



**Universal  
Nutrition**

**Product Catalog**

[www.universalnutrition.com](http://www.universalnutrition.com)

*Every Body Is Different. Good Nutrition Is Universal.*



*Every Body Is Different. Good Nutrition Is Universal.*

Since 1983, Universal Nutrition has been manufacturing some of the finest bodybuilding and sports nutrition supplements in the world. Today, our products are available around the world and few companies can match the overall breadth of our product line. Whether you are a hardcore bodybuilder, a world-class athlete or just someone who is looking to shed some extra pounds, we have the right product for you. For more than twenty years, it has been our goal to provide you with the best quality supplements at reasonable prices. This is the Universal Nutrition way of doing business.

#### MISSION STATEMENT

Universal Nutrition, we don't just sell supplements. We also use them. As serious bodybuilders, lifters, and athletes ourselves, we understand the value of training and how it can improve our lives. With lifting as a foundation, we can improve not only our bodies, but our minds. Pursuing this lifestyle builds dedication, instills discipline, and encourages a solid work ethic--core values.

Bodybuilding and sports nutrition supplements are what we're about. While exercise and nutrition are the cornerstones of that strong body, nutritional supplements can make a real difference. Not just any supplements, but proven supplements that use quality ingredients and are priced fairly. Whenever we formulate a new product, we believe there should be a real and immediate need.

Before any new product is released, it is subjected to stringent tests, both in the lab and the real world. The product must pass a battery of tests that verify both quality and potency. We don't stop there. We then sample the product among our staff members who use the products in real situations--the gym. After all, it's real world results that matter most. Only after this does a Universal Nutrition product make it to the store shelf.

Once on the shelf, you can buy our products with confidence. We offer one of the best product guarantees in the industry. But our commitment to quality doesn't end there. We stand behind our customer service. When you call, you'll get a live representative. You can ask us about our products or get answers to your training and dieting questions. Our trained staff of bodybuilders and personal trainers are here to serve you.

We don't think you'll find what we offer anywhere else. Whether you call us or visit our website, we offer a level of service that's truly unique. By standing behind each product in the way that we do, we hope to reflect our pride during every step of the manufacturing process. And while all this sounds like a lot of work, we wouldn't expect any less if the roles were reversed and we were the customers. So take a look at our Product Guide. We're sure you'll find it full of useful and important supplements.

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*Every Body Is Different. Good Nutrition Is Universal.*



ANIMAL PUMP

Pre-Workout Creatine Matrix

3054 - 30 packs

- Functional Benefits:
- Pre-Workout Booster
  - Foundational Cell Volumizer
  - Nutrient Transport Blend
  - Muscle Swelling NO Blast Complex

The pump. There is no feeling in the world quite like it. The only thing able to rival the sheer physical euphoria brought on by the pump is the physique-altering benefits it can provide. The pump is essential in our sport, for it signals the start of new muscle growth. With each pump-inducing rep, nutrient-rich fluid and blood floods the working muscle cells, engorging them. This process of cell volumization kick starts the anabolic process. Priming the pump is a crucial step on the road to ensuring maximum muscle growth. This is a delicate process, so often hinging on the proper balance of specific nutrients. This is a job for Animal Pump.

Built on the proven foundation of creatine, Animal Pump is no passing fancy. It's a no bull, high octane performance supplement designed to help you blast through plateaus and preconceived limitations. In addition to a full daily dose of creatine in the form of an advanced matrix (including patented MCC, CEE and TCM), you also get a fusion of (1) a swelling NO Blast Complex; (2) a shocking Energy Rush Complex; (3) an immune-support antioxidant blend; and (4) potent cell volumizers, all wrapped up in a special nutrient transport complex. From top to bottom, Animal Pump is complete and comprehensive—you get everything you need precisely dosed in a convenient “pack”. Gone are the days of taking 3 or 4 other products together. Just a pack of Pump a day and you’re good to grow. So go ahead, train like an Animal... Animal Pump will take care of the rest. It's the pump, in a pack.

Supplement Facts

Serving Size 1 Pack  
Servings Per Container 30

Amount Per Serving	%DV
Vitamin C (as ascorbic acid)	60mg 100%
Selenium (as selenium selenate)	100mcg 143%
<b>Foundational Creatine Matrix</b>	3000mg *
Magnesium Creatine Chelate™ (MCC)	
Tricreatine Malate (TCM)	
Creatine Ethyl Ester (CEE)	
<b>NO Blast Complex</b>	2000mg
Arginine Alpha-Ketoglutarate (Arginine-AGK)	*
Ornithine Alpha-Ketoglutarate (Ornithine-AGK)	*
Citrulline Malate	*
L-Carnosine	*
L-Norvaline	*
<b>Energy Rush Complex*</b>	500mg
Methylxanthine Complex (caffeine, theobromine theophylline)	*
Evodiamine	*
Vinpocetine	*
<b>Antioxidant Complex</b>	700mg
Grapeseed Extract (standardized for 95% OPC)	*
N-Acetyl Cysteine (NAC)	*
Green Tea Extract (standardized for 60% EGCG)	*
K-R Alpha Lipoic Acid (K-R ALA)	*
<b>Pump Transport Complex</b>	1000mg
Taurine	*
Ginger Root Extract (gingerols, shogaols)	*
Cinnulin PFT™	*
4-Hydroxyisoleucine (20%)	*
Bioperine® (piper nigrum extract standardized for a minimum of 95% piperine alkaloids)	*
*Daily Value (DV) not established.	

Other Ingredients: Methylxanthine Complex (50% kola nut extract and 22% guarana extract), cinnamon root extract, evodiae fructus extract, fenugreek extract, vinca minor L. extract, gelatin, dicalcium phosphate, microcrystalline cellulose, titanium dioxide, stearic acid, magnesium stearate, FD&C Yellow #5 & #6, FD&C Red #40, FD&C Blue #1.

Recommended Use: As a supplement, take 1 pack 30 minutes prior to training, preferably on an empty stomach.

\*NOTE: The proprietary Energy Rush Complex is concentrated and contained in the red capsule.



ANIMAL FLEX

Complete Joint & Ligament Support

3052 - 44 packs

- Functional Benefits:
- Foundational Joint Supplement
  - Key Nutrient Support Blend
  - Comprehensive Joint Construction Blend

Animal Flex: Complete Joint & Ligament Support Hardcore training gets results—size and strength gains, better endurance capacity, an improved physique. This extreme physical pursuit and the big weights involved also carry with them some negative consequences, most notably joint pain. Your mortal joints and tendons are stressed each training session by the massive amounts of weight and the numerous sets and reps performed in a typical hardcore workout. This constant pounding can take its toll on the body and over time, limit your ability to reach your potential.

Serious bodybuilders and strength athletes know how critical it is to consistently challenge themselves with heavier weights and increasing intensity. Ideally, they would be able to do so without the constant fear of nagging injury and deteriorating joints. If your joints and cartilage are weakened, over the long term, your muscles will only be able to progress so far. This is where Animal Flex enters the equation.

Animal Flex is designed to help protect your joints from the continuous wear and tear brought about by weight training. Each pack of Animal Flex consists of only the most powerful joint protection ingredients: (1) a potent regeneration complex to help repair connective tissue, (2) a lubrication complex to cushion the joints from heavy lifting, (3) a support complex to help promote rehabilitation and reduce soreness; and (4) a comprehensive nutrient support blend which supplies the cartilage and tendons with the proper nutrients for optimal joint health. Helping to supply the most effective and potent balance of joint nutrients available, Animal Flex is your armor against the rigors of iron warfare.

Supplement Facts

Serving Size 1 Pack  
Servings Per Container 44

Amount Per Serving	%DV
Calories	9
Calories From Fat	9
Total Fat	1g <2%**
Vitamin C (as ascorbic acid)	100mg 167%
Vitamin E (as d-alpha tocopherol)	100mg 333%
Zinc (as zinc picolinate)	15mg 100%
Selenium (as sodium selenite)	70mcg 100%
Manganese (as manganese sulfate)	1mg 50%
<b>Joint Construction Complex</b>	3000mg
Glucosamine (as HCl, sulfate KCl)	*
Methylsulfonylmethane (MSM)	*
Chondroitin Sulfate A (CSA)	*
Chondroitin Sulfate B (CSB)	*
<b>Joint Lubrication Complex</b>	1000mg
Flaxseed Oil (50% alpha linolenic acid)	*
Cetyl Myristoleate Proprietary Blend (Cetyl Myristoleate*, Cetyl Myristate*, Cetyl Palmitate*, Cetyl Laurate*, Cetyl Palmitoleate*, Cetyl Oleate*)	*
Hyaluronic Acid	*
<b>Joint Support Complex</b>	1000mg
Ginger Root Extract (gingerols, shogaols)	*
Turmeric Extract (curcumin)	*
Boswellia (boswellic acid)	*
Quercetin	*
Bromelain	*
*Daily Value not established.	
** Percent Daily Values are based on a 2,000 calorie diet.	

Other Ingredients: Shark cartilage, carob, gelatin, glycerine, soybean oil, purified water, magnesium stearate, stearic acid. Contains shellfish.

Recommended Use: As a dietary supplement, take one pack per day, either on an empty stomach or with a meal.

Cetyl Myristoleate is patented by EHP Products (U.S. Patent #5,569,676).



## ANIMAL PAK

The Ultimate Training Pak

3011 – 44 packs

3012 – 15 packs

The #1 selling training pak in the world for over two decades. More competitive bodybuilders have cut their teeth on the Animal Pak than any other bodybuilding supplement in history. Why? Simple. Animal Pak gets the job done. It works. Animal Pak has it all: vitamins, minerals, aminos (like BCAAs), antioxidants, electrolytes, performance optimizers, digestive enzymes and essential fats (EFAs). Yeah, it's that complete. Think of the Pak as your foundational supplement the one upon which to build your entire nutritional protocol. It is the Animal's multi.

### Functional Benefits:

- Foundational supplement
- Vitamin/mineral blend
- Balanced nutrition
- Key amino acids
- All-in-one formulation
- Performance optimizers
- Prevents nutritional gaps
- EFAs & digestive enzymes

**Recommended Use:** As a dietary supplement, take one pack thirty minutes after the meal prior to your workout with plenty of water. For competitions and intense training, take two packets daily.



## ANIMAL STAK 2

The Natural "Test" Pak

3023 – 21 packs

If you're a serious lifter looking to maximize your strength, performance, and gains then it's time to consider the new Animal Stak 2. Each pack contains effective doses of proven ingredients designed to help you naturally enhance your own body's ability to produce anabolic hormone levels. Animal Stak 2 also includes DHT blockers and aromatase inhibitors to help your body prevent the conversion of testosterone to either estrogen or DHT. Finally, you'll find select vasodilators to help enhance systemic circulation and deliver these ingredients where your body needs them most.

