



PRODUCT CATALOG





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FOR WINNERS

WPC INSIDE



FOOD SUPPLEMENT

PROTEIN SUPPLEMENTS

SUPPLEMENTS
SUPPLEMENTS
SUPPLEMENTS
SUPPLEMENTS

INSTANT - EASY TO MIX
DELICIOUS PROTEIN SHAKE

CHOCOLATE FLAVOUR /
O SMAKU CZEKOLADOWYM
SERVING SUGGESTION / PROPOZYCJA PODANIA



SUPPLEMENT DIETY

LIGHT
WHEY
PROBIOTICS

- REDUCED LACTOSE CONTENT
- ENRICHED WITH PROBIOTICS
- EXCELLENT SOLUBILITY
- AVAILABLE ALSO IN THE NATURAL VERSION (UNFLAVOURED)



Nutrition declaration		
Serving size: 30 g (1 measure)		
Servings per container: 60 (1.8 kg), 23 (700 g)		
Amount per	100 g	30 g
Energy value	1553 U / 367 kcal ³ 1685 kJ / 398 kcal 1734 kJ / 410 kcal ⁷	464 kJ / 110 kcal ³ 500 kJ / 118 kcal 523 kJ / 124 kcal ⁷
Fat	6.1 g ³ , 5.9 g, 6.2 g ⁷	1.8 g, 1.9 g ⁷
of which saturated acids	4.2 g, 4.3 g ⁷	1.3 g
Carbohydrate	8.1 g ³ , 8.3 g, 8.5 g ⁷	2.4 g ³ , 2.5 g, 2.6 g ⁷
of which sugar	50 g ³ , 5.6 g, 5.8 g ⁷	1.5 g ³ , 1.7 g
Protein (in dry matter)	70 g ³ , 78 g, 80 g ⁷	21 g ³ , 23 g, 24 g ⁷
Salt	0.89 g ³ , 0.66 g	0.27 g ³ , 0.20 g
Lactose	1.8 g ³ , 2.1 g, 2.2 g ⁷	0.5 g ³ , 0.6 g, 0.7 g ⁷
Lactobacillus acidophilus	333 min CFU **	100 min CFU **

* - Per serving. It does not apply to the chocolate and natural flavours.
* - CFU – Colony-forming unit (single propagule).



DIET SUPPLEMENT

MILK
SHAKE
WHEY

- 66% PROTEIN FROM WHEY PROTEIN CONCENTRATE*
- HIGH PROTEIN CONTENT IN EACH SERVING
- THE ADDITION OF BUTTERMILK ENSURES THICK TEXTURE, EVEN IF USED WITH WATER



Nutrition declaration		
Serving size: 30 g (1 measure)		
Servings per container: 10 (300 g), 23 (700 g), 60 (0.8 kg)		
Amount per	30 g	60 g
Energy value	487 kJ / 115 kcal 460 kJ / 109 kcal ¹	971 kJ / 230 kcal 923 kJ / 218 kcal ¹
Fat	2.0 g / 2.0 g ¹	4.0 g / 4.0 g ¹
of which saturated acids	1.3 g / 1.3 g ¹	2.6 g / 2.6 g ¹
Carbohydrate	4.3 g / 4.7 g ¹	8.4 g / 9.6 g ¹
of which sugar	3.8 g / 3.9 g ¹	7.8 g / 7.8 g ¹
Protein	20 g / 18 g ¹	40 g / 36 g ¹
Salt	0.19 g / 0.23 g ¹	0.38 g / 0.46 g ¹

* Per serving. It does not apply to the chocolate flavour.



DIET SUPPLEMENT

WHEY ISOLATE

- HIGH BIOLOGICAL VALUE (BV): 159
- 85 G OF PROTEIN IN 100 G OF PRODUCT
- EXCELLENT SOLUBILITY
- REFINED AMAZING FLAVOURS



Nutrition declaration			
Serving size: 30 g (1 measure)			
Servings per container: 60 (1.8 kg), 23 (700 g)			
Amount per	30 g	60 g	100 g
Energy value	495 kJ / 117 kcal	991 kJ / 234 kcal	1623 kJ / 383 kcal
Fat	0.8 g	1.6 g	2.7 g
of which saturated acids	0.5 g	1.0 g	1.6 g
Carbohydrate	1.4 g	2.8 g	4.6 g
of which sugar	0.9 g	1.9 g	3.1 g
Protein (in dry matter)	26 g	52 g	85 g
Salt	0.04 g	0.08 g	0.12 g

* Per serving.

AVAILABLE FLAVOURS: SALTED CARAMEL, STRAWBERRY, VANILLA, CREAMY WAFER, WHITE CHOCOLATE

AVAILABLE SIZES: 700 G, 1800 G



DIET SUPPLEMENT

80 WHEY PROTEIN

- DELICATE AND DELICIOUS HIGH-PROTEIN COCKTAIL
- WIDE VARIETY OF FLAVOURS TO CHOOSE FROM
- AS MANY AS 25 AMAZING FLAVOURS FROM CLASSIC TO MOST EXQUISITE ONES



Nutrition declaration		
Serving size: 30 g (1 measure) Servings per container: 1 (30 g), 30 (908 g)		
Amount per	30 g	100 g
Energy value	526 kJ / 125 kcal 544 kJ / 129 kcal ¹	1753 kJ / 415 kcal 1812 kJ / 430 kcal ¹
Fat	2.7 g / 3.3 g ¹ / 2.7 g ²⁵	8.9 g / 11 g ¹ / 9 g ²⁵
of which saturated acids	1.1 g / 1.0 g ¹	3.7 g / 3.2 g ¹
Carbohydrate	3 g / 5.7 g ¹ / 3.9 g ^{12,14,23} / 2.4 g ²⁵	10 g / 19 g ¹ / 13 g ^{12,14,23} / 8 g ²⁵
of which sugar	0.6 g / 3.6 g ¹ / 1.6 g ^{12,14,23} / 0.5 g ²⁵	2.1 g / 12 g ¹ / 5.3 g ^{12,14,23} / 1.8 g ²⁵
Proteins	22 g / 19 g ¹ / 21 g ^{12,14,23} / 23 g ²⁵	73 g / 63 g ¹ / 70 g ^{12,14,23} / 75 g ²⁵
Salt	0.18 g / 0.48 g ¹	0.59 g / 1.59 g ¹

* Per serving. It does not apply to the chocolate flavour.

AVAILABLE FLAVOURS: ¹CHOCOLATE, ²COCONUT, ³BISCUIT, ⁴NUT, ⁵MARZIPAN, ⁶SALTED CARAMEL, ⁷STRAWBERRY, ⁸VANILLA, ⁹WHITE CHOCOLATE WITH CHERRY, ¹⁰WHITE CHOCOLATE WITH RASPBERRY, ¹¹WHITE CHOCOLATE WITH STRAWBERRY, ¹²CHOCOLATE WITH ORANGE, ¹³CAPPUCCINO, ¹⁴CHOCOLATE WITH CARAMEL, ¹⁵PEANUT BUTTER WITH BANANA, ¹⁶PEANUT BUTTER WITH ORANGE, ¹⁷PISTACHIO, ¹⁸BANANA, ¹⁹PEAR WITH CARAMEL, ²⁰TRUFFLE CANDIES, ²¹LIQUEUR, ²²WAFER, ²³CHOCOLATE WITH SESAME, ²⁴CREME BRULEE, ²⁵NATURAL



GAINERS

GAINERS
GAINERS
GAINERS
GAINERS



STRAWBERRY FLAVOUR /
O SMAKU TRUSKAWKOWYM
SERVING SUGGESTION / PROPOZYCJA PODANIA



NET WET
3 kg e

GAIN[®] PAK[®]

FOOD SUPPLEMENT

SUPPORTS THE BUILD OF LEAN MUSCLE MASS

GAINERS GAINERS GAINERS GAINERS GAINERS GAINERS GAINERS

DIET SUPPLEMENT

GAIN[®] PAK[®]

- VERY TASTY AND VALUABLE GAINER WITH HIGH NUTRITIONAL VALUE
- PRODUCT RECOMMENDED IN THE PERIOD OF MUSCLE MASS BUILDING
- EACH SERVING IS RICH SOURCE OF COMPLEX CARBOHYDRATES, BUT IT ALSO CONTAINS 20% OF HIGH-QUALITY PROTEIN
- THE FORMULA CONTAINS EXCLUSIVELY ANIMAL PROTEIN FRACTIONS OF EXCELLENT AMINO ACID PROFILE



Nutrition declaration	
Serving size: 100 g (2 measures) Servings per container: 30	
Amount per	100 g (% NRV)*
Energy value	1574 kJ / 371 kcal ¹ , 1580 kJ / 372 kcal
Fat	2.1 g ¹ , 1.8 g
of which saturated acids	1.4 g ¹ , 1.1 g
Carbohydrate	68 g ¹ , 69 g
of which sugar	25 g ¹ , 26 g
Protein (in dry matter)	20 g
Salt	0.3 g ¹ , 0.1 g
Vitamins and minerals	
Vitamin C	20 mg (25%)*
Niacin	4 mg (25%)*
Vitamin E	3 mg (25%)*
Pantothenic acid	1.5 mg (25%)*
Vitamin B6	0.35 mg (25%)*
Riboflavin	0.35 mg (25%)*
Thiamin	0.28 mg (25%)*
Folic acid	50 µg (25%)*
Biotin	12.5 µg (25%)*
Vitamin B12	0.63 µg (25%)*

* % NRV – Nutrient Reference Values

AVAILABLE FLAVOURS: ¹CHOCOLATE, VANILLA, COCONUT, TROPICAL, STRAWBERRY, RASPBERRY

AVAILABLE SIZES: 3 KG

GAIN FOOD SUPPLEMENT PAK

SUPPORTS THE BUILD OF LEAN MUSCLE

GAINERS GAINERS GAINERS GAINERS GAINERS GAINERS GAINERS

DIET SUPPLEMENT

MASS PAK

- CARBOHYDRATE-PROTEIN CONDITIONER GAINER
- CONTAINS THE ADDITION OF CREATINE, TAURINE AND L-GLYCINE
- PROTEIN CONTRIBUTES TO THE GROWTH OF MUSCLE MASS AND HELPS IN ITS MAINTENANCE
- AVAILABLE IN 5 DELICIOUS FLAVOURS AND 3 GRAMMATS TO CHOOSE (1 KG, 3 KG AND 5 KG)



Nutrition declaration	
Serving size: 100 g (3,5 scoops)	
Servings per container: 10 (1 kg), 30 (3 kg), 50 (5 kg)	
Amount per	100 g
Energy	1630 kJ / 384 kcal
Fat	1,5 g
of which saturates	0,7 g
Carbohydrate	79 g
of which sugars	33 g
Protein	13 g
Salt	0,13 g
Active ingredients	
Maltodextrin	69 g
Glucose	14 g
Whey protein concentrate	8 g
Creatine monohydrate	2,28 g
of which creatine	2 g
Taurine	2 g
L-glycine	2 g

* % NRV - Nutrient Reference Values

AVAILABLE FLAVOURS: SALTED CARAMEL, VANILLA, RASPBERRY

AVAILABLE SIZES: 1 KG, 3 KG, 5 KG



AMINO ACIDS

ACIDS
ACIDS
ACIDS



FOOD SUPPLEMENT

EAA

ESSENTIAL AMINO ACIDS

ACIDS

AMINO ACIDS

AMINO ACIDS

AMINO ACIDS

AMINO ACIDS

AMINO ACIDS

AMINO

DIET SUPPLEMENT

ANTI
CATABOLIC
PAK

- COMPREHENSIVE AND VERY EFFECTIVE MIXTURE FOR USE AFTER TRAINING
- EACH SERVING CONTAINS BRANCHED-CHAIN AMINO ACIDS (BCAA) IN THE MUTUAL RATIO OF 2: 1: 1
- IN THE FORM OF INSTANT AND L-GLUTAMINE
- IT CONTAINS THE ADDITION OF VITAMINS (B6, C) AND TAURINE
- IT DISSOLVES VERY WELL AND TASTES INTERESTING
- ASPARTAM FREE FORMULA



Nutrition declaration

Serving 10 g (2 measures)
Servings per container: 50

Amount per	10 g (% NRV)*
Vitamin C	60 mg (75%)*
Vitamin B6	1.4 mg (100%)*
L-glutamine	4400 mg
BCAA 2:1:1 of which	4400 mg
L-leucine	2200 mg
L-isoleucine	1100 mg
L-valine	1100 mg
Taurine	400 mg

