



GNC AMP Men's Strength Vitapak[®] Program delivers the power of three science-based formulas to help you achieve your daily nutritional goals as you build muscles and get stronger.

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*

INCREASE STRENGTH & FUEL YOUR MUSCLES 189% MORE EFFICIENTLY**

Because Creatine HCI 189[™] Is Clinically Shown to Be Absorbed into Your Muscles 189% More Efficiently than Creatine Monohydrate, You Can Increase Strength & Performance with 1/4 of the Dose* $\bullet^{\dagger}\diamond$

INCREASE ATHLETIC PERFORMANCE & SUPPORT A HEALTHY INFLAMMATORY RESPONSE**

Features High-Quality Anabolic Primers Combined with Healthy Inflammatory Response Support.*

If it's on our packages, then it's in our boxes. Clinically studied ingredients backed by real science. Get vitamins. Fuel muscles. Get stronger.



In a randomized, double-blind, clinical study of 57 healthy young adult males, subjects who took GNC AMP 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 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





ADVANCED MUSCLE PERFORMANCE

'RFNGT

VITAPAK[®] PROGRAM FOR PERFORMANCE + MUSCLE SUPPORT*

DIETARY SUPPLEMENT

Includes Clinically Studied Multivitamin Blend[^] Increases Strength & Fuels Your Muscles 189% More Efficiently* Helps Build Mass[†] & Supports a Healthy Inflammatory Response*



30 PACKS 30-DAY SUPPLY

CODE 213922

DIRECTIONS: As a dietary supplement, take the contents of one pack daily with food. Consume ample amounts of water while taking this product Each pack contains:

Mega Men[®] Sport Multivitamin

Supplement Facts Amount Per Serving

| Service Size Two Masks Brown Capita | | | Zeaxanthin (as Zeaxanthin Isomers) |
|---|-----------------|-----------|--|
| Serving Size Two Mocha Brown Caplets | | | Astaxanthin (from Haematococcus p |
| Amount Per Serving | % Da | ily Value | beta-Cryptoxanthin |
| Vitamin A (50% as beta-Carotene & 50% Retinyl Acetate) | 1500 mcg | 167% | Branched Chain Amino Acid Blend |
| Vitamin C (as Ascorbic Acid & Calcium Ascorbate) | 300 mg | 333% | L-Leucine |
| Vitamin D (as Cholecalciferol D-3) | 40 mcg | 200% | L-Isoleucine |
| Vitamin E (as Natural d-alpha Tocopheryl Acetate) | 20.1 mg | 134% | L-Valine |
| Vitamin K (as Phytonadione) | 80 mcg | 67% | * Daily Value not established. |
| Thiamin (Vitamin B-1)(as Thiamin Mononitrate) | 50 mg | 4167% | OTHER INGREDIENTS: Microcrystall |
| Riboflavin (Vitamin B-2) | 50 mg | 3846% | Cellulose, Hydroxypropylcellulose, |
| Niacin (as Niacinamide & Niacin) | 50 mg | 313% | Phosphate, Calcium Silicate, Magn |
| Vitamin B-6 (as Pyridoxine Hydrochloride) | 50 mg | 2941% | Vanilla Mint Flavor, Stevia Leaf Ex Titanium Dioxide (Mineral Whitene |
| Folate | 680 mcg DFE | 170% | CONTAINS: Soybeans and Fish (And |
| | icg Folic Acid) | | Mackerel, Sardine, Smelt, Salmon, |
| Vitamin B-12 (as Cyanocobalamin) | 50 mcg | 2083% | Cod or a Combination Thereof). |
| Biotin | 300 mcg | 1000% | Distributed by: |
| Pantothenic Acid (as Calcium d-Pantothenate) | 50 mg | 1000% | General Nutrition Corporation |
| Choline (as Choline Bitartrate) | 10 mg | 2% | Pittsburgh, PA 15222 USA |
| Calcium (as Calcium Carbonate, Calcium d-Pantothenate & Calcium Asc | | 15% | Conforms to USP <2091> for weigh |
| lodine (as Potassium Iodide) | 150 mcg | 100% | ^In a randomized, double-blind, placebo-c taking the GNC vitamin and mineral blends |
| Magnesium (as Magnesium Oxide) | 100 mg | 24% | serum levels of certain key nutrients com |
| Zinc (as Zinc Oxide) | 25 mg | 227% | serum levels of certain key nutrients com based upon multivariate statistical analys pantothenic acid, biotin, folic acid and vita |
| Selenium (as L-Selenomethionine) | 200 mcg | 364% | carotenoids (a group of beta-carotene, alg |
| Copper (as Copper Sulfate) | 2 mg | 222% | Statistical improvements in SF-36 Vitality |
| Manganese (as Manganese Sulfate) | 2 mg | 87% | to placebo. |
| Chromium (as Chromium Chloride) | 120 mcg | 343% | *In a clinical study of 17 healthy young ad Creatine HCl 189" resulted in 189% greate |
| Molybdenum (as Sodium Molybdate) | 75 mcg | 167% | amounts of ordinary creatine monohydrate |
| Chloride (as Potassium Chloride) | 72 mg | 3% | ¹ When used in conjunction with regular re |
| Potassium (as Potassium Chloride) | 80 mg | 2% | A WARNING: Cancer and Reproductive H |
| Sports Blend | 54.91 mg | | physician prior to using this product if y |
| CarnoSyn° Beta-Alanine | 10 mg | * | a medical condition. Discontinue use two product's biotin content before any lab t |
| Taurine | 10 mg | * | No Artificial Flavors, No Wheat, Gluten F |
| Inositol | 10 mg | * | KEEP OUT OF REACH OF CHILDR |
| MSM (Methylsulfonylmethane) | 10 mg | * | Store in a cool, dry place. |
| L-Carnitine (as L-Carnitine L-Tartrate) | 6 mg | * | For More Information: |
| Silica (as Silicon Dioxide) | 4 mg | * | 1-888-462-2548 |
| Boron (as Sodium Borate) | 2 mg | * | GNC.com |
| 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 | * | |
| Lycopene | 1 mg | * | |
| Turmeric Root Extract | 500 mcg | * | |
| (Curcuma longa) CurcuWIN° (20% Curcuminoids = 100 m | | | |