### Functional Benefits:

- Natural anabolic sterols
- Enhance muscularity
- Fat-free mass accumulation
- Lean mass accumulation
- Energy boost
- Improve recovery
- Increase protein synthesis
- Reduce protein catabolism

**Recommended Use:** Take one pack daily for 3 consecutive weeks. On training days, take 30 minutes prior to exercise. On non-training days, take it on an empty stomach between meals.



## ANIMAL M-STAK

The Ultimate Natural Anabolic Pak

3028 – 21 packs

With it's origins in Eastern European science, the ingredients in Animal M-Stak promote anabolism via enhanced nitrogen retention, nutrition-partitioning, improved insulin function, increased protein synthesis, and reduced catabolism. And because Animal M-Stak can accomplish these goals without steroidal. Animal M-Stak is perfectly suited for natural bodybuilders and powerlifters, as well as drug-tested athletes.

### Functional Benefits:

- Natural anabolic sterols
- Enhance muscularity
- Fat-free mass accumulation
- Lean mass accumulation
- Energy boost
- Improve recovery
- Increase protein synthesis
- Reduce protein catabolism

**Recommended Use:** Take one pack every day for 21 consecutive days. On training days, take pack 45 minutes prior to exercise. On non-training days take pack in the morning or early afternoon.

## Supplement Facts

Serving Size 2 Packs  
Servings Per Container 22

Amount Per Pack	%DV	Amount Per Pack	%DV
Calories	16	Manganese (as sulfate)	11mg 550%
Total Carbohydrates	1g <1%	Chromium (as picolinate)	6mcg 5%
Protein	3g 6%	Potassium (as sulfate)	200mg 6%
Vitamin A	9900IU 198%	<b>Animal Acid Blend:</b> Lysine (from lactalbumin) 300mg • Methionine (from lactalbumin) 500mg • Leucine (from lactalbumin) 100mg • Valine (from lactalbumin) 780mg • Threonine (from lactalbumin) 48mg • Glutamic Acid (from lactalbumin) 700mg • Phenylalanine (from lactalbumin) 560mg • Arginine (as L-arginine) 2g • Performance Optimizers: Siberian Ginseng (root) 2g • Oriental Ginseng (root) 250mg • Smilax officinalis (root) 500mg • Protophen A (as thiotic acid) 200mcg • Inosine (as hypoxanthine riboside) 500mg • Pyridoxine A Ketoglutarate (PAK) 200mg • Carnitine (as L-carnitine) 25mg • Chromium Picolinate 50mcg • Coenzyme A 20mg • Coenzyme B12 10mg • Phosphatidylcholine 200mg • Para-Aminobenzoic Acid (PABA) 400mg Colostrum (bovine) 25mg • Arginine Liver (bovine) 3.9g • Shark Cartilage 1g • Choline Complex 1.2g • Bioflavonoids (citrus) 1g • <b>Essential Fatty Acid Complex</b> Linoleic Acid 200mg • Oleic Acid 100mg • <b>Digestive Enzymes:</b> Betaine HCl 200mg • Pepsin 64mg • Papain 64mg • Ox Bile (bovine) 120mg • Pancreatin 700mg • Mycozyme 64mg	

\* Percent Daily Values are based on a 2,000 calorie diet.

\*\* Daily Value (DV) not established.

Other Ingredients: Maltodextrin, calcium sulfate, choline citrate, magnesium stearate, stearic acid, parsley, goldenseal, don quai, burdock, alfalfa, water cress, rice bran, cellulose, and rose hips.

Contains no sugar, starch, artificial preservatives or colors.

## Supplement Facts

Serving Size 1 Pack  
Servings Per Container 21

Amount Per Pack	%DV
Vitamin C (as ascorbic acid)	100mg 166%
Vitamin B6 (as pyridoxine HCl)	10.5mg 525%
Magnesium (as oxide)	450mg 113%
Zinc (as oxide)	30mg 200%
Chromium (as picolinate)	100mcg 83%
<b>Natural Test Complex</b>	
Longjack Extract Complex†	250mg *
Avena Sativa Extract	250mg *
Tribulus Extract Complex (standardized for saponins & steroidal saponins)	500mg *
<b>Growth Hormone Secretagogues</b>	
Mucuna Pruriens Extract (standardized for 15% L-Dopa)	250mg *
Alpha Glycerylphosphorylcholine	50mg *
<b>Vasodilator Complex</b>	
Arginine Alpha-Ketoglutarate (AKG)	750mg *
Arginine Ketosuccinate (KIC)	100mg *
<b>Aromatase Inhibitors</b>	
Calcium D-Glucarate	100mg *
Diindolylmethane (DIM)	100mg *
<b>DHT Blockers</b>	
β-Sitosterol	250mg *
Saw Palmetto Extract	200mg *
Pygeum Africanum	50mg *
<b>Cortisol Inhibitor Complex</b>	
Acetyl L-Carnitine	300mg *
Phosphatidylserine	50mg *
<b>Liver Detoxifiers</b>	
Lysophosphatidylcholine	50mg *
Milk Thistle Extract	200mg *

\* Daily Value (DV) not established

Other Ingredients: Gelatin, dicalcium phosphate, whey (milk), lecithin (soy), microcrystalline cellulose, stearic acid, magnesium stearate, titanium dioxide, FD&C Red #40, FD&C Blue #1.

† Longjack Extract Complex is a proprietary blend of Eurycoma Longifolia, including patented L1100™ standardized for 28% bioactive glycopeptide compounds and 40% glycosaponins.

Calcium D-Glucarate is protected under the U.S. Patent Nos. 4845123, 5364644, 5561160.

## Supplement Facts

Serving Size 1 Pak  
Servings Per Container 21

Amount Per Pack	%DV	Amount Per Pack	%DV
Vitamin C (as ascorbic acid)	50mg 83%	<b>Anti-Aromatase Inhibitors</b>	
Vitamin B6 (as pyridoxine HCl)	10mg 500%	5,7-Dihydroxyflavone	100mg *
Calcium (as calcium phosphate)	150mg 15%	Kudzu Extract	150mg *
Magnesium (as magnesium oxide)	100mg 25%	<b>DHT Blockers</b>	
Zinc (as zinc picolinate)	30mg 200%	Saw Palmetto Extract	200mg *
<b>Natural Flavone/Sterone Complex</b>		β-Sitosterol	250mg *
5-Methyl-7-Methoxyisoflavone	100mg *	Pygeum Extract	50mg *
7-Isopropoxyisoflavone	100mg *	<b>Insulin Potentiators</b>	
20-Hydroxyecdysone	100mg *	Alpha Lipoic Acid	10mg *
<b>Growth Factor (hGF) Secretagogues</b>		Chromium Picolinate	100mcg *
L-Arginine Pyroglutamate	2.5g *	<b>Metabolic Energy Complex</b>	
L-Ornithine Alpha-Ketoglutarate	1.3g *	Guarana Extract (22% caffeine)	500mg *
Lysine (as L-lysine HCl)	1.2g *	Bitter Orange Extract	400mg *
Taurine (as L-taurine)	750mg *	(4% synephrine)	
Leucine (as L-leucine)	100mg *	Cordyceps Extract	100mg *
Isoleucine (as L-isoleucine)	50mg *	(7% cordycepic acid)	
Valine (as L-valine)	50mg *	<b>Liver Detoxifying Complex</b>	
<b>Luteinizing Hormone (LH) Boosters</b>		Lysophosphatidylcholine	50mg *
Triboxyl™ (29% steroidal saponins)	250mg *	(from lecithin)	
Acetyl-L-Carnitine (ALC)	250mg *	Milk Thistle (seed)	75mg *
Carnitine (as L-carnitine)	50mg *		

\* Daily Value (DV) not established

Other Ingredients: Gelatin, dicalcium phosphate, whey (milk), microcrystalline cellulose, stearic acid, magnesium stearate.



## ANIMAL CUTS

The Ultimate Fat Burning Pak

3014 – 42 packs

Whether you're preparing for a show or just trying to get in top condition, you need the raw power of Animal Cuts. Athletes need to tackle numerous issues in order to achieve maximum cuts and separations: fat loss, water retention, thyroid function, insulin sensitivity and the like. Only Animal Cuts is guaranteed to address all of your weight-loss and definition needs. Animal Cuts is comprehensive. Every day, for 21 consecutive days, you'll get nearly 7400 milligrams of pure fat shredding power take from 28 key ingredients. If you're competing tomorrow, then you need Animal Cuts today.

### Functional Benefits:

- Enhance thermogenesis
- Increase lipolysis
- Promote diuresis
- Improve insulin function
- Reduce carb cravings
- Regulate thyroid hormones
- Enhance brain function
- Extra energy

**Recommended Use:** Take one Animal Cuts pack in the morning and a second pack in the afternoon on an empty stomach. Stack Animal Cuts with Animal Stak 2 to help maximize lean mass and definition.

## Supplement Facts

Serving Size 1 Pack

Amount Per Pack	%DV	Amount Per Pack	%DV
Niacin (as niacinamide)	15mg 75%	Thyroid Complex	175mg
Vitamin B6 (as pyridoxine HCl)	2mg 100%	Guggul (2.5% guggulsterones)	+
Thermogenic Complex	575mg	Soy Isoflavones	+
Synephrine	+	Insulin Potentiators	100mg
Octopamine	+	Alpha Lipoic Acid	+
Tyramine	+	Chromium Polynicotinate	+
Epigallocatechin Gallate (EGCG)	+	Chromium Picolinate	+
L-Theanine	+	Nucleotide Regulators	300mg
PEA (phenylethylamine)	+	Phosphate	+
Lipotropic Complex	75mg	Inosine	+
Choline Citrate	+	Phosphatidylcholine	+
Betaine HCl	+	Neurotransmitter Regulators	250mg
Inositol Monophosphate	+	St. John's Wort (0.3% hypericin)	+
Metabolic Complex	900mg	L-Tyrosine	+
Guarana (22% caffeine)	+	Animal Cuts Complex	812mg
L-Carnitine	+	Citrilene™ (-hydroxycitric acid)	+
Diuretic Complex	750mg	Grapefruit Extract (naringin, naringenin)	+
Dandelion Extract (taraxol, taraxerol)	+	White Willow (bark)	+
Uva Ursi Extract (arbutin, methyl-arbutin)	+	Phenylalanine (as L-phenylalanine)	+
		Ginger Root Extract (gingerols, shogaols)	+

\*Daily Value (DV) not established.

Other Ingredients: Bitter orange extract, green tea extract, cocoa extract, potassium phosphate, magnesium phosphate, magnesium stearate, gelatin, stearic acid.



## ANIMAL NITRO

Accelerated Amino Transport

3035 – 44 packs

3036 – 30 packs

Aminos are the basic building blocks of muscle. Aminos can also trigger anabolism, the cornerstone of muscle growth. While there are nearly two dozen different amino acids, only a select few are absolutely essential for igniting the anabolic drive, as new research has shown. Not surprisingly, these required aminos are the same ones found in human muscle protein. Animal Nitro is the first and only supplement that contains the correct ratios of those aminos based on human muscle protein itself. Animal Nitro is an accelerated essential amino acid transport pack.

