



**5 IN 1**  
PRODUCTS  
PACK

**GNC AMP Women's Ripped Vitapak® Program** delivers the power of five science-based formulas to help you achieve your daily nutritional goals as you strive for a lean, sculpted physique.<sup>†</sup>

#### GET THE NUTRITIONAL SUPPORT ACTIVE WOMEN NEED

Clinically Studied Women's Multivitamin Blend Shown to Work Better Than a Basic Multivitamin<sup>▲</sup> & 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

#### ENJOY HEALTHY HAIR, SKIN & NAILS\*

5300 mcg of Biotin

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.

30 PACKS  
30-DAY SUPPLY

DIETARY SUPPLEMENT

\* 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.

JWG

CODE 220711  
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:

#### Women's Ultra Mega<sup>®</sup> Active Multivitamin without Iron

#### Supplement Facts

Serving Size Two Light Green Timed-Release Caplets

Amount Per Serving % Daily Value

Amount Per Serving	% Daily Value
Joint & Skin Support Blend	18 mg
MSM (Methylsulfonyl Methane)	12 mg
Silica (as Silicon Dioxide)	4 mg
Hyaluronic Acid (as Sodium Hyaluronate)	2 mg

\* Daily Value not established.

OTHER INGREDIENTS: Microcrystalline Cellulose, Hydroxylpropyl Methylcellulose, Cellulose, Stearic Acid Vegetable Source, Hydroxylpropylcellulose, Calcium Phosphate, Magnesium Stearate Vegetable Source, Polyethylene Glycol, Talc, Natural Vanilla Mint Flavor, Chlorophyllin (Color), Stevia Leaf Extract.

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.

\* Daily Value not established.

Decaf Thermo Igniter 12X

#### Supplement Facts

Serving Size One Yellow Caplet

Amount Per Serving % Daily Value

Amount Per Serving	% Daily Value
Bacopa	20 mg
Garcinia Cambogia Fruit Extract (50% Hydroxycitric Acid + 125 mg)	250 mg
Green Coffee Bean Extract (Coffee spp.) (45% Chlorogenic Acids + 50 mg)	200 mg
EGCG (Epigallocatechin Gallatate) (from Green Tea Leaf Extract)	50 mg
Capsimax <sup>®</sup> Capsicum Fruit Extract (Capsicum annuum)	33.14 mg
Piperine (Black Pepper Fruit Extract [Piper nigrum])	5 mg

\* Daily Value not established.

OTHER INGREDIENTS: Microcrystalline Cellulose, Croscarmellose Sodium, Hydroxylpropylcellulose, Stearic Acid Vegetable Source, Magnesium Stearate Vegetable Source, Silicon Dioxide, Hydroxylpropyl Methylcellulose, Vegetable Acetoglycerides, Carnauba Wax, Polyethylene Glycol, Polyisobutylene, Cellulose, Maltodextrin, Medium Chain Triglycerides, Polylactose, Riboflavin (Color), Talc.

ACTUAL SIZE

ADVANCED MUSCLE PERFORMANCE

# WOMEN'S RIPPED

#### VITAPAK<sup>®</sup> PROGRAM WITH METABOLISM + MUSCLE SUPPORT\*

Includes Clinically Studied Multivitamin Blend<sup>▲</sup>

Provides Non-Stimulant Metabolism & Lean Muscle Support\*

Helps Regulate Excess Water & Supports Healthy Hair, Skin & Nails\*

NON-STIMULANT FORMULA



30 PACKS  
30-DAY SUPPLY

DIETARY SUPPLEMENT

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\* 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.

<sup>†</sup>When used in conjunction with an exercise program.

#### Capsimax<sup>®</sup>

Capsimax<sup>®</sup> is a trademark of OnnitActive Health Technologies.

**WARNING:** Cancer and Reproductive Harm - www.P65Warning.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 bottle content before any lab test. Nicin may cause a temporary flushing reaction. This product contains EGCG from green tea.

No Artificial Flavors, Glutens Free, No Dairy.

KEEP OUT OF REACH OF CHILDREN.

Store in a cool, dry place.

For More Information:

1-888-462-2548

GNC.com

GLUTEN FREE

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

CLA

#### Supplement Facts

Serving Size Four Yellow Softgel Capsules

Amount Per Serving % Daily Value

Amount Per Serving	% Daily Value
Calories	45
Total Fat	5 g
CLA (Conjugated Linoleic Acid) (from Sunflower Oil)	4100 mg

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

\* Daily Value not established.

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<sup>™</sup>

#### Supplement Facts

Serving Size One Gray Filled Capsule

Amount Per Serving % Daily Value

Amount Per Serving	% Daily Value
Vitamin B-6 (as Pyridoxine Hydrochloride)	25 mg
Magnesium (as Magnesium Oxide)	25 mg
Zinc (as Zinc Oxide)	25 mg
Selenium (as L-Selenomethionine)	200 mcg
Copper (as Copper Sulfate)	2 mg
Manganese (as Manganese Sulfate)	2 mg
Chromium (as Chromium Chloride)	120 mcg
Molybdenum (as Sodium Molybdate)	75 mcg
Super Antioxidant Blend	28.96 mg
alpha-Lipoic Acid	25 mg
Lutein	2 mg
Lycopene	1 mg
Turmeric Root Extract	500 mcg
(Curcuma longa)(20% Curcuminoids = 100 mg)	
Zeaxanthin (as Zeaxanthin Isomer)	400 mcg
Astaxanthin (from Haematococcus pluvialis)	50 mcg
beta-Cryptoxanthin	10 mcg
Performance Energy & Metabolism Blend	53.01 mg
Green Tea Leaf Extract (Camellia sinensis)(50% EGCG = 15 mg)	30 mg
Betaine (Trimethylglycine) (as Betaine Hydrochloride)	10 mg
Inositol	10 mg
Boron (as Sodium Borate)	2 mg
Grape Seed Extract (Vitis vinifera)(85% Polyphenols = 0.05 mg)	1 mg
Vanadium (as Sodium Vanadate)	10 mcg

\* Daily Value not established.

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

ACTUAL SIZE

Biotin 5000

#### Supplement Facts

Serving Size One White Filled Capsule

Amount Per Serving % Daily Value

Amount Per Serving	% Daily Value
Biotin	5000 mcg
Calcium (as Calcium Phosphate)	170 mg

OTHER INGREDIENTS: Gelatin, Microcrystalline Cellulose, Hydroxylpropylcellulose, Talc, Calcium Silicate, Magnesium Stearate Vegetable Source.

ACTUAL SIZE

Go to Settings to activate Windows