Edgar Filing: HINES MICHAEL F - Form 4

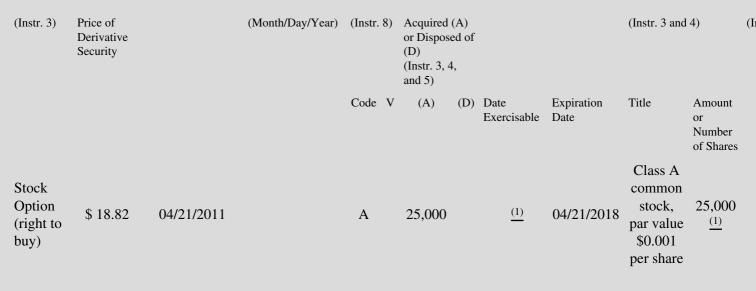
HINES MIC Form 4	HAEL F									
April 22, 201	11									
FORM 4 UNITED STATES SECURITIES AND EXCHANGE COMMISSION								OMB APPROVAL		
	UNITED	STATES		RITIES A shington			E COMMISSIO	N OMB Number:	3235-0287	
Check thi if no long subject to Section 1 Form 4 o Form 5 obligation may cont See Instru	IENT OF rsuant to Se a) of the P 30(h) of	ection 1 Jublic U	SECUI	Estimated burden hou response	urs per					
1(b).										
(Print or Type F	Responses)									
1. Name and Address of Reporting Person <u>*</u> HINES MICHAEL F			2. Issuer Name and Ticker or Trading Symbol GNC HOLDINGS, INC. [GNC]				5. Relationship of Reporting Person(s) to Issuer			
(Last)	(First) (I	Middle)				(Check all applicable)				
C/O GNC HOLDINGS, INC. 300 SIXTH AVENUE			(Month/Day/Year) 04/21/2011				X_ Director 10% Owner Officer (give title Other (specify below) below)			
(Street)			4. If Amendment, Date Original Filed(Month/Day/Year)				6. Individual or Joint/Group Filing(Check Applicable Line) _X_Form filed by One Reporting Person			
PITTSBUR	GH, PA 15222						Person	More than One R	eporting	
(City)	(State)	(Zip)	Tab	ole I - Non-	Derivative	Securities A	Acquired, Disposed	of, or Beneficia	lly Owned	
	2. Transaction Date (Month/Day/Year)	2A. Deemee Execution I any (Month/Day	Date, if	3. Transactic Code (Instr. 8) Code V	4. Securit mAcquired Disposed (Instr. 3, -	(A) or 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)	7. Nature of Indirect Beneficial Ownership (Instr. 4)	
Reminder: Rep	ort on a separate line	e for each cla	ss of sec	urities bene	ficially ow	ned directly	or indirectly.			
					Perso inforr requi	ons who res nation cont red to resp ays a curre	spond to the colle tained in this forr ond unless the fo ntly valid OMB co	n are not orm	GEC 1474 (9-02)	

 Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned

 (e.g., puts, calls, warrants, options, convertible securities)

1. Title of	2.	3. Transaction Date	3A. Deemed	4.	5. Number of	6. Date Exercisable and	7. Title and Amount	8.
Derivative	Conversion	(Month/Day/Year)	Execution Date, if	Transacti	orDerivative	Expiration Date	of Underlying	D
Security	or Exercise		any	Code	Securities	(Month/Day/Year)	Securities	Se

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Reporting Owners

Reporting Owner Name / Address				
	Director	10% Owner	Officer	Other
HINES MICHAEL F C/O GNC HOLDINGS, INC. 300 SIXTH AVENUE PITTSBURGH, PA 15222	Х			
Signatures				
/s/ Gerald J. Stubenhofer, Jr., by power of attorney		2011		
<u>**</u> 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) The option vests in three equal installments on April 21, 2012, 2013 and 2014.

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.