### Functional Benefits:

- BCAAs
- EAAs
- Speed recovery
- Fight fatigue
- Strength booster
- Increase performance

**Recommended Use:** Take 1 pack within 30 minutes following resistance training. For even better results, take 2 packs daily – the first immediately before lifting, and the second within 30 minutes after.

## Supplement Facts

Serving Size 2 Packs

Serving Per Container 22

Amount Per Serving	%DV
Vitamin B6 (pyridoxine HCl)	500mcg 25%
Niacin (as niacinamide)	10mg 50%
Human Muscle Protein Complex™	4995mg
Arginine	+
Histidine	+
Isoleucine	+
Leucine	+
Lysine	+
Methionine	+
Phenylalanine	+
Threonine	+
Valine	+
Pro BCAA Complex	
Leucine	3500mg
Isoleucine	1690mg
Valine	1815mg

\*Percent Daily Values are based on a 2,000 calorie diet.  
\*\* Daily Value not established.

Other Ingredients: Stearic acid, magnesium stearate, gelatin, titanium dioxide, FD&C Red #40, FD&C Blue #1.

TOTAL BCAAs Per Serving (2 Packs): 9135.00mg



## ANIMAL NITRO G

Accelerated Amino Transport Drink Mix

3040 – 16 packets

You understand the importance of essential amino acids (EAAs) and their anabolic impact on lifting. You know EAAs are more efficient than non-essential amino acids (NEAAs) and any protein powders like whey. That's why you use Animal Nitro packs before and after lifting. Well, for those of you who want the same superior EAA supplement but don't want to take extra pills, now there's Animal Nitro G. Nitro G comes in delicious powder form combining EAAs with simple carbs to enhance nutrient uptake and recovery.

### Functional Benefits:

- BCAAs
- EAAs
- Speed recovery
- Fight fatigue
- Strength booster
- Increase performance

**Recommended Use:** Take 1 packet within 30 minutes after resistance training. For even better results, you can take 2 packets - the first immediately before lifting, and the second within 30 minutes after.

## Supplement Facts

Serving Size 2 Packets

Servings Per Container 8

Amount Per Serving	%DV
Total Carbohydrates	70g 4%
Sugars	70g
Vitamin B6 (pyridoxine HCl)	500mcg 25%
Niacin (as niacinamide)	10mg 50%
Human Muscle Protein Complex™	4995mg
Arginine	+
Histidine	+
Isoleucine	+
Leucine	+
Lysine	+
Methionine	+
Phenylalanine	+
Threonine	+
Valine	+
Pro BCAA Complex	
Leucine	3500mg
Isoleucine	1690mg
Valine	1815mg

\*Percent Daily Values are based on a 2,000 calorie diet.  
\*\* Daily Value not established.

Other Ingredients: Dextrose, natural grape flavor, citric acid, grape skin extract, sucralose.

TOTAL BCAAs Per Serving (2 Packs): 9135.00mg





## ANIMAL SNAK

The Ultimate Training Snak

8049 – 3oz bar (16 per box)  
chocolate peanut crunch

Like many conventional “meal replacement” bars, Animal Snak has important vitamins and minerals. But unlike those puny bars, Animal Snak also contains anabolic and ergogenic nutrients such as glutamine, phosphates, ginseng, betaine, EFAs, papain, chromium, and more. Whether you’re on your way to train, or you’ve just finished, Animal Snak is the perfect training snack. Because of its convenient size, you can take it anywhere with you; because it’s so nutritionally dense, Animal Snak can replace your favorite post-training shake when you need to. Animal Snak is available in a delicious Chocolate-Peanut Crunch flavor.

### Functional Benefits:

- 30g protein
- 304 calories
- Amino acids
- Vitamins
- Minerals
- Antioxidants

**Recommended Use:** Take one bar thirty minutes prior to your workout. For intense training sessions, take another bar within one hour after your workout along with 8 ounces of water.

## Nutrition Facts

Serving Size 1 Bar (85g)

Amount Per Serving	%DV
Calories	304
Fat Calories	36
Total Fat	4g 6%
Sat Fat	1g 5%
Cholesterol	0mg 0%
Sodium	177mg 7%
Potassium	175mg 5%
Total Carbohydrates	35g 12%
Fiber	1g 4%
Sugars	29g
Protein	30g 60%
Vitamin A (50% as Beta Carotene) 90% • Vitamin C 100% • Calcium 20% • Iron 35% • Thiamin 100% • Riboflavin 100% • Niacin 100% • Vitamin D 25% • Vitamin E 100% • Vitamin B6 100% • Folic Acid 100% • Vitamin B12 100% • Phosphorus 35% • Magnesium 25% • Zinc 35% • Copper 35% • Biotin 35% • Pantothenic Acid 100% • Chromium 25% • Manganese 50% • Molybdenum 40% • Selenium 35%	
*Percent Daily Values (DV) are based on a 2,000 calorie diet.	

Other Ingredients: Hi-Protein Blend™ (containing isolated soy protein, calcium caseinate, whey protein isolate, glutamine) (milk), Rice Syrup, Barley Malt Syrup, Chocolate Coating (containing sugar, soybean and cottonseed oil, whey powder (milk), soya lecithin, salt and flavor), Glycerine, Invert Sugar, Water, Peanut Butter, Rice Crisps, Animal Pak™ Nutrient Complex (containing potassium phosphate, ascorbic acid, folic acid, molybdenum aspartate, ginseng, linoleic acid, d-alpha tocopherol, selenium aspartate, bee pollen, niacinamide, oleic acid, ferrous fumarate, inosine, calcium pantothenate, biotin, betaine HCl, dibenzozide, β-carotene, zinc gluconate, vitamin A acetate, manganese citrate, pyridoxine HCl, riboflavin, thiamin HCl, ergocalciferol, copper gluconate, cyanocobalamin, chromium aspartate, papain and lecithin) (soy) and Peanut Flavor.



## ANIMAL MAX

The Ultimate Training Protein

3016 – 3/4lb vanilla  
3017 – 1kg vanilla  
3024 – 3/4lb chocolate  
3025 – 1kg chocolate

By combining different proteins and their unique amino acid compositions, you get the best profile available and create the optimum muscle building state. For instance, while whey is best for protein synthesis, casein is better at preventing protein breakdown. When you’re looking for a comprehensive and complete protein shake to maximize muscle gains, look no further than Animal Max. Every serving of Animal Max provides a day’s requirement of creatine, rendering your other creatine supplements obsolete. Animal Max is available in two flavors, Vanilla Cream and Chocolate, and two sizes, 3/4lb and 1kg.

### Functional Benefits:

- Nutritionally-dense
- Enhance protein synthesis
- Increase nitrogen retention
- Reduce protein breakdown
- Boost strength
- Enhance recovery
- Lean mass gains

**Recommended Use:** Mix 3 slightly rounded scoops with 6-8 ounces of water or milk. On training days take two servings daily. On non-training days take one serving daily between meals.

## Supplement Facts

Serving Size 3 Scoops (41.5g)  
Servings Per Container 24

Amount Per Serving	%DV
Calories	140
Calories from Fat	11
Total Fat	1.25g 2%*
Total Carbohydrates	2g <1%*
Protein	30g 60%*
Calcium	210mg 21%
Phosphorus	90mg 9%
Magnesium	16mg 4%
Sodium	125mg 5%*
Potassium	210mg 6%
Creatine Monohydrate	2.5g **
Glutamine†	1g **
Taurine	500mg **
*Percent Daily Values are based on a 2,000 calorie diet.	
** Daily Value not established.	

### 3016-Vanilla

Other Ingredients: Animal Max Protein Blend (consisting of whey (milk) concentrate, isolated casein peptides, instantized egg white protein, whey (milk) isolates, hydrolyzed whey and glutamine peptides), creatine monohydrate, cocoa, L-glutamine, glutamine peptides, L-taurine, natural and artificial flavors, guar gum, and acesulfame potassium.

### 3024-Chocolate

Other Ingredients: Animal Max Protein Blend (consisting of whey (milk) concentrate, isolated casein peptides, instantized egg white protein, whey (milk) isolates, hydrolyzed whey and glutamine peptides), creatine monohydrate, L-glutamine, glutamine peptides, L-taurine, natural and artificial flavors, guar gum, and acesulfame potassium

†This 1g of added glutamine is in addition to the over 4g of naturally occurring glutamine and glutamine peptides contained in the Animal Max protein blend.



## NATURAL STEROL

Natural Mass & Density Enhancer

4391 – 90 tablets  
4392 – 180 tablets  
4393 – 120 capsules

Natural Sterol Complex is a powerful, plant sterol-based anabolic supplement. Eight distinct components make up the best-selling Natural Sterol Complex formula: plant sterols, amino acids, energy substrates, essential fatty acids electrolytes, performance boosters, nucleosides, and important minerals. These components ensure that Natural Sterol Complex will get you bigger and harder in a shorter period of time. The select plant sterol formula found in every bottle is what makes Natural Sterol Complex so unique among bodybuilding supplements. Chemically similar to testosterone, these sterols can exert powerful anabolic effects on growing muscles.

### Functional Benefits:

- Natural anabolic sterols
- Enhance muscularity
- Fat-free mass accumulation
- Lean mass accumulation
- Energy boost
- Improve recovery
- Increase protein synthesis
- Reduce protein catabolism

**Recommended Use:** Take 6 tablets daily—2 after each meal. On training days, take 2 tablets one half hour before workouts and 2 tablets after two meals.

## Supplement Facts

Serving Size 6 Tablets  
Servings Per Container 30

Amount Per Serving	%DV
Calories	8
Protein	2g 4%*
Calcium (as sulfate)	200mg 20%
Magnesium (as oxide)	100mg 25%
Potassium (as sulfate)	99mg 3%
Mexican Wild Yam (root) 1g, Smlilax	
Officialis (root) 1g, Muira Puama (root, bark) 1g, Gotu Kola (leaves aerial parts) 515mg, Boron 3mg, Gamma Oryzanol 500mg, Fucosterol 8mg, Beta Sitosterol 5.7mg, Campesterol 3.4g, Stigmasterol 1.9mg, Mixed Sterols 10mg, Bee Pollen 1g, Guarana (seed) 500mg, Oriental Ginseng (root) 100mg, Cytochrome C 100mg, Dimethylglycine 100mg, Inosine 100mg, Royal Jelly 30mg, Cola Nitida (nut) 25mg, Linoleic Acid 1g, Oleic Acid 698mg, Palmitic Acid 263mg, Linolenic Acid 109mg, Stearic Acid 56mg, Lignoceric Acid 14mg, Arachidonic Acid 13mg, Behenic Acid 6mg, Myristic Acid 5mg, Octacosanol 1.7mg, RNA 60mg, DNA 30mg, Cayenne (fruit) 100mg, Alfalfa (leaves, flowers) 100mg, Dandelion (root) 100mg, Garlic (bulb) 100mg, Yellow Dock (leaves, root) 100mg, Licorice (root) 100mg, Hops (berries, fruit) 100mg, Milk Thistle (seed) 10mg	
* Daily Value (DV) not established	

Other Ingredients: Egg white albumin, biotin, papain, bromelain, hesperidin, para-aminobenzoic acid, pyridoxine alpha-ketoglutarate, vanadyl sulfate, coenzyme B12, L-carnosine, magnesium stearate, stearic acid, silicon, silver, lithium, strontium, chlorine, cobalt, sulfur, nickel, titanium, and barium.