* % NRV – Nutrient Reference Values

AVAILABLE FLAVOURS: MOJITO, ORANGE, LEMON

AVAILABLE SIZES: 500 G, 900 G

FOOD SUPPLEMENT

EAA

ESSENTIAL AMINO ACIDS

ACIDS

AMINO ACIDS

AMINO ACIDS

AMINO ACIDS

AMINO ACIDS

AMINO ACIDS

AMINO

DIET SUPPLEMENT

BCAA
PAK

- HIGH CONCENTRATION OF BRANCHED-CHAIN AMINO ACIDS IN OPTIMAL PROPORTION OF 2:1:1
- IT CONTAINS 80% OF BCAA IN EACH SERVING
- THE FORMULA CONTAINS THE ADDITION OF VITAMINS FROM THE B GROUP AND VITAMIN C
- IT ENHANCES BODY IMMUNITY AND PROTECTS CELLS AGAINST STRESS
- VITAMINS (VITAMIN C, VITAMIN B6, VITAMIN B12) CONTRIBUTE TO REDUCING THE FEELING OF FATIGUE AND TIREDNESS



Nutrition declaration

Serving size: 10 g (2 measures)
Servings per container: 40

Amount per	10 g	% NRV*
Vitamin C	30 mg	38%
Vitamin B6	2 mg	143%
Vitamin B12	6 µg	240%
BCAA 2:1:1 Instant	8000 mg	–
of which:		
L-leucine	4000 mg	–
L-isoleucine	2000 mg	–
L-valine	2000 mg	–

* % NRV – Nutrient Reference Values

AVAILABLE FLAVOURS: KIWI WITH ORANGE, LYCHEE WITH GRAPE, LEMON WITH CACTUS

AVAILABLE SIZES: 400 G, 900 G

FOOD SUPPLEMENT

EAA

ESSENTIAL AMINO ACIDS

ACIDS

AMINO ACIDS

AMINO ACIDS

AMINO ACIDS

AMINO ACIDS

AMINO ACIDS

AMINO

DIET SUPPLEMENT

BETA
ALANINE

- NO SUGAR ADDED
- ASPARTAM FREE
- PRODUCT FORTIFIED WITH VITAMIN B6
- PRODUCT RECOMMENDED FOR PEOPLE
- WITH INCREASED PHYSICAL ACTIVITY
- VITAMIN B6 CONTRIBUTES TO MAINTAINING THE CORRECT METABOLISM OF PROTEIN AND GLYCOGEN.
- VITAMIN B6 CONTRIBUTES TO THE CORRECT ENERGY METABOLISM DURING HIGH-INTENSITY TRAINING.



Nutrition declaration

Serving size: 805 mg (1 measure)
Servings per container: 248

Amount per:	0.805 g (% NRV)*	1.61 g (% NRV)*	2.415 g (% NRV)*
Beta-alanine	800 mg	1600 mg	2400 mg
Vitamin B6	1.4 mg (100%)*	2.8 mg (200%)*	4.2 mg (300%)*

* % NRV – Nutrient Reference Values

AVAILABLE FLAVOURS: NATURAL

AVAILABLE SIZES: 200 G

FOOD SUPPLEMENT

EAA

ESSENTIAL AMINO ACIDS

ACIDS

AMINO ACIDS

AMINO ACIDS

AMINO ACIDS

AMINO ACIDS

AMINO ACIDS

AMINO

DIET SUPPLEMENT

CITRULLINE

- HIGH QUALITY OF RAW MATERIAL
- IT DISSOLVES PERFECTLY
- REFINED FLAVOUR
- 66 SERVINGS PER CONTAINER



Nutrition declaration

Serving size: 3 g (½ measure)
Servings per container: 66

Amount per:	3 g
Citrulline malate	2256 mg
of which citrulline	1241 mg

AVAILABLE FLAVOURS: LEMON

AVAILABLE SIZES: 200 G

DIET SUPPLEMENT

DAA

- PRODUCT ONLY FOR ADULT MEN
- D-ASPARTIC ACID (DAA) IS AN AMINO ACID INVOLVED IN TESTOSTERONE BIOSYNTHESIS IN MEN
- PRODUCTS CONTAINING DAA MAY BE TAKEN IN PERIODS OF MUSCLE MASS BUILDING AND BODY SCULPTURE SHAPING
- THE USE OF CYCLES NO LONGER THAN 3 WEEKS IS RECOMMENDED



Nutrition declaration		
Serving size: 3 tablets		
Servings per container: 40		
Amount per:	1 tablet	3 tablets
D-aspartic acid	1000 mg	3000 mg

DIET SUPPLEMENT

EAA

- PERFECT BEFORE, DURING AND AFTER TRAINING
- 8 NECESSARY AMINO ACIDS
- AMINOGRAM CORRESPONDING TO THE PROFILE OF PROTEIN
- FOUR EXCELLENT FLAVOURS
- IT DISSOLVES PERFECTLY
- SUPPORT FOR EACH SPORTS DISCIPLINE, REGARDLESS OF THE LEVEL OF ADVANCEMENT



Nutrition declaration	
Serving size: 12 g (2 measures) Servings per container: 33	
Amount per	12 g
L-Leucine	2000 mg
L-Valine	1000 mg
L-Isoleucine	1000 mg
L-Lysine	1320 mg
L-Phenylalanine	700 mg
L-Threonine	1080 mg
L-Histidine	300 mg
L-Methionine	720 mg
L-Tryptophan	200 mg
L-Arginine	660 mg

AVAILABLE FLAVOURS: ORANGE AND LEMON, MANGO AND MARACUYA, LYCHEE AND GRAPEFRUIT

AVAILABLE SIZES: 400 G

FOOD SUPPLEMENT

EAA

ESSENTIAL AMINO ACIDS

ACIDS

AMINO ACIDS

AMINO ACIDS

AMINO ACIDS

AMINO ACIDS

AMINO ACIDS

AMINO

DIET SUPPLEMENT

GLUCO-SAMINE+

- PRODUCT BASED ON INGREDIENTS POPULAR WITH PEOPLE WHO WANT TO TAKE CARE OF THEIR BONE AND JOINT SYSTEM
- PERFECT CHOICE FOR RUNNERS, CYCLISTS AND PEOPLE PRACTISING COMBAT AND STRENGTH SPORTS
- THE PRODUCT CONTAINS POPULAR AND FAVOURED MSM INGREDIENT IN THE AMOUNT OF 600 MG / SERVING
- VITAMIN C HELPS TO MAINTAIN THE CORRECT PRODUCTION OF COLLAGEN AIMED AT ENSURING THE CORRECT FUNCTIONING OF: CARTILAGES, BONES, BLOOD VESSELS, SKIN, TEETH AND GUMS



Nutrition declaration

Serving size: 2 g
Servings per container: 120

Amount per	12g	% NRV*
Glucosamine sulfate	1000 mg	–
Metylosulfonylometan	600 mg	–
Vitamin C	80 mg	100%
Vitamin B6	1.2 mg	86%

AVAILABLE SIZES: 240G

DIET SUPPLEMENT

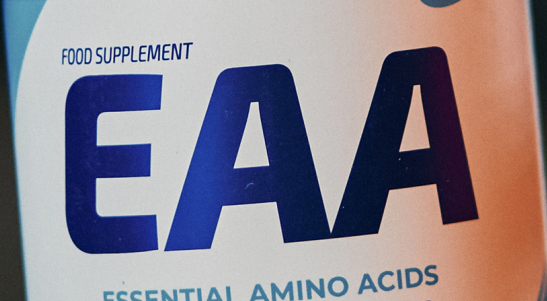
GLUTAMINE

- 4945 MG OF L-GLUTAMINE PER SERVING
- IT CAN BE TAKEN BY PEOPLE PRACTISING ANY SPORTS DISCIPLINE
- PRODUCT RECOMMENDED ALSO IN PERIODS OF REDUCED BODY IMMUNITY (VITAMIN B6)
- ADDITIONALLY ENRICHED WITH TAURINE AND VITAMIN B6
- VITAMIN B6 CONTRIBUTES TO MAINTAINING THE CORRECT ENERGY METABOLISM AND TO REDUCING THE FEELING OF TIREDNESS AND FATIGUE



Nutrition declaration		
Serving size: 5 g (¾ measure)		
Servings per container: 48		
Amount per:	5 g	% NRV*
L-glutamine	4.945 mg	–
Taurine	50 mg	–
Vitamin B6	5 mg	(357%)*

* % NRV – Nutrient Reference Values



ACIDS AMINO ACIDS AMINO ACIDS AMINO ACIDS AMINO ACIDS AMINO ACIDS

DIET SUPPLEMENT

TAURINE+

- IT CAN BE TAKEN THROUGHOUT THE YEAR, REGARDLESS OF THE LEVEL OF PHYSICAL ACTIVITY INTENSITY
- VITAMIN C HELPS TO MAINTAIN THE CORRECT FUNCTIONING OF THE IMMUNE SYSTEM
- VITAMIN C TAKES PART IN PROTECTING CELLS AGAINST OXIDATIVE STRESS
- VITAMIN C HELPS TO MAINTAIN THE CORRECT PRODUCTION OF COLLAGEN AIMED AT ENSURING THE CORRECT FUNCTIONING OF: CARTILAGES, BONES, BLOOD VESSELS, SKIN, TEETH AND GUMS
- VITAMIN B6 AND VITAMIN C CONTRIBUTE TO REDUCING THE FEELING OF TIREDNESS AND FATIGUE



Nutrition declaration

Serving size: Na 3 g
Servings per container: 80

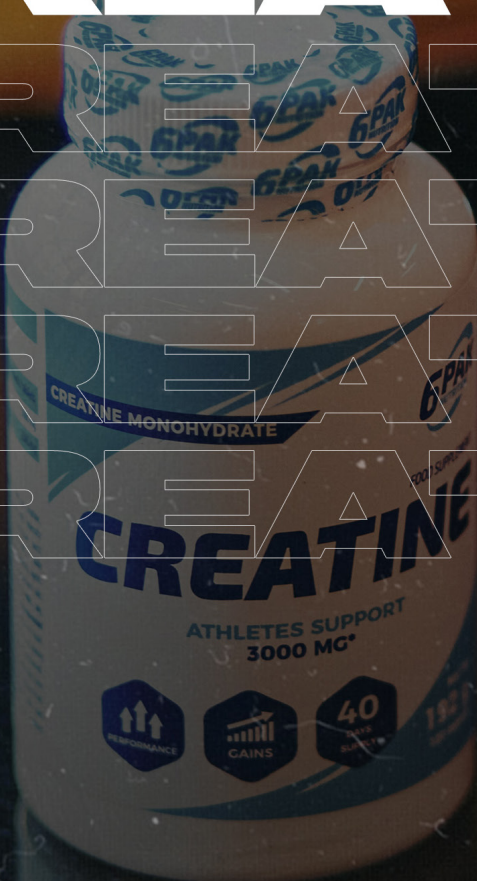
Amount per:	3 g	% NRV*
Taurine	2900 mg	-
Vitamin C	80 mg	143%
Vitamin B6	2 mg	143%

* % NRV – Nutrient Reference Values



CREATINES

CREATINES
CREATINES
CREATINES
CREATINES



DIET SUPPLEMENT

CREATINE

- MOST POPULAR FORM OF CREATINE
- 3000 MG CREATINE MONOHYDRATE PER DAILY SERVING
- IT CAN BE TAKEN REGARDLESS OF THE TRAINING PURPOSE (MUSCLE MASS BUILDING, ENDURANCE, MUSCLE MASS REDUCTION, RECOMPOSITION)
- CREATINE INCREASES PHYSICAL PERFORMANCE IN THE CASE OF SUCCESSIVE SHORT AND VERY INTENSE PHYSICAL EXERCISES*
- SUPPLEMENT CLASSIFIED BY THE AUSTRALIAN INSTITUTE OF SPORT TO THE SO-CALLED GROUP A, I.E. SUPPLEMENTS AND SUBSTANCES PARTICULARLY RECOMMENDED FOR ATHLETES AS DURING EXERCISE THEY SHOW SUPPORTING EFFECT



Nutrition declaration

Serving size: 3 tablets
Servings per container: 40

Amount per:	1 tablet	3 tablets
Creatine monohydrate	1000 mg	3000 mg
of which creatine	880 mg	2640 mg

* The beneficial effect is achieved in the case of taking 3 g of creatine daily.

