-controlled study of 118 healthy men participating in a supervised resistance training program showed that those taking MYOTOR® had significant increases in mean upper and lower body strength after 8 weeks vs. those who took a placebo with the same exercise. Improvements in strength were seen in as early as 2 weeks.

† In a randomized, double-blind clinical study of 57 healthy, young adult males, subjects who took Creatine HCl 189™ containing only 1.25 grams of the PEG-Creatine system significantly improved leg press 1-RM performance by 54.3 pounds, while subjects receiving the 5 grams of creatine monohydrate significantly improved performance by 52.3 pounds, and the placebo group showed no significant improvement at 5.7 pounds at the end of the study.

\* In a clinical study of 17 healthy young adults, muscle biopsy results revealed that Creatine HCl 189™ resulted in 189% greater muscle creatine uptake relative to benchmark amounts of ordinary creatine monohydrate powder.

\* 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.

**3** IN **1**  
PRODUCTS DAILY PACK



### MYOTOR® STRENGTH ACCELERATOR

Enhance your strength and stamina with MYOTOR®, clinically proven to accelerate results in as early as 2 weeks. It's been shown to increase muscle endurance, bench press, and leg extension.\*\*

### CLINICALLY BACKED MULTIVITAMIN

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. Not only does it work better than a basic multivitamin, it's also been shown to help you feel better.\*\*

### CREATINE HCl 189™

Increase strength, improve leg and bench press performance, and enhance agility with clinically backed Creatine HCl 189™.† Research shows this patented formula delivers the power of 5 g of creatine monohydrate powder in only 2 tablets and is absorbed into muscles 189% more efficiently.\*\*

Please note: Pill color has changed due to the removal of artificial colors.

IMPROVES  
LEG PRESS BY

**54 LBS.†**

\*\*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: NOW WITH MYOTOR® STRENGTH ACCELERATOR\*\*

**GNC  
AMP**

ADVANCED MUSCLE PERFORMANCE

**EXTREME  
STRENGTH**

VITAPAK® PROGRAM

Maximizes increases in muscle strength & agility†\*

Boost muscle stamina & endurance\*\*

Accelerate results in as early as 2 weeks\*\*

FEEL BETTER\*\*  
Clinically Backed  
MULTIVITAMIN

3 PRODUCTS IN 1 STRENGTH BUILDING SYSTEM\*



30 PACKS  
30-DAY SUPPLY

DIETARY SUPPLEMENT

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CODE 213933

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

### Clinically Backed Multivitamin

### Supplement Facts

Amount Per Serving	% Daily Value
Serving Size Two Beige Caplets	
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 (Folic Acid 400 mcg)	680 mcg DFE 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 ( <i>Serenoa repens</i> ) Berry Extract	3 mg *
Pumpkin ( <i>Cucurbita spp.</i> ) Seed Powder	3 mg *
Boron (as Sodium Borate)	2 mg *
Lutein (as Marigold [ <i>Tagetes erecta</i> ] Flower Extract)	2 mg *
Lycopene	1 mg *
Zeaxanthin Isomers (as Marigold [ <i>Tagetes erecta</i> ] Flower Extract)	400 mcg *
Astaxanthin (as <i>Haematococcus pluvialis</i> )	50 mcg *
Vanadium (as Sodium Metavanadate)	10 mcg *

\* 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](http://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.



ACTUAL SIZE

GAG-333