## GRO PRO

Pro Anabolic Stack

1240 – 100 capsules

1241 – 200 capsules

Gro Pro is a professional-strength stack of anabolic and anti-catabolic nutrients that can help increase strength and muscle mass as well as improve recovery and reduce muscle wasting. Gro Pro's exclusive dual anabolic/anti-catabolic actions maintain the proper muscle-building environment. As an anabolic, Gro Pro can help increase strength and muscle mass through assisting testosterone production, increasing protein synthesis and nitrogen retention. As an anti-catabolic, Gro Pro helps your muscles to recover quickly. Gro Pro is especially suitable for those bodybuilders who are looking for a potent but prohormone-free formulation.

### Functional Benefits:

- Natural anabolic driver
- Enhance GH levels
- Promote anabolic drive
- Reduce muscle wasting
- Improve recovery
- Positive nitrogen balance
- Andro-free
- Increase strength

**Recommended Use:** As a dietary supplement take 5 capsules twice daily with meals - or as directed by your healthcare professional. Do not exceed 10 Gro Pro capsules in any 24-hour period.

### Supplement Facts

Serving Size 10 Capsules  
Servings Per Container 20

Amount Per Serving	%DV
Zinc (as zinc picolinate)	15mg 100%
Creatine Monohydrate	5g *
Glutamine (as L-glutamine)	2g *
Acetyl-L-Carnitine	500mg *
Leucine (as L-leucine)	250mg *
Isoleucine (as L-isoleucine)	250mg *
Valine (as L-valine)	250mg *
N-Acetyl-Cysteine	200mg *
Tribulus Terrestris L.	250mg *
DHEA (Dehydroepiandrosterone)	50mg *

\* Daily Value (DV) not established

Other Ingredients: Gelatin, whey (milk), magnesium stearate, and stearic acid.



## GH MAX

Growth Hormone Maximizing Formula

1432 – 180 tablets

One of the most anabolic hormones around, GH is a hormone that helps increase nitrogen retention, enhance protein synthesis, and reduce protein breakdown. GH Max helps you get the most out of GH with its select blend of GH secretagogues, vitamins, and other nutrients. And only GH Max provides the pharmacologically proven 2:1 ratio of arginine to ornithine.

### Functional Benefits:

- Maximum GH output
- Increase anabolic drive
- Promote anabolic drive
- Lean mass gains
- Anterior pituitary stimulation
- Key GH co-factors
- Protein synthesis
- Enhance anti-catabolic effects

**Recommended Use:** Take six tablets daily on an empty stomach. Take 4 tablets before workouts and another 2 tablets immediately before bedtime.

### Supplement Facts

Serving Size 6 Tablets  
Servings Per Container 30

Amount Per Serving	%DV
Vitamin C (as ascorbic acid)	100mg 167%
Vitamin B6 (as pyridoxine HCl)	20mg 1000%

Arginine (as L-arginine pyroglutamate)	5g *
Ornithine (as L-ornithine alpha-ketoglutarate)	2.5g *
Beta-Sitosterol	100mg *
Carnitine (as L-carnitine)	100mg *
Gamma Oryzanol (from rice bran)	50mg *
Boron (as boron citrate, aspartate, glycinate)	4mg *

\* Daily Value (DV) not established.

Other Ingredients: Whey protein (milk), calcium sulfate, magnesium stearate, redox astragalus, oriental ginseng, sarsaparilla, saw palmetto berries, guarana extract, kola nut extract, stearic acid.



## TRIBULUS PRO

All-Natural Test Booster

4502 – 50 capsules

Eastern Europeans know something about "underground" performance supplements. For years, one of their best kept secrets has been an herb called Tribulus terrestris L. Found in Bulgaria, this peculiar herb contains steroidal saponins that can benefit any bodybuilder or competitive athlete. These powerful phytochemicals have been used by the Bulgarian power-lifting team for record lifts. In fact, studies performed in Europe found that tribulus use could increase testosterone's production by 30% or more. Researchers believe that tribulus might have a stimulating effect on luteinizing hormone (LH), a hormone which can positively affect testosterone production.

### Functional Benefits:

- Prohormone free
- Natural testosterone booster
- Luteinizing hormone booster
- Herbal formulation
- Enhance overall performance
- Active phytochemicals
- 20-29% steroidal saponins
- Kudzu added

**Recommended Use:** As a dietary supplement, take 1-2 capsules daily, preferably one capsule with morning and evening meals.

### Supplement Facts

Serving Size 1 Capsule  
Servings Per Container 50

Amount Per Serving	%DV
Tribulus Terrestris (standardized for 20-29% steroidal saponins)	625mg *
Kudzu (whole herb)	125mg *

\* Daily Value (DV) not established.

Other Ingredients: Whey (milk), gelatin, magnesium stearate, stearic acid.



## SUPER WHEY PRO

Pure Peptide-Rich Whey Protein

1587 – 1lb vanilla  
1588 – 1lb chocolate  
1589 – 1lb orange cream  
1565 – 1.5lb chocolate  
1566 – 1.5lb vanilla  
1584 – 1.5lb orange cream  
1570 – 1.7lb vanilla (Aspartame-free)  
1571 – 1.7lb chocolate (Aspartame-free)  
1574 – 3lb vanilla  
1586 – 3lb chocolate

Protein provides the basic backbone of any good supplement program. As a bodybuilder, you know that protein fuels muscular development. But like all things, quality matters, just as much as quantity. Better quality protein means a cleaner, purer, more absorbable protein. When it comes to whey protein, there's a vast range in quality. Once considered a waste by-product of cheese, whey protein is one of the most popular and beneficial sources of supplemental protein today. With Super Whey Pro, you get a premium source of undenatured, low-molecular weight whey protein.

### Functional Benefits:

- 100% premium whey protein
- Aspartame-free formula available
- Fast-acting protein
- Maximize protein synthesis
- Rich in whey microfractions
- Highest bioavailability (BV)
- Ultrafiltrated whey

**Recommended Use:** Mix 1 scoop of Super Whey Pro powder in a blender with 8-12 ounces of water, low-fat milk, or juice. For best results take twice daily, with one serving immediately after working out.



## EGG PRO

Pure Egg Protein

1131 – 1lb vanilla  
1132 – 2lb vanilla  
1137 – 1lb vanilla (Aspartame-free)  
1138 – 2lb vanilla (Aspartame-free)

Egg white protein. It's one of the most nutritious sources of protein on the planet. Our Egg Pro starts with the highest quality egg whites. What you get is a pure product that contains no lactose, no fat, no cholesterol, and no fillers. It's so pure, you can even use it to make scrambled eggs! Egg Pro is available as Egg Pro Ultra and Egg Pro Free. Both are the same, the only difference being that Egg Pro Free is aspartame-free.

### Functional Benefits:

- Instantized egg white protein
- 100% lactose-free
- Digestive enzymes added
- 100% cholesterol-free

**Recommended Use:** Mix 1 heaping scoop of Egg Pro with 8oz. of your favorite juice, milk or water. Stir and drink.



## POWER PROTEIN

Complete Nutrition Shake

1310 – 1lb chocolate  
1311 – 1lb vanilla

Power Protein is an optimally balanced combination of the highest quality protein, low-glycemic carbs, vitamins, minerals and performance nutrients. It's ideal for fueling muscles for increased power, prolonged endurance, and enhanced recovery from intense training. Power Protein provides an optimum level per serving of essential amino acids (rich in branch chain amino acids) derived from our advanced protein complex. Power Protein mixes easily into a thick frothy, delicious shake and contains less than 1g of fat per serving.

### Functional Benefits:

- High quality protein
- Potent formula
- Fast acting protein
- Maximize protein synthesis
- Carnitine complex added
- High bioavailability (BV)
- High performance
- Great taste

**Recommended Use:** As a dietary supplement, mix 1 rounded scoop in with your choice of 12 ounces of water, milk or other beverage. For best results, take 1 serving 1 hour before training and 1 serving 45 minutes after.

### Regular:

#### Supplement Facts

Serving Size 1 Scoop (23g)  
Servings Per Container 20

Amount Per Serving	% DV*
Calories	87
Calories from Fat	9
Total Fat	1g 2%*
Saturated Fat	0g 0%*
Total Carbohydrate	2g <1%*
Sugars	3g **
Protein	17.5g 35%*
Vitamin A	75IU 2%
Vitamin C	1mg 2%
Calcium	110mg 11%
Iron	260mcg <2%
Sodium	60mg 3%*
Potassium	145mg 4%

\* Percent Daily Values are based on a 2,000 calorie diet.

Other Ingredients: Ultrafiltrated, pre-digested whey protein concentrate (containing: whey peptide-rich lactoglobulins, lactalbumin, immunoglobulins and lactoferrin; enhanced with glutamine) (milk), lecithin (soy), aspartame†, natural flavors.

#### EACH SERVING CONTAINS:

TYPICAL AMINO ACID PROFILE:

Grams of amino acids in 100g of pure protein.

ESSENTIAL AMINO ACIDS	
L-Leucine (Branched Chain Amino Acid)	12543 mg
L-Isoleucine (Branched Chain Amino Acid)	6409 mg
L-Valine (Branched Chain Amino Acid)	4531 mg
L-Threonine	4628 mg
L-Lysine	10682 mg
L-Phenylalanine	3996 mg
L-Tryptophan	2861 mg
L-Methionine	2132 mg
L-Arginine	2306 mg
L-Histidine	2041 mg

†PHENYLKETONURICS: CONTAINS PHENYLALANINE

Contains no added sugar starch, salt or preservatives. Yeast free.

### Aspartame Free:

#### Supplement Facts

Serving Size 1.25 Scoops (26g)  
Servings Per Container 30

Amount Per Serving	%DV*
Calories	100
Calories from Fat	9
Total Fat	1g 2%*
Saturated Fat	0g 0%*
Total Carbohydrate	5g 2%*
Sugars	3g **
Protein	17.5g 35%*
Vitamin A	75IU 2%
Vitamin C	1mg 2%
Calcium	110mg 11%
Iron	260mcg <2%
Sodium	60mg 3%*
Potassium	145mg 4%

\* Percent Daily Values are based on a 2,000 calorie diet.

\*\* Daily Value (DV) not established.

Other Ingredients: Ultrafiltrated, pre-digested whey protein concentrate (containing: whey peptide-rich lactoglobulins, lactalbumin, immunoglobulins and lactoferrin; enhanced with glutamine) (milk), fructose, lecithin (soy) and natural flavors.

