



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*

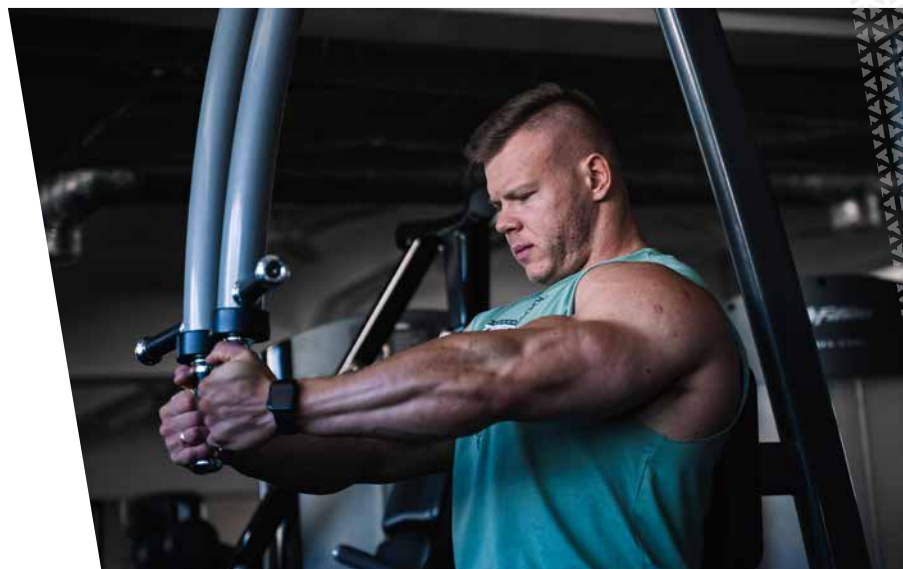
## **TREC WORLD**

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
GAINERS .....	12
AMINO ACIDS .....	16
CREATINES .....	32
PRE-WORKOUT BOOSTERS .....	42
ENERGY & CONCENTRATION .....	56
TESTOSTERONE & ANABOLIC BOOSTERS .....	60
FAT REDUCERS .....	70
THERMOGENICS.....	80
VITAMINS & MINERALS .....	84
JOINTS SUPPORT .....	90
BOOGIE SERIES.....	96
ULTRA SERIES.....	104
BETTER FOOD BETTER LIFE .....	106

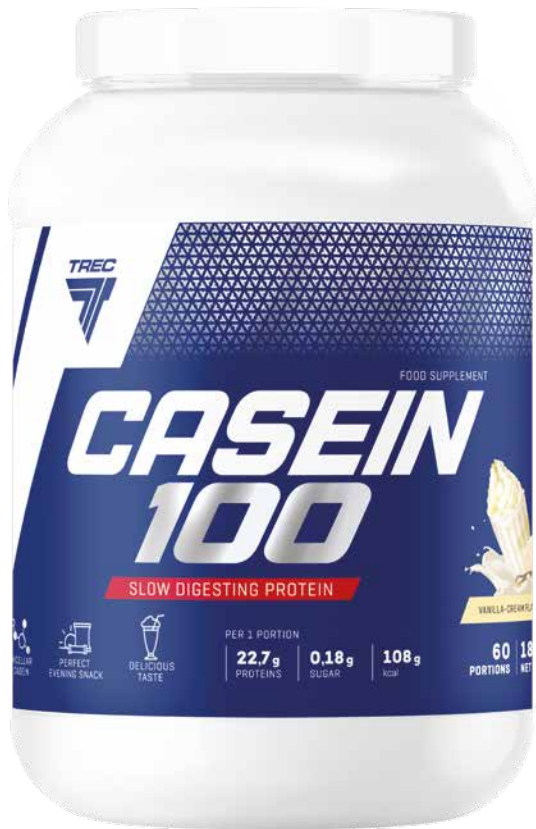


# ***PROTEINS***

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

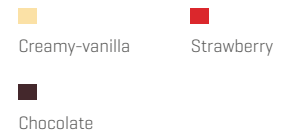


Casein 100 is a high-protein product containing 100% casein proteins that account for most of the milk protein content. Casein is characterised by slow transformational kinetics, so you should reach for it whenever your supply of structural proteins needs to be secured for a long time [e.g. before sleep, 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:



#### FLAVOURS:

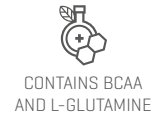
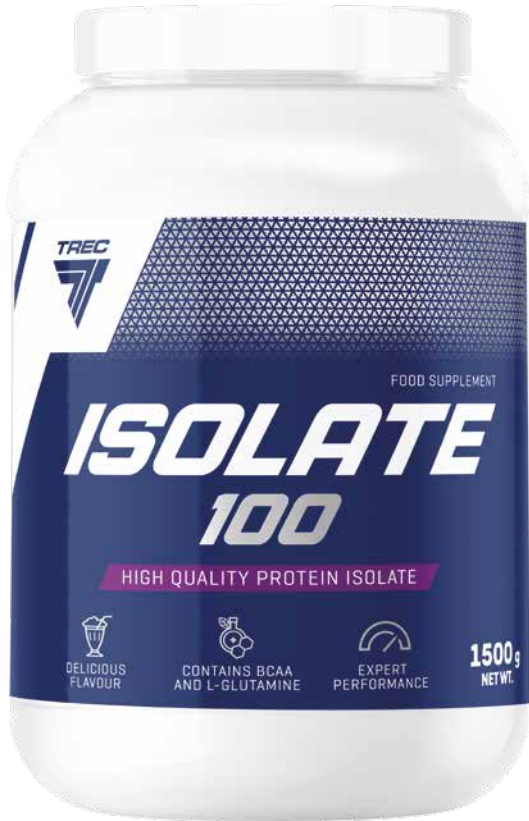


NUTRITION VALUE	per 100 g	per 90 g*	per 30 g
Energy	1529 kJ / 360 kcal	1376 kJ / 324 kcal	459 kJ / 108 kcal
Fat	2,11 g	1,90 g	0,63 g
of which saturates	1,46 g	1,31 g	0,44 g
Carbohydrate	9,45 g	8,51 g	2,84 g
of which sugars	0,60 g	0,54 g	0,18 g
Protein	75,90 g	68,31 g	22,77 g
Salt	1,50 g	1,35 g	0,45 g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



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:



2000 g



700 g



30 g

### FLAVOURS:

- Chocolate
- Creamy-vanilla
- Creamy-strawberry
- ■  
Chocolate-peanut butter
- White chocolate
- Creamy-blueberry

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



VEGETARIAN 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



Salted caramel

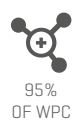
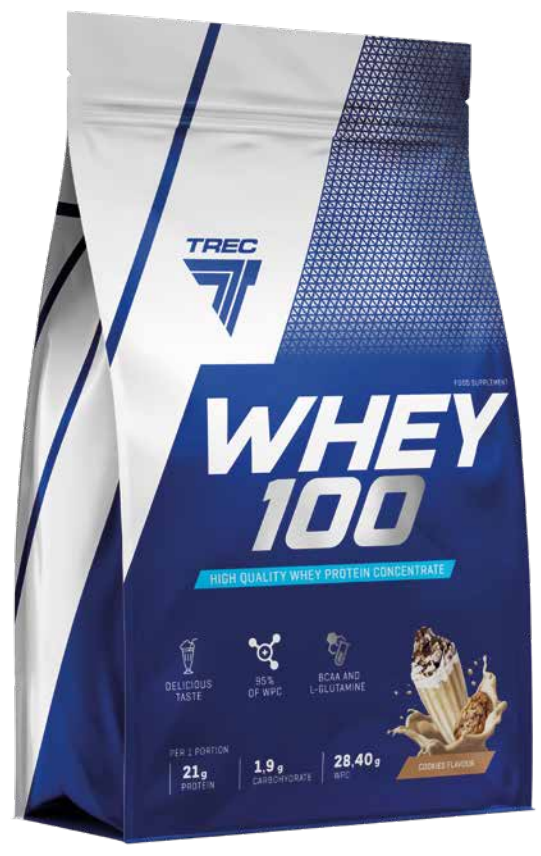
NUTRITION VALUE	per 100 g	per 90 g*	per 30 g
Energy	1555 kJ / 366 kcal	1409 kJ / 332 kcal	491 kJ / 116 kcal
Fat	1,1 g	1,0 g	0,3 g
of which saturates	0 g	0 g	0 g
Carbohydrate	4,1 g	3,7 g	1,2 g
of which sugars	1,5 g	1,4 g	0,5 g
Protein	85 g	77 g	27 g
Salt	0,07 g	0,06 g	0,02 g
<b>ACTIVE INGREDIENTS</b>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



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:



### FLAVOURS:

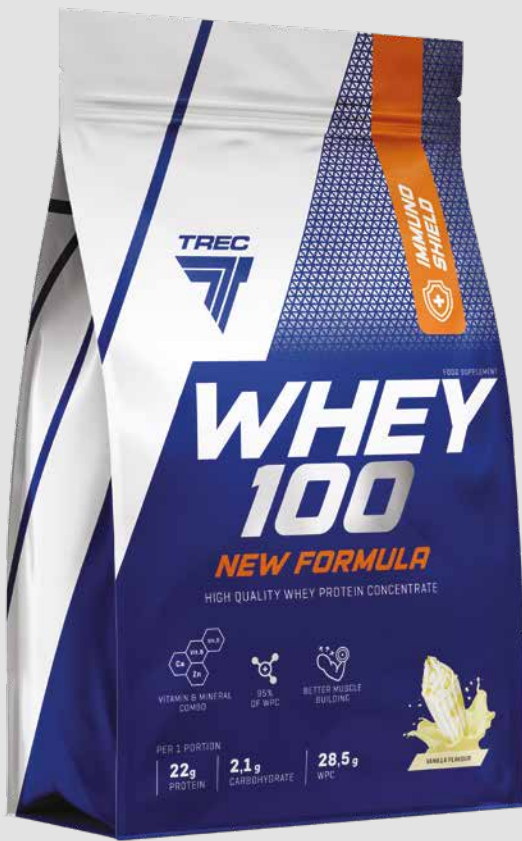
- Chocolate
- Vanilla
- Chocolate-coconut
- Salted caramel
- Strawberry
- Peanut butter
- Cookies
- Natural
- Double chocolate
- Brownies

NUTRITION VALUE	per 100 g	per 90 g*	per 30 g
<b>Energy</b>	1474 kJ / 347 kcal	1319 kJ / 311 kcal	408 kJ / 96 kcal
<b>Fat</b>	1,7 g	1,5 g	0,5 g
of which saturates	1,1 g	1,0 g	0,3 g
<b>Carbohydrate</b>	7,0 g	6,3 g	1,9 g
of which sugars	3,8 g	3,4 g	1,0 g
<b>Protein</b>	76 g	68 g	21 g
<b>Salt</b>	0,68 g	0,61 g	0,18 g
<b>ACTIVE INGREDIENTS</b>			
<b>Whey Protein Concentrate</b>	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
- Chocolate
- Strawberry
- Peanut butter-vanilla
- Cappuccino
- Cookies-cream
- White chocolate
- Creamy-strawberry

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

# MAGNUM 8000


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



GAINERS



  
CONTAINS ONLY  
MILK PROTEINS

  
NUTRIENT-DENSE MEAL  
FOR MUSCLE GAIN  
WORKOUT

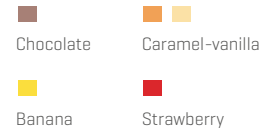
  
POWERED WITH MCT  
AND CREATINE

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.

#### PACKAGING:



#### FLAVOURS:



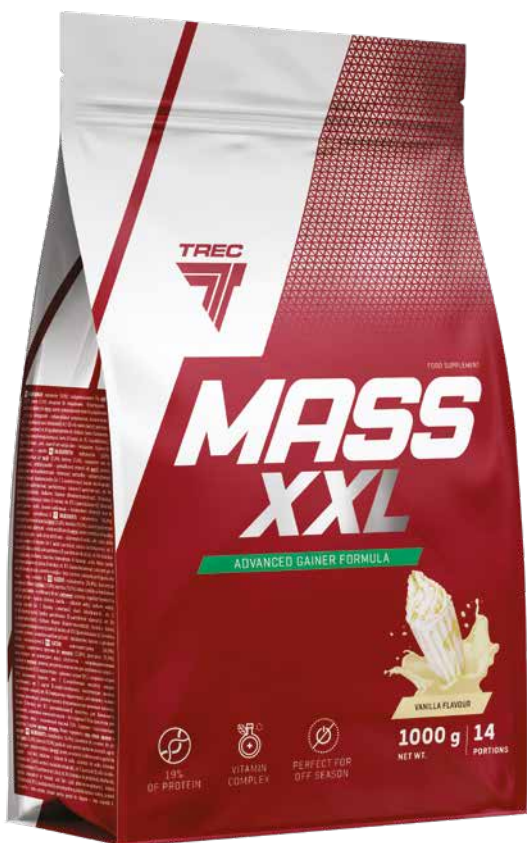
NUTRITION VALUE	per 150 g*	per 100 g
Energy	2302 kJ / 542 kcal	1535 kJ / 362 kcal
Fat	3,46 g	2,31 g
of which saturates	2,78 g	1,85 g
Carbohydrate	108,46 g	72,31 g
of which sugars	32,86 g	21,91 g
Protein	19,50 g	13,00 g
Salt	1,96 g	1,31 g
Vitamin C	29,60 mg	19,73 mg
Niacin [mg NE]	5,92 mg	3,95 mg
Vitamin 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
<b>ACTIVE INGREDIENTS</b>		
<b>MULTI CARB MATRIX</b>		
[Maltodextrins, Dextrose, Modified Starch]	114,6 g	76,11 g
<b>MASS PROTEIN SHOT</b>		
[Whey Protein Concentrate, Milk Protein Concentrate, Micellar Casein]	21,64 g	14,43 g
<b>ENERGY BULLET</b>		
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

# MASS XXL

» a full-value supplement for body mass building



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.

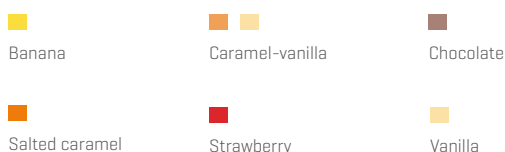
### Who is the product recommended for?

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:



#### FLAVOURS:



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

<b>Vitamin B6</b>	0,98 mg	0,35 mg
<b>Riboflavin (Vitamin B2)</b>	0,98 mg	0,35 mg
<b>Thiamine (Vitamin B1)</b>	0,78 mg	0,27 mg
<b>Folic Acid</b>	140,00 µg	50,00 µg
<b>Biotin</b>	35,00 µg	12,50 µg
<b>Vitamin B12</b>	1,76 µg	0,63 µg
<b>ACTIVE INGREDIENTS</b>		
<b>Maltodextrins</b>	159,32 g	56,90 g
<b>Whey Protein Concentrate</b>	66,64 g	23,80 g
<b>Dextrose</b>	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

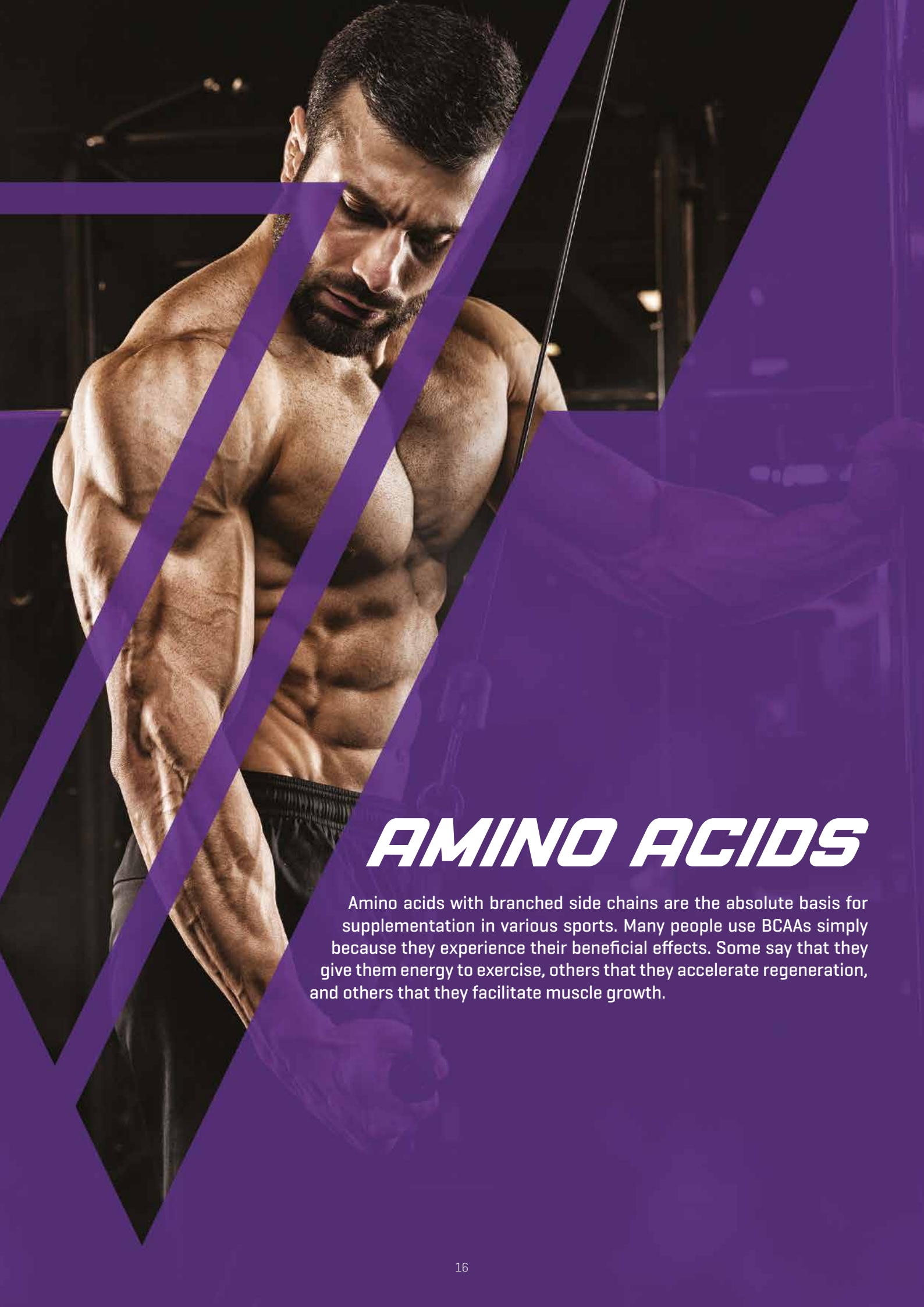


Vanilla

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



# ***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]



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
<b>L-Arginine Alpha-Ketoglutarate (AAKG)</b>	3360,00 mg	1680,00 mg
of which L-Arginine	2180,00 mg	1090,00 mg
<b>Citrulline Malate</b>	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:



#### FLAVOURS:

 Lemon

 Orange

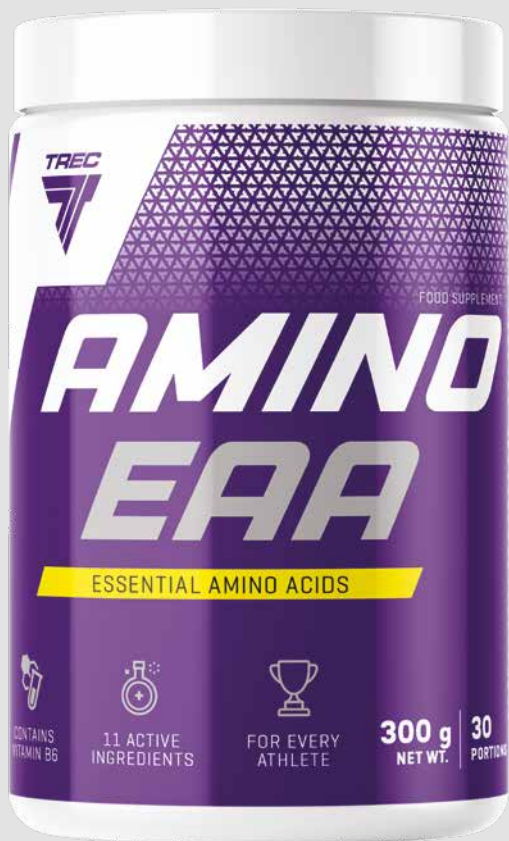
 Grapefruit

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



STIMULATION  
OF MUSCLE ANABOLISM



IMPROVED EFFORT  
ENERGY MANAGEMENT



PROTECTION  
OF MUSCLE PROTEINS

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*
<b>AMINO EAA COMPLEX</b>	
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

# 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



**TREC**  
**AMINO MAX**  
**6800**  
 FOOD SUPPLEMENT  
 ADVANCED AMINO ACIDS BLEND  
 CONTAINS 100% VIT. B6  
 BCAA & EAA INCLUDED  
 L-GLYCINE & L-HISTIDINE COMBO  
 160 cap. | 1.78 L NET WT  
 x 1118 mg

**TREC**  
**HMB**  
**FORMULA CAPS**  
 FOOD SUPPLEMENT  
 MEGA DOSE HMB  
 FOR STRENGTH ATHLETES  
 GREAT ABSORPTION  
 120 cap. (18.5) x 100 mg NET WT

FORGETTING

# 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:



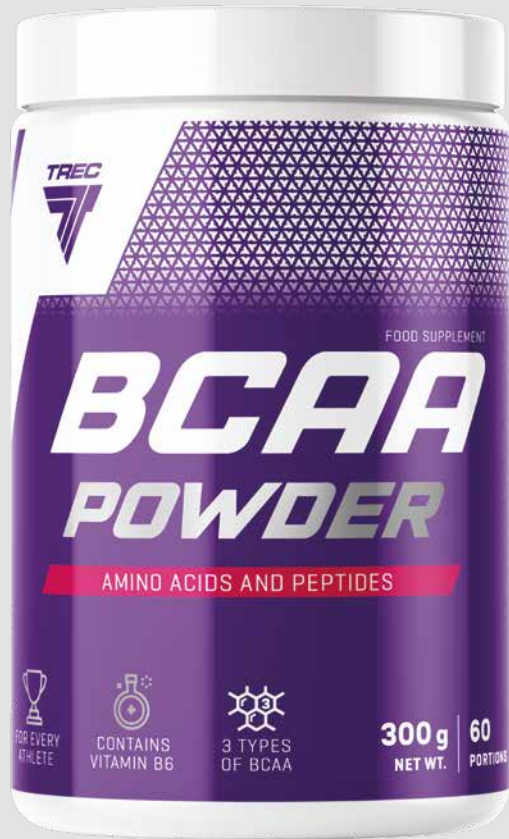
250 ml

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

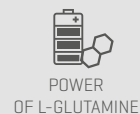
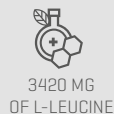
ACTIVE INGREDIENTS	per 20 g*	per 10 g
<b>Branched Chain Amino Acids</b>	10000 mg	5000 mg
of which L-Leucine	7000 mg	3500 mg
of which L-Valine	2000 mg	1000 mg
of which L-Isoleucine	1000 mg	500 mg
<b>L-Glutamine</b>	4000 mg	2000 mg

\*Daily portion of the product



# BCAA G-FORCE 1150

» a reliable peri-workout anticatabolic combination in convenient capsules



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.



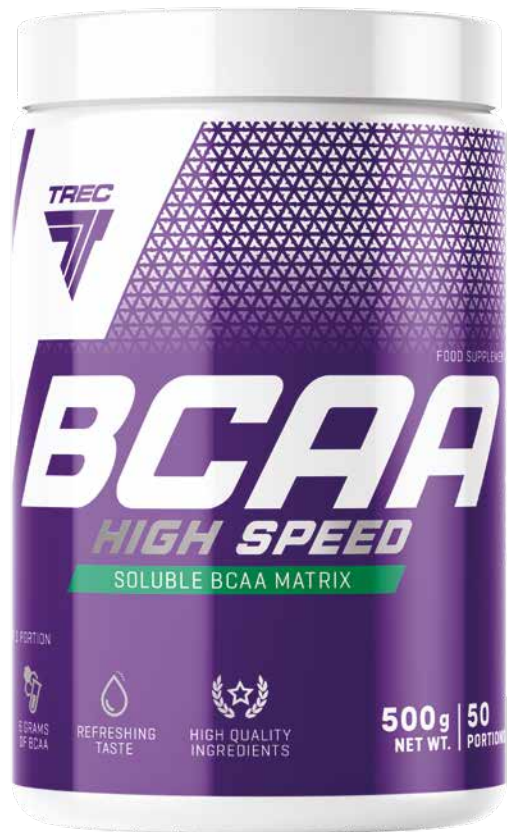
90 cap.

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

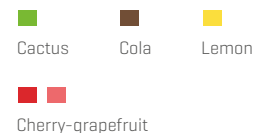
BCAA High Speed is an aggregate of 3 branched-chain amino acids (BCAA), which are the main muscle building blocks (anti-catabolic function) and an important link of aerobic (endurance) energy metabolism. As intramuscular transport of amino acids is stimulated and facilitated by carbohydrates, each portion 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
<b>HIGH SPEED BCAA MATRIX</b>			
<b>L-Leucine</b>	6000,00 mg	3000,00 mg	2250,00 mg
<b>L-Valine</b>	3000,00 mg	1500,00 mg	1125,00 mg
<b>L-Isoleucine</b>	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



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



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 $\beta$ -Hydroxy $\beta$ -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

» triple effective creatine malate

CREATINES



FOR ELITE ATHLETES



HIGH CREATINE CONTENT



PH STABLE

CM3 is a highly concentrated tri-creatine malate in convenient capsules. As with all types of creatine, CM3 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. 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



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
<b>CREA XTREME COMPLEX</b>		
<b>[Creatine Monohydrate; Tri-Creatine Malate; Creatine Citrate; Creatine Hydrochloride]</b>	4912,00 mg	2456,00 mg
<b>of which Creatine</b>	4000,00 mg	2000,00 mg

\*Daily portion of the product



TREC

FOOD SUPPLEMENT

# CREA XTREME

EFFECTIVE CREATINE COMPLEX

HIGH CREATINE CONTENT

4 ACTIVE INGREDIENTS

174g NET WT. | 120 caps X 1.45g mg

# CREA XTREME POWDER

» effective creatine complex



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
<b>CREA XTREME COMPLEX</b>		
<b>[Creatine Monohydrate; Tri-Creatine Malate; Creatine Citrate; Creatine Hydrochloride]</b>	4620,00 mg	2310,00 mg
<b>of which Creatine</b>	3696,00 mg	1848,00 mg

\*Daily portion of the product

# CREATINE MONO+

» the creatine monohydrate proven for decades in the service of strength and power!



