



TREC



**THE STRENGTH IS INSIDE YOU
LET IT OUT**

PRODUCT CATALOG

PREFERRED PRODUCER

Trec Nutrition is one of the pioneers and leaders of dietary supplements for athletes and other active people. Founded in Poland in 2001, the company today delivers the most innovative products to millions of consumers on an international scale.



What makes TREC stand out is the high and certified quality of its products, as well as its recognition and extensive portfolio addressing the various needs of its consumers. The company's own production lines, as well as, research background enable detailed supervision of each stage of the production process. 'Quality' is not a catchword, it is confirmed by strict legal regulations i.e. strict GMP guidelines and requirements of the European Union.



Nowadays the product portfolio includes over 400 products for different purposes and types of sports for both: amateurs and professional athletes. Therefore many claim that the company is the synonym of trust, quality, safety and performance.

You will feel like a modern day gladiator-hero who has the character, strength and endurance to overcome external factors on the way to self-improvement

TREC WORLD

The purpose of TREC is to make workouts and an active life more effective, allowing people to outperform the rest. Its part and parcel is a strong belief in a world where the need for self-improvement and overcoming one's internal and external barriers gives people direction in life. The brand offers such demanding consumers professional and healthy hero products that help them to unleash the inner strength and achieve outstanding strength, endurance and fitness, as well as an athletic figure.



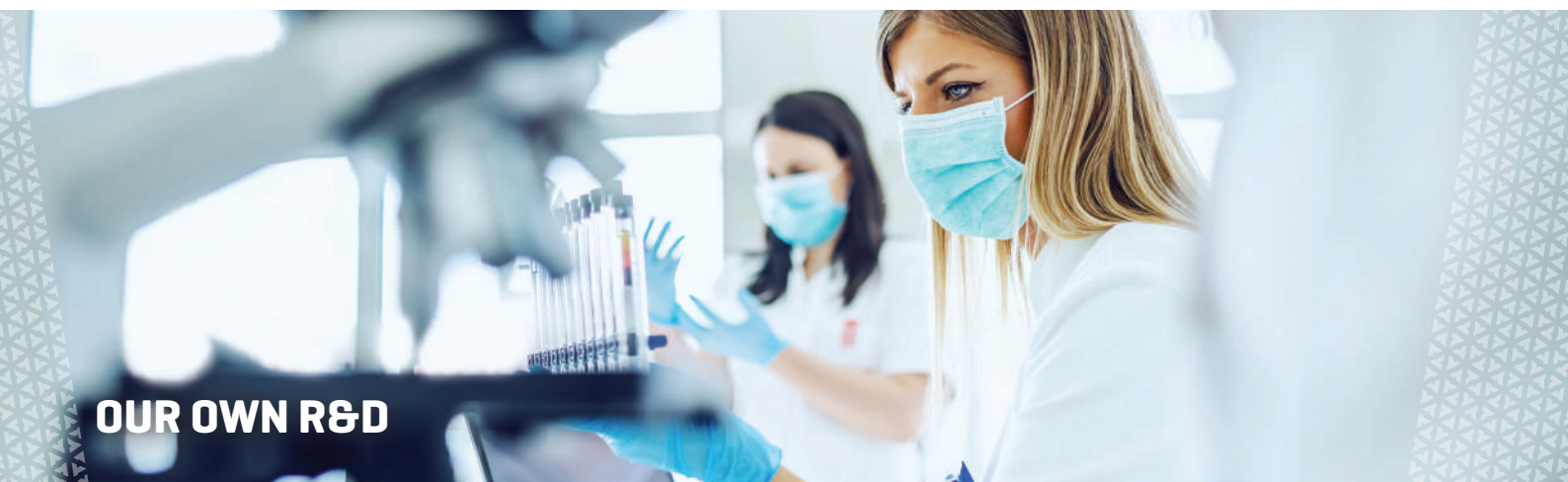
In creating its high quality products TREC is inspired by the archetype of a hero striving for mastery - modern gladiator, who through faith, determination and successful work is able to delight the world, and demonstrate key values. The road to self-improvement and overcoming external barriers is not easy, but if the man has a will and the right attitude, then his will and determination will inspire the world.

Achieving the brand ambition is possible through the continuous development of products that allow for the achievement of above-average results and meet the needs of the bodies of people who are heavily involved in sports.





OVER 20 YEARS OF EXPERIENCE
WELL-ESTABLISHED KNOWLEDGE



OUR OWN R&D



GDYNIA & KSAWEROW
OUR OWN FACTORIES



ADVANCED PRODUCTION LINES



PROTEINS

6



TESTOSTERONE & ANABOLIC BOOSTERS

64



GAINERS

14



FAT REDUCERS

74



AMINO ACIDS

20



THERMOGENICS

84



CREATINES

36



VITAMINS & MINERALS

88



PRE-WORKOUT BOOSTERS

44



JOINTS SUPPORT

98



ENERGY & CONCENTRATION

60



FUNCTIONAL FOOD

104

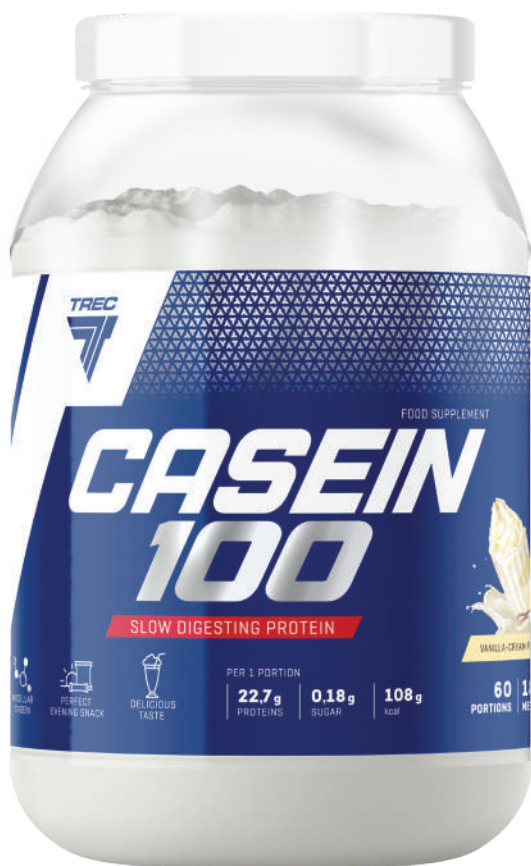


PROTEINS

Protein is the basic structure of all living cells. It is essential in the daily diet, and the amino acids that it provides, allow to rebuild the proteins of our body on an ongoing basis. It is an extremely valuable nutrient that boosts the metabolism, because the body uses large amounts of energy to digest it.

CASEIN 100

» 100% natural, slowly-absorbable micellar casein



Casein 100 is a high-protein product containing 100% casein proteins that account for most of the milk protein content. Casein is characterised by slow transformational kinetics, so you should reach for it whenever your supply of structural proteins needs to be secured for a long time (e.g. before sleep, when the intervals between meals are longer). Casein 100 contains natural casein proteins found in milk in the form of micelles. Their structure, similar to that of raspberries, determines the protein's extended absorption time. Due to the specificity of the way in which it is digested and its specific, thick consistency, Casein 100 is effective in satisfying hunger, which is particularly important for people following a weight-loss diet.

PACKAGING:



1800 g



600 g

FLAVOURS:



Vanilla-cream



Strawberry-banana

NUTRITION VALUE	per 100 g	per 90 g*	per 30 g
Energy	1529 kJ / 360 kcal	1376 kJ / 324 kcal	459 kJ / 108 kcal
Fat	2,11 g	1,90 g	0,63 g
of which saturates	1,46 g	1,31 g	0,44 g
Carbohydrate	9,45 g	8,51 g	2,84 g
of which sugars	0,60 g	0,54 g	0,18 g
Protein	75,90 g	68,31 g	22,77 g
Salt	1,50 g	1,35 g	0,45 g
ACTIVE INGREDIENTS			
Micellar Casein	95,45 g	85,91 g	28,64 g

*Daily portion of the product

ISOLATE 100

» protein supplement with a maximum protein content and value





DELICIOUS
FLAVOUR



CONTAINS BCAA
AND L-GLUTAMINE



EXPERT
PERFORMANCE

Isolate 100 is a protein supplement with isolated milk whey proteins. The advantages of this product include a high protein content (over 25 g per serving), a marginal carbohydrate content (under 1 g per serving!) and its manufacturing technology that largely determines the value of the protein in the product. The cross flow microfiltration (CFM) technology provides not only highly concentrated protein isolates, but it also minimises the protein denaturation processes, which increases the rate and degree of protein absorption (high biological value, BV). The protein products manufactured using the CFM technique also contain more of the natural compounds found in whey that support the human immune system [e.g. immunoglobulins, glycomacropeptide]. Developing the Isolate 100 composition we focused on the clients who chose products based on a maximum protein content.

Who is the product recommended for?


Isolate 100 is the best choice for people who seek a protein product with a minimum carbohydrate content, especially when they need quickly absorbable proteins,e.g. in the morning or in the post-exercise anabolic window.

PACKAGING:





1500 g

FLAVOURS:


- 

Chocolate



Chocolate-mint
- 

Chocolate-strawberry



Creamy vanilla

NUTRITION VALUE	per 100 g	per 90 g*	per 30 g
Energy	1507 kJ / 355 kcal	1356 kJ / 320 kcal	452 kJ / 107 kcal
Fat	0,3 g	0,3 g	0,1 g
of which saturates	0,1 g	0,1 g	0,0 g
Carbohydrate	2,5 g	2,3 g	0,8 g
of which sugars	0,4 g	0,4 g	0,1 g
Protein	85,5 g	77,0 g	25,7 g
Salt	1,1 g	1,0 g	0,3 g
ACTIVE INGREDIENTS			
CFM Whey Protein Isolate	91,7 g	82,5 g	27,5 g

*Daily portion of the product



SOY PROTEIN ISOLATE

» 100% plant protein with essential amino acids



PLANT
PROTEIN



EVERYDAY
BODY SUPPORT



VEGE
FRIENDLY

The quickly-absorbable Soy Protein Isolate is obtained from soy, a leguminous plant with a very high nutritional value. Soy protein is absorbed well, as it contains all essential [exogenous] amino acids. The benefits of the product include a very high protein content of 27 g of protein per serving, together with just over 1 g of carbohydrates and under 1 g of fats. Soy Protein Isolate is an excellent source of protein in vegan diets. The product is in line with the current trend to reduce animal-derived products in everyday diet.

Who is the product recommended for?

Recommended as a supplement of everyday protein uptake to both athletes and physically active individuals.

PACKAGING:



750 g

FLAVOURS:



Chocolate



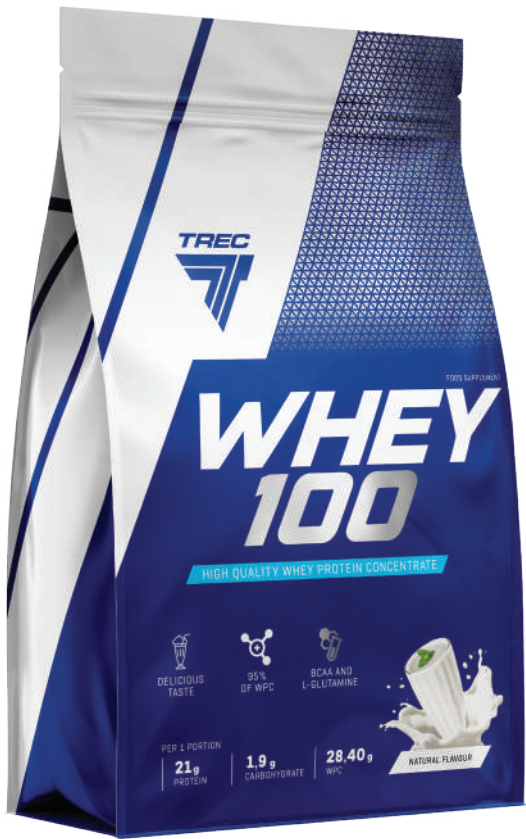
Vanilla

NUTRITION VALUE	per 100 g	per 90 g*	per 30 g
Energy	1555 kJ / 366 kcal	1409 kJ / 332 kcal	491 kJ / 116 kcal
Fat	1,1 g	1,0 g	0,3 g
of which saturates	0 g	0 g	0 g
Carbohydrate	4,1 g	3,7 g	1,2 g
of which sugars	1,5 g	1,4 g	0,5 g
Protein	85 g	77 g	27 g
Salt	0,07 g	0,06 g	0,02 g
ACTIVE INGREDIENTS			
Soy Protein Isolate	94,8 g	85,3 g	28,4 g

*Daily portion of the product

WHEY 100

» a full-value protein dietary supplement for everyone



DELICIOUS
FLAVOUR



95%
OF WPC



BCAA AND
L-GLUTAMINE

Whey 100 is a high-protein supplement containing whey protein concentrate from milk. A portion of Whey 100 provides 21 g of protein, under 2 g of carbohydrates and less than 1 g of fat. Whey 100 is a delicious and convenient dietary supplement, especially for people with an increased demand for protein [athletes, any people who are physically active]. Using Whey 100 for protein supplementation you can be 100% certain that the protein is complete (a proper composition of exogenous amino acids), as well as easily and highly absorbable. It also has a high content of branched-chain amino acids (BCAA) and glutamine, i.e. amino acids which are important for people who are physically active. Whey 100 is also a tasty and easy way to diversify the diet of people who struggle to supply the required amount of protein in their everyday menu [for people living a sedentary lifestyle an absolute minimum is 0.8 g of protein / kg of body weight], as well as those who follow weight-loss diets involving an increased supply of proteins.

PACKAGING:



2275 g



2000 g



1500 g



900 g



700 g



30 g

FLAVOURS:



Chocolate



Vanilla



Chocolate-coconut



Chocolate-sesame



Strawberry



Peanut butter



Cookies



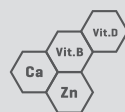
Natural

NUTRITION VALUE	per 100 g	per 90 g*	per 30 g
Energy	1474 kJ / 347 kcal	1319 kJ / 311 kcal	408 kJ / 96 kcal
Fat	1,7 g	1,5 g	0,5 g
of which saturates	1,1 g	1,0 g	0,3 g
Carbohydrate	7,0 g	6,3 g	1,9 g
of which sugars	3,8 g	3,4 g	1,0 g
Protein	76 g	68 g	21 g
Salt	0,68 g	0,61 g	0,18 g
ACTIVE INGREDIENTS			
Whey Protein Concentrate	94,65 g	85,19 g	28,40 g

*Daily portion of the product

WHEY 100 NEW FORMULA

» flagship protein product in a new, improved version



VITAMIN & MINERAL
COMBO



95%
OF WPC



BETTER MUSCLE
BUILDING

Whey 100 New Formula is WPC protein, which has been well-known for years, in a new, 'tweaked' version, intended especially for athletes and people who practice regular recreational activity. Each serving of this product, in addition to a dose of balanced whey protein [22 g of protein] and a minimal carbohydrate [2 g] and fat [less than 1 g] content, provides micronutrients that are especially important for physically active people: zinc, calcium, vitamin D, vitamin B6. Zinc together with vitamin D plays an important role in creating immunity. Calcium means strong bones, but also proper muscle excitability. Vitamin B6 manages protein metabolism and regulates exercise energy at the glycogen level. What makes Whey 100 New Formula stand out is the content of micronutrients, which are important for immunity, but can often be missing from a sports diet, especially during the starting period, or while following a weight-loss or elimination diet.

PACKAGING:














2000 g



700 g

FLAVOURS:

-  Double chocolate
-  Vanilla-cream
-  Chocolate-coconut
-  Hazelnut
-  Jaffa cake
-  Peanut butter-cream
-  Peanut butter-vanilla
-  Cookies-cream
-  White chocolate
-  Strawberry-cream
-  Natural

NUTRITION VALUE	per 100 g	per 90 g*	per 30 g
Energy	1495 kJ / 353 kcal	1349 kJ / 319 kcal	454 kJ / 107 kcal
Fat	4,1 g	3,7 g	1,2 g
of which saturates	3,1 g	2,8 g	0,9 g
Carbohydrate	7,0 g	6,3 g	2,1 g
of which sugars	2,6 g	2,3 g	0,8 g
Protein	72 g	65 g	22 g
Salt	0,56 g	0,50 g	0,17 g
Calcium	220,23 mg	198,21 mg	66,07 mg
Zinc	2,80 mg	2,52 mg	0,84 mg
Vitamin B6	0,40 mg	0,36 mg	0,12 mg
Vitamin D	1,50 µg	1,35 µg	0,45 µg
ACTIVE INGREDIENTS			
Whey Protein Concentrate	95 g	85,5 g	28,5 g

*Daily portion of the product

BOOSTER ISOLATE PROTEIN

» readily absorbable whey proteins in a unique range of flavours



HIGH
PROTEIN



LOW
SUGARS



SHAKE
& READY

Booster Isolate Protein is a highly-concentrated isolate of whey proteins. Each serving of this product provides almost 25 g of full-value whey protein with a high content of branched-chain amino acids, [BCAA] glutamine and under 1 g of carbohydrates and fat. The isolate is a quickly-absorbable protein formula. The absorption process starts only 15 minutes after consumption and achieves a maximum effectiveness, due to the unique technology used in the manufacturing of Booster Isolate Protein. Booster Isolate Protein is manufactured based on cross-flow microfiltration [CFM] technology which does not denature the valuable whey proteins, which significantly increases their biological value [BV]. Strawberry muffin, apple pie, chocolate nut cream, cheesecake, vanilla and berry or white chocolate are all flavours that ensure a perfect start to every day.

Who is the product recommended for?

For people who need high-quality isolates when fast protein supply is required [e.g. in the morning before breakfast, after workouts].

PACKAGING:



2000 g



700 g

FLAVOURS:



Apple pie



Cheesecake



Chocolate-peanut butter



Strawberry muffin



Vanilla-blueberry cream



White chocolate

NUTRITION VALUE	per 90 g*
Energy	1303 kJ / 307 kcal
Fat	0,3 g
of which saturates	0,2 g
Carbohydrate	2,3 g
of which sugars	2,3 g
Protein	73,7 g
Salt	0,99 g
ACTIVE INGREDIENTS	
CFM Whey Protein Isolate	83,4 g

*Daily portion of the product



BOOSTER WHEY PROTEIN

» good old WPC [whey protein concentrate] in irresistible flavours, with valuable MCT [medium-chain triglycerides]



HIGH
PROTEIN



LOW
SUGARS



SHAKE
& READY

Booster Whey Protein is a concentrate of whey protein from milk, with a medium absorption time [absorption of the protein from WPC starts after 40-60 minutes]. You can reach for this perfect product any time of the day, when you are looking for a dose of full-value, easily-absorbable proteins and also during a weight-loss treatment, facilitated by proteins [as they increase the energy output of the body]. The seductive range of Booster Whey Protein flavours keeps boredom out of your diet; you can find your favourite taste of gingerbread, caramel, marzipan and many others in Booster Whey Protein products, so you will not miss high-calorie delicacies. The product also contains medium chain triglycerides that enhance protein absorption, and their thermogenic effect not only helps you to avoid gaining weight, but also eliminates your unwanted kilograms.