#### NON-ESSENTIAL AMINO ACIDS

L-Cysteine	4177 mg
L-Aspartic Acid	9804 mg
L-Alanine	1106 mg
L-Glutamic Acid	13766 mg
L-Glycine	378 mg
L-Proline	862 mg
L-Tyrosine	828 mg
L-Serine	867 mg

The amino acids in this product are naturally occurring from the protein source. They are not added or manufactured.

### Regular:

#### Supplement Facts

Serving Size 1 Scoop (28.35g)  
Servings Per Container 16

Amount Per Serving	%DV
Calories	100
Calories from Fat	0
Total Fat	0g 0%*
Saturated Fat	0g 0%*
Total Carbohydrate	2.5g 1%*
Sugars	2.5g **
Protein	22g 44%*
Riboflavin	663mcg 39%
Folate	28mcg 7%
Vitamin B12	0.2mcg 3%
Biotin	300mcg 100%
Pantothenic Acid	600mcg 6%
Sodium	44mg 2%
Potassium	36mg <2%

\* Percent Daily Values are based on a 2,000 calorie diet.

\*\* Daily Value (DV) not established.

Other Ingredients: Dried egg white albumin, bromelain, papain, vanilla flavoring, and aspartame.†

#### EACH SERVING CONTAINS:

TYPICAL AMINO ACID PROFILE:

Alanine	1389mg
Arginine	1258mg
Aspartic Acid	1914mg
Cystine	524mg
Glutamic Acid	3015mg
Glycine	786mg
Histidine	472mg
Isoleucine	1311mg

†PHENYLKETONURICS: CONTAINS PHENYLALANINE

### Aspartame Free:

#### Supplement Facts

Serving Size 1 Scoop (30g)  
Servings Per Container 13

Amount Per Serving	%DV
Calories	104
Calories from Fat	0
Total Fat	0g 0%*
Saturated Fat	0g 0%*
Total Carbohydrate	6g 2%*
Sugars	6g **
Protein	20g 40%*
Riboflavin	663mcg 39%
Folic Acid	28mcg 7%
Biotin	300mcg 100%
Pantothenic Acid	600mcg 6%
Sodium	147mg 6%*
Potassium	136mg 4%

\* Percent Daily Values are based on a 2,000 calorie diet.

\*\* Daily Value (DV) not established.

Other Ingredients: Dried egg white albumin, dextrose, bromelain, papain, vanilla flavoring.

Leucine	1861mg
Lysine	1311mg
Methionine	839mg
Phenylalanine	1337mg
Proline	786mg
Serine	1573mg
Threonine	944mg
Tryptophan	315mg
Tyrosine	865mg
Valine	1599mg

### Supplement Facts

Serving Size 30.3g Servings Per Container 15

Amount Per Serving	%DV*	Amount Per Serving	%DV*
Calories	110	Iron	4mg 21%
Calories from Fat	9	Phosphorus	210mg 21%
Total Fat	1g 2%†	Magnesium	80mg 20%
Saturated Fat	0g 0%†	Zinc	3mg 20%
Total Carbohydrate	5g 5%†	Selenium	50mcg 71%
Sugars	5.8g *	Copper	200mcg 10%
Protein	10g 20%†	Manganese	1mg 50%
Vitamin A	1050IU 21%	Chromium	20mcg 17%
Vitamin C	21mg 35%	Molybdenum	20mcg 27%
Vitamin D	64IU 16%	Potassium	245mg 7%
Vitamin E	6.3IU 21%		
Thiamin	320mcg 21%		
Riboflavin	360mcg 21%		
Vitamin B6	420mcg 21%		
Folic Acid	80mcg 20%		
Vitamin B12	1.2mcg 20%		
Biotin	60mcg 20%		
Pantothenic Acid	3.2mg 32%		
Calcium	200mg 20%		

† Percent Daily Values are based on a 2,000 calorie diet.

\* Daily Value (DV) not established.

Other Ingredients: High Performance Carbohydrate Complex (glucose polymers, fructose, dextrose), Protein EX [whey protein (milk), isolated soy protein, egg white albumin], natural flavors, calcium carbonate, potassium aspartate, calcium citrate, potassium succinate, magnesium oxide, magnesium gluconate, calcium pantothenate, ascorbic acid, keto-isocaproate, alpha-ketoglutarate, L-glutamine, d-alpha tocopherol, beta carotene, L-carnitine, zinc gluconate, L-carnitine, manganese sulfate, copper sulfate, selenomethionine, pyridoxine hydrochloride, thiamin hydrochloride, chromium polynicotinate, sodium molybdate, cholecalciferol, and cyanocobalamin.

#### Typical Amino Acid Profile

L-Glutamic Acid	1660.8mg	L-Proline	430.2mg
L-Valine	449.9mg	L-Phenylalanine*	520.7mg
L-Alanine	481.6mg	L-Serine	657.2mg
L-Histidine*	232.4mg	L-Threonine*	389.2mg
L-Leucine	787.5mg	L-Glycine	366.1mg
L-Aspartic Acid	1138.2mg	L-Tryptophan*	227.3mg
L-Isoleucine	585.2mg		

Note: These amino acids are naturally occurring from the protein sources. They have not been added or manufactured.



## MILK & EGG

Milk & Egg Protein

1045 – 1.5lb chocolate  
1042 – 1.5lb vanilla  
1044 – 3.5lb chocolate  
1041 – 3.5lb vanilla

Old school bodybuilders grew up on milk protein and egg white protein. For them, we have Milk & Egg, an ideal combination of milk protein (casein & lactalbumin) and egg protein (albumin). Research has shown that the specific blend of proteins found in this protein supplement can help promote significant muscle growth when combined with anaerobic resistance training. As a great-tasting shake, Milk and Egg Protein contains only slow-acting proteins and is formulated to be easily digestible and readily utilized by your body.

### Functional Benefits:

- Instantized egg & milk proteins
- Superior amino acid profile
- Digestive enzymes added
- Slow-acting proteins

**Recommended Use:** Mix 1-2 level scoops in a blender with 12 ounces of your favorite beverage, or as directed.

## Supplement Facts

Serving Size 1 Scoop (35g)  
Servings Per Container 19

Amount Per Serving	%DV*
Calories	112
Total Carbohydrates	4g 2%*
Sugars	4g **
Total Fat	0g 0%*
Saturated Fat	0g 0%*
Protein	24g 48%*
Vitamin A (as beta carotene)	2500IU 50%
Vitamin C (as ascorbic acid)	30mg 50%
Vitamin D (as ergocalciferol)	200IU 50%
Thiamin (as mononitrate)	750mcg 50%
Riboflavin	850mcg 50%
Niacin (as niacinamide)	10mg 50%
Vitamin B6 (as pyridoxine HCl)	1mg 50%
Vitamin B12 (as cyanocobalamin)	3mcg 50%
Biotin	75mcg 25%
Calcium (as sulfate)	500mg 50%
Iron	180mcg <2%
Magnesium (as oxide)	100mg 25%
Sodium	145mg 6%*
Protein Enzyme Complex Papain**, Bromelain**	50mg

\* Percent Daily Values are based on a 2,000 calorie diet.  
\*\* Daily Value (DV) not established.

### 1042-Vanilla:

Other Ingredients: Universal's Premium Protein Blend (consisting of calcium caseinate, lactalbumin and egg white albumin), dextrose, natural flavors, lecithin (soy), papain, bromelain.

### 1045-Chocolate:

Other Ingredients: Universal's Premium Protein Blend (consisting of Calcium Caseinate, Lactalbumin and Egg White Albumin), Fructose, Maltodextrin, Vitamin and Mineral Complex, Natural flavors, Lecithin (soy), Pepsin, Bromelain.

### Typical Amino Acid Profile

#### ESSENTIAL AMINO ACIDS

L-Leucine (branched chain) .....2017 mg  
L-Isoleucine (branched chain).....1320 mg  
L-Valine (branched chain) .....1583 mg  
L-Lysine .....1776 mg  
L-Threonine .....1079 mg  
L-Methionine .....603 mg  
L-Phenylalanine .....1176 mg  
L-Tryptophan (naturally occurring) .....372 mg

#### NON-ESSENTIAL AMINO ACIDS

L-Arginine .....889 mg  
L-Cysteine .....72 mg  
L-Alanine .....663 mg  
L-Aspartic Acid .....1512 mg  
L-Glutamic Acid .....4701 mg  
L-Glycine .....551 mg  
L-Histidine .....675 mg  
L-Proline .....2447 mg  
L-Serine .....1374 mg  
L-Tyrosine .....1402 mg



## AMINO 1900

Peptide-Bonded Amino Acids

4541 – 325 tablets  
4542 – 110 tablets

Whey protein hydrolysates yield some of the highest quality peptide-bonded amino acids available. Studies show that di- and tri-peptides are better assimilated and utilized by working muscle than either free form aminos or whole, intact proteins such as whey protein powder. Amino 1900 fuels your muscles with 1900mg of peptide-bonded whey hydrolysates per tablet and comes enhanced with digestive enzymes and Vitamin B6. When it comes to filling your muscular pipeline with valuable aminos to kick start protein synthesis, reduce catabolism, and improve nitrogen retention, Amino 1900 is the answer.

### Functional Benefits:

- Positive nitrogen balance
- Enhanced with arginine
- Increase protein synthesis
- Digestive enzymes added

**Recommended Use:** As a dietary supplement, take 3-5 tablets on an empty stomach three times daily before meals and after training (10-15 tablets per day), or as directed by a health care professional.

## Supplement Facts

Serving Size 3 Tablets  
Servings Per Container 108

Amount Per Serving	%DV**
Calories	20
Protein	5g 10%**
Vitamin B6	15mg 750%
Phenylalanine	73.5mg *
Lysine	86.6mg *
Glycine	105.6mg *
Tryptophan †	114.8mg *
Methionine	114.8mg *
Arginine	124.5mg *
Tyrosine	151.9mg *
Isoleucine	189.1mg *
Serine	193.1mg *
Valine	193.2mg *
Alanine	200.5mg *
Threonine	234.8mg *
Proline	294.5mg *
Histidine	491.3mg *
Cysteine	504.7mg *
Aspartic Acid	529.9mg *
Leucine	592.1mg *
Glutamic Acid	834.4mg *
Papain	25mg *

\* Daily Value (DV) not established.  
† Naturally occurring  
\*\* Percent Daily Values are based on a 2,000 calorie diet.

Other Ingredients: Pancreatic digests of whey protein (milk), sativa leaf, dicalcium phosphate, pyridoxine HCl, stearic acid and magnesium stearate.



## AMINO 3001

Peptide-Bonded Amino Acids

4233 – 160 tablets  
4334 – 85 tablets

Like Amino 1900, Amino 3001 also utilizes whey protein hydrolysates for superior absorption. With Amino 3001 though, you get a bigger, more power-packed amino formula—3001mg of peptide-bonded whey hydrolysates per tablet vs. 1900mg. Like its smaller brother, Amino 3001 is rich in branched-chain amino acids (BCAAs), glutamine, methionine, alanine, and arginine nutrients that are integral in adding size. Amino 3001's formula comes enhanced with vitamin B6, L-carnitine, and chromium picolinate, making it ideal for bodybuilders who are engaged in cardio as well as weight training.