100% CREATINE  
MONOHYDRATE



QUICKLY REACHES  
THE MUSCLES



THE FORM OF EASILY  
DISSOLVING POWDER



Creatine Mono+ contains pure creatine monohydrate in the form of easily dissolved powder, supporting rapid passage through the digestive system, enriched with vitamin C. Creatine is a substance naturally occurring in muscles, synthesized from the amino acids glycine and arginine, which is used during energy metabolism, especially intense metabolism of short duration, which is mainly aimed at building strength, power, speed and muscle mass. Creatine Mono + also contains vitamin C, which helps protect cells from oxidative stress, which is encouraged by intense efforts.

**This product is highly recommended for**

Physically active people to improve physical performance [particularly anaerobic], especially during periods of building muscle mass and strength.

PACKAGING:



400 cap.



120 cap.

ACTIVE INGREDIENTS		per 4,1 g**
Creatine Monohydrate		3,41 g
of which Creatine		3,00 g
Vitamin C		80,00 mg [100 %*]

\*Reference intakes

\*\*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.



120 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



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:



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



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*
<b>CREATINE MATRIX</b>	
[Tri-Creatine Malate, Creatine Monohydrate]	3780,00 mg
of which Creatine	3000,00 mg
<b>MENTAL OPTIMIZER</b>	
Taurine	1000,00 mg
Inosine	750,00 mg
L-Tyrosine	750,00 mg
<b>ARGININE MATRIX</b>	
[L-Arginine Alpha-Ketoglutarate, L-Arginine Malate]	2660,00 mg
of which L-Arginine	1830,00 mg
<b>GLUTAMINE MATRIX</b>	
L-Glutamine	800,00 mg
<b>POWER ACCELERATOR</b>	
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:



240 cap.



150 cap.

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

#### FLAVOURS:



Tropical





<b>ACTIVE INGREDIENTS</b>	<b>per 25 g*</b>
<b>GLYCOGEN LOADER</b>	
Maltodextrin	5150,00 mg
Dextrose	1750,00 mg
<b>CREATINE MATRIX</b>	
[Creatine Monohydrate, Tri-Creatine Malate]	5900,00 mg
of which Creatine	5000,00 mg
<b>ENERGY AND RECOVERY MATRIX</b>	
L-Leucine	2000,00 mg
L-Isoleucine	1000,00 mg
L-Valine	1000,00 mg
Inosine	500,00 mg
L-Glutamine	500,00 mg
<b>PUMP VASODILATORS</b>	
[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
<b>NEUROTROPIC MATRIX</b>	
Taurine	1000,00 mg
L-Tyrosine	500,00 mg
Inositol	300,00 mg
Caffeine Anhydrous	150,00 mg
<b>VITAMIN B BOOSTERS</b>	
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
<b>ANTIOXIDANT MATRIX</b>	
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



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.

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



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

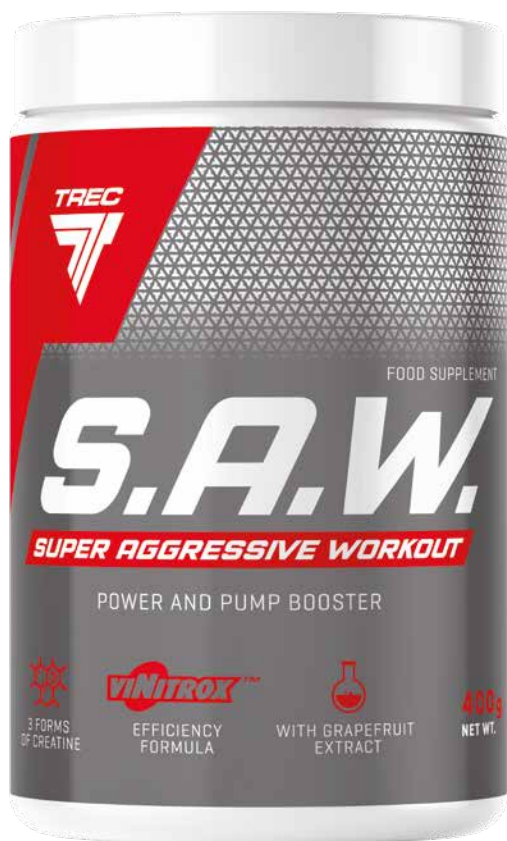
\*Daily portion of the product



# S.A.W.

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

PRE-WORKOUT BOOSTERS



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.

### FLAVOURS:



Blackcurrant-lemon



Cherry-grapefruit



Wildberry



ACTIVE INGREDIENTS	per 2,5 g*
<b>SUPER PUMP VASODILATORS</b>	
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
<b>AGGRESSIVE ENERGY MAXIMIZER</b>	
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
<b>WORKOUT CREATINE SURGE</b>	
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

PRE-WORKOUT BOOSTERS

» 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:



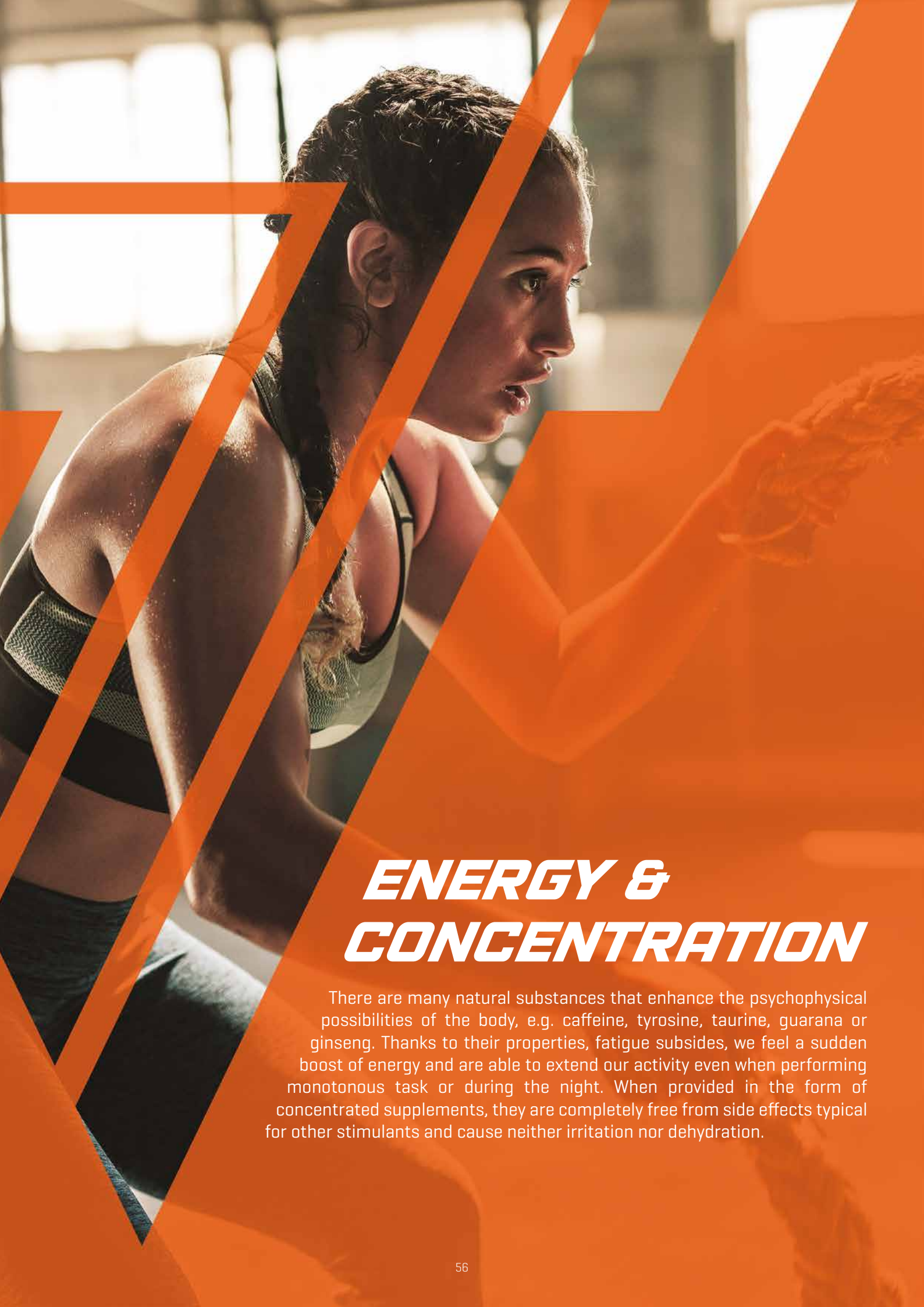
Watermelon-apple



Mango

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



# 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

# 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



TREC

# HERBAL ENERGY

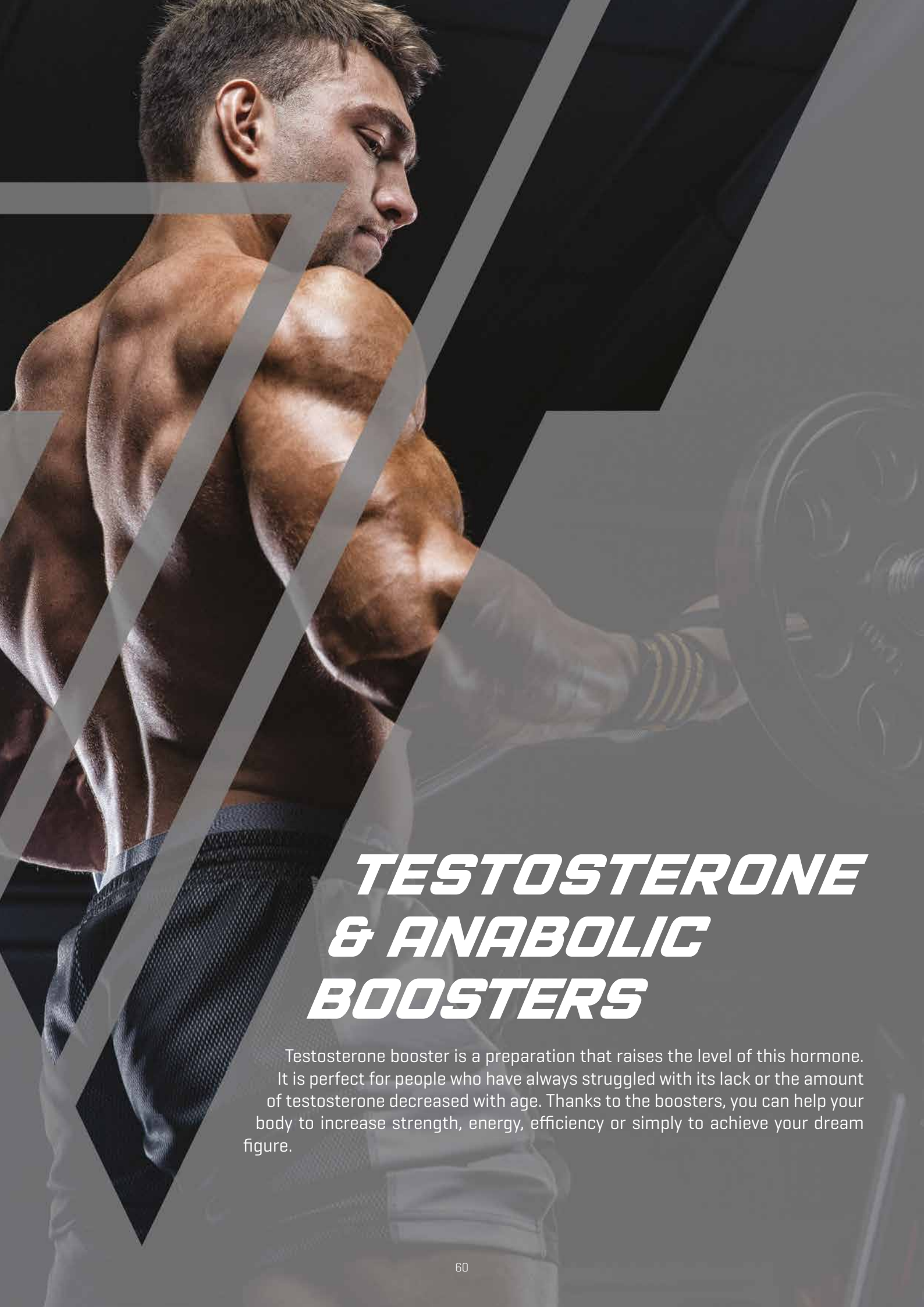
HERBAL FORMULA

100 mg OF YOHIMBIN EXTRACT

3 HERBS COMBO

KOREAN AND AMERICAN GINSENG

FOOD SUPPLEMENT



# ***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:



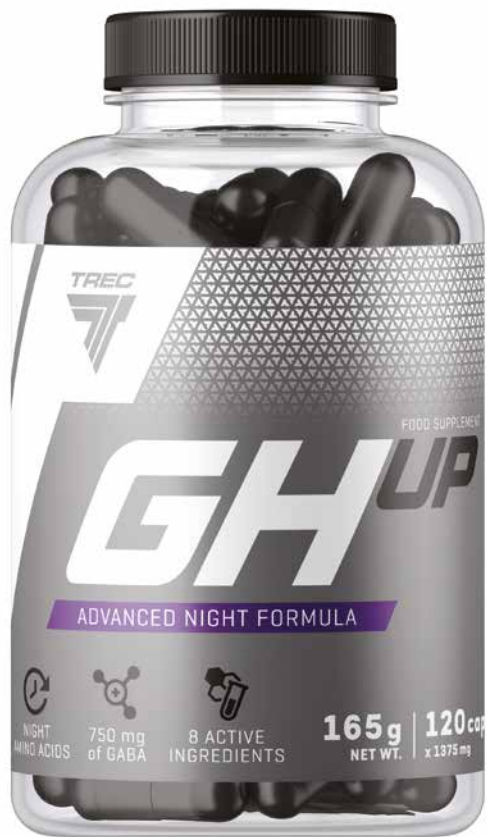
120 cap.

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:



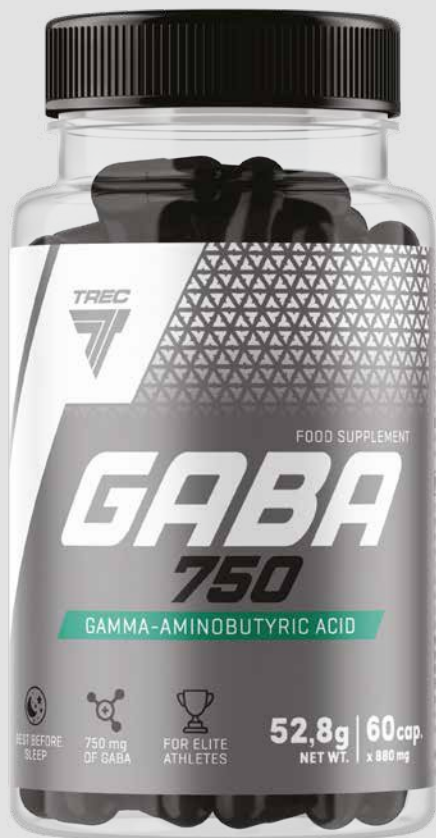
120 cap.

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



BEST BEFORE  
SLEEP



750 MG  
OF GABA



FOR ELITE  
ATHLETES

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

GABA [Gamma-Aminobutyric Acid]

per 1 capsule\*

750,00 mg

\*Daily portion of the product



# PROZMA+

» full anabolic hormone regeneration

TESTOSTERONE & ANABOLIC BOOSTERS



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



# TESTOXX

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



EVERYDAY  
HERBAL FORMULA



TRIBULUS  
95% SAPONINS



ASHWAGANDHA  
GINSENG + MACA

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 Ashwagadha in Testoxx supports the Korean ginseng extract, recommended in states of physical and mental exhaustion.

PACKAGING:



60 cap.

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

\*Daily portion of the product

# TRIBULON 200

» 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 (95%). 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:



90 cap.

ACTIVE INGREDIENTS	per 1 capsule*
Tribulus Extract ( <i>Tribulus terrestris</i> ) [95 % Saponins]	210,00 mg
of which Saponins	200,00 mg

\*Daily portion of the product

# TRIBULON MAX

» 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:



90 tab.

ACTIVE INGREDIENTS	per 1/4 tablet*	per 1 tablet
Tribulus Extract [ <i>Tribulus terrestris</i> ] [95 % Saponins]	210,00 mg	840,00 mg
of which Saponins	200,00 mg	800,00 mg

\*Daily portion of the product



# SLEEP-ER

FOOD SUPPLEMENT

PERFECT NIGHT FORMULA

VALERIAN  
AND MELATONINE

13 ACTIVE  
INGREDIENTS

GABA  
& ZINC COMBO

225g | 25  
NET WT

LOT: 20230101

# 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.

#### PACKAGING:



225 g

#### FLAVOURS:



Tropical-orange



Lemon Mild

#### 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.

ACTIVE INGREDIENTS	per 9 g*
<b>L-Arginine</b>	996 mg
<b>L-Glutamine</b>	900 mg
<b>Gamma-Aminobutyric Acid [GABA]</b>	750 mg
<b>D-Aspartic Acid [DAA]</b>	600 mg
<b>L-Lysine</b>	480 mg
<b>L-Ornithine</b>	354 mg
<b>L-Tryptophan</b>	350 mg
<b>Magnesium</b>	192,00 mg
<b>Extract of valerian root (<i>Valeriana officinalis</i>) [4:1]</b>	180 mg
<b>Extract from leaves of lemon balm (<i>Melissa officinalis</i>) [4:1]</b>	180 mg
<b>Zinc</b>	9,00 mg
<b>Vitamin B6</b>	5,60 mg
<b>Melatonin</b>	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*
<b>Choline Bitartrate</b>	1500,00 mg
<b>of which Choline</b>	616,00 mg
<b>Inositol</b>	1000,00 mg
<b>L-Carnitine Tartrate</b>	880,00 mg
<b>of which L-Carnitine</b>	598,00 mg
<b>L-Methionine</b>	500,00 mg
<b>Taurine</b>	500,00 mg
<b>Vitamin B6</b>	2,80 mg
<b>Chromium</b>	80,00 µg