PACKAGING:



2000 g



700 g



30 g

FLAVOURS:



Apple pie



Cappuccino



Caramel-toffee



Chocolate-candy



Coconut



Salted caramel



Pistachio-chocolate



Cream



Chocolate-wafer



Triple chocolate



Marzipan-chocolate



Peanut butter-banana

NUTRITION VALUE	per 90 g*
Energy	1411 kJ / 334 kcal
Fat	7,2 g
of which saturates	4,1 g
Carbohydrate	4,3 g
of which sugars	3,3 g
Protein	63,0 g
Salt	0,72 g
ACTIVE INGREDIENTS	
Whey Protein Concentrate	82,1 g
MCT Oil	1,4 g

*Daily portion of the product



GAINERS

Gainers are wholesome meal replacements that, contrary to popular belief, not only allow you to increase the amount of calories in your daily diet. A positive energy balance is the basic condition for the growth of muscle mass, but you need to have something to build from, therefore gainers, apart from carbohydrates, also provide proteins - the basic structural elements of muscle fibers.

HARD MASS

» anticatabolic bulk supplement



POWER
OF HMB



WITH VITAMINS
AND L-GLUTAMINE



3 FORMS
OF PROTEIN

Hard Mass is our flagship bulk supplement – a complete meal with a balanced protein-to-carbohydrates ratio [100 g of the supplement provides 5 g of protein and 45 g of carbohydrates], with the addition of anticatabolic glutamine and hydroxymethylbutyrate [HMB]. Hard Mass completes a diet focused on building pure muscle mass for people aware of the fact that every diet should be based on regular, frequent meals. The supplement contains high quality protein and carbohydrate components. The full-value protein profile is ensured by a composition of proteins with different absorption rates, in the absorption rate order of: whey protein concentrate [WPC], egg protein and micellar casein [a natural milk casein]. Hard Mass also contains a combination of carbohydrates with different absorption rates, in the absorption rate order of: fructose, maltodextrin and starch.

Who is the product recommended for?

For people seeking a balanced dietary supplement.

PACKAGING:



2800 g



900 g

FLAVOURS:



Chocolate



Vanilla

NUTRITION VALUE	per 150 g*	per 75 g
Energy	2460 kJ / 580 kcal	1230 kJ / 290 kcal
Fat	3,17 g	1,58 g
of which saturates	1,34 g	0,67 g
Carbohydrate	68,66 g	34,33 g
of which sugars	13,52 g	6,76 g
Protein	69,15 g	34,58 g
Salt	0,87 g	0,44 g
Vitamin C	120,00 mg	60,00 mg
Niacin [mg NE]	24,00 mg	12,00 mg
Vitamin E [mg α-TE]	18,00 mg	9,00 mg
Pantothenic Acid	9,00 mg	4,50 mg
Vitamin B6	2,10 mg	1,05 mg
Riboflavin [Vitamin B2]	2,10 mg	1,05 mg
Thiamine [Vitamin B1]	1,65 mg	0,83 mg
Folic Acid	300,00 µg	150,00 µg
Biotin	75,00 µg	37,50 µg
Vitamin B12	3,75 µg	1,88 µg

ACTIVE INGREDIENTS	per 150 g*	per 75 g
HARD PROTEIN BLEND		
[Whey Protein Concentrate, Egg Protein, Calcium Caseinate]	72,75 g	36,38 g
MASSIVE CARB MATRIX		
[Maltodextrins, Modified Starch, Fructose]	60,75 g	30,38 g
MUSCLE-PRO FORMULA		
CaHMB [Calcium β-Hydroxy β-Methylbutyrate]	3,00 g	1,50 g
of which HMB	2,60 g	1,30 g
L-Glutamine	2,10 g	1,05 g

*Daily portion of the product

MASS XXL

» a full-value supplement for body mass building



19%
OF PROTEIN



VITAMIN
COMPLEX



PERFECT FOR
OFF SEASON

Mass XXL is our flagship gainer supplement – a protein and carbohydrate formula that can replace a meal in the period of body mass building or intensive physical work. Mass XXL contains 20% protein from a high-quality whey protein concentrate [WPC]. Mass XXL offers not only the best protein components, but also carbohydrates, including mostly slowly-absorbable maltodextrins with the addition of quickly-absorbable dextrins. Maltodextrins do not burden the stomach and have no tendency for gastric retention, so Mass XXL is a perfect solution for a post-exercise meal [following the supplementation of anticatabolic agents and carbohydrates]. Replacing a traditional meal with Mass XXL gainer, you provide your body with a portion of easily digestible and absorbable nutrition, which offers a considerable energy saving.

Who is the product recommended for?

It is recommended in the period of body mass building/ intensive physical work, when high frequency of meals is difficult to maintain. Remember that every diet, including that supporting the development of muscle tissue, requires frequent meals at approximately 3-hour intervals.

PACKAGING:



4800 g



3000 g



1000 g

FLAVOURS:



Banana



Caramel-vanilla



Chocolate



Strawberry



Vanilla

NUTRITION VALUE	per 280 g*	per 100 g
Energy	4574 kJ / 1077 kcal	1634 kJ / 385 kcal
Fat	3,61 g	1,29 g
of which saturates	1,82 g	0,65 g
Carbohydrate	207,95 g	74,27 g
of which sugars	64,12 g	22,90 g
Protein	53,27 g	19,03 g
Salt	5,18 g	1,85 g
Vitamin C	56,00 mg	20,00 mg
Niacin [mg NE]	11,20 mg	4,00 mg
Vitamin E [mg α-TE]	8,40 mg	3,00 mg
Pantothenic Acid	4,20 mg	1,50 mg

Vitamin B6	0,98 mg	0,35 mg
Riboflavin [Vitamin B2]	0,98 mg	0,35 mg
Thiamine [Vitamin B1]	0,78 mg	0,27 mg
Folic Acid	140,00 µg	50,00 µg
Biotin	35,00 µg	12,50 µg
Vitamin B12	1,76 µg	0,63 µg
ACTIVE INGREDIENTS		
Maltodextrins	159,32 g	56,90 g
Whey Protein Concentrate	66,64 g	23,80 g
Dextrose	30,71 g	10,97 g

*Daily portion of the product

SOLID MASS

» a gainer with high quality carbohydrates and proteins, complemented with vitamins



VITAMIN
COMPLEX



FOR
MUSCLE MASS



380 KCAL
IN 1 PORTION

Solid Mass is a gainer, i.e. a protein and carbohydrate supplement that contains 15% protein, complemented with a complex of important vitamins that control metabolic processes. The macronutrient ratios maintained in Solid Mass are ideal for all those who train/work hard and find it difficult to build each additional kilogram of muscle mass. Solid mass boasts high quality protein and carbohydrate components. The carbohydrate profile of Solid Mass is made up of a mix of carbohydrates with different absorption times, where you will find mainly maltodextrins, dextrose, and rice starch. Rice starch is a valuable, easily digestible source of carbohydrates, rich in B vitamins (especially B1 and B2) and E. In addition, Solid Mass is complemented with vitamins that the body needs more during the period of accelerated metabolism: vitamin B6, B12 and C. The protein pool of Solid Mass is made up of easily digestible whey protein concentrate WPC with a perfect amino acid composition. Solid Mass is a high quality food supplement for building muscle mass, which thanks to its protein and carbohydrate components enables muscle building.

PACKAGING:



5800 g



3000 g



1000 g

FLAVOURS:



Chocolate



Strawberry



Vanilla

NUTRITION VALUE	per 400 g*	per 100 g
Energy	6460 kJ / 1520 kcal	1615 kJ / 380 kcal
Fat	1,76 g	0,44 g
of which saturates	0,88 g	0,22 g
Carbohydrate	320,96 g	80,24 g
of which sugars	98,76 g	24,69 g
Protein	55,12 g	13,78 g
Salt	0,84 g	0,21 g
Vitamin C	80,00 mg	20,00 mg
Niacin (mg NE)	16,00 mg	4,00 mg
Vitamin E (mg α-TE)	12,00 mg	3,00 mg
Pantothenic Acid	6,00 mg	1,50 mg
Vitamin B6	1,40 mg	0,35 mg
Riboflavin (Vitamin B2)	1,40 mg	0,35 mg
Thiamine (Vitamin B1)	1,10 mg	0,28 mg
Folic Acid	200,00 µg	50,00 µg
Biotin	50,00 µg	12,50 µg
Vitamin B12	2,50 µg	0,63 µg

ACTIVE INGREDIENTS	per 400 g*	per 100 g
Maltodextrins	251,84 g	62,96 g
Whey Protein Concentrate	63,16 g	15,79 g
Dextrose	47,36 g	11,84 g
Rice Starch	23,16 g	5,79 g

*Daily portion of the product

MAGNUM 8000

» high-quality mass gainer, a blend of complete protein, MCT and creatine



CONTAINS ONLY
MILK PROTEINS



NUTRIENT-DENSE MEAL
FOR MUSCLE GAIN
WORKOUT



POWERED WITH MCT
AND CREATINE

Magnum 8000 is a high-quality mass gainer, i.e. protein and carbohydrate rich nutritional supplement formulated with ingredients recommended for muscle gain workout. Magnum 8000 is a great replacement meal to optimise your pre-workout nutrition. Magnum 8000 is formulated with prime quality protein and carbohydrate-based ingredients which support muscle growth. The supplement food contains broad spectrum of complete milk proteins, including rapidly absorbed whey protein concentrate (WPC) and natural, more slowly digested, micellar casein. Magnum 8000 is formulated with both simple and complex carbs, including dextrose, maltodextrins and starch, that have varied digestion time. Magnum 8000 is powered by MCT and creatine, two valuable nutrients, vital for those who exercise for muscle gain: MCTs, medium chain triglycerides, contain fatty acids which stimulate absorption of food and are known as stable sources of energy. Creatine helps produce ATP for improved performance, increased strength and muscle gain.

Who is the product recommended for?

Sportsmen and athletes engaged in high intensity exercise, workout or prolonged training to enjoy proper adipose tissue/muscle gain ratio. Magnum 8000 is easily absorbed, highly nutritional replacement meal while working physically demanding jobs.

PACKAGING:



5450 g



1000 g



37,5 g

FLAVOURS:



Banana



Caramel-vanilla



Chocolate



Strawberry

NUTRITION VALUE	per 150 g*	per 100 g
Energy	2302 kJ / 542 kcal	1535 kJ / 362 kcal
Fat	3,46 g	2,31 g
of which saturates	2,78 g	1,85 g
Carbohydrate	108,46 g	72,31 g
of which sugars	32,86 g	21,91 g
Protein	19,50 g	13,00 g
Salt	1,96 g	1,31 g
Vitamin C	29,60 mg	19,73 mg
Niacin [mg NE]	5,92 mg	3,95 mg
Vitamin E [mg α-TE]	4,44 mg	2,96 mg
Pantothenic Acid	2,22 mg	1,48 mg
Vitamin B6	0,52 mg	0,35 mg
Riboflavin [Vitamin B2]	0,52 mg	0,35 mg
Thiamine [Vitamin B1]	0,40 mg	0,27 mg
Folic Acid	74,00 µg	49,33 µg
Biotin	18,50 µg	12,33 µg
Vitamin B12	0,92 µg	0,61 µg
ACTIVE INGREDIENTS		
MULTI CARB MATRIX		
[Maltodextrins, Dextrose, Modified Starch]	114,6 g	76,11 g
MASS PROTEIN SHOT		
[Whey Protein Concentrate, Milk Protein Concentrate, Micellar Casein]	21,64 g	14,43 g
ENERGY BULLET		
Creatine Monohydrate	5,70 g	3,80 g
of which Creatine	5,00 g	3,34 g
MCT Oil	3,00 g	2,00 g

*Daily portion of the product



AMINO ACIDS

Amino acids with branched side chains are the absolute basis for supplementation in various sports. Many people use BCAAs simply because they experience their beneficial effects. Some say that they give them energy to exercise, others that they accelerate regeneration, and others that they facilitate muscle growth.



AAKG MEGA Hardcore

» a novel, comprehensive muscle pump stimulator [NO]



FOR TOP
PERFORMERS



PERFECT
BEFORE TRAINING



CITRULLINE
MALATE

AAKG Mega Hardcore is one of the first nitric oxide boosters available on the market containing also arginine and citrulline, the most reliable combination of ingredients that promote the synthesis of nitric oxide [NO], which helps to improve the muscle pump (increased blood flow to the active muscles). Arginine is the only substrate for NO synthesis, so AAKG Mega Hardcore offers the optimal amount of this amino acid in a stable form – AAKG. However, arginine is extensively used in our bodies, so it could be utilised for purposes other than NO synthesis [e.g. urea cycle or creatine production]. Therefore, AAKG Mega Hardcore also contains citrulline, which can be transformed into arginine in the body. The combination of arginine and citrulline ensures a constant supply of the substrate for NO synthesis, which helps to set the bar higher for workouts.

Who is the product recommended for?

For anyone who needs a comprehensive muscle pump stimulator with a combination of arginine and citrulline. This product is perfect for those who want a pure muscle pump.

PACKAGING:



240 cap.



120 cap.

ACTIVE INGREDIENTS	per 8 capsules*	per 4 capsules
L-Arginine Alpha-Ketoglutarate [AAKG]	3360,00 mg	1680,00 mg
of which L-Arginine	2180,00 mg	1090,00 mg
Citrulline Malate	2240,00 mg	1120,00 mg
of which L-Citrulline	1260,00 mg	630,00 mg

*Daily portion of the product

AAKG POWDER

» universal, anabolic arginine





 PERFECT
BEFORE TRAINING



 HIGH ARGININE
CONTENT



 FOR PROFESSIONAL
ATHLETES

AAKG Powder contains the amino acid arginine which is involved in many physiological processes, particularly those affecting exercise capacity. Arginine is primarily necessary for the production of nitric oxide [NO] which, by increasing blood flow to muscles, improves their energy potential [more oxygen and energetic components] and anabolic potential. This amino acid is also used for creatine production, regulates the acid-base balance [strongly alkaline amino acid], is an essential link in the urea cycle [detoxifying function], and its high blood level can stimulate growth hormone production. AAKG Powder contains arginine in the form of stable AAKG, which facilitates a safe route of this amino acid through the digestive system. AAKG Powder is complemented with vitamin B6 which regulates the correct metabolism of amino acids. AAKG Powder supplements the diet of physically active individuals with arginine which, as a substrate for the production of NO, creatine and growth hormone, determines the rate of exercise effects.

Who is the product recommended for?

AAKG Powder is intended for people participating in endurance and strength sports.

PACKAGING:



240 g

FLAVOURS:



Lemon



Orange



Grapefruit

ACTIVE INGREDIENTS	per 6 g*
L-Arginine Alpha-Ketoglutarate [AAKG]	5200,00 mg
of which L-Arginine	3380,00 mg
Vitamin B6	0,80 mg

*Daily portion of the product

AMINO EAA

» complete anticatabolic support



CONTAINS
CAFFEINE



WITH GUARANA
EXTRACT



FOR EVERY
ATHLETE

Amino EAA is a formula that contains all eight exogenous [essential] amino acids that cannot be synthesised by the human body [including Branched-chain Amino Acids, BCAA], enriched with vitamin B6, necessary for the transformation of amino acids. Used during or after exercise, the product provides an anticatabolic effect [protection of muscle proteins], as well as a proanabolic effect [supporting protein synthesis in the post-workout anabolic window]. Apart from exogenous amino acids, Amino EAA also contains a complex of ingredients that improve energy transformation during workouts [citrulline promotes NO synthesis and taurine has a stimulating effect].

Who is the product recommended for?

For people who need full anticatabolic peri-workout protection. Remember that all the exogenous amino acids are required for post-workout anabolic processes.

PACKAGING:



300 g

FLAVOURS:



Lemonade



White cola

ACTIVE INGREDIENTS	per 20 g*
AMINO EAA COMPLEX	
L-Leucine	2596,00 mg
L-Valine	1730,00 mg
L-Isoleucine	1330,00 mg
L-Lysine	1150,00 mg
L-Phenylalanine	958,00 mg
L-Methionine	574,00 mg
L-Threonine	574,00 mg
L-Tryptophan	154,00 mg
L-Citrulline	1000,00 mg
Taurine	1000,00 mg
Vitamin B6	1,90 mg

*Daily portion of the product



AMINO ACIDS

AMINOMAX 6800

- » a simple way to ensure a positive nitrogen balance and a convenient source of necessary amino acids in the diet



CONTAINS
VIT. C AND VIT. B6



BCAA & EAA
INCLUDED

L-GLYCINE
AND L-HISTIDINE COMBO

AMINOMAX 6800 is a formula containing all of the amino acids, both exogenous and endogenous, enriched with taurine, vitamin C and vitamin B6, which are required for the metabolism of amino acids. AMINOMAX 6800 provides peri-workout anticatabolic protection. It also offers a simple way to improve the amino acid profile [the composition of amino acids] in your daily diet, especially if it is not properly balanced with regard to proteins.

Anabolism is based on a positive nitrogen balance, which is closely related to the supply of protein in food. With AMINOMAX 6800, you can obtain it without the need to follow a special high-protein diet.

Who is the product recommended for?

For people following elimination or vegan diets, or having allergies to certain protein fractions. AMINOMAX 6800 is a simple way to protect muscles when complete protein is unavailable [due to an elimination diet, lack of time, holidays or extreme long-distance sports].

PACKAGING:



320 cap.



160 cap.

ACTIVE INGREDIENTS	per 8 capsules*
L-Glutamic Acid	1,02 g
L-Aspartic Acid	0,64 g
L-Leucine	0,63 g
L-Lysine	0,54 g
L-Threonine	0,43 g
Taurine	0,40 g
L-Valine	0,34 g
L-Proline	0,34 g
L-Isoleucine	0,34 g
L-Serine	0,32 g
L-Alanine	0,29 g

L-Glutamine	0,28 g
L-Phenylalanine	0,19 g
L-Tyrosine	0,18 g
L-Arginine	0,16 g
L-Cysteine	0,14 g
L-Glycine	0,11 g
L-Histidine	0,11 g
L-Methionine	0,11 g
L-Tryptophan	0,08 g
Vitamin C	32,00 mg
Vitamin B6	1,40 mg

*Daily portion of the product

AMINO SHOT

» an instant supply of the amino acids essential for muscles



6 AMINOS
COMBO



FOR INTENSIVE
WORKOUT



QUICK
ABSORPTION

Amino Shot is a liquid formula in the form of a shot, containing 6 important amino acids, including essential BCAA. Use of BCAA protects muscle proteins and improves the efficiency of exercise energetics. Apart from a portion of BCAA in a proven proportion of 2:1:1, the product also contains histidine that the body uses in the synthesis of carnosine [made up of histidine and beta-alanine] – a muscle peptide playing the main role in reducing exercise acidification, and arginine which comprehensively conditions exercise capabilities [including the production of creatine, nitrous oxide]. The list of amino acid ingredients of Amino Shot finishes with lysine to support the body's immunity. By taking Amino Shot before a workout, you protect muscle catabolism, while after the workout it improves the quality of the regenerative and anabolic processes.