### Functional Benefits:

- Positive nitrogen balance
- Enhanced with arginine
- Increase protein synthesis
- Chromium added

**Recommended Use:** As a dietary supplement, take 1-4 tablets on an empty stomach three times daily before meals and after training (6-12 tablets per day), or as directed. You may also break tablets in half (on score) and take with plenty of water.

## Supplement Facts

Serving Size 1 Tablet

Amount Per Serving	%DV†
Calories	12
Protein	3g 6%†
Vitamin B6	4.2mg 210%
Phenylalanine	94mg *
Lysine	274mg *
Glycine	423mg *
Tryptophan	423mg *
Methionine	68mg *
Arginine	82mg *
Tyrosine	105mg *
Isoleucine	200mg *
Serine	153mg *
Valine	188mg *
Alanine	153mg *
Threonine	148mg *
Proline	193mg *
Histidine	58mg *
Cysteine	52mg *
Aspartic Acid	311mg *
Leucine	308mg *
Glutamic Acid	512mg *
Carnitine	20mg *
Chromium Chloride	25mcg *

\* Daily Value (DV) not established.  
† Percent Daily Values are based on a 2,000 calorie diet.

Other Ingredients: Pancreatic digests of whey protein (milk), medicago sativa, pyridoxine HCl, L-carnitine, magnesium stearate, stearic acid.





## AMINO TECH

Enhanced Peptide-Bonded  
Amino Formula

4534 – 375 tablets

Amino Tech is more than just an amino acid supplement. Each serving of Amino Tech provides over 12,000mg of aminos as well as tons of di- and tri-peptides and intact proteins. Amino Tech is also loaded with key energy vitamins, minerals, growth factors, performance enhancers, anti-catabolic nutrients, and digestive enzymes such as IGF Colostrum, ATP, chromium, AKG, TMG, and carnitine.

### Functional Benefits:

- Positive nitrogen balance
- Enhanced with growth factors
- Increase protein synthesis
- Digestive enzymes added

**Recommended Use:** For best results, take six Amino Tech tablets one-hour prior to your workout and six Amino Tech tablets immediately after your workout (for a total of 12 tablets daily). This will ensure maximum anabolic benefit to your muscle tissue.

### Supplement Facts

Serving Size 12 Tablets  
Servings Per Container 31

Amount Per Serving	%DV
Calories	48
Protein	12g 24%**
Thiamin	2.5mg 167%
Riboflavin	2.5mg 147%
Niacin	20mg 100%
Vitamin B6	4mg 200%
Vitamin B12	12mcg 200%
Pantothenic Acid	15mg 150%
Calcium	838mg 84%
Potassium	9mg <1%
Carnitine (as L-carnitine)	50mg *
Chromium Chloride	50mcg *
IGF Colostrum (bovine)	325mg *
Adenosine Triphosphate	75mg *
Pyridoxine a-Ketoglutarate	5mg *
Inosine (as hypoxanthine)	55mg *
Trimethylglycine	75mg *
Phosphatidylcholine	45mg *
Para-aminobenzoic Acid	15mg *
Digestive Enzyme Blend	79mg *
Papain*, Bromelain*	

\* Daily Value (DV) not established.  
\*\* Percent Daily Values are based on a 2,000 calorie diet.

Other Ingredients: Hydrolyzed lactalbumin, egg albumin, isolated soy protein, whey protein (milk), calcium phosphate, calcium sulfate, potassium aspartate, niacinamide, calcium pantothenate, magnesium stearate, stearic acid, pyridoxine HCl, thiamin monophosphate, and cyanocobalamin.



## BCAA 2000

Free Form BCAA Formula

4544 – 120 capsules

When it comes to the various aminos, few others can compare to the importance of branched-chain amino acids and BCAA 2000. Over the years, the BCAAs found in BCAA 2000 have been touted for their dual anabolic and anti-catabolic activities. Each serving provides nearly a gram of leucine and valine along with isoleucine as well as nutritional co-factors designed to improve the effectiveness of this product.

### Functional Benefits:

- Purest free form BCAAs
- Increase protein synthesis
- Enhance anabolic drive
- Gluconeogenic aminos
- Improve anti-catabolic response
- Ideal for dieting phase
- BCAA co-factors added
- Premium formula

**Recommended Use:** Take 4 capsules daily, or as directed. For best results take 2 capsules 45-60 minutes before training and 2 more capsules 15-30 minutes after training.

### Supplement Facts

Serving Size 4 Capsules  
Servings Per Container 30

Amount Per Serving	%DV
Vitamin C	10mg 17%
Riboflavin	1.7mg 100%
Vitamin B6 (as pyridoxine HCl)	26 mg 1300%
Valine (as L-valine)	934mg *
Leucine (as L-leucine)	934mg *
Isoleucine (as L-isoleucine)	135mg *

\* Daily value (DV) not established.

Other Ingredients: Dicalcium phosphate, magnesium stearate, gelatin, stearic acid.



## EGG AMINO 1700

100% Fat-Free Egg Aminos

4531 – 250 tablets

Derived from pure egg white protein (albumin), Egg Amino 1700 is a concentration of superior peptide-bonded amino acids rich in all three BCAAs. Each serving provides nearly 3 grams of fat- and cholesterol-free egg white aminos in their natural state. Egg Amino 1700 is also perfect for those individuals wishing to remove lactose and dairy from their diets. Egg Amino 1700 promotes positive nitrogen balance and increases protein synthesis.

### Functional Benefits:

- Positive nitrogen balance
- Egg white aminos
- Rich in BCAAs
- Increase protein synthesis

**Recommended Use:** As a dietary supplement, take 2-4 tablets on an empty stomach three times daily (6-12 tablets per day), or as directed by a health care professional. Best when taken on an empty stomach between meals and before and after training.

### Supplement Facts

Serving Size 2 Tablets  
Servings Per Container 125

Amount Per Serving	%DV
Calories	11
Protein	2.7g 5%*
Biotin	60mcg 20%
Valine	120mg **
Isoleucine	145mg **
Leucine	228mg **
Arginine	155mg **
Aspartic Acid	275mg **
Threonine	122mg **
Tyrosine	106mg **
Serine	184mg **
Glutamic Acid	352mg **
Glycine	93mg **
Alanine	166mg **
Cystine	72mg **
Lysine	171mg **
Methionine	100mg **
Histidine	62mg **
Phenylalanine	158mg **
Tryptophan	108mg **
Proline	106mg **

\*\* Daily Value (DV) not established.  
\* Percent Daily Value based on 2,000 calorie diet.

Other Ingredients: Egg albumin, whey (milk), calcium sulfate, magnesium stearate, and stearic acid.



## 23 AMINOS

The Most Complete Amino Formula

4421 – 100 capsules

When it comes to custom-tailoring an amino acid formula to meet specific needs, nothing beats the versatility and functionality of free form aminos. Free form aminos have the ability, unlike intact, whole proteins, to rapidly enter systemic circulation, and thus exert potent pharmacological effects. Each 23 Aminos capsule contains 23 pharmaceutical-grade free form amino acids, including the key aminos, L-ornithine and L-arginine, L-glutamine and all three branched-chain aminos. 23 Aminos promotes positive nitrogen balance and increases protein synthesis. It is our ideal amino acid formulation.

### Functional Benefits:

- Pure free form aminos
- Positive nitrogen balance
- Rapid utilization and absorption
- Increase protein synthesis
- Pharmaceutical-grade
- Most comprehensive profile

**Recommended Use:** Take three to six capsules daily on an empty stomach or as directed by a Healthcare professional. For pre-event training take six to twelve capsules daily.

### Supplement Facts

Serving Size 3 Capsules  
Servings Per Container 33

Amount Per Serving	%DV
Ornithine (as L-ornithine)	75.0mg **
Lysine (as L-lysine)	361.4mg **
Histidine (as L-histidine)	121.2mg **
Arginine (as L-arginine)	182.9mg **
Aspartic (as L-aspartic acid)	203.8mg **
Threonine (as L-threonine)	118.1mg **
Serine (as L-serine)	154.1mg **
Glutamic Acid (as L-glutamic acid)	526.1mg **
Proline (as L-proline)	268.0mg **
Alanine (as L-alanine)	87.8mg **
Asparagine (as L-asparagine)	31.7mg **
Cysteine (as L-cysteine)	74.0mg **
Cystine (as L-cystine)	65.0mg **
Methionine (as L-methionine)	78.5mg **
Isoleucine (as L-isoleucine)	178.3mg **
Leucine (as L-leucine)	268.4mg **
Tyrosine (as L-tyrosine)	91.4mg **
Phenylalanine (as L-phenylalanine)	125.3mg **
Glycine (as L-glycine)	54.7mg **
Valine (as L-valine)	203.0mg **
Taurine (as L-taurine)	128.9mg **
Citrulline (as L-citrulline)	85.0mg **
Glutamine (as L-glutamine)	120.9mg **

\*\*Percent Daily Value (DV) not established.

Other Ingredients: Gelatin, whey (milk), magnesium stearate, stearic acid.



## AMINO 1000

Blended Amino Acid Formula

4238 – 500 capsules

Amino 1000 contains the highest quality peptide-bonded amino acids sourced from premium hydrolyzed whey. It contains all three branched-chain aminos (L-leucine, L-isoleucine and L-valine) and is also enriched with additional free-form aminos, including L-ornithine. Available in capsules, this professional-strength formula is designed for maximum absorption. Amino 1000 is vital to the retention of nitrogen in the body. A positive nitrogen balance helps your muscles recover faster from intense training.

### Functional Benefits:

- Peptide-bonded aminos
- Professional strength
- Quicker absorption
- Increase protein synthesis
- Enriched with free-form aminos
- Enhanced with L- ornithine

**Recommended Use:** As a dietary supplement, take 10 capsules daily (on an empty stomach) per 220 lbs (100kg) or as directed by a Healthcare professional. For best results, take 5 capsules in the morning and 5 capsules immediately after training.

### Supplement Facts

Serving Size 10 Capsules  
Servings Per Container 50

Amount Per Serving	%DV
Calories	25
Protein	10g 20%**
Vitamin B6	40mg 2000%**
Valine (as L-valine)	520mg **
Isoleucine (as L-isoleucine)	427mg **
Leucine (as L-leucine)	742mg **
Ornithine	200mg **
Lysine	1.1g **
Histidine	213mg **
Arginine	538mg **
Aspartic Acid	538mg **
Threonine	298mg **
Serine	384mg **
Glutamic Acid	1.7g **
Proline	794mg **
Alanine	247mg **
Glycine	154mg **
Cystine	68mg **
Methionine	230mg **
Tyrosine	119mg **
Phenylalanine	162mg **
Tryptophan	94mg **

\*\* Daily Value (DV) not established.

\* Percent Daily Value based on 2,000 calorie diet.

Other Ingredients: Hydrolyzed whey protein (milk), ornithine HCl, pyridoxine HCl, gelatin, magnesium stearate, and stearic acid.