\*Daily portion of the product

# CLA

» blocked fat absorption plus beautiful skin



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



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

L-Carnitine

per 12,5 ml\*


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



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:

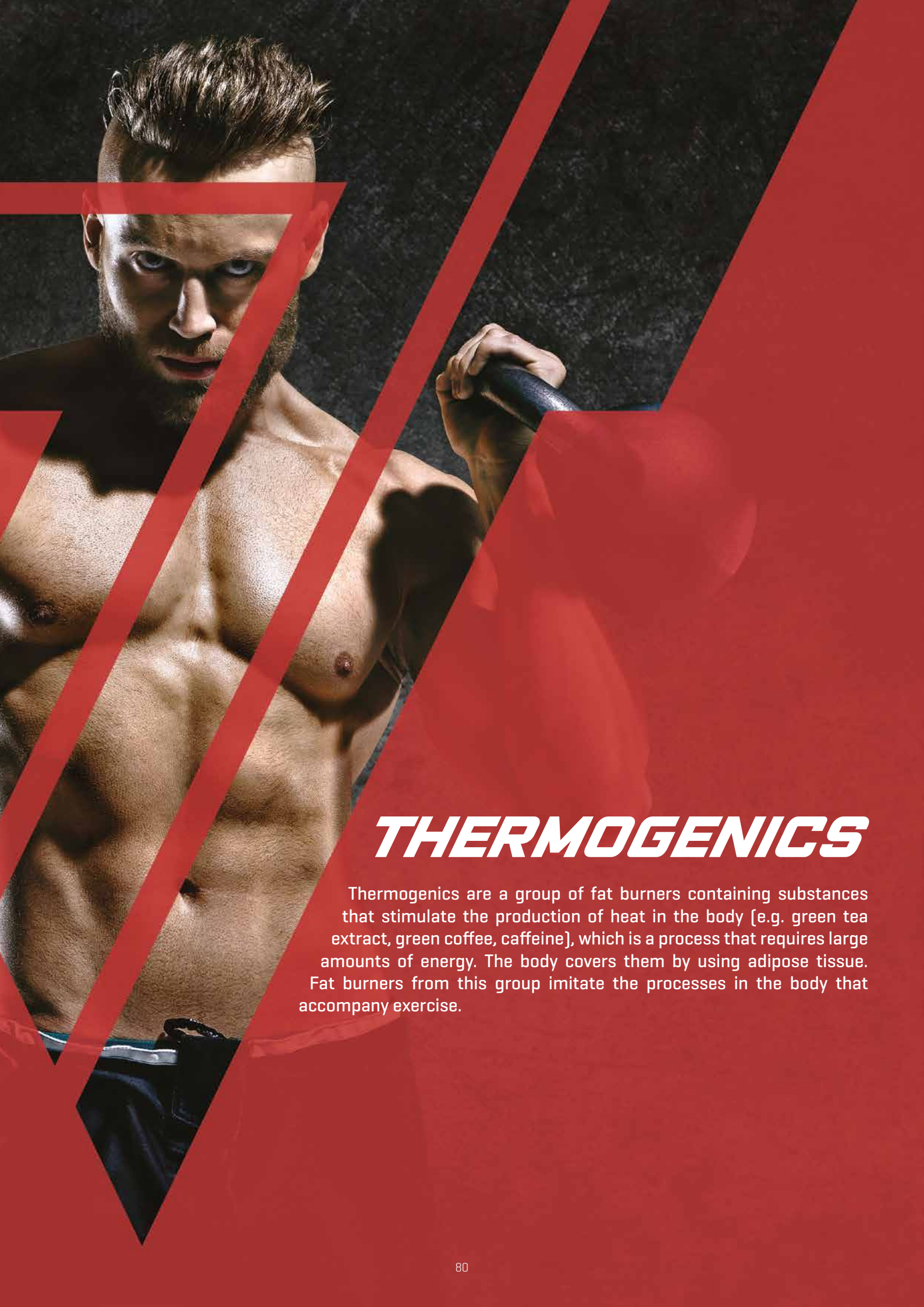


90 cap.

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





## ***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.



# 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.



60 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

# 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:



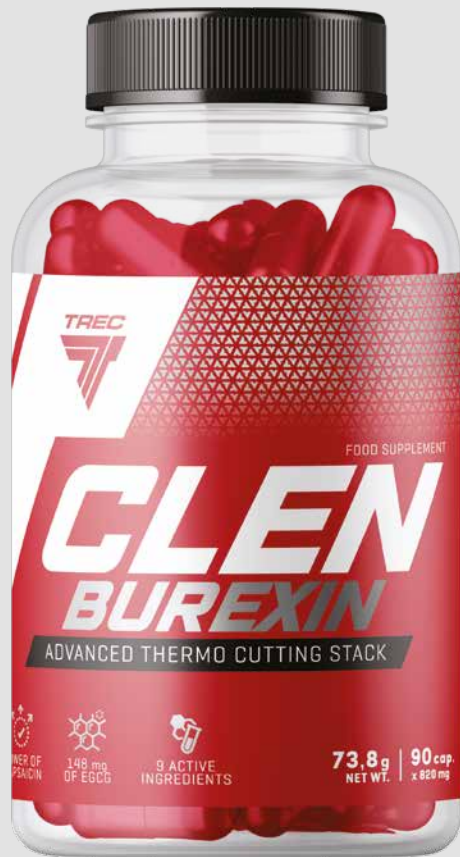
90 cap.

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

# CLENBUREXIN

» let excess fat burn in the fire of thermal metabolism



POWER OF  
CAPSAICIN



148 MG  
OF EGCG



9 ACTIVE  
INGREDIENTS

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





# ***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*
<b>100% VITAMINS (RED CAPSULE)</b>	
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*
<b>100% MINERALS (BLACK CAPSULE)</b>	
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

# 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



TREC

# MULTIPACK SPORT

DAY/NIGHT FORMULA

ADVANCED MULTIVITAMIN

DIETARY SUPPLEMENT

60 CAPSULES | 75g NET WT.

PRE-POST WORKOUT

POST-EXERCISE

POST-EXERCISE

# 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*
<b>VITAMIN BLEND</b>	
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 $\alpha$ -TE	12,00 mg
Vitamin B6	11,20 mg
Folic Acid	360,00 $\mu$ g
Biotin	70,00 $\mu$ g
Vitamin B12	22,50 $\mu$ g
<b>REGULATOR MATRIX</b>	
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*
<b>MINERAL BLEND</b>	
Magnesium	187,50 mg
Zinc	15,00 mg
Iron	14,00 mg
Manganese	1,80 mg
Copper	1,00 mg
Iodine	150,00 $\mu$ g
Selenium	55,00 $\mu$ g
Molybdenum	50,00 $\mu$ g
Chromium	40,00 $\mu$ g
<b>RELAXING MATRIX</b>	
GABA (Gamma-Aminobutyric Acid)	300,00 mg
DAA (D-Aspartic Acid)	100,00 mg
L-Tryptophan	100,00 mg