PACKAGING:



100 ml

ACTIVE INGREDIENTS	per 100 ml*
L-Leucine	1500 mg
L-Valine	750 mg
L-Isoleucine	750 mg
L-Lysine	700 mg
L-Histidine	300 mg
L-Arginine	200 mg

*Daily portion of the product



AMINO ACIDS

BCAA DRINK

» anticatabolic muscle protection



OVER 5G OF BCAA
PER SERVING



IMPROVES AEROBIC AND
ANAEROBIC CAPACITY



CONTAINS VITAMIN B6
AND NIACIN

BCAA Drink is a blend of 3 branched-chain amino acids and vitamins which regulate body energy metabolism. BCAA is paramount for exercise energy and performance, especially during aerobic and prolonged workout as it provides anticatabolic protection [prolonged exercise]. For this reason, those committed to increased power outputs and high-intensity training should not forget about the proper supply of necessary energy nutrients BCAAs.

Amino acids-packed BCAA Drink full of tasty refreshing flavour helps hydration and enhances exercise performance. BCAA Drink is rich in vitamin B6 and niacin assisting in energy metabolism as they determine energy intake from muscle glycogen [B6] and regulate metabolic functions of glucose [niacin], an important energy substrate. Each bottle is over 5 g of BCAA which contains 2: 1: 1 ratio, and 100% of the reference intake of vitamin B6 and niacin.

Who is the product recommended for?

BCAA Drink is beneficial especially for Athletes and individuals engaged in aerobic or endurance exercise [long-distance running, cycling, triathlon, etc.], with variable intensity [team games, martial arts] and high volume [increased power output, calisthenics, crossfit, etc.].

PACKAGING:



250 ml

ACTIVE INGREDIENTS	in 250 ml*
L-Leucine	2750 mg
L-Isoleucine	1375 mg
L-Valine	1375 mg
Niacin [mg NE]	16 mg
Vitamin B6	1,4 mg

*Daily portion of the product

BCAA POWDER

» 100% anticatabolic BCAA 2:1:1



ANTI-CATABOLIC
EFFECT



IMPROVED OXYGEN ENERGY
MANAGEMENT



ANABOLIC
STIMULATION

BCAA Powder is a complex of branched-chain amino acids [isoleucine, valine and leucine] in a powder form, enriched with vitamin B6 which controls transformation of amino acids and regulates proper muscle function. The product contains 100% BCAA, demonstrates anticatabolic and anabolic effects and stimulates the aerobic energy supply processes. BCAA Powder provides an important support in all sports using strength and speed and particularly so for endurance sports (e.g. running, cycling or triathlon). Remember that the risk of muscle catabolism is at its highest during long aerobic exercise. Therefore, during such a workout you should not forget about BCAA powder, to protect your precious muscles and increase the rate of energy transformation.

Who is the product recommended for?

The product is recommended during effort, for all people who exercise, regardless of the intensity of the training.

PACKAGING:



300 g

ACTIVE INGREDIENTS	per 10 g*	per 5 g
L-Leucine	5000 mg	2500 mg
L-Valine	2500 mg	1250 mg
L-Isoleucine	2500 mg	1250 mg
Vitamin B6	2,80 mg	1,40 mg

*Daily portion of the product

BCAA G-FORCE

» a reliable peri-workout anticatabolic combination



3420 MG
OF L-LEUCINE



POWER OF L-GLUTAMINE



FOR ALL
ATHLETES

BCAA G-Force is a combination of the most important amino acids that are used most intensively during exercise. BCAA and glutamine are inseparable synergies in the field of anticatabolic and anabolic activities. Starting a workout [both aerobic and anaerobic] significantly increases the activity of enzymes involved in BCAA degradation in the muscles, which leads to catabolic processes. In there is an insufficient quantity of glutamine in muscles, due to its intensive release in critical situations – such as exhaustive exercise – the body will use other available amino acids to supplement it. A serving of BCAA G-Force before a workout will protect muscle proteins and support energy metabolism during exercise, while after the workout it will enhance muscle regeneration and initiate anabolic processes.

Who is the product recommended for?

Athletes, especially those practicing power, power and speed, and endurance disciplines.

PACKAGING:



300 g

FLAVOURS:



Lemon-grapefruit



Orange

ACTIVE INGREDIENTS	per 20 g*	per 10 g
Branched Chain Amino Acids	10000 mg	5000 mg
of which L-Leucine	7000 mg	3500 mg
of which L-Valine	2000 mg	1000 mg
of which L-Isoleucine	1000 mg	500 mg
L-Glutamine	4000 mg	2000 mg

***Daily portion of the product**



BCAA G-FORCE 1150

» a reliable peri-workout anticatabolic combination in convenient capsules



3420 MG
OF L-LEUCINE



POWER
OF L-GLUTAMINE



FOR ALL
ATHLETES

BCAA G-Force is a combination of the most important amino acids that are used most intensively during exercise. BCAA and glutamine are inseparable synergies in the field of anticatabolic and anabolic activities. Starting a workout [both aerobic and anaerobic] significantly increases the activity of enzymes involved in BCAA degradation in the muscles, which leads to catabolic processes. In there is an insufficient quantity of glutamine in muscles, due to its intensive release in critical situations - such as exhaustive exercise - the body will use other available amino acids to supplement it. A serving of BCAA G-Force before a workout will protect muscle proteins and support energy metabolism during exercise, while after the workout it will enhance muscle regeneration and initiate anabolic processes.

Who is the product recommended for?

Athletes, especially those practicing power, power and speed, and endurance disciplines.

PACKAGING:



360 cap.



180 cap.



90 cap.

ACTIVE INGREDIENTS	per 12 capsules*	per 6 capsules
Branched Chain Amino Acids	9720 mg	4860 mg
of which L-Leucine	6840 mg	3420 mg
of which L-Valine	1920 mg	960 mg
of which L-Isoleucine	960 mg	480 mg
L-Glutamine	3900 mg	1950 mg

*Daily portion of the product

BCAA HIGH SPEED

» BCAAs with the maximum speed of muscle absorption



6 GRAMS
OF BCAA



REFRESHING
TASTE



HIGH QUALITY
INGREDIENTS

BCAA High Speed is an aggregate of 3 branched-chain amino acids [BCAA], which are the main muscle building blocks [anti-catabolic function] and an important link of aerobic [endurance] energy metabolism. As intramuscular transport of amino acids is stimulated and facilitated by carbohydrates, each portion of BCAA High Speed is complemented with maltodextrins [products of starch degradation] which, in contrast to glucose [simple sugar], do not overburden the digestive system and are quickly absorbed into the blood, aiding the BCAA transport. The product maintains the correct ratio of leucine to valine and isoleucine [2:1:1], which allows leucine to execute its anabolic functions [including activation of the mTor enzyme]. BCAA High Speed is especially recommended around exercise, when muscles need a fast supply of BCAA that support aerobic energy and have an anti-catabolic effect.

PACKAGING:



500 g



250 g



10 g

FLAVOURS:



Cactus



Cola



Lemon



Cherry-grapefruit

ACTIVE INGREDIENTS	per 20 g*	per 10 g	per 7,5 g
HIGH SPEED BCAA MATRIX			
L-Leucine	6000,00 mg	3000,00 mg	2250,00 mg
L-Valine	3000,00 mg	1500,00 mg	1125,00 mg
L-Isoleucine	3000,00 mg	1500,00 mg	1125,00 mg

***Daily portion of the product**



SUPER BCAA SYSTEM

» a BCAA formula with taurine and vitamin B6, which has an anti-catabolic effect and improves exercise energy



POWER OF
TAURINE + VIT. B6



FOR ALL
ATHLETES



3 AMINO
ACIDS



Super BCAA System is a product containing BCAA amino acids in a standard formula with a higher content of anabolic leucine [2:1:1]. Due to taurine and vitamin B6, Super BCAA System will be an ideal product for supporting exercise energy. BCAAs are an important link in energetic processes [especially those of an aerobic nature], which will be further fuelled by the presence of taurine – a comprehensive amino acid, one of the functions of which is as a stimulant neurotransmitter reducing fatigue. The presence of taurine will also assist the BCAAs in performing anti-catabolic functions, as taurine, like glutamine, can support a positive nitrogen balance, which is the basis of muscle anabolism. The presence of vitamin B6 in the supplement supports energy metabolism during exercise, as it is responsible for glycogen metabolism, and it is essential during increased metabolism of amino acids, which reaches a particularly high intensity in the post-workout period [anabolic and regeneration function]. Owing to taurine and B6, Super BCAA System is a workout energy partner, especially for endurance athletes.

PACKAGING:



300 cap.



150 cap.

ACTIVE INGREDIENTS	per 10 capsules*	per 5 capsules
L-Leucine	2500,00 mg	1250,00 mg
L-Valine	1250,00 mg	625,00 mg
L-Isoleucine	1250,00 mg	625,00 mg
Taurine	500,00 mg	250,00 mg
Vitamin B6	2,80 mg	1,40 mg

*Daily portion of the product

L-GLUTAMINE POWDER

» never forget about glutamine, the fundamental element of anabolic, catabolic and regenerative processes





ANTI-FATIGUE EFFECT



GREAT ABSORPTION



METABOLISM SUPPORT

Glutamine is an amino acid necessary in all cells, as it is the main amino acid-forming muscle protein. In periods of increased stress [impaired immune function, injuries, intensive exercise, insufficient regeneration, sleep deficits etc.] the demand for glutamine increases drastically, so the endogenous production may not suffice. In these situations, it is advisable to support the diet with L-Glutamine Powder, containing pulverised L-glutamine, necessary for the anticatabolic and anabolic processes involving this amino acid, in the company of vitamin B6, which controls the transformations of amino acids. If your body needs glutamine for an important purpose, it will surely ‘borrow’ some from the muscles, where it is present in large quantities, which will lead to muscle catabolism.

Who is the product recommended for?

It is especially recommended for people who are physically active [anticatabolic function, supporting the branched-chain amino acids, BCAA, function, improvement of glycogen restoration], but also for those who struggle with impaired immune function or conditions involving disturbed intestinal epithelial function [e.g. leaky gut syndrome].

PACKAGING:



450 g

ACTIVE INGREDIENTS	per 15 g*	per 5 g
L-Glutamine	15,00 g	5,00 g
Vitamin B6	2,10 mg	0,70 mg

*Daily portion of the product



L-GLUTAMINE MICRONIZED T6

» glutamine as the true royalty of amino acids in the excellent company of vitamin B6 and taurine



L-GLUTAMINE
& TAURINE COMBO



CONTAINS
VIT. B6



HIGH
QUALITY



L-Glutamine Micronized T6 contains a finely milled [micronised], highly-absorbable L-glutamine in the company of taurine and vitamin B6, supporting its anticatabolic and anabolic functions. A high glutamine content helps to obtain a positive nitrogen balance in the body, which is a starting point for the processes of regeneration and anabolism. L-glutamine is the body's nitrogen container, which means that it is used by the body for the synthesis of other endogenous amino acids. It is supported in this task by a non-protein amino acid - taurine. The anabolic transamination processes in which glutamine is involved require the presence of the most important vitamin controlling the amino acid and protein transformations: vitamin B6. L-Glutamine Micronized T6 was one of the first supplements available on the market to make equal use of taurine and glutamine in supporting the nitrogen balance.

Who are the products recommended for?

Athletes specializing in strength, strength-endurance, and strength-speed disciplines.

PACKAGING:



240 cap.

ACTIVE INGREDIENTS	per 12 capsules*	per 4 capsules
L-Glutamine	7680,00 mg	2560,00 mg
Taurine	1920,00 mg	640,00 mg
Vitamin B6	4,80 mg	1,60 mg

*Daily portion of the product

GLUTAMINE HIGH SPEED

» the anticatabolic royalty of amino acids in a quickly absorbable form



CONTAINS
VIT. B6



L-GLUTAMINE
& TAURINE COMBO



HIGH
QUALITY

Glutamine is an amino acid that should be important for everyone, but especially for people who are physically active, as it determines the positive nitrogen balance [the starting point of anabolic processes]. L-glutamine accounts for approximately 60% of the protein content in muscles and it is the main amino acid released from them during intensive energy transformations. Demand for L-glutamine is high in all the cells in your body that undergo rapid divisions, e.g. in the immune system, gastrointestinal system or the regenerating muscle cells. If your body notices that the glutamine level is low, it will break down all other amino acids to transform them into glutamine [which means it will break down, i.e. catabolise, the muscle proteins too]. Glutamine High Speed is an easily absorbable [due to the presence of maltodextrins], finely ground, powdered glutamine.

Who is the product recommended for?

Glutamine improves post-exercise regeneration of muscle glycogen, so Glutamine High Speed is perfect after workouts.

PACKAGING:



400 g

FLAVOURS:



Cherry-blackcurrant



Orange-grapefruit

ACTIVE INGREDIENTS	per 20 g*	per 10 g
L- Glutamine	13,00 mg	6,50 mg

*Daily portion of the product

HMB FORMULA

» a strong anticatabolic aid that additionally helps to reduce fat tissue



1000 MG
HMB



FOR STRENGTH
ATHLETES



GREAT
ABSORPTION

HMB Formula Caps and HMB Liquid is an anticatabolic supplement containing hydroxymethylbutyrate [HMB] – a product of metabolic transformation of leucine, one of the branched-chain amino acids [BCAA]. Most studies demonstrate positive effects of HMB on blocking catabolism, stimulation of fat-free mass gain and the enhancement of strength and stamina. HMB reduces catabolism using the best known mechanism: saturation of muscles with amino acids and their metabolites, such as HMB. Moreover, as a product of amino acid transformation, HMB also blocks the supply of glucose to fat tissues, which reduces lipogenesis and increases the availability of glucose for energy production in the muscles. The human body can produce only 0.3 – 1 g of HMB, so to fully benefit from its properties, one should reach for HMB Formula Caps or HMB Liquid.

Who are the products recommended for?

These products are recommended for people practising endurance sports and following ketogenic diets in which HMB will help in keto adaptation and re-directing the glucose-based energy processes to fat and ketone body-based metabolism.

PACKAGING:



240 cap.



120 cap.



100 ml

ACTIVE INGREDIENTS	per 6 capsules*	per 2 capsules
CaHMB [Calcium β -Hydroxy β -Methylbutyrate]	3690 mg	1230 mg
of which HMB	3000 mg	1000 mg

*Daily portion of the product



CREATINES

Creatine is a substance involved in the performance of high-intensity, mainly short-term physical efforts. The main purpose of creatine supplementation is to improve physical performance aimed at the development of muscle strength, which in turn, with the appropriate dietary assumptions, can be used to increase muscle mass.



CREATINE 100%

» an ally of strength and muscle mass invariably for years



WITH VIT. C
AND SODIUM



HIGH QUALITY
CREATINE



FOR EVERYDAY
USE

Creatine 100% contains creatine monohydrate, which plays a key role in the first seconds of a high-intensity effort aimed at building mass, strength, power, and speed. Numerous scientific studies confirm that monohydrate, provided that the basic rules of maximising its absorption are followed (e.g. drinking enough water, avoiding protein consumption close to the creatine dose), makes it possible to increase muscle creatine reserves, which determine the energy potential. Creatine 100% is complemented with sodium, which improves the intramuscular transport of creatine and is the main mineral lost during exercise, conditioning the nerve and muscle conduction. The supplement also contains vitamin C, which helps to protect against the oxidative stress fostered by intense exercise. The product is recommended especially for extreme workouts focused on strength gain (eccentric and plyometric workouts), minimising the effects of oxidative stress.

PACKAGING:



600 g



300 g

ACTIVE INGREDIENTS	per 5 g*
Creatine Monohydrate	3,82 mg
of which Creatine	3,36 mg
Sodium	190,00 mg
Vitamin C	90,00 mg

*Daily portion of the product

CM3 1250

» triple effective creatine malate





FOR ELITE
ATHLETES



HIGH CREATINE
CONTENT



PH
STABLE

CM3 1250 is a highly concentrated tri-creatine malate in convenient capsules. As with all types of creatine, CM3 1250 improves the energy metabolism during short, intensive exercise. As malate remains stable in the gastrointestinal tract, this form guarantees a high level of absorption of this basic energy substrate which plays a major role in workouts to build strength, power, speed and muscle mass. The presence of malic acid, additionally improving the aerobic energy processes (the Krebs cycle), is another advantage of CM3 1250. This is why this creatine is often chosen by people enjoying the disciplines that involve mixed energy transformations (aerobic and anaerobic, e.g. martial arts or team sports), as well as endurance sports.

PACKAGING:



360 cap.



180 cap.



90 cap.

ACTIVE INGREDIENTS	per 4 capsules*	per 2 capsules
Tri-Creatine Malate	5000,00 mg	2500,00 mg
of which Creatine	3750,00 mg	1875,00 mg

*Daily portion of the product

CM3 POWDER

» easy to use, highly soluble creatine malate



FOR ELITE
ATHLETES



PH
STABLE



REFRESHING
TASTE

CM3 Powder is a best-selling CM3 [creatine malate] in powder form that increases energy levels during intensive exercise. CM3 is highly soluble in water and safely passes through the gastrointestinal tract, avoiding a premature transformation into creatine. These properties allow you to avoid excessive water retention in the body, unwanted in sports with weight limits or the disciplines in which significant muscle swelling is inadvisable [as opposed to the sports focusing on strength and muscle mass building].

Who is the product recommended for?

The powder formulation will be particularly convenient after workouts, when you should not forget about a dose of creatine to benefit from its potential supercompensation. It is easy to combine the CM3 Powder with a portion of carbohydrates, e.g. carbo/vitargo, to speed up the transport of creatine to the muscles.

PACKAGING:



500 g



250 g

FLAVOURS:



Pineapple



Pink grapefruit



Orange



White cola

ACTIVE INGREDIENTS	per 7 g*	per 3,5 g
Tri-Creatine Malate	6650,00 mg	3325,00 mg
of which Creatine	4988,00 mg	2494,00 mg

*Daily portion of the product

CREA XTREME

» 4 powerful creatine musketeers





FOR TOP PERFORMERS



HIGH CREATINE CONTENT



4 ACTIVE INGREDIENTS

Crea Xtreme is a combination of 4 forms of creatine that ensures maximum saturation of muscles with creatine, which plays a central role during short-term, intense exercise aimed at building strength, mass, speed and power. This formulation includes three stabilised forms of creatine: citrate, malate, and hydrochloride [HCl]. The combination of creatine with malic and citric acid helps to safely overcome the digestive system, but also further fuels aerobic energy [malic and citric acid are present in the Krebs cycle]. Binding creatine to HCL protects creatine from premature conversion to creatinine, and improves its solubility, and thus its assimilability. Of course the supplement could not be short of the basic and always effective form of creatine – monohydrate – which improves hydration of muscle cells and so makes them more susceptible to anabolic activity. The product is recommended for workouts aimed at increasing strength and power, especially when simultaneous weight gain is not recommended [e.g. sports with weight categories].

PACKAGING:



120 cap.