## UNI-LIVER

Highest Quality Liver

4091 – 500 tablets

4192 – 250 tablets

Uni-Liver is an exceptionally pure, natural product derived from prized grass-fed Argentinean cattle. One of the most nutritious supplements available to all bodybuilders, Uni-Liver is very high in important amino acids and rich in key vitamins and minerals, including heme iron, riboflavin, folic acid and B12. Uni-Liver has been a classic staple of hardcore bodybuilders for over 15 years. Certified BSE-free.

### Functional Benefits:

- Good source of vitamins
- Flash frozen for freshness
- High source of protein
- 1950mg per tablet
- Fat and cholesterol free
- All natural
- Argentinian beef source
- Highly nutritious

**Recommended Use:** As a dietary supplement, take 2-4 tablets with each meal. Daily intake can be increased to 6 tablets per each meal during periods of intense training and competition.

### Supplement Facts

Serving Size 2 Tablets (60 grain)  
Servings Per Container 125

Amount Per Serving	%DV
Calories	14
Protein	3.2g 6%**
Thiamin	80mcg 6%
Riboflavin	800mcg 48%
Niacin	4mg 20%
Vitamin B6	160mcg 8%
Folic Acid	104mcg 26%
Vitamin B12	48mcg 800%
Biotin	20mcg 6%
Para-Aminobenzoic Acid	52mcg **
Choline	160mg **
Inositol	28mg **

\* Percent Daily Values are based on a 2,000 calorie diet.

\*\* Daily Value (DV) not established.

Other Ingredients: Desiccated bovine liver, whey (milk), calcium sulfate, choline citrate, inositol monophosphate, magnesium stearate and stearic acid.

### EACH SERVING CONTAINS:

Typical Amino Acid Profile (Per 100g Of Liver)

Arginine	2000 mg
Leucine	5800 mg
Isoleucine	2800 mg
Valine	4500 mg
Lysine	3600 mg
Histidine	1800 mg
Tryptophan	800 mg
Methionine	2100 mg
Threonine	3200 mg
Phenylalanine	2900 mg
Tyrosine	1700 mg
Cysteine	1500 mg
Serine	2300 mg
Glutamic Acid	5100 mg
Aspartic Acid	2100 mg
Glycine	3600 mg
Alanine	6100 mg
Proline	1100 mg



## CREATINE POWDER

World's Finest Creatine Powder

4684 – 120g  
4687 – 200g (buy 1 get 1 free)  
4700 – 300g  
4701 – 500g  
4702 – 1000g (1kg)

The only clinically proven form is creatine monohydrate powder. Our creatine monohydrate powder is the finest in the world. Creatine use can increase your strength and performance by restoring ATP allowing you to train longer, harder and be more effective. It can help build lean mass by volumizing and hydrating muscle cells, thus creating the necessary anabolic environment for growth.

### Functional Benefits:

- 100% purity
- Increase strength
- Improve recovery
- Cell volumization
- Muscle cell hydration
- Enhance power

**Recommended Use:** As a dietary supplement during normal training schedules, mix 1 teaspoon in 8 ounces of water or fruit juice.

### Supplement Facts

Serving Size 1 Teaspoon (5g)  
Serving Per Container 60

Amount Per Serving	% DV
Creatine Monohydrate	5g *

\* Daily Value not established.

Contains 100% pure micronized Creapure™ creatine monohydrate.



## CREATINE CAPSULES

World's Finest Creatine Caps

4682 – 100 capsules  
4683 – 50 capsules

We take the same high performance creatine monohydrate that's found in our Creatine Chews and Powder, and encapsulate it for ease of use and portability. Our Creatine Capsules come in an enhanced formula containing phosphate and bicarbonate to increase the overall benefits of creatine supplementation. The bicarbonate serves as a blood buffer, reducing lactic acid building associated with strenuous anaerobic activity.

### Functional Benefits:

- Phosphates & buffers added
- Increase strength
- Improve recovery
- Cell volumization
- Muscle cell hydration
- Enhance power
- Convenience

**Recommended Use:** As a dietary supplement during normal training schedules, take 2-3 capsules twice daily.

### Supplement Facts

Serving Size 2 Capsules  
Servings Per Container 50

Amount Per Serving	%DV
Creatine Monohydrate	1.5g *
Creatine Performance Blend	100mg *
Sodium Phosphate	*
Potassium Bicarbonate	*

\* Daily Value (DV) not established.

Other Ingredients: Gelatin, whey (milk), magnesium stearate, stearic acid.



## CREATINE CHEWS

Convenient Creatine Chewables

4708 – 144 orange chews  
4726 – 144 grape chews

Creatine. No other supplement has more scientific research behind it. You've been flooded with choices of various creatine products but only powdered creatine monohydrate has been extensively proven in numerous clinical studies. In Creatine Chews, you get only creatine monohydrate powder. We compress it into a convenient size, flavor it, and that's it. You chew it and get all the benefits.

### Functional Benefits:

- 100% purity
- Increase strength
- Improve recovery
- Cell volumization
- Muscle cell hydration
- Enhance power

**Recommended Use:** Chew 4 tablets daily. For best results, take one serving within 30 minutes following your workout.

### Supplement Facts

Serving Size 4 Tablets  
Servings Per Container 36

Amount Per Serving	%DV
Calories	18
Total Carbohydrate	4.5g 2%*
Sugars	4.5g **
Sodium	20mg <1%*
Creatine Monohydrate	5g **

\* Percent Daily Values based on a 2,000 calorie diet.

\*\* Daily Value not established.

Other Ingredients: Dextrose, sucrose, glucose polymers, stearic acid, citric acid, natural and artificial flavors, and magnesium stearate.





## HARD FAST

### Dual Anabolic-Metabolic Powder

1195 – 1.42lb vanilla  
1196 – 1.42lb chocolate  
1193 – 3.1lb vanilla  
1192 – 3.1lb chocolate  
1191 – 3.1lb banana  
1194 – 3.1lb strawberry

Hard Fast is the most complete, most nutritious nutritional shake on the market today. Hard Fast contains over 30 grams of protein and 50 grams of high-performance carbohydrates as well as 14 required vitamins and minerals, anabolics, anti-catabolics, ergogenic boosters, ATP co-factors, metabolics, thermogenics, lipotropics, insulin and glucose potentiators, buffering factors, herbal optimizers, detoxifiers, joint support, and digestive enzymes.

#### Functional Benefits:

- Multifunctional powder
- Good for weight gaining
- Ideal for cutting
- High in protein
- Low in fat (only 2g)
- Great taste
- Loaded with nutrients
- Extra Energy

**Recommended Use:** Mix 4 level scoops of Hard Fast with 16 oz. of milk, water, or your favorite beverage, twice daily. Best when taken once in the morning and once thirty minutes before working out.



## LAVA

### Natural Mass & Density Enhancer

1150 – 2.75lb orange slush  
1152 – 1.85lb orange slush

LAVA is a great post-training shake that comes with 32g of our exclusive formulation of GlycoCarbs as well as 32g of ultrafiltrated whey protein. LAVA is also enhanced with 5500mg of creatine monohydrate, 2500mg of glutamine, over 1000mg of L-tyrosine as well as key vitamins, minerals, electrolytes, and phosphate co-factors such as chromium picolinate, vitamins C and E, potassium, magnesium, and phosphorous.

#### Functional Benefits:

- Restore lost glycogen stores
- Boost protein synthesis
- Decrease protein breakdown
- Improve recovery
- Enhance anabolism
- Maximize lean mass
- Increase performance
- With glutamine & creatine

**Recommended Use:** For maximum benefit, take one serving of LAVA™ immediately after training.



## GAIN FAST 3100

### Complete Weight Gaining Powder

1215 – 2.55lb vanilla  
1216 – 2.55lb chocolate  
1211 – 5.1lb vanilla  
1212 – 5.1lb chocolate  
1213 – 5.1lb banana  
1214 – 5.1lb pina colada

To bulk up and put on quality muscle weight, you need plenty of calories. Gain Fast 3100 helps. Big time. For most of us, putting on weight is a simple process. Eat more of everything—quality protein, whole food calories and the like. For others, gaining weight is a difficult proposition. Gain Fast 3100 has been designed to fuel your body with up to 3100 quality calories per day loaded with anabolic boosters, performance herbs, EFAs, digestive enzymes, and muscle optimizers. This kind of formula is only available in Gain Fast 3100.

#### Functional Benefits:

- "Get Big Quick" formula
- Up to 3100 calories
- Quality weight gain
- Ideal for "hard gainers"
- Enhance anabolic drive
- Reduce muscle breakdown
- Increase strength
- Improve recovery

**Recommended Use:** Mix 5 scoops of Gain Fast with 16 oz. of water or milk. Mix thoroughly (preferably in a blender with crushed-ice for a rich, thick, delicious, frosty milk shake). For best results, take one to three servings of Gain Fast daily in addition to regular meals.

## Supplement Facts

Serving Size 4 scoops (128g)  
Servings Per Container 11

Amount Per Serving	DV%
Calories	354
Calories from Fat	18
Total Fat	2g 3%*
Saturated Fat	1g 5%
Trans Fat	1g
Total Carbohydrate	52g 17%*
Dietary Fiber	2g 8%
Sugars	20g
Protein	32g 64%*
Vitamin A	5000IU 100%
Vitamin C	60mg 100%
Vitamin D	4IU <2%
Vitamin E	100IU 333%
Biotin	50mcg 17%
Pantothenic Acid	100mg 1000%
Calcium	150mg 15%
Phosphorus	120mg 12%
Magnesium	28mg 7%
Selenium	95mcg 136%
Manganese	8mg 400%
Sodium	70mg 3%*
Potassium	39mg <2%
<b>Anabolic Factors:</b> Octacosanol 1g • Ferulic Acid 75mg • Gamma Oryzanol 50mg • Coenzyme B12 20mg • Boron 3mg • <b>Anti-Catabolic Factors:</b> Keto-Isocaproate 125mg • Pyridoxine α-Ketoglutarate 79mg • Methionine 250mg • <b>Ergogenic Factors:</b> Eleuthero (root) 1g	
<b>Sawbrier (root) 500mg • Bee Pollen 300mg • Muiro Puama (bark) 250mg • Damiana (leaf) 60mg • Para-Aminobenzoic Acid 75mg • Hesperidin 55mg • Royal Jelly 12mg • <b>ATP Factors:</b> Ribonucleic Acid 2.4g • Deoxyribonucleic Acid 1.2g • Inosine 700mg • Creatine Monohydrate 175mg • Adenosine Triphosphate 125mg • Coenzyme Q10 2mg • <b>Sterol Factors:</b> Fucosterol 640mg • Stigmasterol 620mg • Campesterol 600mg • β-Sitosterol 250mg • Metabolic Factors: Medium Chain Triglycerides 100mg • Hydroxycitrate 50mg • Oleic Acid 50mg • Carnitine 5mg • <b>Thermogenic Factors:</b> Guarana (seed) 800mg • Cayenne (fruit) 130mg • <b>Lipotropic Factors:</b> Choline 1.2g • Inositol 600mg • Betaine HCl 100mg • Lecithin 100mg • <b>Glucose Factors:</b> Chromium Chloride 400mcg • α-Lipoic Acid 200mg • Chromium Polynicotinate 100mcg • β-Cyclodextrin 50mg • Xylitol 1.8mg • <b>Buffering Factors:</b> Sodium Phosphate 400mg • Carnosine 100mg • Potassium Bicarbonate 100mg • <b>Herbal Factors:</b> Yucca (root) 375mg • Uncaria Tomentosa (Wild) DC (bark) 375mg • Uva Ursi (leaf) 100mg • Echinacea Purpurea (aerial parts) 60mg • Beet (root) 50mg • Ginkgo (leaf) 2mg • Pectin (citrus) 50mcg • <b>Detoxifying Factors:</b> Milk Thistle (seed) 75mg • Goldenseal (root) 50mg • <b>Joint &amp; Ligament Factors:</b> Shark Cartilage 600mg • Quercetin 25mg • <b>Digestive Enzyme Factors:</b> Papain 200mg • Bromelain 100mg</b>	

\* Daily Value (DV) not established. \*\* Percent Daily Values are based on a 2,000 calorie diet.

