GNC AMP
ADVANCED MUSCLE PERFORMANCE

5 PRODUCTS IN 1 PACK

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 your workout.*

GET THE NUTRITIONAL SUPPORT ACTIVE MEN NEED
Clinically Studied Men's Multivitamin Blend Shown to Work Better Than a Basic Multivitamin^

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.

GNC AMP

ADVANCED MUSCLE PERFORMANCE

MEN'S EXTREME TRAINING

VITAPAK® PROGRAM WITH PERFORMANCE + ENDURANCE SUPPORT*

Includes Clinically Studied Multivitamin Blend^
Improves Performance & Increases Endurance**
Enhances Circulation & Blood Flow*

30 PACKS
30-DAY SUPPLY

DIETARY SUPPLEMENT

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CODE 213512 IVG

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

Mega Men® Sport Multivitamin

Supplement Facts

Serving Size Two Mocha Brown Caplets

Amount Per Serving		% Daily Value
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)	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%
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%
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 (20% Curcuminoids = 100 mcg)	500 mg	*
Zeaxanthin (as Marigold [*Tagetes erecta*] Flower Extract)	400 mcg	*
Astaxanthin (from *Haematococcus pluvialis*)	50 mcg	*
Vanadium (as Sodium Metavanadate)	10 mcg	*
beta-Cryptoxanthin	10 mcg	*

* Daily Value not established.

OTHER INGREDIENTS: Microcrystalline Cellulose, Stearic Acid Vegetable Source, Cellulose, Hydroxypropylcellulose, Hydroxypropyl Methylcellulose, Dicalcium Phosphate, Calcium Silicate, Maltodextrin, Magnesium Stearate Vegetable Source, Modified Food Starch, Mannitol, Gelatin (Porcine, Fish), Sugar, Corn Starch, Sodium Ascorbate, dl-alpha Tocopherol, Methylcellulose, Glucose Syrup, Gum Arabic, Stevia Leaf Extract, Natural Vanilla Mint Flavor, Vegetable Oil, BHA/BHT (Preservative), Tricalcium Phosphate, Polyvinyl Pyrollidone, Mixed Tocopherols, Ascorbyl Palmitate, Caramel Color, Medium Chain Triglycerides, Paprika Extract, Polyethylene Glycol, Polyglycerol Fatty Acid Esters, Polysorbate, Sodium Aluminum Silicate, Sodium Carboxymethylcellulose, Starch, Talc, Titanium Dioxide (Mineral Whitener).

ACTUAL SIZE

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 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.

***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.**

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

Lutemax® 2020 LUTEIN & ZEAXANTHIN
Lutemax® 2020 is a trademark of OmniActive Health Technologies.

Curcuwin®
CurcuWIN® is a trademark of OmniActive Health Technologies.

resVida®
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.

GLUTEN FREE

Explosive Energy Metabolizer

Supplement Facts

Serving Size Two Orange Caplets

Amount Per Serving		% Daily Value
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 (*Zingiber officinale*) Root Extract (5% Gingerols = 25 mg)	500 mg	*
Yerba Mate (*Ilex paraguariensis*) Leaf Extract (8% Caffeine = 40 mg)	500 mg	*
Guarana (*Paullinia cupana*) 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	*

* Daily Value not established.

OTHER INGREDIENTS: Microcrystalline Cellulose, Crospovidone, Hydroxypropylcellulose, Dicalcium Phosphate, Croscarmellose Sodium, Maltodextrin, Hydroxypropyl Methylcellulose, Stearic Acid, Silicon Dioxide, Polydextrose, Titanium Dioxide (Mineral Whitener), Riboflavin (Color), Magnesium Stearate Vegetable Source, Sugar, Talc, Medium Chain Triglycerides, Vegetable Acetoglycerides, Carnauba Wax, Polyethylene Glycol, Natural Vanilla Mint Flavor, Gum Arabic, Polysorbate 80, Sucralose, Carmine (Color), Tricalcium Phosphate, Sodium Starch Glycolate.

ACTUAL SIZE

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 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.

Mental Sharpness

Supplement Facts

Serving Size One Tan Filled Capsule

Amount Per Serving		% Daily Value
Calcium	55 mg	4%
Ginkgo biloba Leaf Extract (24% Ginkgo Flavonol Glycosides = 28.8 mg) (6% Terpene Lactones = 7.2 mg)	120 mg	*

* Daily Value not established.

OTHER INGREDIENTS: Dicalcium Phosphate, Hydroxypropyl Methylcellulose Capsule, Microcrystalline Cellulose, Stearic Acid Vegetable Source, Hydroxypropylcellulose, Magnesium Stearate Vegetable Source.

ACTUAL SIZE

AOX Defense

Supplement Facts

Serving Size One Reddish-Filled Capsule

Amount Per Serving	
Sicilian Blood Orange (*Citrus sinensis*) Fruit & Peel Extract	100 mg*

* Daily Value not established.

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

ACTUAL SIZE

N.O. Charger & Circulatory Pump

Supplement Facts

Serving Size Two Light Yellow Caplets

Amount Per Serving		% Daily Value
Calcium	40 mg	3%
L-Arginine (as L-Arginine Monohydrochloride and L-Arginine)	1.5 g	*
trans-Resveratrol	30 mg	*

* Daily Value not established.

OTHER INGREDIENTS: Microcrystalline Cellulose, Dicalcium Phosphate, Hydroxypropylcellulose, Stearic Acid, Croscarmellose Sodium, Hydroxypropyl Methylcellulose, Crospovidone, Magnesium Stearate Vegetable Source, Silicon Dioxide, Titanium Dioxide (Mineral Whitener), Sunflower Lecithin, Sugar, Triethyl Citrate, Ethylcellulose, Natural Vanilla Mint Flavor, Gum Arabic, Maltodextrin, Sucralose, Riboflavin, Triacetin, Tricalcium Phosphate, Oleic Acid, Polyethylene Glycol.

ACTUAL SIZE