



4 IN 1 PACK
PRODUCTS

GNC AMP Men's Ripped Vitapak® Program delivers the power of four science-based formulas to help you achieve your daily nutritional goals as you strive for a lean, sculpted physique.†

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*

SUPPORT YOUR METABOLISM*

Stimulant-Free Thermo with a Potent Blend of Fruit & Herbal Extracts

IMPROVE BODY COMPOSITION & LEAN MUSCLE TONE*

4000 mg of CLA

REGULATE EXCESS WATER*

Waterex™ Formula Features a Nature-Based Herbal Blend

If it's on our packages, then it's in our boxes. Clinically studied ingredients backed by real science. Get vitamins. Get metabolism support. Get ripped.

* 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 RIPPED

VITAPAK® PROGRAM WITH METABOLISM + MUSCLE SUPPORT*

Includes Clinically Studied Multivitamin Blend^

Provides Non-Stimulant Metabolism & Lean Muscle Support*

Helps Regulate Excess Water*

NON-STIMULANT FORMULA



30 PACKS
30-DAY SUPPLY

DIETARY SUPPLEMENT

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CODE 220411

KWG

DIRECTIONS: As a dietary supplement, for optimal health benefits, take the contents of one pack daily with food every morning. On workout days, for individuals looking to maximize results, the Decaf Thermo Igniter 12X (yellow caplet) can be taken 30-60 minutes prior to exercise.

Each pack contains:

Mega Men® Sport Multivitamin

Supplement Facts

Serving Size Two Mocha Brown Timed-Release Caplets

Amount Per Serving	% Daily Value
Vitamin A (50% as beta-Carotene & 50% Retinyl Acetate)	1500 mcg 167%
Vitamin C (as Ascorbic Acid & Calcium Ascorbate)	300 mg 333%
Vitamin D (as Cholecalciferol D-3)	40 mcg (1600 IU) 200%
Vitamin E (as Natural d-alpha Tocopheryl Acetate)	201 mg 134%
Vitamin K (as Phyttonadione)	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%
	(400 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 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 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%

Sports Blend	54.91 mg
CarnoSyn® Beta-Alanine	10 mg *
Taurine	10 mg *
Inositol	10 mg *
MSM (Methylsulfonylmethane)	10 mg *
L-Carnitine (as L-Carnitine L-Tartrate)	6 mg *
Silica (as Silicon Dioxide)	4 mg *
Boron (as Sodium Borate)	2 mg *
Celery Juice Concentrate (<i>Apium graveolens</i>)	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 *
Lutein	2 mg *
Lycopene	1 mg *
Turmeric Root Extract (<i>Curcuma longa</i>)(20% Curcuminoids = 100 mcg)	500 mcg *
Zeaxanthin (as Zeaxanthin Isomers)	400 mcg *
Astaxanthin (from <i>Haematococcus pluvialis</i>)	50 mcg *
beta-Cryptoxanthin	10 mcg *

Amount Per Serving	% Daily Value
Branched Chain Amino Acid Blend	150 mg
L-Leucine	50 mg *
L-Isoleucine	50 mg *
L-Valine	50 mg *

* Daily Value not established.

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

CONTAINS: Soybeans and Fish (Anchovy, Mackerel, Sardine, Smelt, Salmon, Tuna, Cod or a Combination Thereof).
Distributed by:
GNC Holdings, LLC
Pittsburgh, PA 15222 USA

Contains a bioengineered food ingredient.

ACTUAL SIZE

*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.

Capsimax® Capsimax® is a trademark of OmniActive Health Technologies.

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

▲ **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. This product contains ECGC from green tea.

No Artificial Flavors, Gluten Free, No Dairy.
KEEP OUT OF REACH OF CHILDREN.
Store in a cool, dry place.



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

Decaf Thermo Igniter 12X

Supplement Facts

Serving Size One Yellow Tablet

Amount Per Serving	% Daily Value
Niacin	20 mg 125%
Capsicum Fruit Extract (<i>Capsicum annuum</i>)	33.34 mg *
Black Pepper Fruit Extract (<i>Piper nigrum</i>)(50% Piperine = 5mg)	10 mg *
EGCG (Epigallocatechin Gallate)(from Green Tea Leaf Extract)	50 mg *
Green Coffee Bean Extract (<i>Coffea spp.</i>)(45% Chlorogenic Acids = 90 mg)	200 mg *
<i>Garcinia cambogia</i> Fruit Extract (50% Hydroxycitric Acid = 125 mg)	250 mg *

* Daily Value not established.

CLA

Supplement Facts

Serving Size Four Yellow Softgel Capsules

Amount Per Serving	% Daily Value
Calories	45
Total Fat	5 g 6%†
CLA (Conjugated Linoleic Acid)(from Safflower Oil)	4000 mg

† Percent Daily Value based on a 2,000 calorie diet.

* Daily Value not established.

ACTUAL SIZE

OTHER INGREDIENTS: Microcrystalline Cellulose, Croscarmellose Sodium, Sucrose, Hydroxypropylcellulose, Stearic Acid Vegetable Source, Food Glaze, Titanium Dioxide (Mineral Whitener), Hydroxypropyl Methylcellulose, Magnesium Stearate Vegetable Source, Silicon Dioxide, Cellulose, Vegetable Acetoglycerides, Carnauba Wax, Polyethylene Glycol, Polyborate 80, Calcium Hydroxide, Maltodextrin, Medium Chain Triglycerides, Polydextrose, Riboflavin (Color), Talc.

OTHER INGREDIENTS: Gelatin, Glycerin.

WARNING: For adult use only. Do not use this product if you are pregnant or lactating. If you are taking medication or have a medical condition, consult a physician before using this product.

CLA is a naturally derived oil; you may notice minor color variation in softgels.

ACTUAL SIZE

Waterex™

Supplement Facts

Serving Size One Gray Filled Capsule

Amount Per Serving	% Daily Value
Vitamin B-6 (as Pyridoxine Hydrochloride)	25 mg 1471%
Magnesium (as Magnesium Oxide)	25 mg 6%
Corn Silk Powder (<i>Zea mays</i>)	6.25 mg *
Fennel Seed Powder (<i>Foeniculum vulgare</i>)	6.25 mg *
Garlic Clove Powder (<i>Allium sativum</i>)	6.25 mg *
Horsetail Rush Stems Powder (<i>Equisetum arvense</i>)	6.25 mg *
Parsley Leaf Powder (<i>Petroselinum crispum</i>)	6.25 mg *
Uva Ursi Leaves Extract (<i>Arctostaphylos uva ursi</i>)	6.25 mg *

* Daily Value not established.

† When used in conjunction with an exercise program.

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.