



3 IN 1
PRODUCTS | PACK



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 HCl 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**+◇

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.

MOVE CHANGE IN LEG PRESS 1 RM (LB)



◇ 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

MEN’S STRENGTH

VITAPAK® PROGRAM FOR PERFORMANCE + MUSCLE SUPPORT*

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

DIETARY SUPPLEMENT

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

Serving Size Two Mocha Brown 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 200%
Vitamin E (as Natural 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%

Sports Blend

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 (Apium graveolens)	19 mg *
Hyaluronic Acid (as Sodium Hyaluronate)	1 mg *
Vanadium (as Sodium Metavanadate)	10 mcg *

Super Antioxidant Blend

alpha-Lipoic Acid	25 mg *
Lutemax® 2020 Lutein	2 mg *
Lycopene	1 mg *
Turmeric Root Extract (Curcuma longa) CurcuWIN® (20% Curcuminoids = 100 mcg)	500 mcg *

AVG

Amount Per Serving	% Daily Value
Zeaxanthin (as Zeaxanthin Isomers)	400 mcg *
Astaxanthin (from Haematococcus pluvialis)	50 mcg *
beta-Cryptoxanthin	10 mcg *
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, Talc.

CONTAINS: Soybeans and Fish (Anchovy, Mackerel, Sardine, Smelt, Salmon, Tuna, Cod or a Combination Thereof).

Distributed by:
General Nutrition Corporation
Pittsburgh, PA 15222 USA

Conforms to USP <2091> for weight.

*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.

*In a clinical study of 17 healthy young adults, muscle biopsy results revealed that GNC AMP Creatine HCl 189™ resulted in 189% greater muscle creatine uptake relative to benchmark amounts of ordinary creatine monohydrate powder.

†When used in conjunction with regular resistance training.

▲ 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, No Wheat, 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



Creatine HCl 189™

Supplement Facts

Serving Size Two White Caplets

Amount Per Serving	% Daily Value
Calcium	132 mg 10%
PEG-Creatine System™ with CON-CRET® (as Creatine Hydrochloride)	1250 mg *

* Daily Value not established.

Anabolic Primer & Healthy Inflammatory Response Support

Supplement Facts

Serving Size One Green Filled Capsule

Amount Per Serving	
Testofen® Fenugreek Seed Extract (Trigonella foenum-graecum)	300 mg*
Palmitoylethanolamide	100 mg*

* Daily Value not established.



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

CON-CRET®
REINFORCED®

Trademarks of Vireo Systems, Inc. Creatine HCl is covered by one or more patents: www.vireosystems.com/patents/

CurcuWIN®

CurcuWIN® is a trademark of OmniActive Health Technologies.



Lutemax® 2020 is a trademark of OmniActive Health Technologies.

Testofen®

Testofen® is a registered trademark of Gencor.

* 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.

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.

ACTUAL SIZE

ACTUAL SIZE