



MEN'S STRENGTH VITAPAK® PROGRAM

Several high-quality formulas in one convenient pack for maximum training support that boosts power and improves performance.

Mega Men® Sport

This powerful, clinically studied* sports multivitamin formula includes critical components to fill nutrient gaps common in athletic men.*

Amplified Creatine 189™

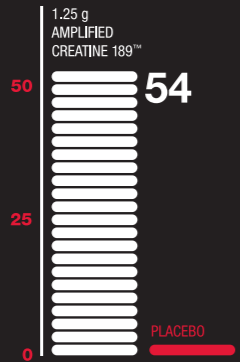
Take less and get more. This clinically studied formula has been proven to get into muscles and increase strength better than ordinary creatine.* In a clinical study, this form of creatine yielded 189% muscle uptake with only 25% of the ordinary dose when compared to ordinary creatine monohydrate.*†

Anabolic Primer & Anti-Inflammatory Support

Features high-quality anabolic primers to help pack on mass*† combined with anti-inflammatory support.*

IMPROVES LEG PRESS PERFORMANCE BY 54 POUNDS*

CHANGE IN LEG PRESS: 1 RM (LB)



*In a randomized, double-blind clinical study of 57 healthy young adult males, subjects who took GNC Pro Performance® AMP Amplified Creatine 189™ containing only 1.25 grams creatine significantly improved leg press 1-RM performance by 54 lbs, while subjects on 5 grams of creatine monohydrate improved by 52 lbs, and the placebo group demonstrated no significant improvement when used in conjunction with regular resistance training.

†In a clinical study of 17 healthy young adults, muscle biopsy results revealed that GNC Pro Performance® AMP Amplified Creatine 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.



MEN'S STRENGTH VITAPAK® PROGRAM

CLINICALLY RESEARCHED

- Includes powerful sports multivitamin*
- Increases strength better than ordinary creatine*
- Features high-quality anabolic primers*



DIETARY SUPPLEMENT 30 PAKS

CODE 209011

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

Each pak contains:

Mega Men® Sport

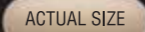
Supplement Facts

Amount Per Serving	% Daily Value
Serving Size Two Mocha Brown Caplets	
Vitamin A (50% as beta-Carotene & 50% as Retinyl Acetate)	5000 IU 100%
Vitamin C (as Ascorbic Acid & Calcium Ascorbate)	300 mg 500%
Vitamin D (as Cholecalciferol D-3)	1600 IU 400%
Vitamin E (as Natural d-alpha Tocopheryl Acetate)	30 IU 100%
Vitamin K (as Phytonadione)	80 mcg 100%
Thiamin (Vitamin B-1)(as Thiamin Mononitrate)	50 mg 3333%
Riboflavin (Vitamin B-2)	50 mg 2941%
Niacin (as Niacinamide & Niacin)	50 mg 250%
Vitamin B-6 (as Pyridoxine Hydrochloride)	50 mg 2500%
Folic Acid	400 mcg 100%
Vitamin B-12 (as Cyanocobalamin)	50 mcg 833%
Biotin	300 mcg 100%
Pantothenic Acid (as Calcium d-Pantothenate)	50 mg 500%
Calcium (as Calcium Carbonate & Calcium Ascorbate)	200 mg 20%
Iodine (as Potassium Iodide)	150 mcg 100%
Magnesium (as Magnesium Oxide)	100 mg 25%
Zinc (as Zinc Oxide)	25 mg 167%
Selenium (as L-Selenomethionine)	200 mcg 286%
Copper (as Copper Sulfate)	2 mg 100%
Manganese (as Manganese Sulfate)	2 mg 100%
Chromium (as Chromium Chloride)	120 mcg 100%
Molybdenum (as Sodium Molybdate)	75 mcg 100%
Chloride (as Potassium Chloride)	72 mg 2%
Potassium (as Potassium Chloride)	80 mg 2%
Sports Blend	
CarnoSyn® Beta-Alanine	10 mg *
Taurine	10 mg *
Choline (as Choline Bitartrate)	10 mg *
Inositol	10 mg *
MSM (Methylsulfonyl-methane)	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	
alpha-Lipoic Acid	25 mg *
Lutemax® 2020 Lutein	2 mg *
Lycopene	1 mg *
Turmeric Root Extract (CurcuWIN™)(<i>Curcuma longa</i>) (Standardized to Curcuminoids)	500 mcg *
Zeaxanthin (as Zeaxanthin Isomers)	400 mcg *
Astaxanthin (from <i>Haematococcus pluvialis</i>)	50 mcg *
beta-Cryptoxanthin	10 mcg *
Branched Chain Amino Acid Blend (L-Leucine, L-Isoleucine, L-Valine)	
	150 mg *

* Daily Value not established.

Other Ingredients: Cellulose, Stearic Acid Vegetable Source, Magnesium Stearate Vegetable Source, Titanium Dioxide (Natural Mineral Whitener), Natural Vanilla Mint Flavor, Talc, Caramel Color, Stevia Leaf Extract.

CONTAINS: Fish and Soybeans.



EQG

Amplified Creatine 189™

Supplement Facts

Amount Per Serving	% Daily Value
Serving Size Two White Caplets	
PEG-Creatine System™ (as Creatine Hydrochloride)	1250 mg*

* Daily Value not established.

Anabolic Primer & Anti-Inflammatory Support

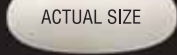
Supplement Facts

Amount Per Serving	% Daily Value
Serving Size One Green Filled Capsule	
Fenugreek Seed Extract (<i>Trigonella foenugraecum</i>)	300 mg*
Palmitic Acid Monoethanolamide	100 mg*

* Daily Value not established.

Other Ingredients: Cellulose, Dicalcium Phosphate, Vegetable Stearate, Silica, Titanium Dioxide (Natural Mineral Whitener), Magnesium Stearate Vegetable Source, Enteric Coating (Cellulose, Sodium Alginate, Medium Chain Triglycerides, Oleic & Stearic Acid), Vegetable Acetoglycerides, Natural Mint Flavor, Sucralose.

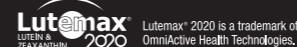
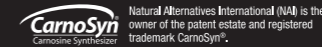
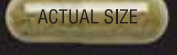
Conforms to USP <2091> for weight.



Other Ingredients: Gelatin, Cellulose, Stearic Acid Vegetable Source, Silica.

Conforms to USP <2091> for weight.

Meets USP <2040> disintegration.



WARNING: Consult your physician prior to using this product if you are pregnant, nursing, taking medication, under 18 years of age or have a medical condition. Discontinue use two weeks prior to surgery.

No Artificial Colors, No Artificial Flavors, No Wheat, Gluten Free, No Dairy, Yeast Free.

KEEP OUT OF REACH OF CHILDREN. Store in a cool, dry place.

For More Information: 1-888-462-2548

SHOP NOW @ GNC.COM

Distributed by: General Nutrition Corporation Pittsburgh, PA 15222

*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.

GNC QUALITY COMMITMENT
Since 1935, GNC has been the leader in the development of superior nutritional supplements. Our products are produced using only fresh, high-quality ingredients and are manufactured under the strictest quality controls.

GNC GUARANTEE
If you are not 100% completely satisfied, return the unused portion of the product with your receipt to a GNC store within 30 days. Our trained sales staff will either refund your purchase price or, if you prefer, assist you in finding a replacement product to help you LIVE WELL.

* 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.