GNC AMP
ADVANCED MUSCLE PERFORMANCE

4 IN 1
PRODUCTS PACK

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*

BURN UP TO 12X MORE CALORIES***
Thermo Blend Clinically Shown to Increase Metabolism Before, During & After Exercise◆**

IMPROVE BODY COMPOSITION & LEAN MUSCLE TONE*
4,000 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.

GNC AMP

ADVANCED MUSCLE PERFORMANCE

MEN'S RIPPED

VITAPAK® PROGRAM WITH METABOLISM + MUSCLE SUPPORT*

Includes Clinically Studied Multivitamin Blend^
Burns up to 12X More Calories** & Provides Lean Muscle Support*
Helps Regulate Excess Water*

30 PACKS
30-DAY SUPPLY

DIETARY SUPPLEMENT

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CODE 220311 EYG

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 energy production, the Thermo Igniter 12X (red capsule) can be taken 30-60 minutes prior to exercise. Do not take before bedtime.
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% as Retinyl Acetate)	1500 mcg RAE	167%
Vitamin C (as Ascorbic Acid & Calcium Ascorbate)	300 mg	333%
Vitamin D (as Cholecalciferol)	40 mcg (1600 IU)	200%
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 (400 mcg Folic Acid)	170%
Vitamin B-12 (as Cyanocobalamin)	50 mcg	2083%
Biotin	300 mcg	1000%
Pantothenic Acid (as Calcium d-Pantothenate)	50 mg	1000%
Calcium (as Calcium Carbonate, Calcium Ascorbate & Calcium d-Pantothenate)	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 Cupric 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)	70 mg	3%
Potassium (as Potassium Chloride)	80 mg	2%
Leucine (as L-Leucine)	50 mg	*
Isoleucine (as L-Isoleucine)	50 mg	*
Valine (as L-Valine)	50 mg	*
alpha-Lipoic Acid	25 mg	*
Inositol	10 mg	*
Methylsulfonylmethane (MSM)	10 mg	*
Beta-Alanine	10 mg	*
Taurine	10 mg	*
Carnitine (as L-Carnitine L-Tartrate)	6 mg	*
Silica (as Silicon Dioxide)	4 mg	*
Boron (as Sodium Borate)	2 mg	*
Lutein (from Marigold [*Tagetes erecta*] Flower Extract)	2 mg	*
Celery (*Apium graveolens*) Stalk (Juice) Extract	1.9 mg	*
Lycopene	1 mg	*
Hyaluronic Acid (as Sodium Hyaluronate)	1 mg	*
Turmeric (*Curcuma longa*) Rhizome Extract (Standardized to 20% Curcuminoids + 100 mcg)	500 mg	*
Zeaxanthin (as Zeaxanthin Isomers from Marigold [*Tagetes erecta*] Flower Extract)	400 mcg	*
Astaxanthin (from *Haematococcus pluvialis*)	50 mcg	*
Vanadium (as Sodium Metavanadate)	10 mcg	*

* Daily Value not established.

OTHER INGREDIENTS: Microcrystalline Cellulose, Hydroxypropyl Methylcellulose, Stearic Acid Vegetable Source, Cellulose, Hydroxypropylcellulose and Less than 2%: Ascorbyl Palmitate (Preservative), BHA/BHT (Preservative), Calcium Silicate, Caramel (Color), Choline Bitartrate, Corn Starch, Corn Syrup, Cryptoxanthin, Dextrin, Dicalcium Phosphate, Gelatin (Porcine, Fish), Gum Arabic, Magnesium Stearate Vegetable Source, Maltodextrin, Mannitol, Medium Chain Triglycerides, Methylcellulose, Mixed Carotenoids, Modified Food Starch, Natural Vanilla Mint Flavor, Polyethylene Glycol, Polyglycerol Acid Esters, Povidone, Sodium Aluminum Silicate, Sodium Ascorbate (Preservative), Sodium Carboxymethylcellulose, Steviol Glycosides from *Stevia rebaudiana* Leaf, Sugar, Talc, Titanium Dioxide (Mineral Whitener), Tocopherols (Preservative), Tricalcium Phosphate, Vegetable Oil.
CONTAINS: Soybeans and 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.

ACTUAL SIZE

⚠ 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.

KEEP OUT OF REACH OF CHILDREN.
Store in a cool, dry place.
For More Information:
1-888-462-2548
GNC.com

***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, 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.**

***In a double-blind, randomized, placebo-controlled, crossover study, 25 subjects exercised on a treadmill on two occasions. On one occasion, the subjects took the thermogenic 60 minutes before exercise, and on the second occasion, they took a placebo. When the subjects took the thermogenic, they burned three times more calories before, 3% more calories during and 12 times more calories for up to one hour after exercise compared to when they took the 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®.

Thermo Igniter 12X

Supplement Facts

Serving Size One Red Capsule

Amount Per Serving		% Daily Value
Niacin	20 mg	125%
Caffeine	200 mg	*
Capsicum (*Capsicum annuum*) Fruit Extract	33.34 mg	*
Black Pepper (*Piper nigrum*) Fruit Extract (Standardized to 50% Piperine = 5 mg)	10 mg	*

* Daily Value not established.

OTHER INGREDIENTS: Microcrystalline Cellulose, Gelatin (Bovine and/or Porcine), Sugar, Shellac, Magnesium Stearate (Vegetable Source) and Less than 2%: FD&C Blue #1, FD&C Red #3, FD&C Red #40, Hydroxypropyl Methylcellulose, Silicon Dioxide, Titanium Dioxide (Mineral Whitener).
Caution: Niacin may cause a temporary flushing reaction.
Contains 200 mg of caffeine.

ACTUAL SIZE

CLA

Supplement Facts

Serving Size Four Yellow Softgel Capsules

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

† Percent Daily Value based on a 2,000 calorie diet.
* Daily Value not established.

OTHER INGREDIENTS: Safflower Seed Oil, Gelatin (Bovine), Glycerin, Purified Water.
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%
Cornsilk (*Zea mays*) Powder	6.25 mg	*
Fennel (*Foeniculum vulgare*) Seed Powder	6.25 mg	*
Garlic (*Allium sativum*) Bulb Powder	6.25 mg	*
Horsetail (*Equisetum arvense*) Stem Powder	6.25 mg	*
Parsley (*Petroselinum crispum*) Leaf Powder	6.25 mg	*
Uva Ursi (*Arctostaphylos uva-ursi*) Leaf Extract	6.25 mg	*

* Daily Value not established.

OTHER INGREDIENTS: Microcrystalline Cellulose, Gelatin (Bovine and/or Porcine), Potassium Chloride and Less than 2%: Calcium Silicate, Cellulose, Magnesium Stearate (Vegetable Source), Maltodextrin, Silicon Dioxide, Sodium Lauryl Sulfate.
CONTAINS: Wheat.

ACTUAL SIZE

†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.