ACTIVE INGREDIENTS	per 4 capsules*	per 2 capsules
CREA XTREME COMPLEX		
[Creatine Monohydrate; Tri-Creatine Malate; Creatine Citrate; Creatine Hydrochloride]	4912,00 mg	2456,00 mg
of which Creatine	4000,00 mg	2000,00 mg

*Daily portion of the product

CREA XTREME POWDER

» effective creatine complex



FOR TOP
PERFORMERS



HIGH CREATINE
CONTENT



4 ACTIVE
INGREDIENTS

Crea Xtreme is a combination of 4 forms of creatine that ensures maximum saturation of muscles with creatine, which plays a central role during short-term, intense exercise aimed at building strength, mass, speed and power. This formulation includes three stabilised forms of creatine: citrate, malate, and hydrochloride [HCl]. The combination of creatine with malic and citric acid helps to safely overcome the digestive system, but also further fuels aerobic energy [malic and citric acid are present in the Krebs cycle]. Binding creatine to HCL protects creatine from premature conversion to creatinine, and improves its solubility, and thus its assimilability. Of course the supplement could not be short of the basic and always effective form of creatine – monohydrate – which improves hydration of muscle cells and so makes them more susceptible to anabolic activity. The product is recommended for workouts aimed at increasing strength and power, especially when simultaneous weight gain is not recommended [e.g. sports with weight categories].

PACKAGING:



180 g

FLAVOURS:



Tropical



Watermelon

ACTIVE INGREDIENTS	per 6 g*	per 3 g
CREA XTREME COMPLEX		
[Creatine Monohydrate; Tri-Creatine Malate; Creatine Citrate; Creatine Hydrochloride]	4620,00 mg	2310,00 mg
of which Creatine	3696,00 mg	1848,00 mg

*Daily portion of the product

CREATINE MICRONIZED 200 MESH

» proven creatine monohydrate in convenient capsules



MICRONIZED
FORMULA



FUNDAMENTAL
CHOICE



RESEARCH-BASED
FORMULA

Creatine Micronized 200 Mesh is a monohydrate in capsules characterised by a very high fineness [200 mesh]. This allows creatine to immediately pass through the digestive system and enter the bloodstream, which transports it to the working muscles that use it during particularly intense effort. Using Creatine Micronized 200 Mesh helps increase strength, speed and muscle mass. Let us remember that good old monohydrate has incredible anabolic potential, because monohydrate stimulates anabolic factor IGF-1, the satellite cells responsible for the mechanism of muscle hyperplasia. The product is especially recommended for workouts aimed at strength and muscle mass gain.

PACKAGING:



400 cap.

ACTIVE INGREDIENTS	per 6 capsules*	per 3 capsules
Creatine Monohydrate	4740,00 mg	2370,00 mg
of which Creatine	4166,00 mg	2083,00 mg

*Daily portion of the product



CREATINE MICRONIZED 200 MESH + TAURINE

» creatine monohydrate with a transporter that facilitates its penetration into muscles



RESEARCH-BASED
FORMULA



CONTAINS
VITAMIN C



PERFECT
COMBINATION

Creatine Micronized 200 Mesh + Taurine is a finely ground mono-hydrate [with a dust-like structure] which ensures a high degree of solubility and prevents creatine retention in the stomach. This reduces the time creatine is present in the gastrointestinal system, thus limiting the risk of its conversion to creatinine and increasing its absorption by muscles. Absorption of creatine is additionally facilitated by a transporter - taurine [a non-protein amino acid], which increases the sensitivity of muscle cells to insulin and glucose, as well as to all the elements that are supplied together with glucose, such as creatine. Creatine Micronized 200 Mesh + Taurine facilitates intensive energy metabolism during exercise that relies mainly on adenosine triphosphate [ATP] and its replenishment through phosphocreatine [PC] for efforts lasting approximately 10 seconds.

PACKAGING:



400 g

ACTIVE INGREDIENTS	per 6,5 g*	per 3,25 g
Creatine Monohydrate	4955,00 mg	2477,50 mg
of which Creatine	4355,00 mg	2177,50 mg
Taurine	1485,00 mg	742,50 mg
Vitamin C	60,00 mg	30,00 mg

*Daily portion of the product



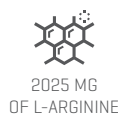
PRE-WORKOUT BOOSTERS

Pre-workout boosters are supplements with an aim of increasing the efficiency and effectiveness of your workouts. Their task is mainly reduced to getting the body in tune with effort and increasing your capacity during an ongoing exercise session.



L-ARGININE XTREME

» multifunctional arginine in a maximum dose and stable form



2025 MG
OF L-ARGININE



MEGA
BOOST



PERFECT BEFORE
TRAINING

Arginine is a relatively essential amino acid, which means that the body may not be able to produce it on its own in specific, difficult conditions such as: intensified growth processes (young bodies, but also bodies that are adapting to exertion), and regeneration processes associated with intensive exercise. In such situations, it can be supplemented with L-Arginine Xtreme. Arginine is very important for physically active people, because the body uses it in the production of creatine, and nitric oxide (NO), in the urea cycle (purifying function), and to regulate the acid/base balance. In arginine supplementation, the daily dose of this amino acid is important – many years ago, Dr Ignarro, who received a Nobel Prize for his research on NO and arginine, suggested a dose of 4-6 g of arginine for the prevention of cardiovascular disease. One portion – 4 capsules L-Arginine Xtreme contains over 4.5g of arginine hydrochloride.

Who is the product recommended for?

All physically active people for whom arginine is necessary in order to improve their efficiency (improved production of NO, creatine etc.). This product is also recommended for anyone seeking cardiovascular support.

PACKAGING:



90 cap.

ACTIVE INGREDIENTS	per 4 capsules*	per 2 capsules
L-Arginine HCl	4880,00 mg	2440,00 mg
of which L-Arginine	4050,00 mg	2025,00 mg

*Daily portion of the product



BETA-ALANINE 700

» fights exercise-induced muscle acidosis



100%
EFFECTIVE



CONTAINS
BETA-ALANINE



FOR ALL
ATHLETES

Beta-Alanine 700 contains a non-protein amino acid, beta alanine, which is the most important component of carnosine, a muscle peptide. It reduces the concentration of hydrogen ions [H] responsible for exercise-induced fatigue [acidosis is not caused by lactic acid, but by H ions]. The more intensive the workout the greater the risk of a high accumulation of H ions, resulting in muscle fatigue and the need to stop the exercise. Using Beta-Alanine 700 helps to increase the muscle buffer potential (so that the muscles can better cope with workout-induced acidosis), which allows you to exercise longer and more intensively.

Who is the product recommended for?

People who exercise, especially in anaerobic training (higher intensity exercising, including strength training, mixed types of energy conversion), where muscular acidosis is among the major causes of muscle failure.

PACKAGING:



90 cap.

ACTIVE INGREDIENTS	per 3 capsules	per 4 capsules*
Beta-Alanine	2100,00 mg	2800,00 mg

*Daily portion of the product



BETA-ALANINE POWDER

» for a longer and more effective workout



MAXIMUM
BOOST



CONTAINS
VITAMIN B6



FOR ALL
ATHLETES

Beta-Alanine Powder contains beta-alanine, which increases the concentration of carnosine [a combination of beta-alanine and L-histidine] in muscles. This peptide determines energy production during exercise, especially the aerobic energy supply. A high content of carnosine, which cannot be synthesised without beta-alanine, helps the muscles fight workout-induced muscle acidosis, resulting from the accumulation of hydrogen [H] ions. The supplement is enriched with vitamin B6, essential for the carbohydrate-based energy metabolism during exercise, as it activates the enzyme that catalyses the processes of energy supply from the muscle glycogen. Beta-alanine Powder provides an indispensable support for energy production in sports using strength and speed and also in exercise involving mixed energy metabolism, such as martial arts or team sports.

Who is the product recommended for?

People who exercise, especially those who exercise intensively, with predominantly anaerobic energy processes.

PACKAGING:



180 g

FLAVOURS:



Grapefruit



Watermelon



White cola twist

ACTIVE INGREDIENTS	per 4,5 g*	per 1,5 g
Beta-Alanine	2400,00 mg	800,00 mg
Vitamin B6	0,21 mg	0,07 mg

*Daily portion of the product



NITROBOLON POWDER

» the cult pre-workout supplement with glutamine



ARGININE
MATRIX



EFFECT
OF CREATINE¹



FOR ALL
ATHLETES

NitroBolon Powder is a pre-workout supplement in a powder form, providing the ingredients essential to ensure energy supply during intensive workouts. NitroBolon offers a large amount of creatine (over 4 g), which plays a crucial role during short, intensive exercise, in the form of creatine malate that guarantees the maximum absorption of this ergogenic substance by muscles. Express transport of creatine to muscles is ensured by a complex of ingredients that increase nitric oxide [NO] synthesis [arginine malate and citrulline malate, AAKG]. Muscle pump is not limited to a visual swelling of the muscles, but also improves their oxygenation and transport of energy-producing ingredients and anticatabolic agents, such as glutamine. NitroBolon Powder also contains glutamine – the amino acid most drawn from muscles during exercise, as it supports the renewal of muscle glycogen.

Who is the product recommended for?

For all people who need a pre-exercise supplement with a high creatine content.

PACKAGING:



600 g



300 g

FLAVOURS:



Orange



Tropical

ACTIVE INGREDIENTS	per 15 g*
CREATINE MATRIX	
[Tri-Creatine Malate, Creatine Monohydrate]	3780,00 mg
of which Creatine	3000,00 mg
MENTAL OPTIMIZER	
Taurine	1000,00 mg
Inosine	750,00 mg
L-Tyrosine	750,00 mg
ARGININE MATRIX	
[L-Arginine Alpha-Ketoglutarate, L-Arginine Malate]	2660,00 mg
of which L-Arginine	1830,00 mg
GLUTAMINE MATRIX	
L-Glutamine	800,00 mg
POWER ACCELERATOR	
Citrulline Malate	500,00 mg
of which L-Citrulline	280,00 mg

*Daily portion of the product

NITROBOLON CAPS

» the cult pre-workout supplement in convenient capsules




L-ARGININE &
L-CITRULLINE COMBO


CONTAINS
CREATINE


FOR ALL
ATHLETES

NitroBolon Caps is one of the first pre-workout supplements on the market, proven in a variety of training conditions and still helping you raise your training bar. NitroBolon capsules are an excellent compilation of ingredients that increase nitric oxide production (over 5 g in a daily dose) and creatine. The product contains two stable forms of arginine: malate and AAKG. As many organs in the body have a high demand for arginine, NitroBolon's composition has been enriched with the amino acid citrulline in a stable malate form, from which the body can also produce arginine, guaranteeing maximum and long-lasting muscle pump. NitroBolon Caps thus ensures increased blood flow to the muscles being trained, but it is also a source of the main energy substrate that the body needs during high-intensity energy processes – creatine, in the stable form of citrate.

Who is the product recommended for?

For all people who need a pre-exercise supplement with a high creatine content.

PACKAGING:



150 cap.

ACTIVE INGREDIENTS	per 12 capsules*	per 4 capsules
NITROBOLON BLEND		
[L-Arginine Malate, L-Arginine Alpha-Ketoglutarate]	4800,00 mg	1600,00 mg
of which L-Arginine	3330,00 mg	1110,00 mg
Citrulline Malate	1650,00 mg	550,00 mg
of which L-Citrulline	924,00 mg	308,00 mg
Creatine Ethyl Ester	1650,00 mg	550,00 mg
of which Creatine	1104,00 mg	368,00 mg

*Daily portion of the product



NITROBOLON ENERGIZER

» a pre-workout supplement with an anticatabolic effect



2 CREATINES
COMBO



ENERGY &
RECOVERY MATRIX



VITAMINS
SUPPORT

NitroBolon Energizer is a masterpiece among pre-workout supplements, which comprehensively mobilises the body for intensive work, which helps to improve workout performance. In this product you will find: a composition that increases nitric oxide [NO] synthesis [arginine malate, citrulline malate and arginine alpha-ketoglutarate, AAKG], creatine [monohydrate and creatine malate], ingredients that enhance glycogen renewal, have anticatabolic and stimulating properties, [taurine, tyrosine and caffeine], as well as vitamins and antioxidants. NitroBolon Energizer offers a complex that improves energy efficiency on the level of muscle glycogen: maltodextrins and dextrose protect the supply of glycogen and contribute to its ongoing regeneration. NitroBolon Energizer not only creates the conditions for intensive exercise, but due to the presence of the anticatabolic complex [BCAA, glutamine], it also limits the muscle damage that can result from using advanced exercise stimuli. In addition, the product contains vitamins that play an important role in energy transformations during exercise [especially vitamin B] and antioxidants [alpha-lipoic acid, ALA, vitamins C and E] that protect against free radicals produced in large quantities during intensive workouts.

Who is the product recommended for?

This product is worth recommending for anyone who is looking for a pre-workout supplement that will not only maximise energy conversions but also protect muscles against catabolism and promote regeneration.

PACKAGING:



600 g



ACTIVE INGREDIENTS	per 25 g*
GLYCOGEN LOADER	
Maltodextrin	5150,00 mg
Dextrose	1750,00 mg
CREATINE MATRIX	
[Creatine Monohydrate, Tri-Creatine Malate]	5900,00 mg
of which Creatine	5000,00 mg
ENERGY AND RECOVERY MATRIX	
L-Leucine	2000,00 mg
L-Isoleucine	1000,00 mg
L-Valine	1000,00 mg
Inosine	500,00 mg
L-Glutamine	500,00 mg
PUMP VASODILATORS	
[L-Arginine Alpha-Ketoglutarate, L-Arginine Malate, Citrulline Malate]	2730,00 mg
of which L-Arginine	1500,00 mg
of which L-Citrulline	280,00 mg
NEUROTROPIC MATRIX	
Taurine	1000,00 mg
L-Tyrosine	500,00 mg
Inositol	300,00 mg
Caffeine Anhydrous	150,00 mg
VITAMIN B BOOSTERS	
Niacin [mg NE]	16,00 mg
Pantothenic Acid	3,00 mg
Riboflavin	0,70 mg
Vitamin B6	0,70 mg
Thiamine	0,55 mg
Folic Acid	100,00 µg
Biotin	25,00 µg
Vitamin B12	1,25 µg
ANTIOXIDANT MATRIX	
Alpha-Lipoic Acid [ALA]	100,00 mg
Vitamin C	40,00 mg
Vitamin E (mg α-TE)	6,00 mg

*Daily portion of the product



NITROBOLON PLATINUM

» a platinum version of the cult pre-workout supplement which guarantees a stable pump, enriched with beta-alanine



8 ACTIVE
INGREDIENTS



POWERFUL
STACK



FOCUS
AND ENERGY

NitroBolon Platinum is an enhanced-composition pre-workout supplement. The energy support for the body during intensive exercise is ensured by the ingredients that increase the muscle pump effect and creatine [creatine citrate]. The complex that intensifies nitric oxide [NO] synthesis, along with arginine and citrulline, now also contains L-norvaline, which increases the use of arginine for the production of NO to ensure a long-term muscle pump effect. Creating NitroBolon Platinum we knew that the main cause of fatigue during intensive workouts, when adenosine triphosphate [ATP] and phosphocreatine reserves are depleted, is muscle acidosis [understood as an increased concentration of hydrogen ions, H]. Therefore, beta-alanine was introduced in the composition to prevent the accumulation of H ions that inevitably result in muscle weakening. All these great ingredients that reinforce the energy potential of the body during exercise have been combined with components that have a stimulating effect [tyrosine, taurine] and increase the level of adrenaline [synephrine] – a hormone indispensable for an effective workout.

PACKAGING:



120 cap.



30 cap.

ACTIVE INGREDIENTS	per 6 capsules*
L-Arginine Alpha-Ketoglutarate	2400,00 mg
of which L-Arginine	1300,00 mg
Beta-Alanine	1500,00 mg
Creatine Citrate	1000,00 mg
of which Creatine	670,00 mg
Citrulline Malate	1000,00 mg
of which L-Citrulline	560,00 mg
L-Tyrosine	500,00 mg
Taurine	500,00 mg
L-Norvaline	100,00 mg
Bitter Orange Extract [fruit] [<i>Citrus aurantium</i>] [10% Synephrine]	100,00 mg
of which Synephrine	10,00 mg

*Daily portion of the product



NITROBOLON PUMP SHOT

» revolutionary, pumping pre-workout formula



6 ACTIVE
INGREDIENTS



BEST BEFORE
TRAINING



WITH BEETROOT
JUICE

Nitrobolon Pump Shot is a carefully selected complex of ingredients maximising the body's energy capacity during intense workouts. The product is based on the muscle pump effect, produced by an amino acid – arginine – whose availability in the synthesis of NO (nitrogen oxide) is additionally increased by citrulline.

The list of ingredients of Nitrobolon Pump Shot is topped off with beetroot juice. It has long been valued for its stimulating effect on the production of red blood cells. It is included in this product thanks to its other benefits. Beetroot juice contains a compound called betaine, which helps lower the level of harmful homocysteine that poses a risk to the proper functioning of the circulatory system. The betaine contained in the juice allows regeneration of an anabolic – active methionine that the body needs for the synthesis of creatine (made from 3 amino acids: glycine, arginine and methionine), choline and adrenaline.

Nitrobolon Pump Shot is a new dimension in pre-workout mobilisation, one which is not limited to short-term stimulation but also stimulates the body on many levels to achieve maximum exercise energetics. If during a workout you maintain the same level of weight and intensity, you can't expect to achieve results. If you are experiencing non-progressive workout stagnation, try Nitrobolon Pump Shot.

PACKAGING:



100 ml

ACTIVE INGREDIENTS	per 45 ml*	per 15 ml
Beta-Alanine	2250 mg	750 mg
Beetroot juice	2250 mg	750 mg
L-Arginine	876 mg	292 mg
Glycerol	675 mg	225 mg
L-Citrulline	756 mg	252 mg
Taurine	450 mg	150 mg

*Daily portion of the product



S.A.W.

» a pre-workout supplement with a maximum concentration of active ingredients



3 FORMS
OF CREATINE



EXTREME
MUSCLE PUMP



LONG-TERM
STIMULATION



S.A.W. is a pre-workout powder or capsules that comprehensively stimulates the body for intense work. S.A.W. contains a rich complex of ingredients that increase the synthesis of NO, enabling the muscle pump effect during exercise, including: arginine and citrulline malate, AAKG. The effectiveness of the 'pumping' complex is increased by the presence of Vinitrox – a mixture of bioflavonoids from grapes and apples that have an antioxidant function [NO dilates blood vessels, but is also involved in the fight against free radicals, i.e. reduces harmful oxidation processes]. Apart from being a muscle pump, S.A.W. provides ingredients that determine anaerobic capacity: creatine [a mix of monohydrate and energy malate and citrate] and beta-alanine, which eliminates the main cause of muscle breakdown during very intense exercise – muscle acidification. Last but not least, S.A.W. also contains stimulating ingredients that activate exercise hormones essential for energy processes: caffeine [+ naringenin, which reduces its elimination from the blood], taurine, and tyrosine. S.A.W. is a pre-workout supplement with an exceptional pumping composition, which allows you to experience muscle pump throughout the entire workout and during post-workout regeneration, in the course of which NO helps significantly.

Who is the product recommended for?

Recommended prior to intense workouts for physically active individuals who exceptionally value the high-quality pumping composition which allows them to experience muscle pump throughout the entire workout and during post-workout regeneration, in the course of which NO helps significantly.