AVG

| | % Daily Value | | |
|----------|---------------|---|--|
| | 400 mcg | * | |
| ıvialis) | 50 mcg | * | |
| | 10 mcg | * | |
| | 150 mg | | |
| | 50 mg | * | |
| | 50 mg | * | |
| | 50 mg | * | |
| | | | |

INGREDIENTS: Microcrystalline Cellulose, Stearic Acid Vegetable Source, ses, Hydroxypropylcellulose, Hydroxypropyl Methylcellulose, Dicalcium hate, Calcium Silicate, Magnesium Stearate Vegetable Source, Natural Mint Flavor, Stevia Leaf Extract, Caramel Color, Polyethylene Glycol, Dioxide (Mineral Whitener), Talc.

IS: Soybeans and Fish (Anchovy, el, Sardine, Smelt, Salmon, Tuna,

ACTUAL SIZE

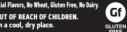
ns to USP <2091> for weight

ndomized, double-blind, placebo-controlled study of 112 healthy volunteers, subjects he GRC vitamin and mineral blends for six wesks experienced significant improvements in several scrutchine volurients compared to a placebo and a back multivitamin formula por multivariate statistical analyses of a group of 8 vitamins (blinamin, niacin, riboflavin, nica cido, blein, fouci acid and vitamine S- and B-112 und vigarationidant and olds (a group of beta-caretene, alpha-baccepherol), selenium, luteha and lycopene). La improvementi in S-36 Vitality and Mental Neutla Scares were aloo doserved compared compared compared compared compared compared compared compared compared selenium of the selenium of th

nical study of 17 healthy young adults, muscle biopsy results revealed that GNC AMP HCI 189° resulted in 189% greater muscle creatine uptake relative to benchmark s of ordinary creatine monohydrate powder.

in conjunction with regular resistance training

IING: Cancer and Reproductive Harm – www.P65Warnings.ca.gov. Consult your in prior to using this product if you are pregnant, nursing, taking medication, or have al condition. Discontinue use two weeks prior to surgery. Inform your physician of this biotin content before any lab test. Niacin may cause a temporary flushing reaction.



Creatine HCl 189™

| | Value |
|---------|-------|
| 132 mg | 10% |
| 1250 mg | * |
| | |

Daily Value not established

OTHER INGREDIENTS: Dicalcium Phosphate
 Supplement Facts

 Serving Size Two White Caplets

 Amount Per Serving
 % Daily Value

 Calcium
 132 mg

 PE6-Creatine System* with CON-CRET® (as Creatine Hydrochloride)
 1250 mg

 * Daily Value ont established.
 Whitemark State

WARNING: Consume ample amounts of water while taking this product.

Conforms to USP <2091> for weight



Anabolic Primer & Healthy Inflammatory Response Support

Supplement Facts OTHER INGREDIENTS: Gelatin, Microcrystalline Cellulose Stearic Acid Vegetable Source, Silica.

Serving Size One Green Filled Capsule

mount Per Servina

estofen® Fenugreek Seed Extract (Trigonella foenum-graecum) almitovlethanolamide

* Daily Value not established

Conforms to USP <2091> for weight Meets USP <2040> disintegration.





Technologie



Lutemax[®] 2020 is a trademar



Testofen® is a registered trademark of Genco

* 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.

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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.

of OmniActive Health

Technologies