DIET SUPPLEMENT

CREATINE MONOHYDRATE

- MOST POPULAR FORM OF CREATINE
- AS MANY AS 100 DAILY SERVINGS PER CONTAINER
- PRODUCT ENRICHED WITH A SOLID DOSE OF TAURINE



Nutrition declaration

Bag
Available flavours: Natural (bag)

Serving size: 5 g (1 measure)
Servings per container: 100

Amount per	5 g
Creatine monohydrate	4700 mg
of which creatine	4131 mg
Taurine	300 mg

* per serving

Tin
Available flavours: orange, lemon, grapefruit (tin)

Serving size: 6 g (1 measure)
Servings per container: 83

Amount per	6 g
Creatine monohydrate	4700 mg
of which creatine	4131 mg
Taurine	300 mg

* per serving

AVAILABLE FLAVOURS: NATURAL, ORANGE, LEMON, GRAPEFRUIT

AVAILABLE SIZES: 500 G

DIET SUPPLEMENT

CREA PAK

- COMBINATION OF THREE CREATINES (MONOHYDRATE, MALATE AND HYDROCHLORIDE)
- CREATINE INCREASES PHYSICAL PERFORMANCE*
- PRODUCT ENRICHED WITH TAURINE
- CONVENIENT POWDER FORM



Nutrition declaration

Serving size: 5.5 g (1 measure)
Servings per container: 60

Amount per	5.5 g
Creatine monohydrate of which creatine	3750 mg 3242 mg
Creatine malate of which creatine	500 mg 360 mg
Creatine hydrochloride of which creatine	380 mg 250 mg
Taurine	250 mg

AVAILABLE FLAVOURS: WATERMELON-RED APPLE

AVAILABLE SIZES: 330 G

DIET SUPPLEMENT

CRM3 PAK

- CREATINE MALATE IN POWDER
- CREATINE INCREASES PHYSICAL PERFORMANCE IN THE CASE OF SUCCESSIVE SHORT AND VERY INTENSE PHYSICAL EXERCISES. ITS BENEFICIAL EFFECT IS ACHIEVED IN THE CASE OF TAKING 3 G OF CREATINE DAILY
- PRODUCT IN TWO EXCELLENT FLAVOURS AND IN A NATURAL VERSION



Nutrition declaration	
Serving size: 5 g (1 measure) Servings per container: 50 (250 g), 100 (500 g)	
Amount per	5 g (% NRV)*
Tri-creatine malate	4400 mg ^{1,2} , 4550 mg ³
of which creatine	3300 mg ^{1,2} , 3412 mg ³
Taurine	380 mg ^{1,2} , 400 mg ³
Vitamin B6	1.4 mg (100%)*

* % NRV – Nutrient Reference Values

AVAILABLE FLAVOURS: ¹PINEAPPLE, ²CHERRY AND LEMO, ³NATURAL (PURE)

AVAILABLE SIZES: 250 G, 500 G

DIET SUPPLEMENT

TCM

- CREATINE, SUBSTANCE WITH WELL DOCUMENTED EFFECTS SUPPORTED BY NUMEROUS LABORATORY TESTS
- CREATINE INCREASES PHYSICAL PERFORMANCE IN THE CASE OF SUCCESSIVE SHORT AND VERY INTENSE PHYSICAL EXERCISES*
- 3000 MG OF CREATINE MALATE PER DAILY SERVING
- TABLETS CONVENIENT FOR APPLICATION
- PERFECT CHOICE FOR PEOPLE PRACTISING STRENGTH AND ENDURANCE SPORTS



Nutrition declaration		
Serving size: 3 tablets Servings per container: 40		
Amount per:	1 tablet	3 tablets
Tri-creatine malate	1000 mg	3000 mg
of which creatine	750 mg	2250 mg

* The beneficial effect is achieved in the case of taking 3 g of creatine daily.



DIET SUPPLEMENT

CREA-TINE HCL

- CREATINE CHLORIDE ADDITIONALLY ENRICHED WITH TAURINE
- RECOMMENDED BEFORE INTENSIVE WORKOUT
- PER SERVING CONTAINS 3715 MG OF CREATINE
- PACKAGE CONTAINS UP TO 43 PORTIONS



Nutrition declaration	
Serving size: 5,5 g (1 scoop) Servings per container: 43	
Amount per:	5,5 g
Creatine hydrochloride	4703 mg
of which creatine	3715 mg
Taurine	300 mg

* The beneficial effect is achieved in the case of taking 3 g of creatine daily.

AVAILABLE FLAVOURS: LEMONADE

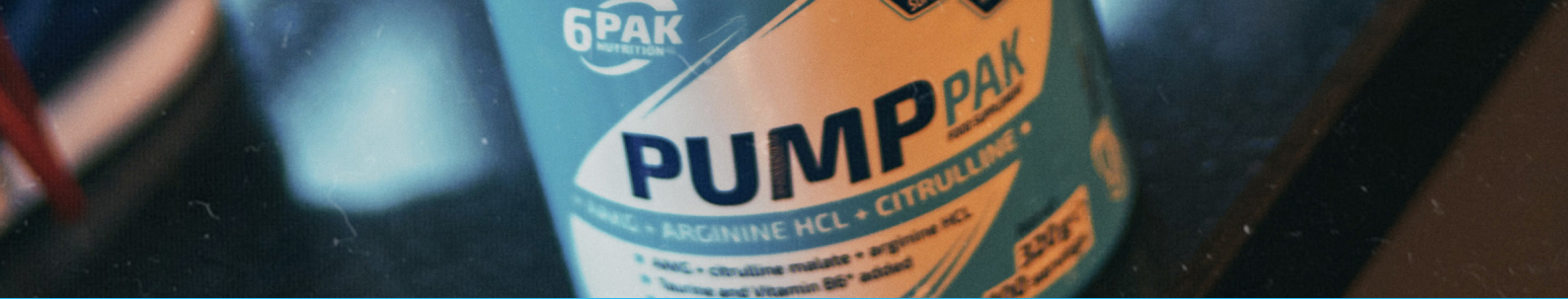
AVAILABLE SIZES: 240G



WORKOUT SUPPLEMENTS

SUPPLEMENTS
SUPPLEMENTS
SUPPLEMENTS
SUPPLEMENTS





DIET SUPPLEMENT

AAKG

- 4540 G OF AAKG PER ONE SERVING
- ADDITION OF TAURINE AND VITAMIN B6
- VITAMIN B6 CONTRIBUTES TO THE CORRECT METABOLISM OF PROTEIN AND GLYCOGEN
- PRODUCT RECOMMENDED FOR PEOPLE PRACTISING STRENGTH SPORTS
- ESPECIALLY RECOMMENDED IN THE PERIOD OF MUSCLE MASS BUILDING

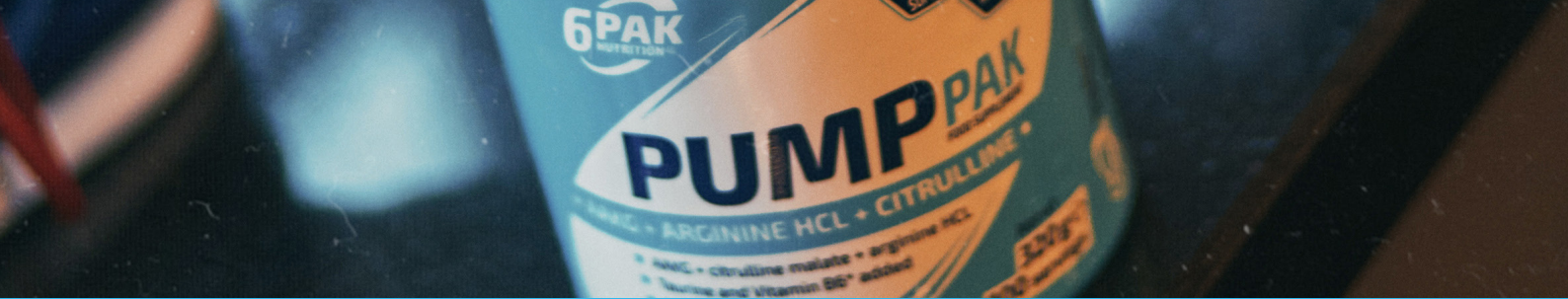


Nutrition declaration				
Serving size: 5 g (¼ measure) Servings per container: 48				
Amount per:	5 g	(% NRV)*	10 g	(% NRV)*
L-arginine alpha-ketoglutarate	4540 mg	-	9080 mg	-
of which L-arginine	2951 mg	-	5902 mg	-
Taurine	50 mg	-	100 mg	-
Vitamin B6	1 mg	(71%)*	2 mg	(143%)*

* % NRV – Nutrient Reference Values

AVAILABLE FLAVOURS: LEMON, FOREST FRUIT

AVAILABLE SIZES: 240G



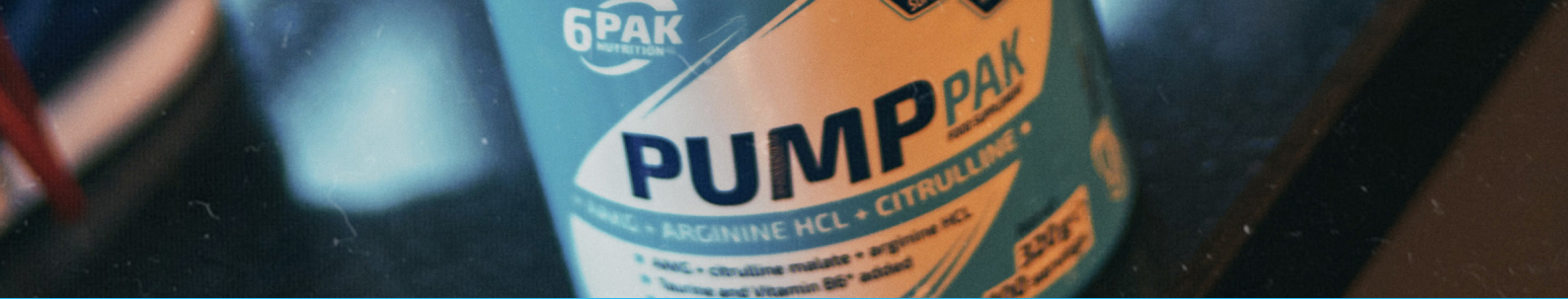
DIET SUPPLEMENT

AAKG

- PRODUCT FOR PEOPLE TRAINING INTENSELY AT THE GYM
- ONE OF THE MOST POPULAR SUPPLEMENTS IN STRENGTH SPORTS
- PRE-WORKOUT SUPPLEMENT
- IT STIMULATES THE BODY TO PRODUCE NITRIC OXIDE (NO), WHICH HAS AN EFFECT OF THE SO-CALLED MUSCLE PUMP



Nutrition declaration		
Serving size: 3 tablets		
Servings per container: 40		
Amount per:	1 tablet	3 tablets
L-arginine alpha-ketoglutarate	1250 mg	3750 mg



DIET SUPPLEMENT

BESTIA SHOT

- UNIQUE SHOT TO BE USED BEFORE WORKOUT
- CONVENIENCE AND VERSATILITY
- 1 SHOT = 1 SERVING

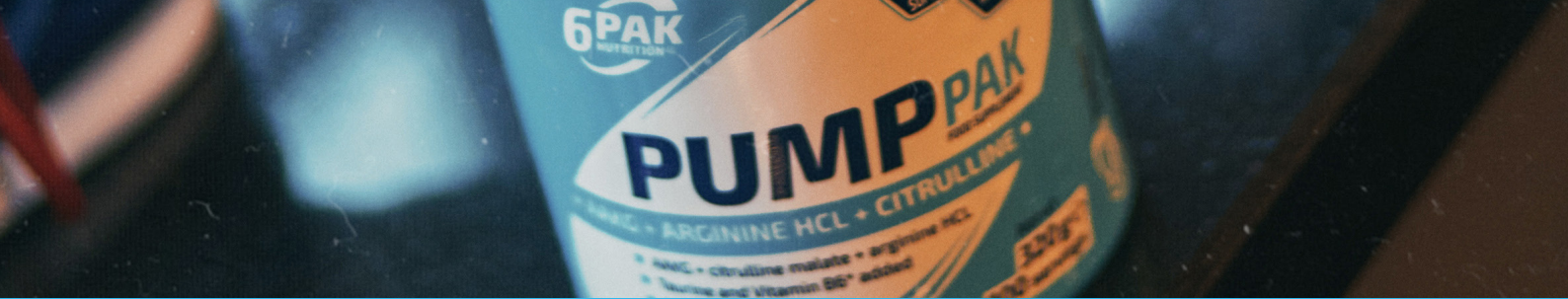


Nutrition declaration	
Serving size: 80 ml Servings per container: 1	
Amount per:	80 ml
Taurine	2000 mg
Glycerine	2000 mg
L-arginine	1000 mg
L-theanine	300 mg
Caffeine	200 mg
Glucuronolactone	150 mg
Vitamin B6	1.4 mg