\*Daily portion of the product

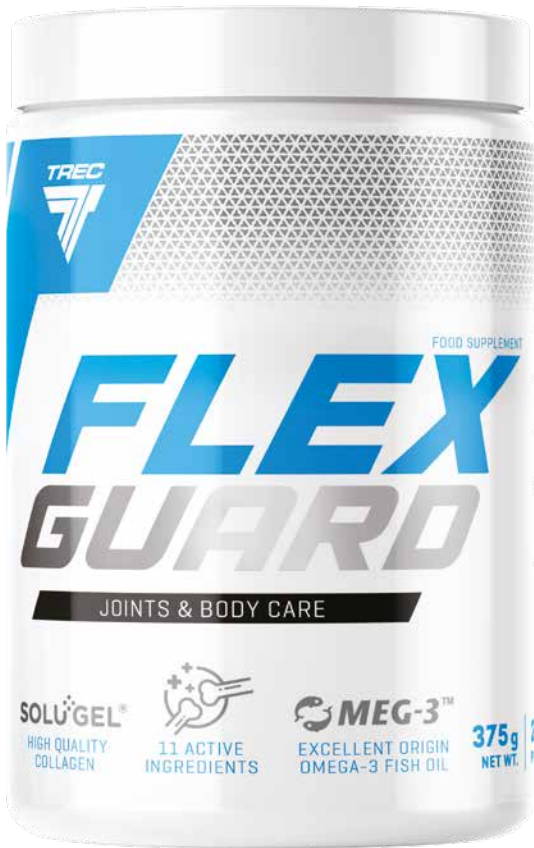


# ***JOINTS SUPPORT***

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



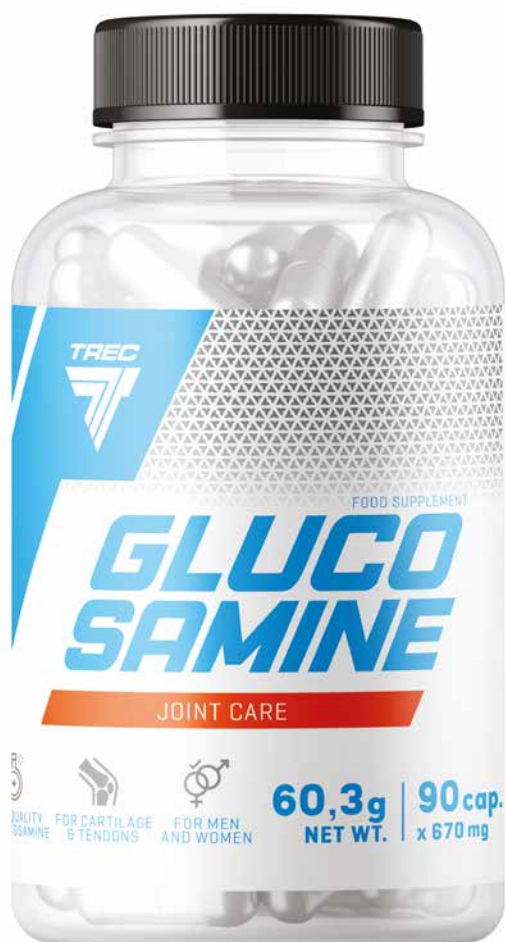
Wildberry

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

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



Mango-passion fruit

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

\*Daily portion of the product

# COLLAGEN MAX

» maximum support for healthy bones, ligaments and skin



SUPPORTS HEALTHY JOINTS,  
FASCIAE AND LIGAMENTS

**SOLUGEL®**

FAST ABSORBING  
HYDROLYSED COLLAGEN



FORMULATED WITH  
HYALURONIC ACID

Collagen Max has been formulated with collagen, hyaluronic acid and vitamins, active ingredients at high concentrations to benefit your bones, ligaments and skin. Collagen Max means a massive intake of collagen type I [4000 mg daily intake!] which is the key protein of the connective tissue in bones, tendons, ligaments, teeth and skin. What's important, Collagen Max contains only hydrolysed collagen protein – which safely passes through the digestive tract and is known to be easily absorbed. Collagen Max is a patented Solugel type collagen which blends natural, fast absorbing animal-sourced [bovine] collagen peptides; Hyaluronic acid [HA] which is a known water binder and as a component of synovial fluid acts as a buffer and improves skin elasticity. Collagen Max formulation is crowned by Vitamin C which promotes collagen production by the body.

#### Who is the product recommended for?

Collagen Max will benefit all athletes whose joints are excessively exposed to overloads. Recommended for beauty and skincare [improves skin elasticity and firmness]. Just remember, collagen production is believed to decrease with age and due to excess stress [excessive glucose intake].

PACKAGING:



180 cap.

ACTIVE INGREDIENTS	per 4 capsules*	per 2 capsules
SOLUGEL® Type I Collagen Hydrolysate	4000,00 mg	2000,00 mg
Hyaluronic acid	200,00 mg	100,00 mg
Vitamin C	160,00 mg	80,00 mg

\*Daily portion of the product



# ***BOOGIE SERIES***

Boogie Series was created with a single purpose in mind - to inspire and supply most dedicated athletes on the planet and help them achieve their goals. Boogie Series provides top-quality products made with the best ingredients for nutritional support athletes need to build muscle, increase strength, and improve performance.



# 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.



2500 MG OF BETA-ALANINE



PRECISE ACTION



ADAPTOGENIC POWER

## PACKAGING:



300 g



20 g

## FLAVOURS:



Tropical



Candy



Bubble gum



Forest fruit



Grapefruit-lime

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] [ <i>Panax ginseng</i> ] [10% Ginsenosides]	25,00 mg
of which Ginsenosides	2,50 mg
Magnesium	-
Roseroot Extract [Root] [ <i>Rhodiola rosea</i> ] [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



2500 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



Bubble gum



Forest fruit

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

# BOOGIEMAN ZERO

» your sugar-free energy drink!



ZERO  
SUGAR



100 ML CONTAINS  
ONLY 1 KCAL!



POWERED BY TAURINE  
AND CAFFEINE

Boogieman Energy Drink Zero is a delicious fizzy beverage containing few to no calories. With caffeine and taurine, it gives you energy boost and combats fatigue. Boogieman Zero contains sweeteners instead of high-calorie sugar to enjoy the sweet taste of the drink. It is only 5 kcal in 500 ml of Boogieman Zero! Boogieman Zero is rich in Vitamins B6 and B12 which are essential for energy. With Boogieman Energy Drink Zero you will feel revived, whether after work or during workout, while keeping your body well hydrated.

#### Who is the product recommended for?

Recommended for all those feeling fatigued, tired or drowsy, also perfect during high-intensity physical or mental activity. Due to its low-calorie content recommended for people on a weight loss diet.

#### PACKAGING:



500 ml

#### FLAVOURS:



Tropical

ACTIVE INGREDIENTS	per 100 ml
Energy	6 kJ / 1 kcal
Fat	0 g
of which saturates	0 g
Carbohydrate	0 g
of which sugars	0 g
Protein	0 g
Salt	0,19 g
Niacin	6,40 mg
Pantothenic Acid	2,40 mg
Vitamin B6	0,56 mg
Vitamin B12	1,00 µg
Taurine	400,00 mg
Caffeine	32,00 mg



BOOGIE SERIES



# BOOGIE BAR

» delicious high protein bar with no added sugars



HIGH PROTEIN  
PER BAR



NO UNHEALTHY  
TRANS FATS



Protein Boogie Bar comes in two flavours: peanut butter and chocolate. It is a twist on bars low in protein, rich in trans fats and packed with sugar. Each Protein Boogie Bar contains as much as protein 18 g and fats only 9 g [0 g trans fats!]. The complete protein profile comprises WPC (Whey Protein Concentrate) and soy protein isolate. The sweet taste is mainly stevia-derived. The savoury taste of Protein Boogie Bar is nailed with tender wheat crisps.

### Who is the product recommended for?

All those looking for a healthy snack free from unhealthy trans fats. It is tasty protein supplementation to your daily diet regime, especially if you are active in sports.

### PACKAGING:



60 g

### FLAVOURS:



Chocolate



Peanut butter

## CHOCOLATE

NUTRITION VALUE	per 100 g
Energy	1669 kJ / 399 kcal
Fat	15 g
of which saturates	13 g
Carbohydrate	38 g
of which sugars	15 g
of which polyols	16 g
Fibre	8,7 g
Protein	30 g
Salt	0,41 g

## PEANUT BUTTER

NUTRITION VALUE	per 100 g
Energy	1681 kJ / 402 kcal
Fat	15 g
of which saturates	13 g
Carbohydrate	38 g
of which sugars	15 g
of which polyols	16 g
Fibre	8,1 g
Protein	30 g
Salt	0,41 g

# BOOGIE WHEY

» a protein-rich supplement packed with valuable amino acids and creatine



COMPLEX PROTEIN FORMULA



23 G OF WHOLESOME PROTEIN PER SERVING!



CREATINE AND ARGININE-RICH

Boogie Whey is high BV whey proteins-fortified milk. Proper protein intake is a beneficial nutrient especially for people who exercise as it accelerates post-workout recovery and boosts muscle growth and increase muscle mass. Boogie Whey is a blend of highly digestible bodybuilding proteins combined with amino acids and creatine. Boogie Whey contains arginine and citrulline, which give muscle pump effect, and creatine, which enhances performance capacity. Boogie Whey formula also includes ornithine, which assists in proper metabolism of protein, especially in diets rich in this nutrient.

### Who is the product recommended for?

People who exercise regularly, due to streamlined supply of protein and other performance enhancing and energy-boosting ingredients [creatine, arginine, citrulline].

### PACKAGING:



2000 g





900 g



30 g

### FLAVOURS:

 Double chocolate

 Creamy-vanilla

 Cappuccino

 Wafer

 Pistachio

NUTRITION VALUE	per 100 g	per 60 g*	per 30 g
<b>Energy</b>	1599 kJ / 377 kcal	956 kJ / 226 kcal	479kJ / 113 kcal
<b>Fat</b>	3,3 g	2,0 g	1,0 g
of which saturates	2,0 g	1,2 g	0,6 g
<b>Carbohydrate</b>	9,9 g	5,9 g	3,0 g
of which sugars	9,9 g	5,9 g	3,0 g
<b>Protein</b>	77 g	46 g	23 g
<b>Salt</b>	1,82 g	1,09 g	0,55 g
<b>ACTIVE INGREDIENTS</b>			
<b>Whey Protein Concentrate</b>	40 g	24 g	12 g
<b>Milk Protein Concentrate</b>	40 g	24 g	12 g
<b>Creatine</b>	3333 mg	334 mg	1000 mg
<b>L-Ornithine</b>	557 mg	334 mg	167 mg
<b>L-Arginine</b>	557 mg	334 mg	167 mg
<b>L-Citrulline</b>	557 mg	334 mg	167 mg

\*Daily portion of the product



# BOOGIE OAT GAINER

» high quality muscle support




### FLAVOURS:

- Chocolate
- Vanilla
- Banana
- Peanut butter

### PACKAGING:



2000 g

  
33 G OF COMPLETE  
PROTEIN FROM  
WPC (IN 100G)

  
EASY TO PREPARE, QUICK  
MEAL REPLACEMENT

  
BALANCED MUSCLE  
SUPPORT

Boogie Oat Gainer is a balanced protein and carbohydrate supplement, especially during the period of building high quality muscle mass. Boogie Oat Gainer is not just ordinary gainer! First, it contains a lot of high-quality protein: as much as 33 grams of complete protein derived from WPC. Boogie Oat Gainer also boasts carbohydrate components, in which you won't find simple sugars causing unnecessary folds of fat gain. Boogie Oat Gainer's carbohydrate complex is an quickly digestible maltodextrin that does not weigh down the stomach, and oat flour which is a source of fiber. Boogie Oat Gainer is enriched with the amino acids taurine and glycine, as well as vitamins to support metabolism and muscle energy. Your muscles need different elements, but the most important are: high-quality carbohydrates and complete protein in the right proportion, which is exactly what you will find in Boogie Oat Gainer

### This product is highly recommended for?

All those looking for a complete dietary supplement, especially during the period of building muscle mass, or after workout. The product is recommended for people facing difficulties in maintaining regular meal schedule.

