



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 vour workout.\*

# **GET THE NUTRITIONAL SUPPORT ACTIVE MEN NEED**

Clinically Studied Men's Multivitamin Blend Shown to Work Better Than a Basic Multivitamin<sup>^</sup>

### 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.



ADVANCED MUSCLE PERFORMANCE

# MEN'S EXTREME

VITAPAK® PROGRAM WITH PERFORMANCE + ENDURANCE SUPPORT\*

Includes Clinically Studied Multivitamin Blend<sup>^</sup> Improves Performance & Increases Endurance\*\* Enhances Circulation & Blood Flow\*



**30 PACKS 30-DAY SUPPLY** 

DIETARY SUPPLEMENT

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% Daily Value

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

Mega Men<sup>o</sup> Sport Multivitamin

# Supplement Facts

Amount Per Serving

Vitamin A (50% as beta-Carotene & 50% 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)	20.1 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	170%
	mcg Folic Acid)	
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 & Calcium A		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 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%
L-Isoleucine	50 mg	*
L-Leucine	50 mg	*
L-Valine	50 mg	*
alpha-Lipoic Acid	25 mg	*
Beta-Alanine	10 mg	*
MSM (Dimethyl Sulfone)	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) Powder	1.9 mg	*
Hyaluronic Acid (as Sodium Hyaluronate)	1 mg	*
Lycopene	1 mg	*
Turmeric (Curcuma longa) Rhizome Extract	500 mcg	*
(20% Curcuminoids = 100 mcg)		

Amount Per Serving	% Daily Value	
Zeaxanthin (as Marigold [Tagetes erecta] Flower Extract)	400 mcg	*
Astaxanthin (from Haematococcus pluvialis)	50 mcg	*
/anadium (as Sodium Metavanadate)	10 mcg	*
peta-Cryptoxanthin	10 mcg	*

OTHER INGREDIENTS: Microcrystalline Cellulose, Stearic Acid Vegetable Source, Cellulose, Hydroxypropytcellulose, Hydroxypropyt Methylcellulose, Dicalcium Phosphate, Calcium Silicate, Maltodextrin, Magnesium Stearate Vegetable Source, Modified Food Starch, Mannitol, Gelatin (Porcine, Fish), Sugar, Corn Starch, Sodium Ascorbate, dI-alpha Tocopherol, Methylcellulose, Glucose Syrup, Gum Arabic, Stevia Leaf Extract, Natural Vanilla Mint Flavor, Vegetable

Syrup, bum Arabic, Stevia Leaf Extract, Natural Vanitla Mint Flavor, Vegetable
Oil, BHA/BHT (Freservative), Tricalcium Phosphate, Polyingh Pyrollidone, Mixed
Tocopherols, Ascorbyl Palmitate, Caramel Color, Medium Chain Triglycerides,
Paprika Extract, Polysthylene Glyco, Polyglycerol
Fatty Acid Esters, Polysorbate, Sodium Aluminum
Silicate, Sodium Carboxymethylcellulose, Starch,
Talc, Titanium Dioxide (Mineral Whitener).

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. '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 8 vitamins (thiamin, naicin, riboflavin, pantothenic acid, biotin, folic acid and vitamins B-6 and B-12) and key

participants acid, inclini, four acid and vitamins 6–6 and 6–127 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.



# Curcuwin'

ResVida® is a trademark of DSM.

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.



# Supplement Facts

% Daily Value

Serving Size Two Orange Caplets mount Per Servina

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%
Ginger ( <i>Zingiber officinale</i> ) Root Extract (5% Gingerols = 25 mg)	500 mg	*
Yerba Mate ( <i>Ilex paraguariensis</i> ) Leaf Extract (8% Caffeine = 40 mg)	500 mg	*
Guarana ( <i>Paullinia cupana</i> ) Seed Extract (36% Caffeine = 152 mg)	422 mg	*
Black Tea (Camellia sinensis) Leaf Extract (10% Caffeine = 10 mg)(Polyphenols = 60 mg)	100 mg	*
Schisandra chinensis Fruit Extract	100 mg	*
L-Carnitine (as L-Carnitine Fumarate)	25 mg	*
Dill (Anethum graveolens) Leaf, Stem & Flower Extract	5 mg	*
Grape (Vitis vinifera) Seed Extract	1 mg	*
* Delle Meleccott cotteblished		

Daily Value not established

OTHER INGREDIENTS: Microcrystalline Cellulose, Crospovidone, Hydroxypropytecllulose, Dicalcium Phosphate, Croscarmellose Sodium, Maltodextrin, Hydroxypropy! Methylcellulose, Stearic Acid, Silicon Dioxide, Polydextrose, Titanium Dioxid (Mineral Whitener), Riboflavin (Color), Magnesium Stearate Vegetable Source.

maginesum steara et vegeratore gout c, Sugar, Talc, Medium Chain Trigyterides, Vegetable Acetoglycerides, Carnauba Wax, Polyethylene Glycol, Natural Vanilla Mint Flavor, Gum Arabic, Polysorbate 80, Sucralose, Carmine (Color), Tricalcium Phosphate, Sodium Starch Glycolate. CONTAINS: Soy.

Total Caffeine = 202 mg per serving.

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 preceipt within 30 days and we'll either refund your money or find a replacement product that is right for you.



# Supplement Facts

Serving Size one rain ritted capsule			
Amount Per Serving	% Daily Valu		
Calcium	55 mg	4	
Ginkgo biloba Leaf Extract	120 mg		
(24% Ginkgo Flavonol Glycosides = 28.8 mg)	,		
(6% Terpene Lactones = 7.2 mg)			

Daily Value not established

Hydroxypropyl Methylcellulose Capsule, Microcrystalline Cellulose, Stearic Acid Vegetable Source, Hydroxypropylcellulose Magnesium Stearate Vegetable Source.





## Supplement Facts erving Size One Reddish-Filled Cansule

mount Per Serving Fruit & Peel Extract

Daily Value not established.

OTHER INGREDIENTS: Microcrystalline Cellulose, Gelatin, Maltodextrin, Calcium Silicate, Magnesium Stearate Vegetable Source, Silicon Dioxide, Sodium Lauryl Sulfate.



# N.O. Charger & Circulatory Pump

Supplement Facts

ount Per Serving	% Daily	Value
ium	40 mg	3%
ginine s L-Arginine Monohydrochloride and L-Arginine)	1.5 g	*
s-Resveratrol	30 mg	*

OTHER INGREDIENTS: Microcrystalline

CHUlose, Dicalcium Phosphate,
Hydroxypropylcellulose, Stearic Acid,
Croscarmellose Sodium, Hydroxypropyl
Methylcellulose, Crospovidone, Magnesium
Stearate Vegetable Source, Silicon Dioxide, Titanium Dioxide (Mineral
Whitener), Sunflower Lecthin, Sugar, Triethyl Citrate, Ethylcellulose,
Natural Vanilla Mint Flavor, Gum Arabic, Maltodextrin, Sucralose,

Riboflavin, Triacetin, Tricalcium Phosphate, Oleic Acid, Polyethylene