* % NRV – Nutrient Reference Values

AVAILABLE FLAVOURS: TROPICAL FRUIT

AVAILABLE SIZES: 80 ML



DIET SUPPLEMENT

BESTIA

- A VERSATILE FORMULA SUPPORTING STRENGTH AND ENDURANCE TRAINING
- PERFECT FOR THE PERIOD OF FAT REDUCTION, THANKS TO THE BITTER ORANGE CONTAINED IN THE SUPPLEMENT

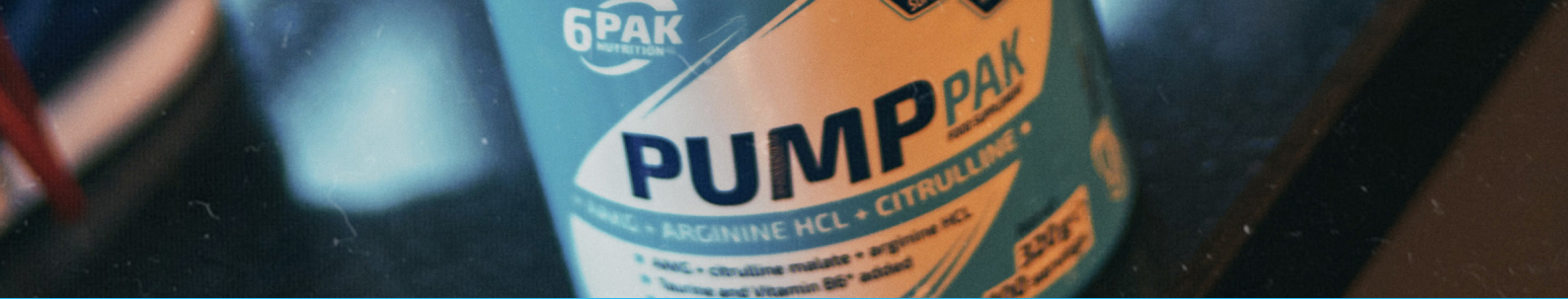


Nutrition declaration		
Serving size:		
Servings per container:		
Amount per:	10 g	% NRV*
L-arginine alpha-ketoglutarate	2051 mg	-
including arginine	1333 mg	-
Citrulline malate	2000 mg	-
including citrulline	1120 mg	-
Taurine	1333 mg	-
L-Tyrosine	1000 mg	-
Beta-alanine	533 mg	-
Caffeine	200 mg	-
Bitter orange fruit extract	200 mg	-
including synephrine	20 mg	-
Ashwagandha Root Extract	67 mg	-
including withanolides	6 mg	-
Rhodiola rosea root extract	67 mg	-
including rosavins	2 mg	-
Black pepper fruit extract	13 mg	-
including piperine	12.7 mg	-
Vitamin B6	5.44 mg	389%

* % NRV – Nutrient Reference Values

AVAILABLE FLAVOURS: TROPICAL FRUIT

AVAILABLE SIZES: 240 G



DIET SUPPLEMENT

BOOM! SHOT

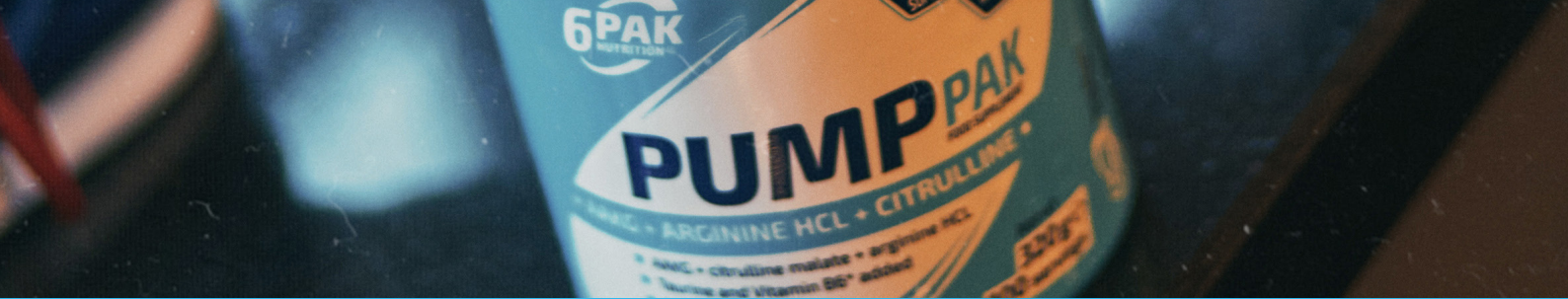
- INTENSE WORKOUT PUMP
- CAFFEINE FREE
- IT DOES NOT CONTAIN CREATINE OR STIMULANTS
- PERFECT IN THE CASE OF EVENING WORKOUT
- BASED ON CITRULINE MALATE, AAKG AND L-ARGININE



Nutrition declaration		
Serving size: 40 ml (8 teaspoons) Servings per container: 2		
Amount per:	40 ml	80 ml
Citruline malate	1 g	2 g
L-arginine ketoglutarate	1.5 g	3 g
L-arginine	0.5 g	1 g

AVAILABLE FLAVOURS: CHERRY AND RASPBERRY, CRANBERRY AND ORANGE

AVAILABLE SIZES: 80 ML



DIET SUPPLEMENT

CRAZE SHOT

- GREAT ENERGY SHOT DUE TO HIGH CAFFEINE CONTENT
- PERFECT FOR PEOPLE WHO WANT TO ENHANCE WORKOUT PERFORMANCE
- IT HAS A GREAT IMPACT ON ENDURANCE
- ENRICHED WITH TAURINE, CAFFEINE AND CHOLINE BITARTRATE



Nutrition declaration		
Serving size: 20 ml (4 teaspoons) Servings per container: 4		
Amount per:	20 ml	80 ml
Beta-alanine	800 mg	3.2 g
Taurine	250 mg	1 g
Caffeine	120 mg	480 mg
Choline bitartrate	50 mg	200 mg

AVAILABLE FLAVOURS: LEMON AND GRAPE, ORANGE

AVAILABLE SIZES: 80 ML

DIET SUPPLEMENT

CROSS PAK

- PRODUCT INTENDED FOR CROSSFIT ATHLETES
- IT CONTAINS BEETROOT EXTRACT AND HIGH DOSE OF BETA-ALANINE
- ENRICHED WITH CITRULLINE AND L-ARGININE
- CAFFEINE FREE



Nutrition declaration

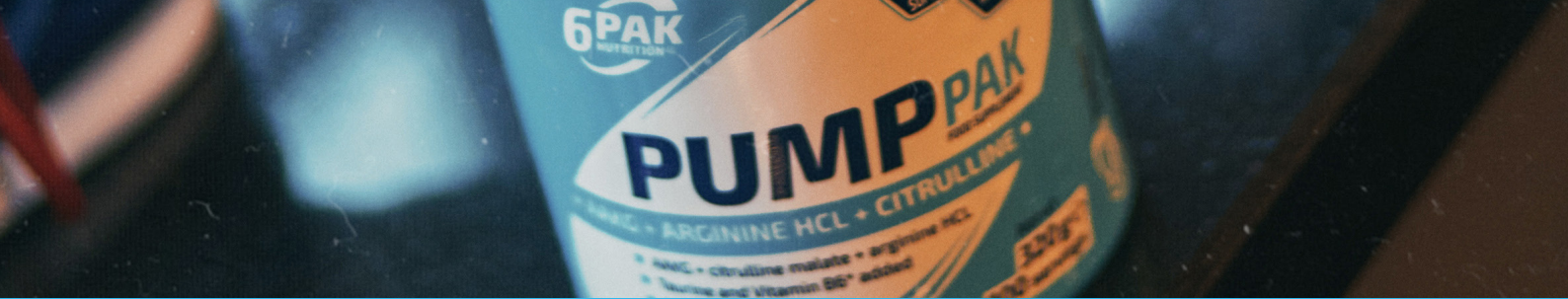
Serving size: 8 g (1 measure)
Servings per container: 40

Amount per:	8 g	% NRV*
Beta-alanine	3000 mg	–
Beetroot extract powder	1400 mg	–
Citrulline malate of which L-citrulline	750 mg 500 mg	–
L-arginine ketoglutarate of which L-arginine	750 mg 500 mg	–
Vitamin B1	0.275 mg	25%*
Vitamin B2	0.35 mg	25%*
Vitamin B6	0.35 mg	25%*
Vitamin B12	0.625 g	25%*
Potassium	300 mg	15%*
Magnesium	56 mg	15%*

* % NRV – Nutrient Reference Values

AVAILABLE FLAVOURS: LEMON AND PINEAPPLE

AVAILABLE SIZES: 320G



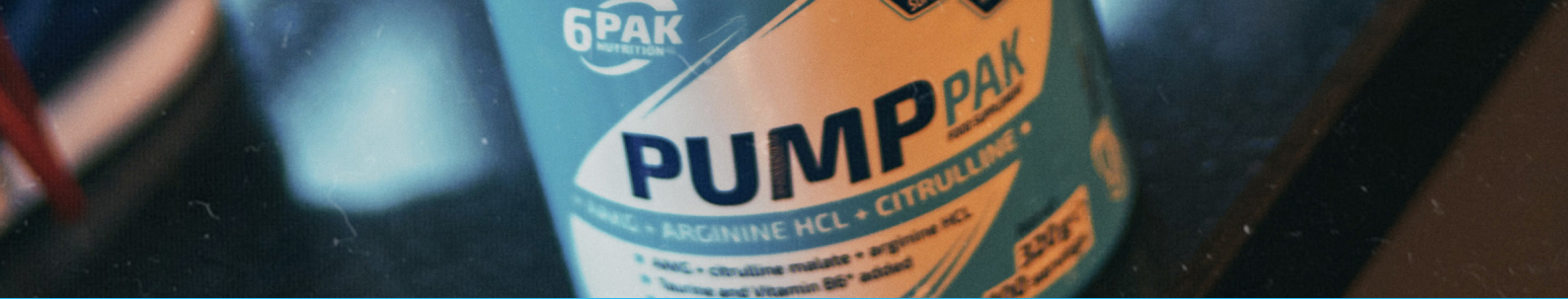
DIET SUPPLEMENT

HEAT CAPS

- BASED ON THE TOP-QUALITY EXTRACTS FROM PLANTS
- IT CONTAINS THE ADDITION OF PURE CAFFEINE – IT WILL BE DEFINITELY USEFUL ON A BAD DAY
- IT WILL BE PERFECT IN THE PERIOD OF BODY SHAPING
- AND BODY FAT REDUCTION



Nutrition declaration	
Serving size: 3 capsules	
Servings per container: 30	
Amount per	3 capsules
Cinnamon bark extract	200 mg
Green tea extract	200 mg
of which polyphenols	80 mg
Ginger root extract	200 mg
of which gingerol	10 mg
Field horsetail extract	200 mg
Caffeine	200 mg
of which anhydrous caffeine	188 mg
of which caffeine from green tea extract	12 mg
Dandelion root extract	200 mg
Bitter orange extract	200 mg
of which synephrine	12 mg
Cayenne pepper excerpt	100 mg
of which capsaicin	10 mg



DIET SUPPLEMENT

HEAT SHOT

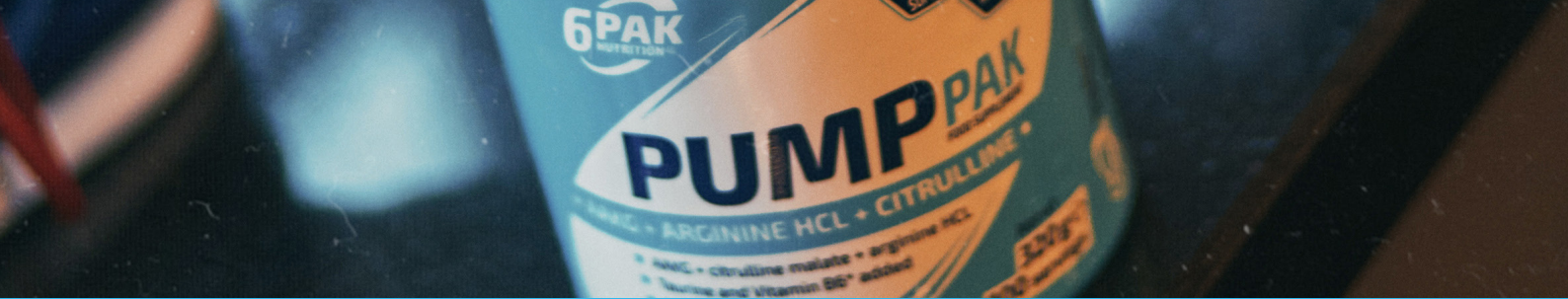
- INCREASED ENDURANCE DURING TRAINING
- HIGH ASSIMILABILITY
- REFRESHING FLAVOURS
- 50 MG OF CAFFEINE PER SERVING