PACKAGING:



400 g



200 g



120 cap.



30 cap.

FLAVOURS:



Blackcurrant-lemon



Cherry-grapefruit



Wildberry



ACTIVE INGREDIENTS	per 2,5 g*
SUPER PUMP VASODILATORS	
L-Arginine Alpha-Ketoglutarate, L-Arginine Malate	865,00 mg
of which L-Arginine	600,00 mg
Citrulline Malate	125,00 mg
of which L-Citrulline	70,00 mg
ViNitrox™: Grape [<i>Vitis vinifera</i>] and Apple [<i>Malus pumila</i>] Extracts	50,00 mg
AGGRESSIVE ENERGY MAXIMIZER	
Beta-Alanine	500,00 mg
L-Tyrosine	125,00 mg
Taurine	50,00 mg
Caffeine Anhydrous	50,00 mg
Grapefruit Extract [<i>Citrus paradisi</i>] [98% Naringenin]	0,50 mg
of which Naringenin	0,49 mg
WORKOUT CREATINE SURGE	
Creatine Monohydrate, Tri-Creatine Malate, Creatine Ethyl Ester	625,00 mg
of which Creatine	550,00 mg

*Daily portion of the product





S.A.W. 2.0 SHOT

» a super-concentrated and well-thought-out formula that revolutionises workouts



STIMULATES AND IMPROVES
CONCENTRATION AT THE SAME TIME



A POWERFUL
MUSCLE PUMP

S.A.W. 2.0 Shot is an iconic pre-workout supplement created by Trec in the form of a highly concentrated shot, easy to use and dose. S.A.W. 2.0 Shot comprehensively improves performance, allowing you to tackle truly formidable training challenges. This small portion of tasty, easy-to-dose liquid:

- stimulates a powerful muscle pump (arginine, citrulline),
- reduces exercise-induced muscle acidification (beta alanine),
- stimulates and increases concentration during workouts (caffeine, tyrosine),
- reduces feelings of fatigue (taurine, glucuronolactone),
- supports hydration during workouts (glycerol).

Who is the product recommended for?

Athletes training intensively, especially during periods of high intensity training and increased fatigue. It is also recommended for anyone looking for pre-training products without creatine.

PACKAGING:



100 ml

ACTIVE INGREDIENTS	per 45 ml*	per 15 ml
Taurine	1350 mg	450 mg
Beta-Alanine	900 mg	300 mg
Glycerol	900 mg	300 mg
L-Arginine	585 mg	195 mg
L-Citrulline	504 mg	168 mg
Caffeine	180 mg	60 mg
Glucuronolactone	90 mg	30 mg
L-Tyrosine	90 mg	30 mg

*Daily portion of the product



CITRULLINE SYNERGY

» muscle pump and body cleansing



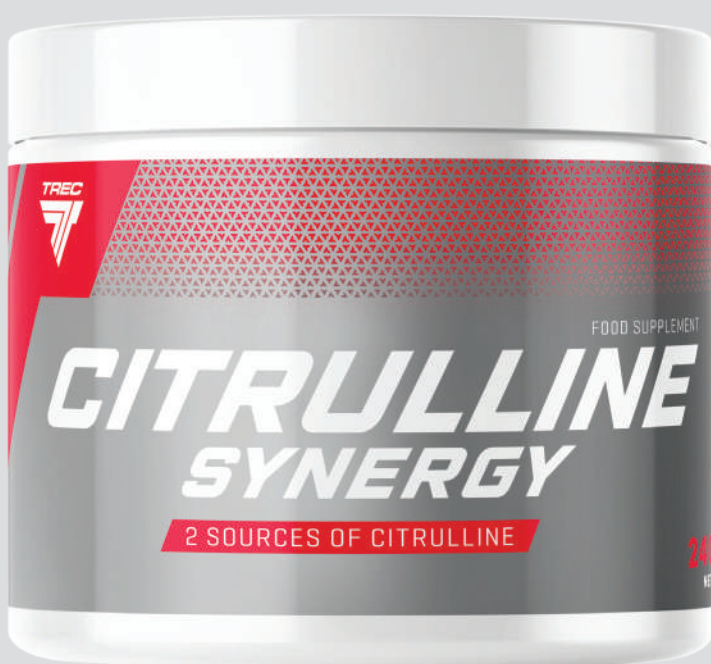
MEGA
BOOST



FOR ALL
ATHLETES



MEGA
PORTION



Citrulline Synergy contains citrulline, a non-protein amino acid, which is involved in important physiological processes that also affect training effects. Firstly, citrulline takes part in the urea cycle during which toxic nitrogenous compounds are removed in the form of urea [purifying function]. This role of citrulline is particularly important for people with increased nitrogen metabolism such as those on higher protein diets and intensively training athletes. Secondly, citrulline is a very good substrate for the body to produce arginine, which stimulates the synthesis of nitric oxide [NO]. A long-lasting muscle pump, ensured by a synergistic combination of citrulline and citrulline malate, not only improves the conditions for undertaking intensive exercise, but also accelerates regeneration and ensures efficient removal of by-products of exercise metabolism from the muscles. The product is especially recommended for people who train regularly, who care about full post-workout regeneration and long-lasting muscle pump, which improves the quality of workout and post-workout recovery.

PACKAGING:



240 g

FLAVOURS:



Watermelon-apple



Mango

ACTIVE INGREDIENTS	per 6 g*	per 3 g
CITRULLINE COMPLEX		
[Citrulline Malate; L-Citrulline]	4800 mg	2400 mg
of which L-Citrulline	3708 mg	1854 mg

*Daily portion of the product



BOOGIEMAN POWDER

» more than stimulation



Boogieman is a pre-workout preparation with a well thought-out composition. Developing the product we wanted not only to offer maximum stimulation, but also provide all that the body needs to cope even with the most intensive workout. Boogieman contains a complex of elements ensuring the muscle pump effect [arginine, citrulline]. The improved blood supply to the muscles is associated with an increased supply of oxygen, nutrients and anticatabolic agents. We know that fatigue during intensive exercise is mostly due to muscle acidosis, understood as a drastic increase of H ions, so we placed beta-alanine in Boogieman. The product contains a unique stimulating complex that combines ingredients supporting energy metabolism during exercise [taurine, caffeine and tyrosine], adaptogens [ginseng, rhodiola rosea] and vitamins [B6, B12, B1], which help the body to cope with the workout, while at the same time supporting one's health and post-exercise regeneration.

Who is the product recommended for?

For anyone who needs a good pre-workout preparation without creatine. The combination of safe stimulants, adaptogens and vitamins is a great advantage of this product.

β
2400 MG OF
BETA-ALANINE

**PRECISE
ACTION**

**ADAPTOGENIC
POWER**

PACKAGING:

 300 g
 20 g

FLAVOURS:

 Tropical
 Candy
 Bubble gum

ACTIVE INGREDIENTS	per 3,3 g*
Citrulline Malate	833,33 mg
of which L-Citrulline	466,67 mg
Beta-Alanine	800,00 mg
L-Arginine Alphaketoglutarate (AAKG)	500,00 mg
of which L-Arginine	325,00 mg
Taurine	366,67 mg
L-Tyrosine	250,00 mg
Caffeine Anhydrous	50,00 mg
Alpha-Lipoic Acid	33,33 mg
Korean Ginseng Extract [Root] [Panax ginseng] [10% Ginsenosides]	25,00 mg
of which Ginsenosides	2,50 mg
Magnesium	-
Roseroor Extract [Root] [Rhodiola rosea] [3% Rosavins]	16,67 mg
of which Rosavin	0,50 mg
Niacin [mg NE]	8,33 mg
Thiamine [Vitamin B1]	6,67 mg
Vitamin B6	1,67 mg
Vitamin B12	3,00 mg

*Daily portion of the product



BOOGIEMAN SHOT

» no more wasted workouts



2400 MG OF
BETA-ALANINE



PRECISE
ACTION



ADAPTOGENIC
POWER

Boogieman Shot is an easy to use, convenient dose of our bestselling pre-exercise product available as a single-serving drink. One quick gulp before exercising, and your blood will receive the ingredients that will help to raise the bar for the workout. Due to the arginine and citrulline content, Boogieman Shot will start a storm in your veins: it will initiate the pump that will push the life-giving blood, full of oxygen and energy, to your muscles. Taurine and caffeine will improve the release of exercise hormones (including adrenaline) which increase the availability of energy substrates. Finally, inosine, a precursor of ATP – the fundamental energy unit – will improve the efficiency at the lowest energy level, which plays the key role during short, intensive exercise.

PACKAGING:



100 ml

FLAVOURS:



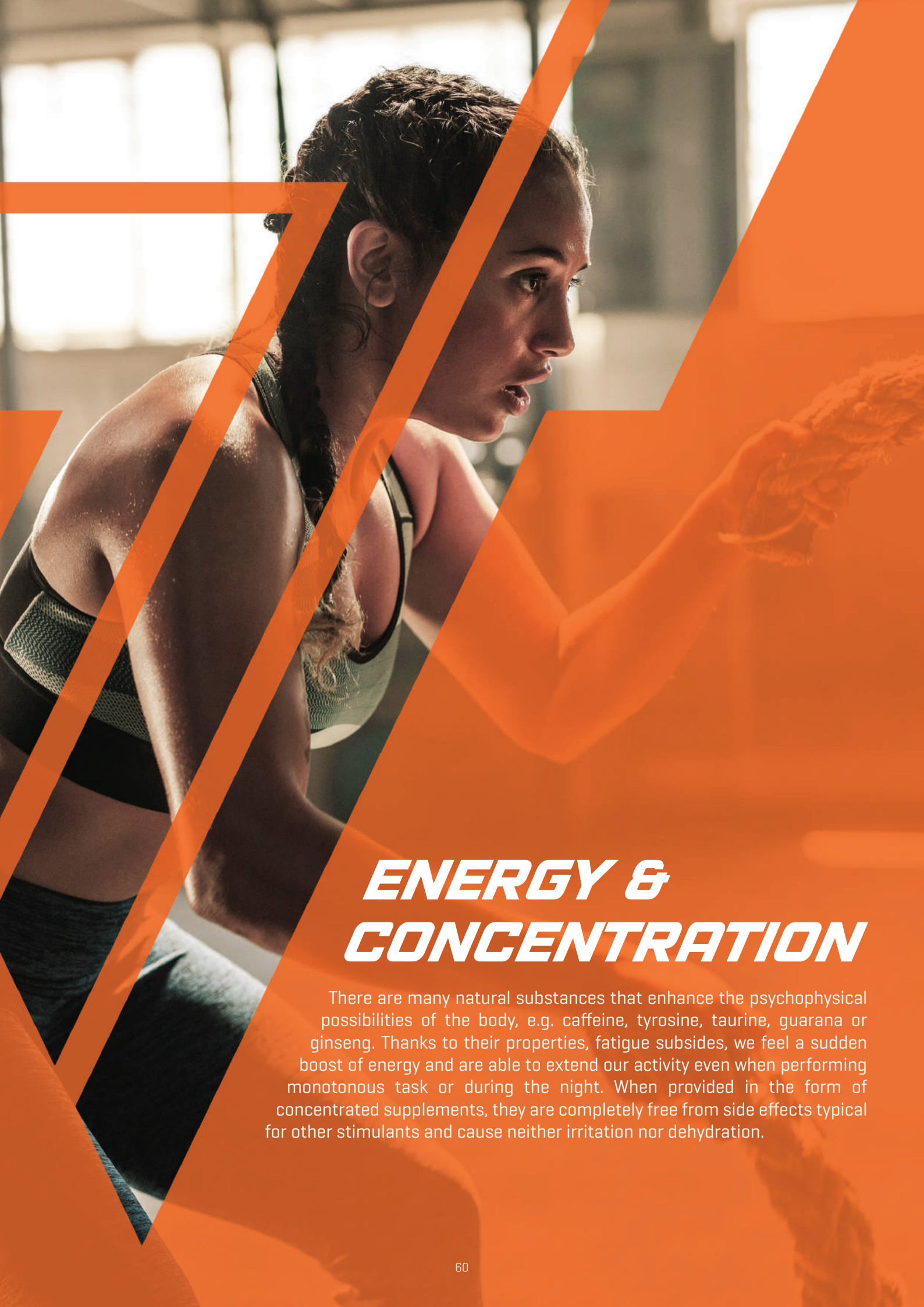
Grapefruit-lime



Tropical

ACTIVE INGREDIENTS	per 50 ml*	per 15 ml
Beta-Alanine	2500 mg	750 mg
Taurine	1000 mg	300 mg
L-Arginine Alpha-Ketoglutarate [AAKG]	1000 mg	300 mg
of which L-Arginine	650 mg	195 mg
L-Citrulline Malate	1000 mg	300 mg
of which L-Citrulline	560 mg	168 mg
Caffeine Anhydrous	200 mg	60 mg
Inosine	100 mg	30 mg

*Daily portion of the product



ENERGY & CONCENTRATION

There are many natural substances that enhance the psychophysical possibilities of the body, e.g. caffeine, tyrosine, taurine, guarana or ginseng. Thanks to their properties, fatigue subsides, we feel a sudden boost of energy and are able to extend our activity even when performing monotonous task or during the night. When provided in the form of concentrated supplements, they are completely free from side effects typical for other stimulants and cause neither irritation nor dehydration.



CAFFEINE 200 PLUS

» stimulating caffeine with extended effect time



200 MG
CAFFEINE



CONTAINS
GRAPEFRUIT EXTRACT



49 MG
NARINGENIN

Caffeine 200 Plus contains caffeine – a plant alkaloid found in coffee, tea, yerba mate leaves and guarana fruit. It has a psychostimulant and stimulating effect which is due to its high adrenaline level. It improves exercise energy metabolism and, due to its thermogenic effect, is used for weight loss. For many people, especially those who enjoy coffee, a cup of coffee, which contains about 80 mg of caffeine on average, ceases to have a stimulating effect. Each serving of Caffeine 200 Plus contains up to 200 mg of anhydrous caffeine accompanied by naringenin (found in grapefruit extract), which blocks the elimination of caffeine from the blood and ensures its longer effect. The product is recommended for anyone who needs the proverbial 'push' to action, whether during a training session or in the midst of household and professional duties.

PACKAGING:



60 cap.

ACTIVE INGREDIENTS	per 1 capsule*
Caffeine Anhydrous	200,00 mg
Grapefruit Extract [<i>Citrus Paradisi</i>] [98% Naringenin]	50,00 mg
of which Naringenin	49,00 mg

*Daily portion of the product

HERBAL ENERGY

» stimulation and concentration





800 MG OF
GUARANA EXTRACT



3 HERBS
COMBO



KOREAN AND
AMERICAN GINSENG

Herbal Energy is a psychostimulant supplement that also improves concentration. Herbal Energy contains stimulating caffeine from guarana, which offers a higher concentration of this alkaloid for maintaining a high adrenalin level than coffee beans. Herbal Energy does not only provide an ‘energy kick’, but also contains ginseng, an adaptogen known for thousands of years [the supplement combines extracts from Korean and American ginseng]. The ginsenosides in the preparation improve concentration, prevent physical and mental fatigue [e.g. through enhanced oxygenation due to increased affinity of haemoglobin to oxygen] and support the body’s immune function.

Who is the product recommended for?

For people who need an energising supplement that not only stimulates, but also enhances the adaptive potential and vitality.

PACKAGING:



120 cap.



60 cap.

ACTIVE INGREDIENTS	per 2 capsules*
Guarana Extract (<i>Paullinia cupana</i>) [22% Caffeine]	800,00 mg
of which Caffeine	176,00 mg
Korean Ginseng Extract (<i>Panax Ginseng</i>) [10% Ginsenosides]	100,00 mg
American Ginseng Extract (<i>Panax quinquefolius</i>) [5% Ginsenosides]	100,00 mg

*Daily portion of the product

TAURINE 900

» a professional product with pure content



HIGH
QUALITY



ONLY FREE FORM
TAURINE



MEGA
DOSE

Each portion of Taurine 900 provides a robust dose of 100% taurine. It is an amino acid, the adequate supply of which in everyday diet promotes positive nitrogen balance, which provides proper conditions for the development of dry muscle mass. It also has certain anticatabolic properties, protecting the tissues against catabolism during the day. Taurine has a positive effect on the transport of creatine to the muscles and it reduces fatigue. Taurine is a valuable source of organic nitrogen, naturally found in the body in small quantities.

Who is the product recommended for?

The product is recommended for all people who are physically active, regardless of their professional or amateur status. It helps to achieve the desired fitness level, reducing feelings of tiredness.

PACKAGING:



90 cap.

ACTIVE INGREDIENTS	per 3 capsules*	per 1 capsule
Taurine	2700,00 mg	900,00 mg

*Daily portion of the product



TESTOSTERONE & ANABOLIC BOOSTERS

Testosterone booster is a preparation that raises the level of this hormone. It is perfect for people who have always struggled with its lack or the amount of testosterone decreased with age. Thanks to the boosters, you can help your body to increase strength, energy, efficiency or simply to achieve your dream figure.

DAA ULTRA

» a double stimulation of testosterone



DAA Ultra contains D-aspartic acid [DAA] that offers a two-way stimulation of testosterone synthesis. Although L-aspartic acid is present in natural foods, its isomer, DAA, high concentrations of which are found in the testicles and the pituitary gland, is not available in your everyday diet. Ultra DAA stimulates the testicles, the organ synthesising this anabolic hormone. DAA also activates the testosterone metabolism by stimulating the pituitary gland which controls the testicular function [it produces luteinising hormone, LH, which regulates the release of testosterone].

Who is the product recommended for?

DAA is a good solution for clients who are not fully satisfied with standard testosterone boosters. One never knows if the issues with testosterone are due to testicular dysfunction or occur on a higher level, in the pituitary gland.

PACKAGING:



120 cap.

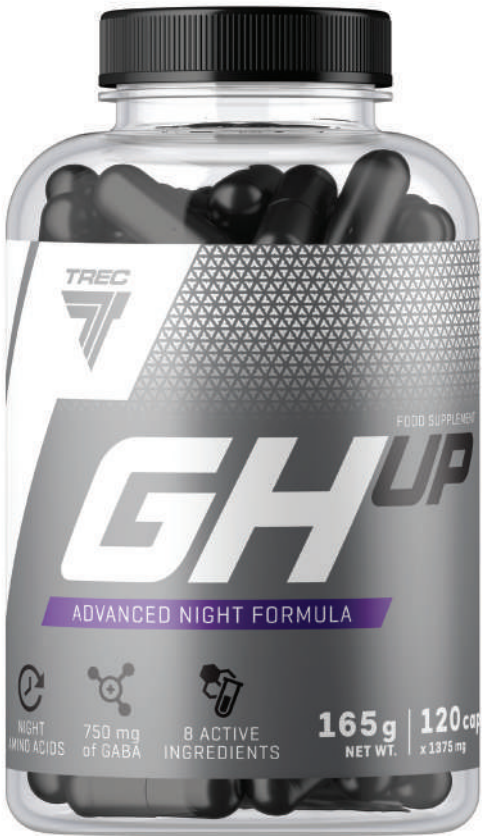
ACTIVE INGREDIENTS	per 3 capsules*	per 1 capsule
D-Aspartic Acid [DAA]	3000,00 mg	1000,00 mg

*Daily portion of the product



GH UP

» comprehensive stimulation of growth hormone during night rest



750 MG
OF GABA



AMINO BOOST BEFORE
NIGHT RECOVERY



9 ACTIVE
INGREDIENTS

GH UP is a supplement that improves the quality of sleep, which is the time of the greatest emission of the growth hormone [GH], which the body needs for regeneration and anabolic processes. What stimulates GH production the most is deep and sufficiently long sleep and high levels of amino acids in the blood, especially arginine. GH UP contains arginine and other ingredients that increase its bioavailability for GH synthesis processes, including citrulline, which the body can convert to arginine, and ornithine, which will 'relieve' arginine from participating in the important urea cycle [it is the source of ornithine in this cycle]. GH UP also contains ingredients that allow you to fall into a peaceful, regenerative sleep: tryptophan [a substrate for the production of melatonin – a sleep hormone], GABA [a neurotransmitter with a calming effect]. Night is the time of emission of anabolic GH, but also testosterone, so in order to draw maximum benefits from sleep, GH UP has been complemented with DAA acid, which stimulates the production of testosterone and LH – the pituitary hormone that controls it. The product is recommended for men who work out intensively, where the effectiveness of exercise depends on night-time regeneration and emission of anabolic hormones such as GH.

