



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.

GET THE NUTRITIONAL SUPPORT ACTIVE WOMEN NEED

Clinically Studied Women'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*

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.



ADVANCED MUSCLE PERFORMANCE

VITAPAK® PROGRAM WITH METABOLISM + MUSCLE SUPPORT*

Includes Clinically Studied Multivitamin Blend[^] 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

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.

Women's Ultra Mega® Active Multivitamin without Iron

Supplement Facts

Serving Size Two Light Green Timed-Release Caplets

Vitamin A (50% as beta-Carotene & 50% Retinyl Acetate)

Amount Per Serving

Vanadium (as Sodium Metavanadate)

Vitamin C (as Ascorbic Acid & Calcium Ascorbate)	200 mg	222%
Vitamin D (as Cholecalciferol D-3)	40 mcg (1600 IU)	200%
Vitamin E (as Natural d-alpha Tocopheryl Acetate)	20.1 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	500 mg	38%
(as Calcium Carbonate, Calcium d-Pantothenate &	Calcium Ascorbate)	
lodine (as Potassium lodide)	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%
Super Antioxidant Blend	28.96 mg	*
alpha-Lipoic Acid	25 mg	*
Lutemax" 2020 Lutein	2 mg	*
Lycopene	1 mg	*
Turmeric Root Extract (Curcuma longa) CurcuWIN® (20% Curcuminoids	500 mcg	*
Zeaxanthin (as Zeaxanthin Isomers)	400 mcq	*
Astaxanthin (from Haematococcus pluvialis)	50 mcg	*
beta-Cryptoxanthin	10 mcq	*
Performance Energy & Metabolism Blend	53.01 mg	*
Green Tea Leaf Extract (Camellia sinensis)(50% EGCG = 15 mg)	30 mg	*
Betaine (Trimethylglycine)(as Betaine Hydrochlorid	de) 10 mg	*
Inositol	10 mg	*
Boron (as Sodium Borate)	2 mg	*
Grape Seed Extract (Vitis vinifera)(86% Polyphenols = 0.86 mg)	1 mg	*

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

OTHER INGREDIENTS: Microcrystalline Cellulose, Hydroxypropyl Methylcellulose, Cellulose, Stearic Acid Vegetable Source, Hydroxypropylcellulose, Dicalcium Phosphate, Titanium Dioxide (Mineral Whitener), Magnesium Stearate Vegetable Source, Polystylene 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) Conforms to USP <2091> for weight

ACTUAL SIZE

'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 rovements in serum levels of certain key nutrients compared to a placebo and a basic improvements in serum levels of certain key nutrients Compared to a packed and a basic multivitamin formula based upon multivirative statistical analyses of a group of B vitamins (thiamin, niacin, riboflavin, pantothenic acid, biotin, folic acid and vitamins B-5 and B-12) and key antioxidants and carotenoids (a group of beta-carotene, alpha-tocopherol, selenium, luteria and tycopene). Statistical improvements in SF-36 Vitality and Mental Health scores were also observed compared to placebo.

[†]When used in conjunction with an exercise program.

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

Lutemax® 2020 is a trademark of OmniActive Health Technologies.

▲ 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. This product contains EGCG from green tea.

Gf GLUTEN FREE

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

General Nutrition Corporation Pittsburgh, PA 15222 USA

Decaf Thermo Igniter 12X

Daily Value not established

Supplement Facts Trocarmellose Sodium, Hydroxypropylcellulose, Stearic Acid Vegetable Source, Magnesium Stearate Vegetable Source,

Serving Size One Yellow Caplet			Silicon Dioxide, Titanium Dioxide (M	
Amount Per Serving	% D	aily Value		
Niacin	20 mg	125%	Glycol, Polysorbate 80, Cellulose, So Maltodextrin, Medium Chain Triglyo	
Garcinia cambogia Fruit Extract (50% Hydroxycitric Acid = 125 mg)	250 mg	*	Riboflavin (Color), Talc.	
Green Coffee Bean Extract (Coffee spp.)(45% Chlorogenic Acids = 90 mg)	200 mg	*	Conforms to USP <2091> for weight	
EGCG (Epigallocatechin Gallate)(from Green Tea Leaf Extract)	50 mg	*	Meets USP <2040> disintegration.	
Capsimax® Capsicum Fruit Extract (Capsicum annuum)	33.34 mg	*		
Piperine (Black Pepper Fruit Extract [Piper nigrum])	5 mg	*		A(

notice minor color

con Dixace, Triamum Boxate, whitera the relative setable Acetoglycerides, Carnauba Wax, Polyethylene col, Polysorbate 80, Cellulose, Sodium Starch Glyconate, todextrin, Medium Chain Triglycerides, Polydextrose,

re pregnant or lactating. If you are taking medication or nave a medical condition, consult a physician before using

ACTUAL SIZE

ACTUAL SIZE

Supplement Facts WARNING: For adult use only. Do not use this product if you

mount Per Serving % Daily Value Conforms to USP <2091> for weight. Meets USP <2040> disintegration. CLA is a naturally LA (Conjugated Linoleic Acid)(from Safflower Oil) 4000 ma

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

Daily Value not established

Waterex"

Supplement Facts
OTHER INGREDIENTS: Microcrystalline Cellulose, Gelatin,
Magnesium Stearate Vegetable Source, Silicon Dioxide,
Calcium Silicate, Caramel Color.

Serving Size one Gray Filled Capsule		
Amount Per Serving	% Da	ily Value
Vitamin B-6 (as Pyridoxine Hydrochloride)	25 mg	1471%
Magnesium (as Magnesium Oxide)	25 mg	6%
Potassium (as Potassium Chloride)	25 mg	1%
Proprietary Blend	50 mg	*
Garlic Clove Powder (Allium sativum), Parsley Leaf Powder (Petroselinu Leaf Extract 3:1 (Arctostaphylos uva-ursi), Elderberry Fruit Powder (So Rush Stems Powder (Equisetum arvense), Fennel Seed Powder (Foenicu	ambucus nigra), Hor ulum vulgare), Corn	setail

Daily Value not established

Conforms to USP <2091> for weight. Meets USP <2040> disintegration.

Biotin 5000

Supplement Facts

Amount Per Serving	% D	% Daily Value		
Biotin	5000 mcg	16667%		
Calcium (as Dicalcium Phosphate)	170 mg	13%		

THER INGREDIENTS: Gelatin, Microcrystalline Cellulose, lydroxypropylcellulose, Talc, Calcium Silicate, Magnesium tearate Vegetable Source. Conforms to USP <2091> for weight. Meets USP <2040> disintegration.

ACTUAL SIZE

* 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.

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.