Nutrition declaration		
Serving size: 20 ml (4 teaspoons)		
Servings per container: 4		
Amount per:	20 ml	80 ml
Beta-Alanine	750 mg	3 g
Cinnamon bark extract	50 mg	200 mg
Green tea extract	62.5 mg	250 mg
of which polyphenols	32.25 mg	129 mg
Ginger extract	50 mg	200 mg
of which gingerol	2.57 mg	10.26 mg
Field horsetail extract	50 mg	200 mg
Caffeine	50 mg	200 mg
of which anhydrous caffeine	46.13 mg	184.5 mg
of which caffeine from green tea extract	3.88 mg	15.5 mg

AVAILABLE FLAVOURS: LIME AND ORANGE, LIME AND GRAPEFRUIT

AVAILABLE SIZES: 80 ML



DIET SUPPLEMENT

PUMP PAK

- PRE-WORKOUT SUPPLEMENT BASED ON NO PROMOTERS
- HIGH CONTENT OF AAKG, CITRULINE AND ARGININE HCL
- ADDITION OF TAURINE AND VITAMIN B6
- CAFFEINE FREE
- ASPARTAM FREE

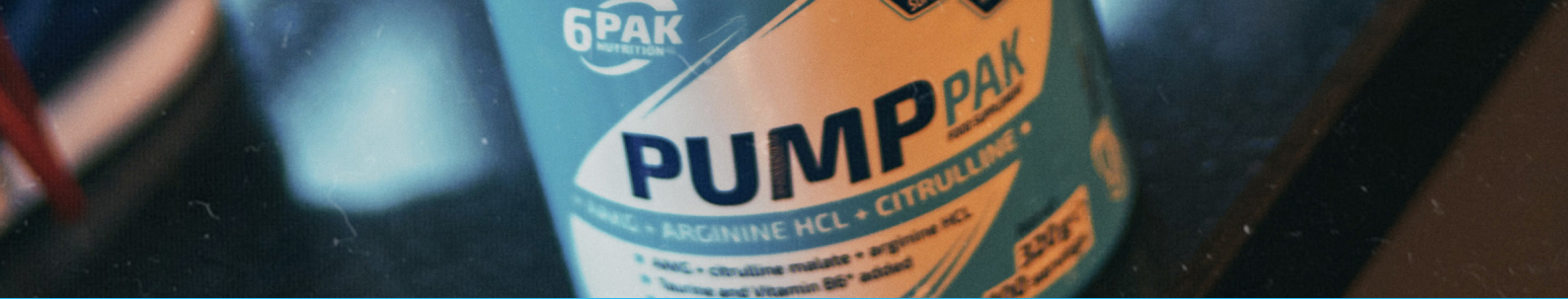


Nutrition declaration		
Serving size: 3.2 g (¼ measure) Servings per container: 100		
Amount per:	3.2 g (% NRV)*	6.4 g (% NRV)*
Arginine ketoglutarate of which arginine	2300 mg 1250 mg	4600 mg 2500 mg
Arginine hydrochloride of which arginine	250 mg 206 mg	500 mg 412 mg
Citrulline malate of which citrulline	250 mg 142 mg	500 mg 283 mg
Taurine	200 mg	400 mg
Vitamin B6	1.4 mg (100%)*	2.8 mg (200%)*

* % NRV – Nutrient Reference Values

AVAILABLE FLAVOURS: GRAPEFRUIT AND RASPBERRY, PINEAPPLE AND LEMON

AVAILABLE SIZES: 320 G



DIET SUPPLEMENT

STIM PAK

- PERFECT IN THE PERIOD OF BODY FAT REDUCTION
- IT INCREASES THERMOGENESIS
- IT CONTAINS 200 MG OF CAFFEINE
- GREAT ENERGY SHOT



Nutrition declaration		
Serving size: 4.4 g (1 measure)		
Servings per container: 50		
Amount per:	4.4 g	% NRV*
Vitamin B1	0.275 mg	25%*
Vitamin B2	0.35 mg	25%*
Vitamin B6	0.35 mg	25%*
Vitamin B12	0.625 µg	25%*
Potassium	300 mg	15%*
Magnesium	56 mg	15%*
Sodium	25 mg	–
L-tyrosine	1000 mg	–
Anhydrous caffeine	200 mg	–
Choline bitartrate of which choline	200 mg 82 mg	–
Cocoa extract of which theobromine	200 mg 20 mg	–
Green tea extract of which polyphenols	140 mg 56 mg	–
Bitter orange extract of which synephrine	100 mg 6 mg	–

* % NRV – Nutrient Reference Values

AVAILABLE FLAVOURS: STRAWBERRY AND WATERMELON

AVAILABLE SIZES: 220 G



DIET SUPPLEMENT

VASO PAK

- PERFECT FOR STRENGTH TRAINING
- HIGH CONTENTS OF CITRULLINE, L-ARGININE AND L-NORVALINE
- ENRICHED WITH BETA-ALANINE
- HIGH CAFFEINE CONTENT PER SERVING



Nutrition declaration		
Serving size: 8 g (1 measure)		
Servings per container: 40		
Amount per:	8 g	% NRV*
Vitamin C	30 mg	37.5%*
Vitamin B6	2 mg	143%*
Vitamin B12	6 g	240%*
L-arginine hydrochloride of which L-arginine	2000 mg 653 mg	–
Beta-alanine	1.500 mg	–
Citrulline malate of which citrulline	750 mg 500 mg	–
L-arginine ketoglutarate of which L-arginine	750 mg 500 mg	–
N-acetyl-L-carnitine of which L-carnitine	200 mg 159 mg	–
Caffeine	150 mg	–
L-norvaline	50 mg	–

* % NRV – Nutrient Reference Values

AVAILABLE FLAVOURS: GRAPEFRUIT AND RASPBERRY, PINEAPPLE AND LEMON

AVAILABLE SIZES: 320 G



DIET SUPPLEMENT

BESTIA BURNER

- FAT BURNER WITH A RICH COMPOSITION
- CHROME HELPS IN KEEPING A PROPER BLOOD GLUCOSE LEVEL
- GREEN TEA SUPPORTS METABOLISM AND OXIDATION OF FATS
- CAPSAICIN MAY HAVE AN EFFECT ON STIMULATING THE OXIDATION OF FATS AND CARBOHYDRATES
- PARAGUAN SHAVA (YERBA MATE) HELPS IN KEEPING A PROPER BODY WEIGHT



Nutrition declaration	
Serving size: 2 capsules Servings per container: 50	
Amount per:	2 capsules (% NRV)*
L-carnitine tartrate	300 mg
of which carnitine	204 mg
Green tea extract	109 mg
of which EGCG	60 mg
Caffeine (total content)	101 mg
Cayenne pepper extract	100 mg
of which capsaicin	2 mg
Rhodiola rosea root extract	100 mg
of which rosavins	3 mg
of which salidroside	1 mg
Holly extract	100 mg
Ashwagandha Root Extract	56 mg
of which withanolides	5 mg
Bitter orange extract	50 mg
of which synephrine	5 mg
Korean ginseng extract	50 mg
of which ginsenosides	5 mg
Vitamin C	80 mg (100%)*
Niacin	16 mg (100%)*
Vitamin E	12 mg (100%)*
Pantothenic acid	6 mg (100%)*
Vitamin B6	1,4 mg (100%)*
Riboflavin	1,4 mg (100%)*
Thiamine	1,1 mg (100%)*
Folic acid	200 µg (100%)*
Biotin	50 µg (100%)*
Chrome	40 µg (100%)*
Vitamin B12	2,5 µg (100%)*

* % NRV – Nutrient Reference Values

AVAILABLE SIZES: 100 CAPSULES



VITALITY AND FITNESS

L-CARNITINE
FITNESS
FITNESS

Net Wt
144 g e
90 tablets





DIET SUPPLEMENT

ASHWA-GANDHA

- FOR PHYSICALLY AND MENTALLY ACTIVE PEOPLE
- ONE OF THE BEST NATURAL ADAPTOGENS
- TAKE IN THE EVENING, AFTER AN INTENSIVE DAY
- OFTEN TAKEN IN PERIODS OF WEAKNESS, EXHAUSTION OR FATIGUE
- THE EXTRACT FROM WITHANIA SOMNIFERA (ASHWAGANDHA) HAS ANTIOXIDANT PROPERTIES.



Nutrition declaration

Serving size: 1 capsule
Number of servings: 90

Amount per	1 capsule
Ashwagandha root extract	666 mg
of which withanolides	10 mg



DIET SUPPLEMENT

BERBERINE +TURMERIC

- IT IS A NATURAL ANTI-INFLAMMATORY AGENT (CURCUMIN)
- IT FACILITATES DIGESTION (BARBERRY, TURMERIC)
- IT SUPPORTS THE LIVER FUNCTION (BARBERRY, TURMERIC)
- IT SUPPORTS RESISTANCE (TURMERIC)
- IT HELPS TO MAINTAIN HEALTHY SKIN (BARBERRY, TURMERIC)
- IT HELPS TO MAINTAIN THE CORRECT LEVEL OF CHOLESTEROL (BARBERRY)



Nutrition declaration	
Serving size: 1 tablet Number of servings: 90	
Amount per	1 tablet
Barberry extract	300 mg
Turmeric extract	300 mg



DIET SUPPLEMENT

CAFFEINE

- ONE TABLET CONTAINS AS MANY AS 200 MG OF CAFFEINE, EQUIVALENT OF 5 CUPS OF COFFEE!
- CAFFEINE MAY BE TAKEN DURING FATIGUE AND WEAKENED CONCENTRATION
- DOCUMENTED APPLICATION IN SPORT
- EXCELLENT PROPOSAL FOR PEOPLE WORKING MENTALLY AND PHYSICALLY



Nutrition declaration

Serving size: 1 tablet
Number of servings: 90

Amount per	1 tablet
Caffeine	200 mg



DIET SUPPLEMENT

CHROMIUM

- TAKE IN PERIODS OF BODY MASS REDUCTION
- CHROMIUM CONTRIBUTES TO MAINTAINING THE CORRECT METABOLISM OF MACRONUTRIENTS
- 90 DAILY SERVINGS PER CONTAINER
- CHROMIUM HELPS TO MAINTAIN THE CORRECT LEVEL OF GLUCOSE IN BLOOD



Nutrition declaration

Serving size: 1 capsule
Number of servings: 90

Amount per	1 capsule (% NRV)*
Chromium	200 µg (500%)

* % NRV – Nutrient Reference Values



DIET SUPPLEMENT

CLA
+ GREEN TEA

- TAKE IN PERIODS OF BODY MASS REDUCTION
- CHROMIUM CONTRIBUTES TO MAINTAINING THE CORRECT METABOLISM OF MACRONUTRIENTS
- 90 DAILY SERVINGS PER CONTAINER
- CHROMIUM HELPS TO MAINTAIN THE CORRECT LEVEL OF GLUCOSE IN BLOOD



Nutrition declaration	
Serving size: 3 capsules Number of servings: 30	
Amount per	3 capsules
CLA (conjugated linoleic acid)	900 mg
Green tea extract	273 mg
of which EGCG	150 mg
of which caffeine	2.73 mg



DIET SUPPLEMENT

D3 2000IU

- TAKE EVERY DAY, IN PARTICULAR IN AUTUMN, WINTER AND SPRING.
- OPTIMAL CONTENT OF 2000 IU IN ONE CAPSULE
- VITAMIN D HELPS THE IMMUNE SYSTEM TO FUNCTION CORRECTLY
- IT CAN BE TAKEN PREVENTIVELY IN ORDER TO REPLENISH VITAMIN D DEFICIENCY IN THE BODY



Nutrition declaration	
Serving size: 1 capsule Number of servings: 90	
Amount per	1 capsule (% NRV)*
Vitamin D	50 µg (1000%)

* % NRV - Nutrient Reference Values



DIET SUPPLEMENT

D3+K2

- IT SUPPORTS THE ABSORPTION AND USE OF CALCIUM AND PHOSPHORUS (VITAMIN D)
- IT SUPPORTS THE CORRECT FUNCTIONING OF MUSCLES (VITAMIN D)
- IT STRENGTHENS BONES*
- IT SUPPORTS THE CORRECT BLOOD COAGULATION (VITAMIN K)
- IT SUPPORTS THE IMMUNE SYSTEM (VITAMIN D)