PACKAGING:



120 cap.

ACTIVE INGREDIENTS	per 6 capsules*
L-Arginine	1695,00 mg
L-Lysine	1200,00 mg
L-Ornithine	750,00 mg
Gamma-Aminobutyric Acid (GABA)	750,00 mg
L-Tryptophan	400,00 mg
D-Aspartic acid (DAA)	200,00 mg
L-Glycine	100,00 mg
L-Citrulline	56,00 mg

*Daily portion of the product

GABA 750

» meet GABA 750, your new best friend for falling asleep



GABA, or gamma aminobutyric acid, is formed naturally in the body from glutamic acid. It acts as an important neurotransmitter in the nervous system, with an inhibitory [calming, relaxing] effect. Its concentration rises before sleep and remains high at night, which allows you to draw maximum health and anabolic benefits from a night's rest. Excessive stress, such as overly intense workouts, nutritional deficits, deficiencies in post-workout regeneration, and professional work, can reduce the production of GABA, which translates into problems with sleep, which in turn is the foundation of health and good training outcomes. The product is especially recommended for people who experience problems with falling asleep and fatigue due to insufficient regeneration during sleep.

PACKAGING:



60 cap.

ACTIVE INGREDIENTS	per 1 capsule*
GABA [Gamma-Aminobutyric Acid]	750,00 mg

*Daily portion of the product



PROZMA+

» full anabolic hormone regeneration



250 MG
DAA



FOR TOP
PERFORMERS



ZN+MG+B6
COMBO

PROZMA+ is an innovative combination of 3 important micronutrients [vitamin B6, zinc and magnesium], which have a huge impact on the quality of regeneration processes during sleep, with DAA acid that regulates hormonal production. Among other things, zinc activates enzymes that are essential for testosterone production, magnesium reduces the tendency of testosterone to bond with proteins [increases the level of active testosterone], and vitamin B6 is essential for protein and amino acid metabolism, which is extremely intense during regeneration. Experiments on athletes prove that ZMA supplementation, in addition to intensive workouts, increases free and total testosterone levels. This effect will be enhanced by the presence of DAA, which stimulates, in addition to the testicles, the pituitary gland to produce anabolic testosterone. PROZMA+ is especially recommended for men in training to improve regeneration and anabolic stimulation, as well as for all men experiencing reduced vitality and fatigue resulting from sleep deficits.

PACKAGING:



90 cap.

ACTIVE INGREDIENTS	per 1 capsule*
D-Aspartic Acid [DAA]	250,00 mg
Magnesium	250,00 mg
Zinc	15,00 mg
Vitamin B6	6,00 mg

*Daily portion of the product

» a powerful composition to improve production of anabolic testosterone and simultaneously reduce the levels of catabolic cortisol



Testoxx is a comprehensive dietary supplement offering comprehensive support in testosterone production, which is a huge ally in muscle anabolism, and an undeniable base for the vital forces of every man. Firstly, Testoxx, as a source of steroid saponins [e.g., tribulus extract, fenugreek, maca root], stimulates the testicles to produce testosterone. Secondly, Testoxx, thanks to DAA acid, in addition to stimulating the pituitary gland to increase the synthesis of the hormone [the organ that controls the production of testosterone], allows higher levels of testosterone stimulation. To this is added a portion of zinc, which is necessary in the synthesis of testosterone. And while this seems like a lot when it comes to testosterone stimulation, Testoxx goes another step further. It not only stimulates its own production of this anabolic hormone, but thanks to the presence of Ashwagandha, it reduces the concentration of cortisol, which contributes to reductions in its level. The adaptogenic effect of Ashwagandha in Testoxx supports the Korean ginseng extract, recommended in states of physical and mental exhaustion.

PACKAGING:



60 cap.

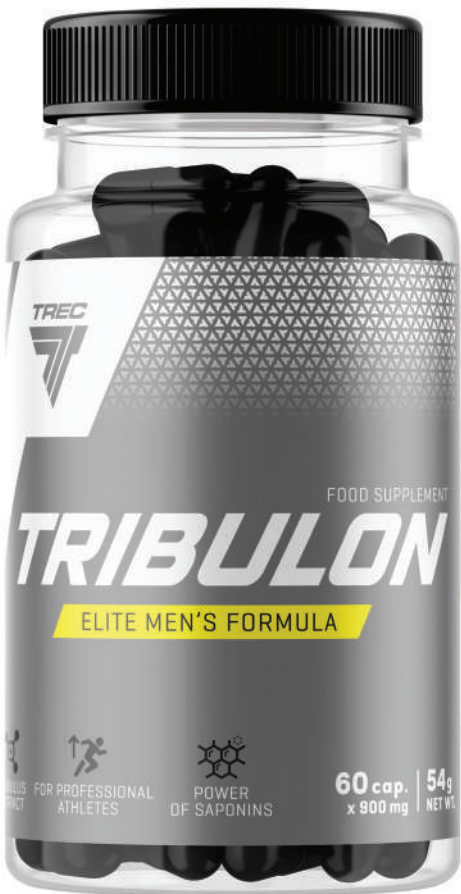
ACTIVE INGREDIENTS	per 2 capsules*
Ashwagandha Extract [root] (<i>Withania somnifera</i>) [1,5% Withanolides]	600,00 mg
of which Withanolides	9,00 mg
Fenugreek Extract [seeds] (<i>Trigonella Foenum-Graecum</i>) [50% Fenusides]	400,00 mg
of which Fenusides	200,00 mg
D-Aspartic Acid [DAA]	350,00 mg
Tribulus Extract [seeds] (<i>Tribulus terrestris</i>) [95% Saponins]	210,00 mg
of which Saponins	200,00 mg
Maca Root Extract (<i>Lepidium meyenii</i>) [4:1]	200,00 mg
Korean Ginseng Extract [root] (<i>Panax ginseng</i>) [10% Ginsenosides]	200,00 mg
of which Ginsenosides	20,00 mg
Zinc	15,00 mg
Black Pepper Extract [fruit] (<i>Piper nigrum</i>) [95% Piperine]	10,00 mg
of which Piperine	9,50 mg

*Daily portion of the product



TRIBULON

» a natural stimulation of the hormonal system



TRIBULUS
EXTRACT



FOR PROFESSIONAL
ATHLETES



SUPPORTS VITALITY
AND LIBIDO

It is a dietary supplement based on a 100% concentrated extract from *Tribulus terrestris* ['cat's head']. It is standardised for a high minimum content of steroid saponins per portion (60%). Cat's head is commonly considered one of the best aphrodisiacs of plant origin. Used properly, it may offer positive effects on the hormonal system and the synthesis of testosterone – one of the most anabolic hormones in the human body. The product promotes the development of dry muscle mass, reduces the time necessary for post-exercise regeneration, and increases sexual performance.

Who is the product recommended for?

Men over 40 years of age, experiencing the consequences of natural reduction of testosterone production [e.g., decreased vitality, loss of libido, fat tissue growth, sleeping issues...].

PACKAGING:



120 cap.



60 cap.

ACTIVE INGREDIENTS	per 2 capsules*
Tribulus Extract [whole plant] [<i>Tribulus terrestris</i>] [60% Saponin]	1560,00 mg
of which Saponins	936,00 mg

*Daily portion of the product

TRIBULON BLACK

» a natural product with a multi-faceted action



TRIBULUS
EXTRACT



FOR PROFESSIONAL
ATHLETES



95%
OF SAPONINS

The world-class extract of *Tribulus terrestris*, also known as 'cat's head'. It has excellent absorption capabilities and a high standardisation for the steroid saponin content, of 95%. Across the globe cat's head is considered as one of the best aphrodisiacs. It has a positive effect on many functions of the body, including improvement of sexual performance and libido. It also stimulates the hormonal system for an increased synthesis of testosterone, one of the most anabolic hormones in the human body. Cat's head promotes the development of dry muscle mass, improves post-exercise regeneration and the general quality of muscles.

Who is the product recommended for?

It is especially recommended for people who are physically active and who wish to improve their sporting performance by raising their testosterone levels naturally, and also for those who seek a strong aphrodisiac.

PACKAGING:



120 cap.



60 cap.

ACTIVE INGREDIENTS	per 2 capsules*
Tribulus Extract [whole plant] [<i>Tribulus terrestris</i>] [95% Saponin]	1400,00 mg
of which Saponins	1330,00 mg

*Daily portion of the product



SLEEP-ER SHOT

» a formula for calm, restorative sleep in the form of a comfortable shot





MELATONIN
SLEEP SUPPORT



4 ACTIVE
INGREDIENTS



GABA
EFFECT

Sleep-er Shot is a concentrated formula containing ingredients to help you fall into a calm sleep, during which the most intense regenerative effects and anabolic processes can occur at the end of the day. The composition contains melatonin — the hormone responsible for the circadian rhythm of sleep, a high level of which allows you to enter the land of dreams. However, Sleep-er also contains the amino acid tryptophan, from which melatonin is formed. Often we fall asleep with our thoughts and day-long stress, so Sleep-er also contains GABA — a neurotransmitter with a relaxing effect and an extract of hop, which help the calming of the body. The supplement is recommended for anyone who has trouble falling asleep, experiences fatigue due to sleep deficits, or whose training depends on the quality of the regenerative processes.

PACKAGING:



100 ml

ACTIVE INGREDIENTS	per 50 ml*
Gamma-Aminobutyric Acid [GABA]	200 mg
L-Tryptophan	150 mg
Extract of Hop Strobile [<i>Humulus lupulus</i> L.]	100 mg
Melatonin	1 mg

*Daily portion of the product

SLEEP-ER

» a formula that allows you to extract 100% of the regenerative and anabolic potential of sleep



Sleep-er is a composition that helps to ensure a high quality of sleep, during which very advanced regenerative and anabolic processes take place. Proper sleep is the basis of health and immunity, which is why Sleep-er contains ingredients that support the production of a healthy sleep environment: melatonin [a hormone that regulates the daily sleep-wake rhythm] and the amino acid from which it is made, tryptophan. Sleep-er could not be complete without the calming, sedative ingredients that help you fall into a long, deep sleep: lemon balm leaf and valerian extract, and GABA. Sleep-er also includes substances that stimulate the production of anabolic testosterone in the body: d-aspartic acid [DAA], zinc, magnesium and vitamin B6. In addition, zinc and vitamin B6, together with the amino acid lysine, are involved in tissue regeneration processes and support immunity. The anabolic power of sleep is also linked to the subsequent emission of growth hormone [GH] during its course, which Sleep-er also tries to stimulate through by including: arginine, glutamine and ornithine, which increase the availability of arginine for GH production.

Who is the product recommended for?

People experiencing problems falling asleep, effects of sleep deficit. The product is recommended for people experiencing high levels of stress and intensively training athletes.

PACKAGING:



225 g

ACTIVE INGREDIENTS	per 9 g*
L-Arginine	996 mg
L-Glutamine	900 mg
Gamma-Aminobutyric Acid [GABA]	750 mg
D-Aspartic Acid [DAA]	600 mg
L-Lysine	480 mg
L-Ornithine	354 mg
L-Tryptophan	350 mg
Magnesium	192,00 mg
Extract of valerian root (<i>Valeriana officinalis</i>) [4:1]	180 mg
Extract from leaves of lemon balm (<i>Melissa officinalis</i>) [4:1]	180 mg
Zinc	9,00 mg
Vitamin B6	5,60 mg
Melatonin	1,00 mg

*Daily portion of the product



FAT REDUCERS

Fat reducers are different substances that support the reduction of adipose tissue by intensifying individual mechanisms in the body related to the use of body fat.

FAT TRANSPORTER

» burning fat through breaking down with considerable health benefits



Fat Transporter is a lipotropic fat burner, the activity of which concentrates on the first and most important stage of fat burning, i.e. breaking down large lipid molecules into smaller parts. The effect of lipotropic substances, such as inositol, choline, methionine or taurine, can be compared to that of a mixer. Lipotropes help to fight the fat particularly difficult and dangerous for your health surrounding the internal organs in the abdominal cavity (visceral fat). The supplement also contains carnitine which facilitates the transportation of fatty acids to the place of burning (i.e. the mitochondria of muscle cells during exercise), and chromium, which stabilises blood sugar levels and appetite.

Who is the product recommended for?

For people who avoid fat burners containing thermogenic substances. It is also an excellent supplement for people with internal organ steatosis (e.g. hepatic steatosis) and a high level of visceral fat, which has adverse effects on the metabolism.

PACKAGING:



180 cap.



90 cap.

ACTIVE INGREDIENTS	per 4 capsules*
Choline Bitartrate	1500,00 mg
of which Choline	616,00 mg
Inositol	1000,00 mg
L-Carnitine Tartrate	880,00 mg
of which L-Carnitine	598,00 mg
L-Methionine	500,00 mg
Taurine	500,00 mg
Vitamin B6	2,80 mg
Chromium	80,00 µg

*Daily portion of the product

CLA

» blocked fat absorption plus beautiful skin



FOR MASS
REDUCTION



ABSORBABLE
FORM



FOR EVERYDAY
USE

CLA is an isomer of linoleic acid from the omega-6 unsaturated fatty acids group. CLA is found naturally in small quantities in milk, lamb and beef. CLA is an excellent companion in weight-loss diets, as it blocks protein lipase in the fatty tissue, thus reducing its development. CLA is a healthy fatty acid that not only prevents the yo-yo effect [the cyclical loss and gain of weight], but also improves the appearance and firmness of the skin.

Who is the product recommended for?

CLA is a very safe fat-burner, especially recommended for people who, with their health in mind, avoid thermogenic and stimulating substances.

PACKAGING:



90 cap.

ACTIVE INGREDIENTS	per 3 capsules*
CLA [Conjugated Linoleic Acid]	1436,00 mg

*Daily portion of the product



CLA + GREEN TEA

» blocking of lipogenesis with a range of antioxidants promoting weight-loss



CONTAINS
CLA



GREEN TEA
EXTRACT



30 DAYS
SUPPLY

CLA + Green Tea contains conjugated linoleic acid (omega -6), valued as a supplement mostly due to its inhibitory effect on the development of fatty tissue (lipogenesis). It is enriched with green tea extract offering an abundance of antioxidants. Green tea is also a source of epigallocatechin gallate (EGCG), a flavonoid that inactivates the enzymes digesting carbohydrates and fats. This supplement will support reduction of the fatty tissue during weight-loss treatments and help to maintain the effect long-term.

Who is the product recommended for?

Everybody on a slimming regime, especially if they were previously affected by the yoyo effect. With the addition of green tea, the product should be recommended to people who find it difficult to keep to moderation in eating.

PACKAGING:



180 cap.



90 cap.

ACTIVE INGREDIENTS	per 6 capsules*
CLA (Conjugated Linoleic Acid)	1800,00 mg
Green Tea Extract (<i>Camellia sinensis</i>) [55% EGCG]	564 mg
of which EGCG	300 mg

*Daily portion of the product

FAT KILLER

» a fat burner that combines the power of carnitine, thermogenics and adaptogens





WITH GUARANA
AND GINSENG EXTRACTS



EASY
TO USE



GREEN TEA
AND WHITE TEA

Fat Killer carries out a massive, multi-pronged attack on fat tissue. Carnitine engages fat during aerobic exercise energy metabolism. Caffeine from two sources [coffee and guarana] accompanied by green and white tea extracts boost thermal metabolism, absorbing loads of unwanted calories. An extra advantage of using this supplement by all those fighting with excessive fat is the reduction of carbohydrate and fat absorption [thanks to EGCG]. The fight against excess weight is always a challenge and a difficult time, which is why Fat Killer has been enriched with an adaptogen that has been valued for centuries – Korean ginseng extract, rich in ginsenosides, which supports the functioning of the nervous system and concentration. The product is recommended during weight-loss treatments, especially those requiring regular exercise, and for people who do not want their cognitive abilities to be impaired by fat reduction [drowsiness, depressed mood].

Who is the product recommended for?

Fat Killer is recommended during weight-loss treatments, especially if regular exercise is required, and for people who do not want their cognitive abilities to be impaired by fat reduction [drowsiness, lowered mood].

PACKAGING:



500 ml

ACTIVE INGREDIENTS	per 45 ml*
L-Carnitine	1500,00 mg
Guarana Extract [Seeds] (<i>Paullinia cupana</i>) [10% Caffeine]	800,00 mg
Caffeine [total content]	100,00 mg
Korean Ginseng Extract [Root] (<i>Panax ginseng</i>) [10% Ginsenosides]	25,00 mg
of which Ginsenosides	2,50 mg
Green Tea Extract [Leaves] (<i>Camellia sinensis</i>) [80% Polyphenols, 30% EGCG]	25,00 mg
White Tea Extract [Leaves] (<i>Camellia sinensis</i>) [80% Polyphenols, 30% EGCG]	25,00 mg
of which EGCG	15,00 mg
Pantothenic Acid	7,50 mg

*Daily portion of the product



L-CARNITINE + GREEN TEA

» the slimming power of L-Carnitine and green tea in one



EFFECTIVE FORM
OF L-CARNITINE



MEGA
DOSE



FOR EVERY
ATHLETE

L-Carnitine + Green Tea is a combination of carnitine and green tea extract to support various fat loss mechanisms. L-Carnitine activates fat burning during aerobic energy metabolism. To use its potential in this area, you do not need to shed hundreds of litres of sweat in the training room; it is enough to go for a fast, rhythmic 40-minute walk in the summer with the dog, or chase your child around a playground for an hour. Green tea extract stimulates thermogenesis, or heat production, which is an energy-intensive process. In addition, the EGCG bioflavonoids contained in green tea extract reduce carbohydrate and fat absorption (so it is a good idea to also take L-Carnitine + Green Tea during meals). L-Carnitine + Green Tea supports active weight loss, especially for those who find it difficult to maintain dietary restraint.

Who is the product recommended for?

L-Carnitine + Green Tea supports active weight loss (where physical effort is involved), especially in those who find it difficult to maintain a dietary regime.

