Stubenhofer Gerald J. Jr. Form 4 April 06, 2011

#### FORM 4

#### OMB APPROVAL

UNITED STATES SECURITIES AND EXCHANGE COMMISSION
Washington, D.C. 20549

OMB Number: 3235-0287

Check this box if no longer subject to Section 16.

Expires: January 31, 2005

5. Relationship of Reporting Person(s) to

D

# STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

Estimated average burden hours per response... 0.5

Form 4 or Form 5 obligations may continue. See Instruction

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934, Section 17(a) of the Public Utility Holding Company Act of 1935 or Section

30(h) of the Investment Company Act of 1940

2. Issuer Name and Ticker or Trading

1(b).

Stock")
Common

Stock

04/06/2011

(Print or Type Responses)

1. Name and Address of Reporting Person \*

	Stubenhofer C	Gerald J. Jr.	G	ymbol NC AC( NC. [GN	QUISITIC	ON HOL	DIN	GS	Issuer (Chec	k all applicable	)
	(Last)  GNC HOLDII SIXTH AVEN	NGS, INC., 300	(N	Date of Ea Month/Day, 4/06/201	· · · · · · · · · · · · · · · · · · ·	saction			Director _X_ Officer (give below) SVP, C	title 0the below) LO and Secreta	er (specify
			If Amendment, Date Original led(Month/Day/Year)					6. Individual or Joint/Group Filing(Check Applicable Line) _X_ Form filed by One Reporting Person Form filed by More than One Reporting Person			
	(City)	(State) (Z	Cip)	Table I	- Non-Der	ivative Se	curiti	es Acqu	uired, Disposed of	, or Beneficial	ly Owned
	1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)		Date, if	3. Transactio Code (Instr. 8)	4. Securit nAcquired Disposed (Instr. 3,	(A) o of (D	)	5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	
	Class A common stock, par value \$0.001 ("Common	04/06/2011			M	8,216	A	\$ 5	8,216	D	

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

S

8,216 D

\$ 16 0

Persons who respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB control number.

SEC 1474 (9-02)

> 8. l De Sec (In

# Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)

1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any (Month/Day/Year)	4. 5. Number Transaction Derivative Code Securities (Instr. 8) Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)		6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amount of Underlying Securities (Instr. 3 and 4)	
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Stock Option (right to buy)	\$ 5	04/06/2011		M	8,216	<u>(1)</u>	11/01/2017	Common Stock	8,216 (1)

# **Reporting Owners**

Reporting Owner Name / Address	Relationships

Director 10% Owner Officer Other

Stubenhofer Gerald J. Jr. GNC HOLDINGS, INC. 300 SIXTH AVENUE PITTSBURGH, PA 15222

SVP, CLO and Secretary

#### **Signatures**

/s/ Gerald J.

Stubenhofer, Jr. 04/06/2011

\*\*Signature of Reporting Person Date

### **Explanation of Responses:**

- \* If the form is filed by more than one reporting person, see Instruction 4(b)(v).
- \*\* Intentional misstatements or omissions of facts constitute Federal Criminal Violations. See 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).
- (1) Option granted on November 1, 2007. This option, representing a right to purchase 62,500 shares of Common Stock, vests in five equal installments on November 1, 2008, 2009, 2010, 2011 and 2012.

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, *see* Instruction 6 for procedure. Potential persons who are to respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB number.

Reporting Owners 2