<b>NUTRITION VALUE</b>	<b>per 100 g</b>
<b>Energy</b>	1606 kJ / 380 kcal [19 %*]
<b>Fat</b>	4,0 g [6 %*] / 4,3 <sup>1</sup> g [6 %*]
of which saturates	1,4 g [7 %*] / 1,7 <sup>1</sup> g [9 <sup>1</sup> %*]
<b>Carbohydrate</b>	50 g [19 %*] / 49 <sup>1</sup> g [19 %*]
of which sugars	0,7 g [1 %*] / 3,4 <sup>1</sup> g [4 <sup>1</sup> %*]
<b>Fibre</b>	6,0 g / 6,6 <sup>1</sup> g
<b>Protein</b>	33 g [66 %*]
<b>Salt</b>	0,37 g [6 %*] / 0,531 g [91 %*]
<b>Vitamin C</b>	19,00 mg [24 %*]
<b>Niacin (mg NE)</b>	3,80 mg [24 %*]
<b>Vitamin E (mg α-TE)</b>	2,85 mg [24 %*]
<b>Pantothenic Acid</b>	1,43 mg [24 %*]
<b>Vitamin B6</b>	0,33 mg [24 %*]
<b>Riboflavin (Vitamin B2)</b>	0,33 mg [24 %*]
<b>Thiamine (Vitamin B1)</b>	0,26 mg [24 %*]
<b>Folic Acid</b>	47,50 µg [24 %*]
<b>Biotin</b>	11,88 µg [24 %*]
<b>Vitamin B12</b>	0,59 µg [24 %*]
<b>ACTIVE INGREDIENTS</b>	
<b>Oatmeal</b>	31 g / 28 <sup>1</sup> g
<b>Maltodextrin</b>	30 g / 28 <sup>1</sup> g
<b>Whey protein concentrate</b>	23 g
<b>Glycine</b>	8 g
<b>Taurine</b>	1 g

\*Reference intake of an average adult

\*\*Daily portion of the product

<sup>1</sup>Applies for a chocolate flavoured product



# ***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
<b>HARD PROTEIN BLEND</b>		
[Whey Protein Concentrate, Egg Protein, Calcium Caseinate]	72,75 g	36,38 g
<b>MASSIVE CARB MATRIX</b>		
[Maltodextrins, Modified Starch, Fructose]	60,75 g	30,38 g
<b>MUSCLE-PRO FORMULA</b>		
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



# ***BETTER FOOD BETTER LIFE***

Special line of superfood developed for athletes to help them take care of health, have a fit body and not compromise on great taste at the same time.

# ISOWHEY

» max prime quality whey protein content



FAT LESS THAN 1 G  
IN ONE SERVING



FORMULATED WITH ONLY  
CFM WHEY PROTEIN ISOLATE



CARBOHYDRATES LESS  
THAN 1 G IN ONE SERVING

Isowhey supplement contains protein isolate whose metabolic properties are beyond comparable. Formulated with complete protein, the natural milk protein mix isolated from whey, it boasts one of the highest BV (biological value) and high concentration of BCAAs and glutamine essential for muscles. Express fast metabolism and CFM approach to producing whey protein [highly concentrated non-denatured protein isolates for max metabolic rates] surely give this high-protein, low-carb and fat [less than 1 g] supplement the edge to be a truly top-notch product. Using CFM technique allows for the higher content of whey-derived compounds, i.e. immunoglobulins and glycomacropptides.

### Who is the product recommended for?

A must-go-for protein supplementation for athletes on a low-protein or protein deficit diet, especially in high-intensity workout with higher requirements for proteins. For best effect, take with peak protein metabolism rates during the day: after waking up and post-workout time. diets.

PACKAGING:



2000 g

FLAVOURS:

- Chocolate-cream
- Vanilla-cream
- Biscuit
- Strawberry
- Salted caramel
- Chocolate-coconut

NUTRITION VALUE	per 90 g*
<b>Energy</b>	1323 kJ / 311 kcal
<b>Fat</b>	0,3 g
of which saturates	0,1 g
<b>Carbohydrate</b>	2,3 g
of which sugars	0,3 g
<b>Protein</b>	72,0 g
<b>Salt</b>	1,00 g
<b>ACTIVE INGREDIENTS</b>	
<b>CFM Whey Protein Isolate</b>	77,22 g

\*Daily portion of the product

# BOOSTER WHEY PROTEIN SHAKE

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



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

FLAVOURS:

- Coconut
- Salted caramel
- Cream
- Tripple chocolate

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

\*Daily portion of the product

NEW TASTE  
NEW LOOK  
NEW YOU

BETTER FOOD  BETTER LIFE

BOOSTER  
**WHEY PROTEIN**  
SHAKE



DELICIOUS TASTE

LOW SUGARS

CHOCOLATE WAFER  
FLAVOUR

700g

# PROTEIN BAR

» delicious high protein bar with no added sugars



PACKAGING:



46-49 g

FLAVOURS:



Nougat & Caramel



Peanut & Caramel

Protein Bar is a high-protein candy bar that forms a healthy substitute and varied meal during the day, available in two delicious flavours: nutty and nougat caramel. The bars contain only naturally occurring carbohydrates, and owe their sweet taste to the presence of maltitol - a sweetener (alcoholic sugars - polyols) with a severely reduced calorie content. Protein Bar is a delicious source of full-fledged protein: each bar has as much as 30 g of protein from the best source of whey protein concentrate, from milk. The fat pools of the bars are created using healthy fats from coconut (source of MCT) and milk (source of short-chain acids). Both bars contain a delicious caramel filling, accompanied by crispy arachid nuts (nutty flavour-caramel) or crunchy nougat filling (nougat-caramel flavour).

**Who is the product recommended for?**

People looking for healthy alternatives to unhealthy snacks, who at the same time pay attention to providing a proper portion of protein during meals. Recommended for busy people trying to stick to a diet (quick, delicious meal replacement).

## NOUGAT & CARMEL

NUTRITION VALUE	per 100 g
Energy	2147 kJ / 515 kcal
Fat	33 g
of which saturates	19 g
Carbohydrate	29 g
of which sugars	16 g
of which polyols	11 g
Protein	30 g
Salt	0,27 g

## PEANUT & CARMEL

NUTRITION VALUE	per 100 g
Energy	2083 kJ / 500 kcal
Fat	32 g
of which saturates	16 g
Carbohydrate	30 g
of which sugars	17 g
of which polyols	10 g
Protein	27 g
Salt	0,46 g

# PROTEIN WAFER

» one delicious wafer and as much as 30 g of protein!



CONTAINS WPC  
PROTEIN



NO ADDED  
SUGAR



DOES NOT CONTAIN  
HARDENED FAT



Protein Wafer is a divinely sweet, crispy wafer. Depending on its taste, each Protein Wafer contains a minimum of 30 g of complete protein, derived from fast absorbing whey protein with a very high BV. Protein Wafer is a really high-protein snack because it contains less carbohydrates than protein, more than half of which is a low-calorie maltitol for a unique sweet taste without a guilty conscience. One cannot imagine a more delicious portion of protein than Protein Wafer.

PACKAGING:



40 g

FLAVOURS:



Cookie & cream

## Who is the product recommended for?

Anyone looking for protein enrichment in their diet, especially those on low-carbohydrate diets or reduction diets.

## COOKIES & CREAM

NUTRITION VALUE	per 100 g
Energy	2252 kJ / 541 kcal
Fat	37 g
of which saturates	18 g
Carbohydrate	22 g
of which sugars	2,2 g
of which polyols	7,5 g
Protein	33 g
Salt	0,39 g

**TREC**  
**T**





High-quality vitamins and minerals



Online catalog



# ENDURANCE



Online catalog

The line dedicated to people who practice endurance sports



# ***GOLD CORE***

Special premium edition for those who require top-tier quality supplements. Selected products formulated by professional athletes and respected by winners.







**Trec Nutrition Sp. z o.o.**  
Śmidowicza 48,  
81-127 Gdynia, Poland

+48 [58] 660 13 51  
export@trece nutrition.com

**CONNECT WITH US:**

TRECNUTRITION.COM |  |  |