Nutrition declaration		
Serving size: 1/2 tablet Number of servings: 180		
Amount per	1 tablet	½ tablet (% NRV)*
Vitamin D	100 µg	50 µg (1000%)*
Vitamin K	50 µg	25 µg (33%)*

* % NRV - Nutrient Reference Values



DIET SUPPLEMENT

GABA
+MELATONIN

- SUPPLEMENTATION FOR 3 MONTHS
- GOOD ASSIMILABILITY
- MELATONIN HELPS TO REDUCE TIME NECESSARY TO FALL ASLEEP*



Nutrition declaration	
Serving size: 1 tablet Number of servings: 90	
Amount per	1 tablet
Gamma-aminobutyric acid	750 mg
Melatonin	1 mg



DIET SUPPLEMENT

JOINTPAK

- PRECISELY-PREPARED AND VERY EFFECTIVE FORMULATION FOR PEOPLE PRACTISING SPORTS
- PUTTING STRAIN ON THE LOCOMOTOR SYSTEM
- EACH SERVING CONTAINS A MIXTURE OF GLUCOSAMINE, MSM AND
- BOSWELLIA SERRATA EXTRACT
- IT IS AVAILABLE IN CAPSULES RELATIVELY EASY TO SWALLOW



Nutrition declaration	
Serving size: 3 capsules Number of servings: 30	
Amount per	3 capsules
D-glucosamine sulphate	1080 mg
Chondroitin sulphate	720 mg
Methylsulfonylmethane	150 mg
Boswellia Serrata extract	150 mg
of which boswellic acid	98 mg



DIET SUPPLEMENT

L-CAR-NITINE

- SUPPLEMENTATION FOR 3 MONTHS
- GOOD ASSIMILABILITY
- 1000 MG OF L-CARNITINE-TARTRATE IN ONE TABLET



Nutrition declaration	
Serving size: 1 tablet Number of servings: 90	
Amount per	1 tablet
L-carnitine-tartrate	1000 mg
of which L-carnitine	667 mg



DIET SUPPLEMENT

MAGNE- SIUM +VITAMIN B6

- VITAMIN B6 CONTRIBUTES TO THE CORRECT METABOLISM OF PROTEIN AND GLYCOGEN
- TAKE ALWAYS AFTER INTENSE PHYSICAL EFFORT
- PRODUCT APPROPRIATE FOR PEOPLE PRACTISING STRENGTH AND ENDURANCE SPORTS
- MAGNESIUM AND VITAMIN B6 CONTRIBUTE TO REDUCING THE FEELING OF FATIGUE AND TIREDNESS
- MAGNESIUM HELPS MUSCLES TO FUNCTION CORRECTLY



Nutrition declaration	
Serving size: 2 capsules Number of servings: 45	
Amount per	2 capsules (% NRV)*
Magnesium	375 mg (100%)
Vitamin B6	1.4 mg (100%)

* % NRV – Nutrient Reference Values



DIET SUPPLEMENT

MELATONIN

- TAKE 30 MINUTES BEFORE BEDTIME
- IT HELPS TO ALLEVIATE A SUBJECTIVE PERCEPTION OF JET-LAG
- IT HELPS TO REDUCE TIME NECESSARY TO FALL ASLEEP*
- DIETARY SUPPLEMENT PARTICULARLY RECOMMENDED FOR PEOPLE WHO TRAIN OR ARE MENTALLY ACTIVE LATE IN THE EVENING



Nutrition declaration	
Serving size: 1 capsule Number of servings: 90	
Amount per	1 capsule
Melatonin	1 mg



DIET SUPPLEMENT

OMEGA3

- OMEGA 3 IS A FORMULATION SUPPLEMENTING DIET WITH EPA AND DHA POLYUNSATURATED FATTY ACIDS BELONGING TO THE OMEGA-3 GROUP.
- EPA AND DHA PRESENT IN FISH OIL CONTRIBUTE TO THE CORRECT FUNCTIONING OF THE HEART*
- SUPPLEMENTATION FOR 3 MONTHS



Nutrition declaration		
Serving size: 1 capsule Number of servings: 90		
Amount per	1 capsule	% NRV*
Fish oil, of which	1000 mg	–
EPA	180 mg	–
DHA	120 mg	–
Vitamin E	0.74 mg	6%

* % NRV – Nutrient Reference Values



DIET SUPPLEMENT

RHODIOLA ROSEA

- IT SUPPORTS THE NERVOUS SYSTEM
- IT SUPPORTS THE CIRCULATORY SYSTEM
- IT INCREASES ENDURANCE DURING INTENSE PHYSICAL EFFORT
- IT NORMALISES THE DIGESTIVE SYSTEM ACTIVITY
- IT ELIMINATES STRESS SYMPTOMS AND SUPPORTS MENTAL FUNCTIONS
- IT IMPROVES WELL-BEING



Nutrition declaration

Serving size: 1/4 tablet
Number of servings: 360

Amount per	1 tablet	¼ tablet
Rhodiola rosea root extract	500 mg	125 mg
of which salidroside (1%)	5 mg	1.25 mg



DIET SUPPLEMENT

TRIBULUS TERRESTRIS

- IT SOOTHES THE NERVOUS SYSTEM
- IT HELPS TO MAINTAIN THE BLOOD’S ABILITY TO CLOT
- IT SUPPORTS THE CORRECT FUNCTIONING OF THE HEART
- IT HELPS MUSCLES TO FUNCTION CORRECTLY



Nutrition declaration	
Serving size: 1 tablet Number of servings: 90	
Amount per	1 tablet
Tribulus terrestris fruit extract	1000 mg
of which saponins	900 mg



DIET SUPPLEMENT

VITAMIN B COMPLEX

- IT HELPS THE HEART TO WORK CORRECTLY (THIAMIN)
- IT HELPS TO MAINTAIN HEALTHY SKIN (RIBOFLAVIN, NIACIN, BIOTIN)
- IT HELPS THE NERVOUS SYSTEM TO FUNCTION CORRECTLY (THIAMIN, RIBOFLAVIN, VITAMIN B6, NIACIN, BIOTIN, VITAMIN B12, VITAMIN C)



Nutrition declaration	
Serving size: 1 tablet Number of servings: 90	
Amount per	1 tablet
Thiamin	1.1 mg
Riboflavin	1.4 mg
Niacin	16 mg
Pantothenic acid	6 mg
Vitamin B6	1.4 mg
Biotin	50 µg
Folic acid	200 µg
Vitamin B12	2-5 µg
Vitamin C	80 mg
Vitamin E	12 mg



DIET SUPPLEMENT

VITAMIN C

- IT HELPS THE IMMUNE SYSTEM TO FUNCTION CORRECTLY
- IT CONTRIBUTES TO MAINTAINING THE CORRECT ENERGY METABOLISM
- IT HELPS TO MAINTAIN CORRECT PSYCHOLOGICAL FUNCTIONS
- IT HELPS TO PROTECT CELLS AGAINST OXIDATIVE STRESS
- IT CONTRIBUTES TO REDUCING THE FEELING OF TIREDNESS AND FATIGUE



Nutrition declaration

Serving size: 1 tablet
Number of servings: 90

Amount per

1 tablet (% NRV)*

Vitamin C

1000 mg (1250%)*

* % NRV – Nutrient Reference Values



DIET SUPPLEMENT

VITAMIN C+

- VITAMIN C HELPS THE IMMUNE SYSTEM
- TO FUNCTION CORRECTLY
- IT CONTAINS THE ADDITION OF SELENIUM AND VITAMIN A
- SELENIUM HELPS TO MAINTAIN HEALTHY HAIR AND NAILS
- ADD TO YOUR FAVOURITE DRINK
- EASY TO DISSOLVE
- 200 SERVINGS PER ONE PACKAGE!



Nutritional information		
Serving size: 1 g (1/4 measure) Servings per container: 200		
Amount per	1 g	% NRV*
Vitamin C	999 mg	1249%
Vitamin A	80 g	10%
Selenium	50 g	91%

* % NRV – Nutrient Reference Values



DIET SUPPLEMENT

VITAMIN C
+ L-LYSINE

- VITAMIN C HELPS THE IMMUNE SYSTEM
- TO FUNCTION CORRECTLY
- PRODUCT ENRICHED WITH THE ADDITION OF L-LYSINE
- ECONOMICAL PACKAGE
- IT CONTAINS 240 SERVINGS
- EASY TO PREPARE



Nutritional information		
Serving size: 1 g (1 measure) Servings per container: 240		
Amount per:	1 g	% NRV*
Vitamin C	800 mg	1000%
L-lysine hydrochloride of which L-lysine	200 mg 160 mg	-

* % NRV – Nutrient Reference Values

FOOD SUPPLEMENT L-CARNITINE

VITALITY AND FITNESS

VITALITY AND FITNESS

VITALITY AND FITNESS

VITALITY AND FITNESS

DIET SUPPLEMENT

VITAMINS & MINERALS

- IT HELPS THE IMMUNE SYSTEM TO FUNCTION CORRECTLY (ZINC, FOLATE, COPPER, SELENIUM, VITAMIN A, VITAMIN B12, VITAMIN B6, VITAMIN C, VITAMIN D, IRON)
- IT CONTRIBUTES TO REDUCING THE FEELING OF TIREDNESS AND FATIGUE (VITAMINS FROM THE B GROUP: B2, B3, B5, B6, B9, B12) IT CONTRIBUTES TO MAINTAINING THE CORRECT METABOLISM OF MACRONUTRIENTS (BIOTIN, CHROMIUM, ZINC)



Nutrition declaration

Serving size: 2 tablets
Number of servings: 45

Amount per	2 tablets	Amount per	2 tablets
Potassium	300 mg	Pantothenic acid	12 mg
Magnesium	180 mg	Black pepper fruit extract	2.11 mg
Calcium	120 mg	of which piperine	2 mg
Vitamin C	80 mg	Manganese	2 mg
Niacin	32 mg	Vitamin B6	2 mg
Vitamin E	30 mg	Copper	1 mg
Stinging nettle leaf extract	25 mg	Vitamin A	1000 µg
Inulin	25 mg	Folic acid	400 µg
Soy lecithin	20 mg	Selenium	200 µg
Acai berry extract	20 mg	Chromium	150 µg
Zinc	15 mg	Biotin	150 µg
Thiamin	15 mg	Vitamin D	30 µg
Riboflavin	15 mg	Vitamin B12	10 µg
Iron	14 mg		

AVAILABLE SIZES: 90 PILLS



DIET SUPPLEMENT

ZINC

- IT HELPS THE IMMUNE SYSTEM TO FUNCTION CORRECTLY
- IT SUPPORTS THE CORRECT PROTEIN SYNTHESIS
- IT HELPS TO PROTECT CELLS AGAINST OXIDATIVE STRESS
- IT HELPS TO MAINTAIN CORRECT COGNITIVE FUNCTIONS
- IT HELPS TO MAINTAIN THE CORRECT LEVEL OF TESTOSTERONE
- IT CONTRIBUTES TO MAINTAINING THE CORRECT METABOLISM OF FATTY ACIDS



Nutrition declaration		
Serving size: 1 tablet Number of servings: 180		
Amount per	1 tablet	1 tablet (% NRV)*
Zinc	15 mg	15 mg (150%)*

* % NRV – Nutrient Reference Values



DIET SUPPLEMENT

ZMB

ZINC MAGNESIUM VITAMIN B6

- IT CONTRIBUTES TO MAINTAINING THE CORRECT METABOLISM OF PROTEIN AND GLYCOGEN (VITAMIN B6)
- IT CONTRIBUTES TO REDUCING THE FEELING OF TIREDNESS AND FATIGUE (VITAMIN B6, MAGNESIUM)
- IT HELPS THE NERVOUS SYSTEM TO FUNCTION CORRECTLY
- (VITAMIN B6, MAGNESIUM)
- IT HELPS MUSCLES TO FUNCTION CORRECTLY (MAGNESIUM)
- IT SUPPORTS THE CORRECT PROTEIN SYNTHESIS (ZINC)
- IT HELPS TO MAINTAIN THE CORRECT LEVEL OF TESTOSTERONE (ZINC)



Nutrition declaration	
Serving size: 2 tablets	
Number of servings: 45	
Amount per	2 tablets (% NRV)*
Magnesium	250 mg (67%)*
Zinc	15 mg (150%)*
Vitamin B6	4 mg (286%)*