PACKAGING:



180 cap.



90 cap.

ACTIVE INGREDIENTS	per 4 capsules*
L-Carnitine	600,00 mg
Green Tea Extract (<i>Camellia sinensis</i>) [55% EGCG]	364,00 mg
of which EGCG	200,00 mg

*Daily portion of the product

L-CARNITINE 3000 LIQUID

» quickly absorbed, pure L-Carnitine for stamina and weight loss



HIGH
QUALITY



EASY
TO USE



FOR EVERY
ATHLETE

L-Carnitine 3000 is an easily digestible liquid carnitine. Carnitine is a derivative of two amino acids [lysine and methionine] that are naturally synthesised in the liver, kidneys and brain. Carnitine supports the transport of fatty acids to the site of their combustion, i.e. the cell mitochondria, under conditions of increased energy demand. This makes carnitine a true friend of long-lasting, aerobic exercise energy based on fats [endurance disciplines], as well as a partner of slimming treatments [provided there is physical activity]. Each serving [12,5 ml] of L-Carnitine 3000 is 1,500 mg of pure L-Carnitine, and starts working 15-30 minutes after consumption to help you feel the ‘higher gear’ during your efforts [many people feel this as an extra energy boost].

Who is the product recommended for?

Recommended for use for representatives of endurance sports [long-distance running, triathlon, cycling, etc.], to improve the burning of fat tissue, but also as a means to support the functioning of the cardiovascular system and liver.

PACKAGING:



1000 ml



500 ml

FLAVOURS:



Apricot



Cherry



Pink grapefruit

ACTIVE INGREDIENTS	per 12,5 ml*
L-Carnitine	1500,00 mg

*Daily portion of the product



L-CARNITINE 3000

» L-Carnitine tartrate for a double attack on fat tissue



EFFECTIVE FORM
OF L-CARNITINE



MEGA
DOSE



FOR EVERY
ATHLETE

Carnitine, naturally produced by the body from methionine and lysine, has the task of transporting long-chain fatty acids to the mitochondria, which convert them into energy. For this reason, representatives of endurance sports and people who fight with excess weight go for carnitine. L-Carnitine 3000 contains a stable form of tartaric acid-bound carnitine [carnitine tartrate] that safely passes through the digestive system. People fighting with adipose tissue will be particularly happy with the presence of tartaric acid, because, as one of the hydroxy acids, it slows down the uptake of glucose from the gastrointestinal tract and inhibits its influx into the adipose tissue.

Who is the product recommended for?

It is worth remembering that a vegan diet can be deficient in carnitine. L-Carnitine is also a rather mandatory supplement for people on a ketogenic diet, which is dominated by fat-based energy.

PACKAGING:



120 cap.



60 cap.

ACTIVE INGREDIENTS	per 3 capsules*
L-Carnitine Tartrate	3000,00 mg
of which L-Carnitine	2000,00 mg

*Daily portion of the product

L-CARNITINE COMPLEX

» using fat for energy production and improved carbohydrate metabolism





EFFECTIVE FORM
OF L-CARNITINE



HIGH
QUALITY



FOR EVERY
ATHLETE

L-Carnitine Complex contains L-Carnitine, which supports fat burning, in the form of a stable and easily absorbable carnitine tartrate, as well as vitamin B6 and chromium. They regulate the metabolism of carbohydrates which has a significant effect on the burning of unwanted fat (everyone probably heard about the physiological rule: ‘Fat burns in the fire of carbohydrates’). Vitamin B6 is necessary for the proper functioning of glycogen phosphorylase, an enzyme that helps you to receive energy from glycogen. Chromium, a component of the glucose tolerance factor (GTF), helps to maintain a stable level of blood sugar and protects against excessive appetite and hunger pangs.

Who is the product recommended for?

Due to the presence of vitamin B6 and chromium, this supplement is recommended for people who are physically active, in order to improve their energy metabolism during endurance and mixed exercise.

PACKAGING:



ACTIVE INGREDIENTS	per 2 capsules*
L-Carnitine Tartrate	1000,00 mg
of which L-Carnitine	680,00 mg
Vitamin B6	1,40 mg
Chromium	40,00 µg

*Daily portion of the product

L-CARNITINE PRO

» a revolutionary combination of L-Carnitine and leucine to boost exercise energy



L-Carnitine Pro contains a highly innovative combination of L-Carnitine in the form of stable tartrate with leucine [one of the anti-catabolic BCAAs]. L-Carnitine supports the energetics of aerobic, long-lasting and mainly fat-based exercise, which is why it is also used in the fight against excess fat. L-Carnitine Pro is a supplement that takes aerobic energetics one step further by combining L-Carnitine with leucine, the two metabolism pathways that cross during exercise energetics. BCAA is one of the substrates that the body can use during aerobic exercise [BCAAs can be metabolised to keto acids, which are transported to the liver where they are oxidised or used in gluconeogenesis]. It turns out that L-Carnitine acts as a transporter of BCAA [keto acids] breakdown products, including leucine, to the liver. L-Carnitine Pro is a product for all active people who aim to reduce body fat, and who also want to improve endurance energy and the anti-catabolic effect.

Who is the product recommended for?

L-Carnitine Pro is a product for all active people who aim to reduce body fat, and who also want to improve endurance energy and receive the benefits of the anti-catabolic effect.

PACKAGING:



120 cap.

ACTIVE INGREDIENTS	per 3 capsules*
L-Carnitine	1000,00 mg
L-Leucine	600,00 mg

*Daily portion of the product

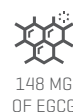


THERMOGENICS

Thermogenics are a group of fat burners containing substances that stimulate the production of heat in the body [e.g. green tea extract, green coffee, caffeine], which is a process that requires large amounts of energy. The body covers them by using adipose tissue. Fat burners from this group imitate the processes in the body that accompany exercise.

CLENBUREXIN

» let excess fat burn in the fire of thermal metabolism



Clenburexin is a multi-ingredient fat burner from the group of thermogenics, whose aim is to intensify energy-consuming heat production processes (thermogenesis). This effect is achieved by stimulating the relevant hormones that are emitted during exercise. Clenburexin contains tyrosine, an amino acid that is an essential substrate for the production of adrenaline and thyroxine (thyroid hormone), which increase heat emission, and caffeine, which maintains their high levels. It also contains numerous natural plant extracts rich in antioxidants, such as: green tea extract containing EGCG catechin, which blocks the digestion of carbohydrates and fat; green coffee extract rich in chlorogenic acid (ACG), which reduces the absorption of sugars and supports thermogenesis. Processes of thermogenesis will also be boosted by: capsaicin (cayenne pepper extract), piperine (black pepper extract), gingerol (ginger extract), which also show anti-inflammatory effects. Clenburexin is a supplement that supports weight loss treatments and also has a stimulating effect.

PACKAGING:



180 cap.



90 cap.

ACTIVE INGREDIENTS	per 4 capsules*
Green Tea Extract (<i>Camellia sinensis</i>) [55% EGCG]	540,00 mg
of which EGCG	297,00 mg
L-Tyrosine	500,00 mg
Yerba Mate Extract (<i>Ilex paraguariensis</i>) [4:1]	200,00 mg
Caffeine [total content]	200,00 mg
Pantothenic Acid	200,00 mg
Green Coffee Extract (<i>Coffea canephora</i>) [50% ACG]	180,00 mg
of which ACG	90,00 mg
Ginger Root Extract (<i>Zingiber officinale</i>) [5% Gingerols]	120,00 mg
of which Gingerols	6,00 mg
Cayenne Pepper Extract (<i>Capsicum annum</i>) [2% Capsaicin]	100,00 mg
of which Capsaicin	2,00 mg
Black Pepper Extract (<i>Piper nigrum</i>) [95% Piperine]	12,00 mg
of which Piperine	11,40 mg

*Daily portion of the product

REDEXX

» a powerful thermogenic, appetite suppressant and antioxidant in one



100 MG
CAFFEINE



CONTAINS
GUARANA EXTRACT



9 ACTIVE
INGREDIENTS

Redexx is a fat burner that contains thermogenic ingredients and helps to reduce appetite. The body's energy expenditure on heat production processes in Redexx is increased by: tyrosine, green coffee extract, and caffeine. It is worth noting the very high content of chlorogenic acid [ACG] in green coffee extract, amounting to 350 mg in a daily dose. This miracle antioxidant (the other one in Redexx is piperine) not only boosts thermogenesis, but also reduces carbohydrate absorption, thus stabilising sugar levels and curbing appetite along with piperine, and chromium, which is a component of GTF – glucose tolerance factor. The strong composition of Redexx is rounded off with pantothenic acid and vitamin B6, which is worth remembering during weight loss as they regulate energy processes and counteract fatigue. Redexx is a thermogenic support for weight loss therapy, especially for people who find it difficult to tame their excessive appetite.

PACKAGING:



90 cap.

ACTIVE INGREDIENTS	per 2 capsules*
Green Coffee Extract (<i>Coffea canephora</i>) [50% ACG]	700,00 mg
of which ACG	350,00 mg
L-Tyrosine	500,00 mg
Guarana Extract (<i>Paullinia cupana</i>) [22% Caffeine]	300,00 mg
Caffeine [total content]	200,00 mg
Pantothenic Acid	24,00 mg
Black Pepper Extract (<i>Piper nigrum</i>) [95% Piperine]	6,00 mg
of which Piperine	5,70 mg
Vitamin B6	2,80 mg
Chromium	50,00 µg

*Daily portion of the product

THERMO FAT BURNER MAX

» weight loss treatment has never been so effective



The product's formula is based on many carefully selected plant extracts of natural origin. Moreover, Thermo Fat Burner Max contains a robust dose of L-Carnitine and chromium that has an amazing effect on the metabolism of carbohydrates. It helps to normalise blood sugar levels, which reduces the constant need to reach for sweets and snacks. The caffeine in the product will provide the necessary energy on your worst workout day.

Who is the product recommended for?

It is a perfect product for people seeking an effective product supporting the reduction of fatty tissue, without the yo-yo [the cyclical loss and gain of weight] effect.

PACKAGING:



120 cap.

ACTIVE INGREDIENTS	per 2 capsules*
Guarana Extract [Seeds] (<i>Paullinia cupana</i>) [22% Caffeine]	450,00 mg
L-Carnitine Tartrate	400,00 mg
of which L-Carnitine	272,00 mg
Caffeine [total content]	152,00 mg
Green Tea Extract [Leaves] (<i>Camellia sinensis</i>) [55% EGCG]	150,00 mg
L-Tyrosine	81,20 mg
Green Coffee Extract [Seeds] (<i>Coffea canephora</i>) [50% ACG]	60,00 mg
Grapefruit Extract [Fruit] (<i>Citrus paradisi</i>) [98% Naringenin]	50,00 mg
Black Pepper Extract [Fruit] (<i>Piper nigrum</i>) [95% Piperine]	5,00 mg
Chromium	40,00 µg

*Daily portion of the product



VITAMINS & MINERALS

Vitamins are compounds that we ought to supplement almost every day. They determine a multitude of internal processes inside the body. Minerals [aka mineral salts] are inorganic chemical compounds from the salt group. The term often refers to salt found in nature. Mineral salts are important components of the human diet, because they play a building and regulatory role. They constitute about 4-5% of the human body. Diets poor in mineral salts can lead to serious disturbances in the human body.

100% VITAMINS & MINERALS

» essential comprehensive enrichment of the daily diet



SUPPORTS IMMUNITY



SUPPORTS THE FUNCTIONING OF THE THYROID GLAND



SUPPORTS THE METABOLISM

PACKAGING:



60 cap.

100% Vitamins & Minerals is a comprehensive supplement that provides the most important micronutrients: vitamins and minerals. This supplement has been developed for people whose diet does not deliver these important nutrients and for those who require increased amounts of them, for instance athletes. The vitamins in the supplement regulate absorption of nutrients [e.g. vitamin B], support the immune response [e.g. vitamins C and D], contribute to a proper structure of hair, nails and teeth [e.g. pantothenic

acid, vitamin E] and protect against excessive levels of homocysteine [folic acid] and free radicals [vitamins E and C]. The minerals found in the supplement support muscle function, reduce fatigue [e.g. magnesium], support thyroid function and thus general metabolism [e.g. iodine, selenium, zinc], as well as help to maintain normal blood sugar levels that are essential in every diet, especially in weight-loss diets [e.g. chromium].

ACTIVE INGREDIENTS	per 1 capsule*
100% VITAMINS [RED CAPSULE]	
Vitamin C	80,00 mg
Niacin [mg NE]	16,00 mg
Vitamin E [mg α-TE]	12,00 mg
Pantothenic Acid	6,00 mg
Vitamin B6	1,40 mg
Riboflavin [Vitamin B2]	1,40 mg
Thiamine [Vitamin B1]	1,10 mg
Vitamin A [μg RE]	800,00 μg
Folic Acid	200,00 μg
Biotin	50,00 μg
Vitamin D	5,00 μg
Vitamin B12	2,50 μg

*Daily portion of the product

ACTIVE INGREDIENTS	per 1 capsule*
100% MINERALS [BLACK CAPSULE]	
Magnesium	375,00 mg
Iron	14,00 mg
Zinc	10,00 mg
Manganese	1,80 mg
Copper	1,00 mg
Iodine	150,00 μg
Selenium	55,00 μg
Molybdenum	50,00 μg
Chromium	40,00 μg

*Daily portion of the product


IMMUN-ER

» because immunity should receive comprehensive care





POWER
OF INOSINE



CONTAINS
VIT. A, B6, C, D



GINGER
EXTRACT

Complex Immun-er has anti-inflammatory and anti-viral effects, it supports immunity at the level of the digestive system, and provides key vitamins necessary to maintain the body’s protective barrier. The supplement contains inosine, which prevents most infections. The composition of the supplement could not be short of the most important amino acid – glutamine, which is in particularly high demand in the intestines, but also in other organs (specifically, the intestinal epithelium, which is constantly renewing itself), which the condition of our immunity depends (it is common knowledge that human health begins in the intestines). Immun-er contains all of the key micronutrients for immunity: vitamin C, D, zinc in quite large quantities (vit. C – 500 mg, vit. D – 2000 IU, zinc – 10 mg). Last but not least, proper immunity is the ability to resist inflammation, anti-inflammatory turmeric and ginger extracts help in this. Immun-er is an outstanding composition for immunity, which especially appreciates the role of the digestive system in the formation of immunity, which in turn is the basis for health and effective workouts.

PACKAGING:



270 g

FLAVOURS:



Orange

ACTIVE INGREDIENTS	per 6 g*
Inosine	750,00 mg
L-Glutamine	750,00 mg
Vitamin C	500,00 mg
Magnesium	187,50 mg
Ginger Root Extract (<i>Zingiber officinale</i>) [5% Gingerols]	100,00 mg
Turmeric Extract (<i>Curcuma longa</i>) [95% Curcumin]	100,00 mg
Zinc	10,00 mg
Vitamin B6	5,60 mg
Vitamin A (µg RE)	800,00 µg
Vitamin D	50,00 µg

*Daily portion of the product

DEFEND-ER

» because you need to take care of your immunity all year round!



POWER
OF ZINC



POWER OF
INOSINE & L-HISTIDINE



CONTAINS
CLA

Defend-er is a comprehensive supplement that supports immunity, which should be important for everyone, especially for people who are physically active. The supplement contains ingredients that take care of immunity, but also support resting and exercise metabolism. Inosine exhibits antiviral activity and is also a precursor of ATP – a basic unit of energy [the lowest floor of energy metabolism]. Lysine is an amino acid that also prevents infections, and is essential for the synthesis of carnitine, which enables the use of fat for energy. CLA supports immunity by stimulating increased lymphocyte production. Naringenin from grapefruit together with CLA and lysine support efficient fat metabolism and protect against its excessive accumulation, which poses a threat to immunity [overdeveloped fat tissue promotes inflammatory processes]. Zinc and histidine [a component of carnosine, an amino acid essential during immune disorders] defend the body against oxidative stress, which is a threat to immunity. The supplement is recommended for everyone, especially people with a high level of stress (e.g. intensive efforts, strenuous work), during flu season.

PACKAGING:



90 cap.

ACTIVE INGREDIENTS	per 2 capsules*
Inosine	700,00 mg
CLA [Conjugated Linoleic Acid]	192,00 mg
L-Lysine	160,00 mg
L-Histidine	100,00 mg
Zinc	10,00 mg
Grapefruit Extract [<i>Citrus paradisi</i>] [98% Naringenin]	4,00 mg
of which Naringenin	3,92 mg

*Daily portion of the product

MAGNE 100 SPORT

» a portion of magnesium and vitamin B6 to support muscles and the nervous system





4 MAGNESIUM
FORMS



CONTAINS
VIT. B6



ESSENTIAL
FOR ATHLETES

Magne 100 Sport provides a portion of highly absorbable magnesium. It is a complex of various forms of this element, including magnesium citrate and lactate, characterised by good solubility and bioavailability. Magne 100 contains not only magnesium, supporting the function of the nervous and muscle systems, but also vitamin B6, which facilitates its absorption and metabolism, as well as preventing fatigue. Magnesium is important for normal heart functioning and bone formation and it plays a role in the metabolism of carbohydrates. It regulates the neuromuscular transmission and is involved in muscle contractions. Each portion [2 capsules] of Magne 100 provides 375 mg of this important mineral [100% of the recommended daily allowance], deficits of which may lead to sudden muscle spasms, chronic fatigue, problems with concentration or cardiac dysrhythmia.

Who is the product recommended for?

Many factors associated with diet and lifestyle may increase the demand for magnesium: excessive supply of fatty acids, fibre, phosphates [found in high concentrations in processed foods, especially meats and cheeses], the use of sedatives, laxatives, antibiotics or contraceptives, as well as regular physical exercise. Magne 100 can help to cover the increased requirement.

PACKAGING:



60 cap.

ACTIVE INGREDIENTS	per 2 capsules*
Magnesium	375,00 mg
Vitamin B6	1,40 mg

*Daily portion of the product



VIT. D3 + MAGNESIUM

» strengthen your body today



MAX PORTION
OF VIT. D3



EXCELLENT
QUALITY



ONLY 1
CAPSULE DAILY

Vitamin D3 is the most biologically active form of vitamin D. It enhances the absorption of calcium and phosphorus, necessary for an adequate mineralisation of the entire skeletal structure. It also strengthens the immune system, while magnesium supports the function of the nervous system, energy metabolism and helps to maintain bones and teeth in good condition.

Who is the product recommended for?

It is perfect for people with vitamin D3 and magnesium deficits. Adequate supply of these elements is necessary to maintain proper immune function and good performance of the skeletal structure.

PACKAGING:



60 cap.

ACTIVE INGREDIENTS	per 1 capsule*
Magnesium	90,00 mg
Vitamin D	50,00 µg / 2000 IU

*Daily portion of the product

MULTIPACK SPORT DAY / NIGHT FORMULA

» a formula of vitamins and minerals plus support for the circadian biological rhythm



10 MG
OF COQ10

300 MG
OF GABA

100 MG
OF DAA

PACKAGING:

60 cap.