* % NRV – Nutrient Reference Values



DIET SUPPLEMENT

ALPHA KING

- PRODUCT DESIGNED ESPECIALLY FOR MEN
- THE COMPOSITION BASED ON VEGETABLE INGREDIENTS AND ZINC
- HELPS TO KEEP THE APPROPRIATE LEVEL OF TESTOSTERONE IN THE BLOOD
- SUPPORTS IN KEEPING PROPER FERTILITY AND PROPER REPRODUCTIVE FUNCTIONS
- EFFICIENT PACKAGING - UP TO 120 PORTIONS



Nutrition declaration		
Serving size: 1 tablet Servings per container: 120		
Amount per	1 tablet (% NRV)*	2 tablets (% NRV)*
Tribulus terrestris fruit extract	400 mg	800 mg
with saponins	160 mg	320 mg
Fenugreek seed extract	200 mg	400 mg
with saponins	40 mg	80 mg
Maca root extract	100 mg	200 mg
Ginseng root extract	35,71 mg	71,42 mg
with ginsenosides	5,36 mg	10,71 mg
Cultivated saffron extract	10 mg	20 mg
Zinc	7,5 mg (75%)*	15 g (150%)*

* % NRV - Nutrient Reference Values



CARBOHYDRATES

CARBOHYDRATES
CARBOHYDRATES
CARBOHYDRATES
CARBOHYDRATES

FUELING
FOOD SUPPLEMENT
**CARBO
PAK**
COMPLEX CARBOHYDRATES
GLUCOSE & MALTODEXTRIN



DIET SUPPLEMENT

CARBO PAK

- AN EXCELLENT SOURCE OF EASILY AVAILABLE ENERGY DURING TRAINING
- OUTSTANDING ABSORBILITY, GREAT TASTE AND GOOD SOLUBILITY
- PERFECT FOR HIGH-INTENSITY WORKOUTS
- FAVORS BETTER POST-WORKOUT REGENERATION, STIMULATES THE PROCESSES OF MUSCLE GLYCOGEN RESYNTHESIS



Nutrition declaration			
Serving size: 30 g (1 scoop)			
Servings per container: 33			
Amount per	120 g (% NRV)*	100 g (% NRV)*	30 g (%NRV)*
Energy	1940 kJ 456 kcal	1617 kJ 380 kcal	485 kJ 114 kcal
Fat	0 g	0 g	0 g
of which saturates	0 g	0 g	0 g
Carbohydrate	114 g	95 g	29 g
of which sugars	46 g	38 g	11 g
Protein	0 g	0 g	0 g
Salt	0,02 g	0,02 g	<0,01 g
Thiamin	0,55 mg / (50%)*	0,46 mg (42%)*	0,14 mg (13%)*

* % NRV - Nutrient Reference Values

AVAILABLE FLAVOURS: LEMON, GRAPEFRUIT, APPLE-MINT, ORANGE

AVAILABLE SIZES: 1000G

DIET SUPPLEMENT

ISOTONIC

- THE COMPOSITION INCLUDES MINERALS, CARBOHYDRATES AND VITAMIN C
- MAGNESIUM HELPS IN KEEPING THE ELECTROLYTE BALANCE
- POTASSIUM, CALCIUM AND MAGNESIUM HELP IN THE PROPER MUSCLE FUNCTIONING
- SIMPLE PREPARATION, JUST MIX WITH WATER



Nutrition declaration			
Serving size: 40 g (6,5 scoops) Servings per container: 12			
Amount per	120 g (% NRV)*	100 g (% NRV)*	30 g (%NRV)*
Energy	1952 kJ 460 kcal	1627 kJ 383 kcal	651 kJ 153 kcal
Fat	0 g	0 g	0 g
of which saturates	0 g	0 g	0 g
Carbohydrate	114 g	95 g	38 g
of which sugars	60 g	50 g	20 g
Protein	0,6 g	<0,5 g	0 g
Salt	2,4 g	2,1 g	0,8 g
Vitamin C	182 mg (228%)*	151 mg (189%)*	61 mg (76%)*
Potassium	302 mg (15%)*	252 mg (13%)*	101 mg (5%)*
Magnesium	150 mg (40%)*	125 mg (33%)*	50 mg (13%)*
Calcium	300 mg (38%)*	250 mg (31%)*	100 mg (13%)*
Chloride	1066 mg (133%)*	888 mg (111%)*	355 mg (44%)*
Sodium	690 mg	575 mg	230 mg

* % NRV – Nutrient Reference Values

AVAILABLE FLAVOURS: ORANGE, LEMON

AVAILABLE SIZES: 500G



DIETETIC FOOD

FOOD
FOOD
FOOD





PENAUT BUTTER SMOOTH

- NUTRITIOUS AND VERY TASTY PEANUT-BASED PASTE
- IT PROVIDES THE BODY WITH LARGE AMOUNTS OF HEALTHY FATS, VEGETABLE PROTEIN AND DIETARY FIBRE
- IT PERFECTLY COMPLEMENTS WITH EXQUISITE DISHES AND SWEET DESSERTS
- EACH SERVING IS A GREAT SOURCE OF ENERGY FOR THE WHOLE DAY



Nutritional information		
Serving size: 25 g		
Servings per container: 36 (908 g), 11 (275 g)		
Nutritional value	25 g	% NRV*
Energy value	660 kJ / 159 kcal	8%
Fat	13.1 g	19%
of which saturated acids	1.8 g	9%
Carbohydrate	1.2 g	0%
of which sugar	1.1 g	1%
Fibre	1.2 g	–
Protein	7.3 g	15%
Salt	< 0.01 g	0%

* % NRV – Nutrient Reference Values of an average adult (8400 kJ / 2000 kcal)



PENAUT BUTTER CRUNCHY

- UNIQUE PASTE MADE IN 100% FROM CAREFULLY SELECTED GROUNDNUTS
- IT PERFECTLY COMPLEMENTS WITH SWEET AND SAVOURY DISHES – PROVIDING THEM WITH A NEW FLAVOUR
- IT ENRICHES AND DIVERSIFIES EVEN THE MOST MONOTO-NOUS DIET
- RICH SOURCE OF VEGETABLE PROTEIN, HEALTHY FATS AND DIETARY FIBRE



Nutritional information

Serving size: 25 g

Servings per container: 36 (908 g), 11 (275 g)

Nutritional value	25 g	% NRV*
Energy value	660 kJ / 159 kcal	8%
Fat of which saturated acids	13.1 g 1.8 g	19% 9%
Carbohydrate of which sugar	1.2 g 1.1 g	0% 1%
Fibre	1.2 g	–
Protein	7.3 g	15%
Salt	< 0.01 g	0%

* % NRV – Nutrient Reference Values of an average adult (8400 kJ / 2000 kcal)



PROTEIN WAFER



- VERY TASTY AND NUTRITIOUS WAFER WITH INCREASED CONTENT OF PROTEIN
- EXCELLENT ALTERNATIVE TO CLASSIC SWEETS AND SNACKS
- INTERESTING WAY TO ENRICH AND DIVERSIFY A MONOTONOUS SPORTS DIET
- IT WILL BE PERFECT AS A NUTRITIOUS SNACK BETWEEN MEALS

Nutritional information		
Serving size: 40 g		
Amount per	100 g	40 g (% NRV)*
Energy value	2232 kJ / 533 kcal	893 kJ / 213 kcal (11 %) ¹
	2149 kJ / 512 kcal ³	860 kJ / 205 kcal (10 %) ³
	2209 kJ / 526 kcal ²	884 kJ / 210 kcal (11%) ²
	2199kJ / 533 kcal ⁴	880 kJ / 213 kcal (11%) ⁴
Fat	36 g ¹ / 36g ⁴ / 35 g ³ / 35 g ²	14 g (20%) ¹ / 14 g (20%) ³ / 14 g (20%) ² / 14 g (20%) ⁴
of which saturated fatty acids	17 g ¹ / 17 g ⁴ / 16 g ³ / 16 g ²	6.7 g (34%) ¹ / 6.7 g (34%) ⁴ / 6.4 g (32%) ³ / 6.5 g (33%) ²
of which monounsaturated acids	14 g ¹ / 14 g ⁴ / 13 g ³ / 13 g ²	5.4 g ¹ / 5.4 g ⁴ / 5.2 g ³ / 5.3 g ²
of which polyunsaturated acids	4.7 g ¹ / 4.7 g ⁴ / 4.6 g ³ / 4.5 g ²	1.9 g ¹ / 1.9 g ⁴ / 1.8 g ³ / 1.8 g ²
Carbohydrate	25 g ¹ / 25 g ⁴ / 24 g ³ / 27 g ²	10 g (4%) ¹ / 10 g (4%) ⁴ / 9.6 g (4%) ³ / 11 g (4%) ²
of which sugar	2.9 g ¹ / 2.9 g ⁴ / 0.6 g ³ / 3.4 g ²	1.2 g (1%) ¹ / 1.2 g (1%) ⁴ / 0.24 g (0%) ³ / 1.4 g (2%) ²
of which polyols	11 g ¹ / 12 g ³ / 11 g ² / 11 g ⁴	4.5 g ¹ / 4.5 g ⁴ / 4.8 g ³ / 4.5 g ²
of which starch	11 g ¹ / 11 g ⁴ / 12 g ³ / 11g ²	4.3 g ¹ / 4.3 g ⁴ / 4.8 g ³ / 4.3 g ²
Fibre	0.87 g ¹ / 0.87 g ⁴ / 3.4 g ³ / 0.91 g ²	0.35 g ¹ / 0.35 g ⁴ / 1.4 g ³ / 0.36 g ³
Protein	31 g ¹ / 31 g ⁴ / 31 g ³ / 30 g ²	12 g (24%) ¹ / 12 g (24%) ⁴ / 12 g (24%) ² / 12 g (24%) ³
Salt	0.28 g ¹ / 0.28 g ⁴ / 0.11 g ³ / 0.27 g ²	0.11g (2%) ¹ / 0.11g (2%) ⁴ / 0.04 g (1%) ³ / 0.11 g (2%) ²

* % NRV – Nutrient Reference Values of an average adult (8400 kJ / 2000 kcal)

AVAILABLE FLAVOURS: ¹VANILLA,²STRAWBERRY, ³CHOCOLATE, ⁴CHOCOLATE SALTED CARAMEL

AVAILABLE SIZES: 40 G



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YUMMY CHOCOLATE BREAK

- HEALTHY SNACK WITHOUT REMORSE
- DELICIOUS WAFER WITH CHOCOLATE FILLING, COVERED WITH MILK CHOCOLATE
- WAFER WITHOUT TRADITIONAL SUGAR, IN THE COMPOSITION INCLUDES MALTITOL
- COMPOSITION ENHANCED WITH WHEY PROTEIN CONCENTRATE (WPC)



Nutritional information			
Serving size: 21,5 g			
Amount per	100 g	21,5 g	% NRV*
Energy value	2159 kJ / 527 kcal	464 kJ / 113 kcal	6%
Fat	40 g	8.6 g	12%
of which saturated fatty acids	24 g	5.2 g	26%
of which monounsaturated acids	13 g	2.8 g	-
of which polyunsaturated acids	2.1 g	0.45 g	-
Carbohydrate	37 g	8 g	3%
of which sugar	4.3 g	0.92 g	1%
of which polyols	28 g	6.0 g	-
of which starch	1.8 g	0.38 g	-
Fibre	1.3 g	0.28 g	-
Protein	16 g	3.4 g	7%
Salt	0.29 g	0.06 g	1%

* % NRV – Nutrient Reference Values of an average adult (8400 kJ / 2000 kcal)

AVAILABLE FLAVOURS: CHOCOLATE

AVAILABLE SIZES: 21,5 G



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YUMMY HAZELNUT WAFER

- CRUNCHY WAFER WITH A MILKY-NUT CREAM
- MALTITOL WHICH WAS ADDED TO CHOCOLATE IS HALF LESS CALORIC THAN TRADITIONAL SUGAR
- COMPOSITION OF 9.2% WHEAT PROTEIN ISOLATE (WPI) AND 9.2% CASEIN
- HEALTHY SNACK BETWEEN MEALS



Nutritional information			
Serving size: 25 g			
Amount per	100 g	21,5 g	% NRV*
Energy value	2174 kJ / 519 kcal	544 kJ / 130 kcal	7%
Fat	36 g	9 g	13%
of which saturated fatty acids	19 g	4.8 g	24%
of which monounsaturated acids	14 g	3.5 g	-
of which polyunsaturated acids	3.5 g	0.88 g	-
Carbohydrate	25 g	6.3 g	2%
of which sugar	5.2 g	1.3 g	1%
of which polyols	6.7 g	1.7 g	-
of which starch	12 g	3 g	-
Fibre	11 g	2.8 g	-
Protein	22 g	5.5 g	11%
Salt	0.25 g	0.06 g	1%

* % NRV – Nutrient Reference Values of an average adult (8400 kJ / 2000 kcal)

AVAILABLE FLAVOURS: HAZELNUT

AVAILABLE SIZES: 25 G



ZERO SYRUP

- EXCEPTIONALLY TASTY SYRUPS AVAILABLE IN MANY REFINED FLAVOURS
- THEY ARE PERFECT AS AN ADDITION TO ALL MEALS, DESERTS AND DRINKS
- THEY DO NOT CONTAIN CARBOHYDRATES, EACH SERVING IS FREE FROM UNNECESSARY CALORIES



Nutritional information		
Serving size: 5 ml		
Servings per container: 100		
Nutritional value	5 ml	% NRV*
Energy value	2 kJ / 1 kcal	0%
Fat	< 0.01 g	0%
of which saturated acids	< 0.01 g	0%
Carbohydrate	0.11 g	0%
of which sugar	< 0.01 g	0%
Fibre	0.06 g	-
Protein	< 0.01 g	0%
Salt	< 0.01 g	0%

* % NRV – Nutrient Reference Values
** The table of the composition concerns the Apple pie flavour – other tables are available at www.6paknutrition.com



ZERO SAUCE

- TOP-QUALITY SAUCES COMPLEMENTING IDEALLY WITH EX-QUISITE DISHES, ESPECIALLY MEAT
- EXCELLENT TASTE AND ZERO CALORIES PER SERVING, DUE TO WHICH THEY ARE PERFECT IN THE PERIOD OF LOSING WEIGHT OR LIMITING THE INTAKE OF CARBOHYDRATES.
- WIDE RANGE OF FLAVOURS WITH REFINED ORGANOLEPTIC PROPERTIES



Nutritional information		
Serving size: 5 ml		
Servings per container: 100		
Nutritional value	5 ml	% NRV*
Energy value	3 kJ / 1 kcal	0%
Fat	0.01 g	0%
of which saturated acids	< 0.01 g	0%
Carbohydrate	0.13 g	0%
of which sugar	0.05 g	0%
Fibre	0.05 g	–
Protein	0.02 g	0%
Salt	0.17 g	3%

* % NRV – Nutrient Reference Values

** The table of the composition concerns the Hot Ketchup flavour – other tables are available at www.6paknutrition.com



DIETETIC FOOD DIETETIC FOOD DIETETIC FOOD DIETETIC FOOD DIETETIC FOOD DIETETIC FOOD

YUMMY

RASPBERRY

- DELICIOUS JUICY FRUIT IN JELLY WITHOUT SUGAR
- 80% OF FRUIT
- SWEETENED WITH ERYTHRITOL
- PERFECT ADDITION TO YOUR FAVOURITE SWEET DISHES AND DESSERTS



Nutrition declaration			
Serving size: 15 g			
Servings per bag: 40			
Amount per	100 g	15 g	% RWS*
Energy	269 kJ / 64 kcal	40 kJ / 10 kcal	0%
Fat	0,2 g	< 0,1 g	0%
of which saturates	0 g	0 g	0%
Carbohydrate	22 g	3,3 g	1%
of which sugars	8 g	1,2 g	1%
of which polyols	10 g	0,8 g	–
Fibre	5,4 g	1,5 g	–
Protein	1,1 g	0,2 g	0%
Salt	0 g	0 g	0%

* % NRV – Nutrient Reference Values

AVAILABLE FLAVOURS: RASPBERRY

AVAILABLE SIZES: 600G



DIETETIC FOOD DIETETIC FOOD DIETETIC FOOD DIETETIC FOOD DIETETIC FOOD DIETETIC FOOD

YUMMY PEACH

- DELICIOUS JUICY FRUIT IN JELLY WITHOUT SUGAR
- 80% OF FRUIT
- SWEETENED WITH ERYTHRITOL
- PERFECT ADDITION TO YOUR FAVOURITE SWEET DISHES AND DESSERTS



Nutrition declaration			
Serving size: 15 g Servings per bag: 40			
Amount per	100 g	15 g	% RWS*
Energy	208 kJ / 49 kcal	31 kJ / 7 kcal	0%
Fat	0,1 g	< 0,1 g	0%
of which saturates	0 g	0 g	0%
Carbohydrate	25 g	3,8 g	1%
of which sugars	7 g	1,1 g	1%
of which polyols	14 g	2,1 g	–
Fibre	1,1 g	0,2 g	–
Protein	0,7 g	0,1 g	0%
Salt	0 g	0 g	0%

* % NRV – Nutrient Reference Values

AVAILABLE FLAVOURS: PEACH

AVAILABLE SIZES: 600G



DIETETIC FOOD DIETETIC FOOD DIETETIC FOOD DIETETIC FOOD DIETETIC FOOD DIETETIC FOOD

YUMMY BLACK CURRANT

- DELICIOUS JUICY FRUIT IN JELLY WITHOUT SUGAR
- 80% OF FRUIT
- SWEETENED WITH ERYTHRITOL
- PERFECT ADDITION TO YOUR FAVOURITE SWEET DISHES AND DESSERTS



Nutrition declaration			
Serving size: 15 g Servings per bag: 40			
Amount per	100 g	15 g	% RWS*
Energy	232 kJ / 55 kcal	35 kJ / 8 kcal	0%
Fat	0,1 g	< 0,1 g	0%
of which saturates	0 g	0 g	0%
Carbohydrate	23 g	3,5 g	1%
of which sugars	5,9 g	0,9 g	1%
of which polyols	10 g	1,5 g	–
Fibre	5 g	0,8 g	–
Protein	0,9 g	0,1 g	0%
Salt	0 g	0 g	0%

* % NRV – Nutrient Reference Values

AVAILABLE FLAVOURS: BLACKCURRANT

AVAILABLE SIZES: 600G



DIETETIC FOOD DIETETIC FOOD DIETETIC FOOD DIETETIC FOOD DIETETIC FOOD DIETETIC FOOD

YUMMY CHERRY

- DELICIOUS JUICY FRUIT IN JELLY WITHOUT SUGAR
- 80% OF FRUIT
- SWEETENED WITH ERYTHRITOL
- PERFECT ADDITION TO YOUR FAVOURITE SWEET DISHES AND DESSERTS



Nutrition declaration			
Serving size: 15 g Servings per bag: 40			
Amount per	100 g	15 g	% RWS*
Energy	255 kJ / 60 kcal	38 kJ / 9 kcal	0%
Fat	0,3 g	< 0,1 g	0%
of which saturates	0 g	0 g	0%
Carbohydrate	22 g	3,3 g	1%
of which sugars	2 g	0,3 g	0%
of which polyols	9 g	1,4 g	–
Fibre	0,6 g	< 0,1 g	–
Protein	0,6 g	< 0,1 g	0%
Salt	0 g	0 g	0%

* % NRV – Nutrient Reference Values

AVAILABLE FLAVOURS: CHERRY

AVAILABLE SIZES: 600G



YUMMY

RASPBERRY

- DELICIOUS JUICY FRUIT IN JELLY WITHOUT SUGAR
- 80% OF FRUIT
- SWEETENED WITH ERYTHRITOL
- PERFECT ADDITION TO YOUR FAVOURITE SWEET DISHES AND DESSERTS



Nutrition declaration			
Serving size: 15 g			
Servings per bag: 40			
Amount per	100 g	15 g	% RWS*
Energy	175 kJ / 41 kcal	26 kJ / 6 kcal	0%
Fat	0,3 g	<0,1 g	0%
of which saturates	0 g	0 g	0%
Carbohydrate	21 g	3,2 g	1%
of which sugars	4 g	0,6 g	1%
of which polyols	13 g	2 g	–
Fibre	1,3 g	0,2 g	–
Protein	0,5 g	< 0,1 g	0%
Salt	0 g	0 g	0%

* % NRV – Nutrient Reference Values

AVAILABLE FLAVOURS: STRAWBERRY

AVAILABLE SIZES: 600G



DIETETIC FOOD DIETETIC FOOD DIETETIC FOOD DIETETIC FOOD DIETETIC FOOD DIETETIC FOOD

YUMMY DELICIOUS SALTED CARAMELNUT

- BASED ON GROUNDNUTS
- SWEETENED WITH MALTITOL
- PERFECT ADDITION TO SWEET DISHES AND DESSERTS



Nutrition declaration		
Serving size: 25 g Servings per bag: 12		
Amount per	100 g	% RWS*
Energy	2487 kJ / 599 kcal	8%
Fat	45 g	16%
of which saturates	7.1 g	9%
Carbohydrate	29 g	3%
of which sugars	8.2 g	2%
of which polyols	18 g	0%
Fibre	5 g	-
Protein	17 g	9%
Salt	1.5 g	6%

* % NRV – Nutrient Reference Values

AVAILABLE FLAVOURS: DELICIOUS SALTED CARAMELNUT

AVAILABLE SIZES: 300G



DIETETIC FOOD DIETETIC FOOD DIETETIC FOOD DIETETIC FOOD DIETETIC FOOD DIETETIC FOOD

YUMMY

GORGEOUS MILKNUT

- BASED ON GROUNDNUTS
- SWEETENED WITH MALTITOL
- PERFECT ADDITION TO SWEET DISHES AND DESSERTS



Nutrition declaration		
Serving size: 25 g Servings per bag: 12		
Amount per	100 g	% RWS*
Energy	2488 kJ / 599 kcal	8%
Fat	45 g	16%
of which saturates	7.2 g	9%
Carbohydrate	29 g	3%
of which sugars	8.3 g	2%
of which polyols	18 g	-
Fibre	5.1 g	-
Protein	17 g	9%
Salt	0.02 g	0%

* % NRV – Nutrient Reference Values

AVAILABLE FLAVOURS: GORGEOUS MILKNUT

AVAILABLE SIZES: 300G



DIETETIC FOOD DIETETIC FOOD DIETETIC FOOD DIETETIC FOOD DIETETIC FOOD DIETETIC FOOD

YUMMY INCREDIBLE BLACKNUT

- BASED ON GROUNDNUTS
- SWEETENED WITH MALTITOL
- PERFECT ADDITION TO SWEET DISHES AND DESSERTS



Nutrition declaration		
Serving size: 25 g Servings per bag: 12		
Amount per	100g	% RWS*
Energy	2498 kJ / 602 kcal	8%
Fat	45 g	16%
of which saturates	7 g	9%
Carbohydrate	28 g	3%
of which sugars	7.4 g	2%
of which polyols	18.5 g	-
Fibre	6.4 g	-
Protein	18 g	9%
Salt	0.06 g	0%

* % NRV – Nutrient Reference Values

AVAILABLE FLAVOURS: INCREDIBLE BLACKNUT

AVAILABLE SIZES: 300G



DIETETIC FOOD DIETETIC FOOD DIETETIC FOOD DIETETIC FOOD DIETETIC FOOD DIETETIC FOOD

YUMMY MARVELOUS WHITECOCO

- BASED ON COCONUT MOUSSE
- SWEETENED WITH MALTITOL
- WITH THE ADDITION OF WHEY AND COCONUT SHREDS
- PERFECT ADDITION TO SWEET DISHES AND DESSERTS



Nutrition declaration		
Serving size: 25 g Servings per bag: 12		
Amount per	100 g	% RWS*
Energy	2577 kJ / 622 kcal	8%
Fat	51 g	19%
of which saturates	33 g	42%
Carbohydrate	34 g	3%
of which sugars	9 g	3%
of which polyols	25 g	-
Fibre	3 g	-
Protein	5.2 g	3%
Salt	0.02 g	0%

* % NRV – Nutrient Reference Values

AVAILABLE FLAVOURS: MARVELOUS WHITECOCO

AVAILABLE SIZES: 300G



4G BCAA*

6PAK
NUTRITION

FOOD SUPPLEMENT

EAA

ESSENTIAL AMINO ACIDS
PRE&POST WORKOUT STANDARD

ALL
ESSENTIAL

WHO
PROTEIN
STANDARD

SUGAR
FREE



400g
33 SERVINGS

ORANGE-LEMON FLAVOR

FOR WINNERS

WPC INSIDE

6PAK
NUTRITION

FOOD SUPPLEMENT

80 WHEY PROTEIN

WPC INSTANT - EASY TO MIX
DELICIOUS PROTEIN SHAKE



CHOCOLATE ORANGE FLAVOUR /
O SMAKU CZEKOLADY Z POMARAŃCZĄ
SERVING SUGGESTION / PROPOZYCJA PODANIA

22G
PROTEIN

2.7G
FAT

3G
CARBS

PERFECT
FLAVOUR

NET WT
908 g e



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