Multipack Sport Day and Night formula is a complex of vitamins and minerals enriched with ingredients that support the circadian biological rhythm, fundamental for your health and the processes of post-exercise regeneration. The capsule for the day provides vitamins with oxidative properties [vitamin C], controlling metabolism and also during exercise [especially B1, B2 and B6], protecting against excessive levels of homocysteine [B6, B12 and folic acid]. The Multipack Sport vitamin capsule also contains components with a stimulating effect [guarana], antiradical activity [bioflavonoids from bitter orange], adaptogenic properties [ginseng extract] and which enhance the metabolism and cardiac function [coenzyme Q10]. The capsule for the night provides the minerals that are particularly important for people who are physically active, including cofactors of metabolic enzymes, minerals

that control neuromuscular transmission [magnesium], support the thyroid function that regulates metabolism [iodine, selenium], help to maintain a stable blood sugar level [chromium], improve the function of the nervous system [manganese], support the immune function and hormone production [zinc]. The Multipack Sport capsule for the night contains ingredients with relaxing properties and which help you to fall into a deep, regenerating sleep. They include gamma aminobutyric acid [GABA], a calming neurotransmitter, tryptophan [a substance necessary for the synthesis of melatonin] and D-aspartic acid [DAA], which stimulates testosterone production.

**MULTIPACK SPORT DAY FORMULA**

ACTIVE INGREDIENTS	per 1 capsule*
VITAMIN BLEND	
Vitamin C	300,00 mg
Niacin mg NE	36,00 mg
Pantothenic Acid	26,00 mg
Riboflavin [Vitamin B2]	21,40 mg
Thiamine [Vitamin B1]	21,10 mg
Vitamin E mg α -TE	12,00 mg
Vitamin B6	11,20 mg
Folic Acid	360,00 μ g
Biotin	70,00 μ g
Vitamin B12	22,50 μ g
REGULATOR MATRIX	
Guarana Extract [seeds] (<i>Paullinia cupana</i>) [22% Caffeine]	200,00 mg
of which Caffeine	44,00 mg
Citrus Bioflavonoids Extract from Bitter orange [fruit] [<i>Citrus aurantium</i>] [50% Hesperidin]	100,00 mg
Korean Ginseng Extract [root] (<i>Panax ginseng</i>) [10% Ginsenosides]	50,00 mg
American Ginseng Extract [root] (<i>Panax quinquefolius</i>) [5% Ginsenosides]	50,00 mg
Coenzyme Q10	10,00 mg

*Daily portion of the product

MULTIPACK SPORT NIGHT FORMULA

ACTIVE INGREDIENTS	per 1 capsule*
MINERAL BLEND	
Magnesium	187,50 mg
Zinc	15,00 mg
Iron	14,00 mg
Manganese	1,80 mg
Copper	1,00 mg
Iodine	150,00 μ g
Selenium	55,00 μ g
Molybdenum	50,00 μ g
Chromium	40,00 μ g
RELAXING MATRIX	
GABA [Gamma-Aminobutyric Acid]	300,00 mg
DAA [D-Aspartic Acid]	100,00 mg
L-Tryptophan	100,00 mg

*Daily portion of the product

VIT. C + L-LYSINE POWDER

» an effective support for the body and its immune system



800 MG
OF VIT.C



200 MG
L-LYSINE HCl



POWERFUL
COMBINATION

Vit. C + L-Lysine is a powder developed for people who need an effective method to strengthen their immune system, increasing their resistance to various infections. The product contains two robust doses of pure vitamin C in the form of L-ascorbic acid and lysine hydrochloride. It is easily soluble and absorbable, providing a real support for the body. Vitamin C also has a strong antioxidative effect: it removes free oxygen radicals that can damage or even destroy body cells. It also promotes the production of collagen in the body.

Who is the product recommended for?

The supplement is an excellent choice for people who wish to improve their immune system, both during and after training.

PACKAGING:



300 g

ACTIVE INGREDIENTS	per 1 g*
Vitamin C	800,00 mg
L-Lysine HCl	200,00 mg
of which L-Lysine	160,00 mg

*Daily portion of the product

M-C-T GOLD

» fat is good for everything: both for weight loss and for increased energy during workouts



14 G OF MCT
PER SERVING



PERFECT
WITH COFFEE



HIGHEST
QUALITY

M-C-T Gold contains 100% of medium-chain triglycerides [MCTs], naturally found in high concentrations in coconut oil. MCTs provide a very good and easily absorbable source of energy, especially during exercise, as liver bile is not required for their absorption and they are metabolised without L-Carnitine. M-C-T Gold will also be beneficial for people following a weight-loss diet, as the product ensures a better control of appetite and demonstrates a gentle thermogenic effect. M-C-T Gold can be the right choice for people who wish to increase their muscle mass, as these fats enhance the absorption of nutrients.

Who is the product recommended for?

Due to the popularity of ketogenic diets, M-C-T is having its renaissance [an ingredient of bulletproof coffee]. In ketogenic diets, the carbohydrate intake is heavily limited, so M-C-T Gold is a very good product for increasing the energy supply during workouts, without affecting the blood glucose level.

PACKAGING:



400 ml

ACTIVE INGREDIENTS	per 45 ml*
MCT Oil	42,00 g

*Daily portion of the product



JOINTS SUPPORT

Joint regeneration supplements provide protection and comprehensive regeneration of articular structures.

FLEX GUARD

» everything your joints need



SOLUGEL®

HIGH QUALITY
COLLAGEN



11 ACTIVE
INGREDIENTS

MEG-3™

EXCELLENT ORIGIN
OMEGA-3 FISH OIL

Flex Guard is a comprehensive supplement which supports the joints, especially of people who use them at work or during heavy workouts. Primarily, the supplement contains essential building blocks: collagen (in a stable hydrolysed form that safely passes through the digestive system), which forms the structure of the joint cartilage, and amino sugars [glucosamine] that form the base mass in which collagen fibres are immersed. Vitamin C and the amino acid proline are essential elements for the body to produce collagen on its own. Secondly, Flex Guard is an ingredient that improves the composition and lubricating properties of synovial fluid: omega-3 fatty acids, hyaluronic acid. Thirdly, Flex Guard also provides protection against inflammation, which is dangerous to joints, as it contains MSM, which is also an excellent source of sulphur, which is essential for joints. The product is recommended for people who overuse their musculoskeletal system (intensive training, hard work) and for preventive use.

PACKAGING:



375 g

FLAVOURS:



Mango-orange



Wildberry

ACTIVE INGREDIENTS	per 15 g*
Hydrolyzed Collagen Type I SOLUGEL®	7000,00 mg
MSM	750,00 mg
Glucosamine Sulphate 2KCl	500,00 mg
of which D-glucosamine	296,00 mg
Hydrolyzed Collagen Type II	500,00 mg
L-Proline	500,00 mg
Chondroitin Sulphate	150,00 mg
Calcium	120,00 mg
Vitamin C	60,00 mg
Magnesium	55,00 mg
Fatty Acids Omega-3	54,00 mg
of which EPA	16,20 mg
of which DHA	10,80 mg
Hyaluronic Acid	20,00 mg

*Daily portion of the product

GLUCOSAMINE

» what joints need most, especially as a preventive measure



- 

HIGH QUALITY
D-GLUCOSAMINE
- 

FOR CARTILAGE
& TENDONS
- 

FOR MEN
AND WOMEN

Joints, or more precisely articular cartilage, are made up of two main components: collagen fibres, which are immersed in a mass made up of amino sugars [formed from a combination of simple sugars and amino acids], the most common of which is glucosamine sulfate. It turns out that the rate of glucosamine consumption is so fast that the systemic production of this important substance for the functioning of joints may be insufficient, because the ‘life’ of one glucosamine molecule is only about 3 weeks. It becomes shorter in cases of: hard physical work, intensive trainings, in old age, and when we are struggling with the problem of being overweight. If joint cartilage is not properly nourished with a constant supply of glucosamine, the production of synovial fluid is also reduced, making the joint surfaces rough, which can cause pain during movements. The product is recommended for people who are physically active or perform work that puts strain on the musculoskeletal system, for preventive and temporary use in case of discomfort during joint movements.

PACKAGING:



90 cap.

ACTIVE INGREDIENTS	per 3 capsules*
Glucosamine Sulphate 2 KCl	1530,00 mg
of which d-glucosamine	900,00 mg

*Daily portion of the product




GLUCOSAMINE SPORT COMPLEX

» triple support for joints




CONTAINS
HYALURONIC ACID


FOR ALL
ATHLETES


COLLAGEN
TYPE II

Glucosamine Sport Complex provides two essential components that form the articular cartilage: amino sugars and collagen. The composition of the supplement includes the most common amino sugar – glucosamine in the form of sulfate, and type 2 collagen in the hydrolysed form. Hydrolysing collagen, or cutting it into shorter peptide fragments, ensures safe passage through the digestive system. Type 2 collagen is specific to articular cartilage. Glucosamine Sport Complex also takes care of the proper production and composition of the synovial fluid, as it also contains hyaluronic acid, which improves the lubricating properties of the synovium through its property of binding water.

Who is the product recommended for?

We should remember that joints, apart from intensive efforts, hard work and age, may also be negatively affected by: a high-protein diet, the socially popular problem of acidifying the body, as well as drinking too little liquid – i.e. factors related to the diet of intensively training athletes. The product is recommended for people whose osteoarticular system is under a greater strain due to training or work, especially when the deficiency of synovial fluid is felt (friction of joint surfaces, pain).

PACKAGING:



180 cap.



90 cap.

ACTIVE INGREDIENTS	per 3 capsules*
Glucosamine Sulphate 2 KCl	1500,00 mg
of which glucosamine	885,00 mg
Hydrolyzed Collagen Type II	450,00 mg
Hyaluronic Acid	50,00 mg

*Daily portion of the product



COLLAGEN RENOVER

» strong joints and bones and beautiful skin





CONTAINS
VIT. C



HIGH QUALITY
INGREDIENTS



FOR MEN
AND WOMEN

Collagen Renover is a supplement supporting the regeneration of collagen, the main protein of the connective tissue forming joints, tendons, ligaments and bones [collagen plays an important supportive role in the body]. Collagen Renover contains hydrolysed collagen protein - this form allows it to pass safely through the gastrointestinal tract and avoid deactivation [this is why eating gelatin to renew collagen is ineffective, as the gelatin and the collagen it contains is simply digested]. The product is also enriched with vitamin C, necessary for the synthesis of collagen and the transformation of proline and lysine into hydroxyproline and hydroxylysine that form the proper structure of collagen. The human body contains on average 7 kg of collagen. Are you sure your diet ensures its regeneration?

Who is the product recommended for?
For people who are physically active, those who have had fractures or have other osteoarticular injuries, those who follow a vegan diet or anyone who wishes to take care of their skin 'from the inside'.

PACKAGING:




350 g

FLAVOURS:



Strawberry-banana



Cherry

ACTIVE INGREDIENTS	per 10 g*
COLLAGEN MATRIX	
Hydrolyzed Collagen	9320,00 mg
Vitamin C	80,00 mg

*Daily portion of the product

JOINT THERAPY PLUS

» a wide range of ingredients to improve joint function



CONTAINS
CURCUMIN



GLUCOSAMINE
& CHONDROITIN



FOR ALL
ATHLETES

Joint Therapy Plus is a comprehensive, multi-ingredient supplement for joints, which contains building ingredients that support the production and quality of synovial fluid, have anti-inflammatory properties, and stimulate the body to self-renewal of articular structures. The supplement contains the 2 most important elements that form joint surfaces: amino sugars, and collagen [type II, characteristic for articular cartilage, in a hydrolysed form]. Joint Therapy Plus also contains two types of amino sugars: glucosamine and chondroitin [found in shark cartilage], which the body can use interchangeably to rebuild articular surfaces. Amino sugars rebuild articular surfaces, but also enrich the composition of synovial fluid. Vitamin C, zinc and calcium facilitate the independent production of joint-building elements. Turmeric and ginger extracts nip the inflammation in the bud that can lead to damage and reduced joint mobility.

PACKAGING:



120 cap.



60 cap.

ACTIVE INGREDIENTS	per 3 capsules*
Glucosamine Sulphate 2KCl	1500,00 mg
of which D-glucosamine	885,00 mg
Chondroitin Sulphate	900,00 mg
Hydrolyzed Collagen Type II	300,00 mg
Calcium	150,00 mg
Ginger Root Extract [<i>Zingiber officinale</i>] [5% Gingerols]	100,00 mg
Turmeric Extract [<i>Curcuma longa</i>] [95% Curcumin]	100,00 mg
Vitamin C	100,00 mg
Zinc	12,00 mg

*Daily portion of the product



FUNCTIONAL FOOD

The diet of an athlete and a person strongly involved in active life should be appropriately varied, especially in terms of the macronutrients it includes. However, this does not mean having to give up good taste. Rich in protein and full of flavour, such products can be found in the TREC functional food section. They will perfectly complement the diet, especially taking care to improve its taste.

PEANUT BUTTER WHEY 100

» high-protein peanut butter in a delicious range of flavours



PACKAGING:



FLAVOURS:



Peanut Butter Whey 100 is a delicious product based on peanuts that offer a high content of unsaturated fats with only a marginal quantity of saturated fat. The lipid profile of some butters is enhanced with unhardened shea butter, rich in omega-9 fats. Peanuts can be seen as a nut record holder in terms of protein content (almost 30 g in 100 g), so this Peanut Butter Whey 100 product contains a lot of protein.

In addition, it has been enriched with full-value whey protein concentrate [WPC]. Peanut Butter Whey 100 products have a reduced carbohydrate content, due to the presence of maltitol, a sugar alcohol serving as a natural sweetener, the calorific value of which is 50% lower when compared to sucrose.

ACTIVE INGREDIENTS	per 100 g
Energy	2402 kJ / 578 kcal
Fat	42 g
of which saturates	7,3 g
Carbohydrate	14 g
of which sugars	4 g
of which polyols	2 g
Fibre	5,7 g
Protein	34 g
Salt	0,52 g



ULTRA SERIES

Ultra series was specifically formulated considering the elite athlete's needs for optimal post-training muscle growth and recovery.

ULTRA HARD MASS

» anticatabolic bulk formula dedicated to slow metabolizers



BALANCED PROTEIN/
CARBOHYDRATES RATIO



ENRICHED
WITH GLUTAMINE
AND HMB



HIGH-QUALITY
PROTEIN SOURCES

Hard Mass is our flagship bulk supplement – a complete meal with a balanced protein-to-carbohydrates ratio [100 g of the supplement provides 5 g of protein and 45 g of carbohydrates], with the addition of anticatabolic glutamine and hydroxymethylbutyrate [HMB]. Hard Mass completes a diet focused on building pure muscle mass for people aware of the fact that every diet should be based on regular, frequent meals. The supplement contains high quality protein and carbohydrate components. The full-value protein profile is ensured by a composition of proteins with different absorption rates, in the absorption rate order of: whey protein concentrate [WPC], egg protein and micellar casein [a natural milk casein]. Hard Mass also contains a combination of carbohydrates with different absorption rates, in the absorption rate order of: fructose, maltodextrin and starch.

Who is the product recommended for?

The product is recommended as a meal replacement that helps maintain regularity and appropriate frequency of meals for people who follow a diet with balanced protein to carbohydrate ratio.

PACKAGING:



2800 g



900 g

FLAVOURS:



Chocolate



Vanilla

NUTRITION VALUE	per 150 g*	per 75 g
Energy	2460 kJ / 580 kcal	1230 kJ / 290 kcal
Fat	3,17 g	1,58 g
of which saturates	1,34 g	0,67 g
Carbohydrate	68,66 g	34,33 g
of which sugars	13,52 g	6,76 g
Protein	69,15 g	34,58 g
Salt	0,87 g	0,44 g
Vitamin C	120,00 mg	60,00 mg
Niacin (mg NE)	24,00 mg	12,00 mg
Vitamin E (mg α-TE)	18,00 mg	9,00 mg
Pantothenic Acid	9,00 mg	4,50 mg
Vitamin B6	2,10 mg	1,05 mg
Riboflavin (Vitamin B2)	2,10 mg	1,05 mg
Thiamine (Vitamin B1)	1,65 mg	0,83 mg
Folic Acid	300,00 µg	150,00 µg
Biotin	75,00 µg	37,50 µg
Vitamin B12	3,75 µg	1,88 µg

ACTIVE INGREDIENTS	per 150 g*	per 75 g
HARD PROTEIN BLEND		
[Whey Protein Concentrate, Egg Protein, Calcium Caseinate]	72,75 g	36,38 g
MASSIVE CARB MATRIX		
[Maltodextrins, Modified Starch, Fructose]	60,75 g	30,38 g
MUSCLE-PRO FORMULA		
CaHMB [β-Hydroxy β-Methylbutyrate Calcium]	3,00 g	1,50 g
of which HMB	2,60 g	1,30 g
L-Glutamine	2,10 g	1,05 g

*Daily portion of the product

ULTRA ISOLATE

» highly concentrated whey protein isolate with no added flavourings



PACKAGING:



900 g

FLAVOURS:



Natural



SUPPORT
MUSCLE MASS



99% PROTEIN
IN DRY MASS



ULTRA FAST
ABSORPTION

Ultra Isolate is a whey protein isolate with a natural flavour, enriched with vitamin D. Ultra Isolate contains whey protein, which is a complete protein with a very high BV resulting from its easy assimilation and essential amino acids content. Ultra Isolate only contains whey protein isolate, which is a very quickly assimilated protein fraction, from which amino acids start to be released into the blood within 15 minutes of consumption. Ultra Isolate is an excellent form of protein for a first meal or during the post-workout stage when the body needs an express supply of protein. Apart from fast absorption, high quality protein isolates should be characterised by very high protein content and the marginal presence of fat and carbohydrates. Each serving of Ultra Isolate [30 g] contains as much as 29 g of protein and less than 0.5 g of fat and carbohydrates. Yes, it's true – Ultra Isolate has a protein concentration of almost 100%.

What distinguishes Ultra Isolate from other protein products is the lack of added sugar or sweeteners. It is especially important for those who experience digestive discomfort from consuming these types of food additives, such as those struggling with irritable bowel syndrome [IBS]. Ultra Isolate is also an excellent choice for those looking for a product with as simple a formulation as possible. Apart from that, the natural taste of Ultra Isolate allows you to combine it with a variety of products [e.g. fruit, cereal] and even to serve it as a savoury seasoning, complementing the protein in any meal.

Who is the product recommended for?

People with an increased demand for protein [e.g. athletes], who are on low-protein diets, but also deficient in vitamin D. It is an ideal product for people looking for high-protein products, who – due to poor tolerance of these components [e.g. irritable bowel syndrome] – are looking for products without added sugar or artificial sweeteners.

NUTRITION VALUE	per 100 g	per 60 g*	per 30 g
Energy	1695 kJ / 399 kcal	1014 kJ / 239 kcal	507 kJ / 119 kcal
Fat	0,6 g	0,4 g	0,2 g
of which saturates	0,3 g	0,2 g	0,1 g
Carbohydrate	1,4 g	0,8 g	0,4 g
of which sugars	1,4 g	0,8 g	0,4 g
Protein	97 g	58 g	29 g
Salt	0,52 g	0,31 g	0,16 g
Vitamin D	1,25 µg	0,75 µg	0,38 µg

*Daily portion of the product





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