Other Ingredients: Maltodextrin, glucose polymers, fructose, whey protein (milk), egg albumin, choline citrate, calcium pantothenate, inositol monophosphate, calcium phosphate, sodium phosphate, creaming agent, natural flavoring, caprylic acid, DL-methionine, L-carnosine, rice bran oil, d-a tocopherol, ascorbic acid, magnesium succinate, beta carotene, manganese succinate, boron gluconate, sodium selenite, ergocalciferol.

Allergen warning: Lecithin is derived from soy.

## Supplement Facts

Serving Size 2.5 Scoops (83g)  
Servings Per Container 10

Amount Per Serving	% DV
Calories	265
Calories from Fat	9
Total Fat	1g 2%*
Saturated Fat	1.4g 7%*
Total Carbohydrate	32g 11%*
Sugars	22g
Protein	32g 64%*
Vitamin C	60mg 100%
(as ascorbic acid)	
Vitamin E	30IU 100%
(as d-alpha tocopheryl succinate)	
Niacin (as niacinamide)	20mg 100%
Phosphorus	250mg 25%
Magnesium	200mg 50%
(as magnesium oxide)	
Sodium	180mg 8%*
Potassium	360mg 10%*
Creatine Monohydrate	5.5g **
Glutamine (as L-glutamine)	2.5g **
Taurine (as L-tyrosine)	1.2g **
Chromium Chloride	75mcg **
* Percent Daily Values are based on a 2,000 calorie diet.	
** Daily Values (DV) are not established.	

Other Ingredients: Ultra and microfiltrated whey proteins (containing peptide-rich lactoglobulins, lactalbumin, immunoglobulins and lactoferrin) (milk), GlycoCarb Complex™ (dextrose and glucose polymers), maltodextrin, disodium phosphate, potassium phosphate, fruit flavor, lecithin (soy), citric acid, aspartame, carnine.

#### †PHENYLKETONURICS: CONTAINS PHENYLALANINE

Typical Amino Acid Profile  
Grams of amino acids in 100g of pure protein.

#### ESSENTIAL AMINO ACIDS

L-Leucine .....11g .....\*\*  
(Branched Chain Amino Acid)  
L-Isoleucine .....5.8g .....\*\*  
(Branched Chain Amino Acid)  
L-Valine .....5.3g .....\*\*  
(Branched Chain Amino Acid)  
L-Threonine .....7.2g .....\*\*  
L-Lysine .....9.4g .....\*\*  
L-Phenylalanine .....2.7g .....\*\*  
L-Tryptophan .....1.3g .....\*\*  
L-Methionine .....1.5g .....\*\*  
L-Arginine .....1.5g .....\*\*  
L-Histidine .....1.2g .....\*\*

#### NON-ESSENTIAL AMINO ACIDS

L-Cysteine .....2.1g .....\*\*  
L-Aspartic Acid .....11.7g .....\*\*  
L-Alanine .....4.9g .....\*\*  
L-Glutamic Acid .....19.5g .....\*\*  
L-Glycine .....1.2g .....\*\*  
L-Proline .....6.2g .....\*\*  
L-Tyrosine .....2.5g .....\*\*  
L-Serine .....5.1g .....\*\*

The amino acids in this product are naturally occurring from the protein source. They are not added or manufactured.

## Nutrition Facts

Serving Size 5 scoops (229g) in 16oz low-fat milk  
Servings Per Container 5

Amount Per Serving	%DV
Calories	1052
Fat Calories	81
Total Fat	9g 14%
Saturated Fat	1g 5%
Cholesterol	48mg 16%
Sodium	168mg 7%
Potassium	125mg 4%
Total Carbohydrate	194g 65%
Dietary Fiber	4g 16%
Sugars	83g
Protein	51g 102%
Vitamin A 100% • Vitamin D 50% • Vitamin B1 100% • Vitamin B2 100% • Vitamin B6 100% • Vitamin C 100% • Niacin 75% • Folic Acid 100% • Vitamin E 50% • Zinc 100% • Calcium 20% • Magnesium 20% • Copper 100% • Phosphorus 17.5% • Selenium** • Potassium** • Molybdenum**	
<b>TYPICAL AMINO ACID PROFILE:</b> L-Arginine • 1496mg • L-Alanine • 1256mg • L-Leucine (BCAA)* • 2891mg • L-Isoleucine (BCAA)* • 1953mg • L-Valine (BCAA)* • 2145mg • L-Lysine • 2553mg • L-Glycine • 947mg • L-Cysteine • 309mg • L-Serine • 2045mg • L-Phenylalanine*	
* Daily value (DV) not established. † Percent Daily Values are based on a 2,000 calorie diet	
Other Ingredients: ProtoCarb Plus (Universal's High Performance Carbohydrate Complex - consisting of a scientific blend of high energy glucose polymers, maltodextrin (long-chained complex carbohydrates), pure crystalline fructose, and dextrose), Super Protein EX (Universal's Superior Protein Blend - consisting of the highest biological value peptide-bonded casein, pharmaceutical grade pancreatic digest of whey protein (lactalbumin) (milk), and egg white (albumin) protein - with naturally occurring branched-chain amino acids L-Leucine, L-Isoleucine, and L-Valine), AGC (Universal's proprietary Anabolic Growth Complex - consisting of Anabolic Agents, Metabolic Optimizers, and Performance Factors), Advanced Vitamin/Mineral Complex, Medium Chain Triglycerides, Lipotropics and Natural Flavors.	

Note: The L-Tryptophan in this product is naturally occurring from the protein source.



## GREAT GAINS

The Big Weight Gainer

1158 – 11lb banana  
1156 – 11lb chocolate  
1157 – 11lb strawberry  
1155 – 11lb vanilla

Great Gains is a high quality, no-nonsense weight gainer that can help you gain great weight fast. Great Gains was formulated for the bodybuilding purist who wants tried and true nutrition, as Great Gains contains only four key ingredients: protein, carbs, vitamins and minerals. Each serving of Great Gains can be custom-tailored to provide anywhere from 545 to 1728 quality calories utilizing low to high glycemic index carbs plus whey and casein proteins. So next time you're looking for a hard-working, no-nonsense weight gainer, pick up a bottle of Great Gains.

### Functional Benefits:

- High quality formula
- Up to 1728 extra calories
- Enhanced with whey proteins
- Quality weight gainer
- With calcium
- Can be custom tailored
- Enhanced with casein proteins
- Extra energy

**Recommended Use:** Mix five scoops of Great Gains powder with two cups of water or milk. Stir and drink. Take one to three servings of Great Gains daily in addition to or between regular meals.

### Nutrition Facts

Serving Size 10 Scoops (283.6g) in 4 cups whole milk  
Servings Per Container 18

Amount Per Serving	%DV
Calories	1728
Calories from Fat	324
Total Fat	36g 55%
Saturated Fat	20g 100%
Cholesterol	140mg 46%
Sodium	488mg 20%
Potassium	488mg 20%
Total Carbohydrate	283g 94%
Dietary Fiber	0g 0%
Sugars	198g
Protein	69g

Vitamin A 36% • Vitamin C 26% • Vitamin D 110% • Vitamin E 12% • Riboflavin 108% • Pantothenic Acid 40% • Vitamin B6 30% • Thiamine 28% • Vitamin B12 68% • Magnesium 42% • Phosphorus 102% • Calcium 124%

\*\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Other Ingredients: Granulated Complex Carbohydrates (Glucose Polymers) extracted from grains, 100% Pure Crystalline Tri-Glycemic Sweetener (Fructose, Dextrose and Sucrose), Pharmaceutical Grade Peptide Bond Digests of Whey Protein and Calcium Caseinate enriched with essential amino acids and branched-chain amino acids (L-leucine, L-valine, and L-isoleucine) (milk), Lecithin (soy), and Cocoa.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carb		300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4



## RIPPED FAST

Definitive Fat Burner

4631 – 120 capsules

To achieve perfect definition you need to get rid of the subcutaneous fat that hides the natural muscle striations and makes you look smooth. The deeper the cuts between each fiber and the more pronounced each muscle becomes, the better you look. Ripped Fast contains high potency lipotropics, energizers and herbals to reduce water retention without stimulants. Plus, Ripped Fast contains choline, inositol, and chromium picolinate, three important lipotropic and insulin-regulating nutrients. Ripped Fast is manufactured using only select pharmaceutical grade raw materials for optimum purity and absorption. Ripped Fast is the definitive fat burner.

### Functional Benefits:

- 100% ephedrine-free
- Increase thermogenesis
- Enhance lipolysis
- Lean mass-sparing effects
- Natural energy boost
- Reduce water retention
- Appetite suppression
- Maximum fat mobilization

**Recommended Use:** As a dietary supplement, take 1 to 4 capsules daily with 8 oz. of water. Best when taken 30 minutes before working out.

### Supplement Facts

Serving Size 4 Capsules  
Servings Per Container 30

Amount Per Serving	%DV
Vitamin B6	2mg 100%
Choline Complex	1.2g *
Carnitine Complex	50mg *
Chromium Picolinate†	200mcg *
Kola Extract	100mg *
Inositol	600mg *
Short Buchu (leaf)	100mg *
Hops (flower)	100mg *
Uva Ursi (leaf)	100mg *
β-Sitosterol	50mg *
Betaine HCl	50mg *

\* Daily Value (DV) not established.

Other Ingredients: Choline citrate, inositol, monophosphate, whey (milk), L-carnitine, lecithin (soy), burdock, magnesium stearate, stearic acid and pyridoxine HCl.

†Chromax II® brand yeast-free chromium picolinate is licensed under U.S. patent 4,315,927.



## HERBAL THERMOSTACK E/C/A

Thermogenic Stack

4245 – 60 capsules  
4246 – 90 capsules

Herbal ThermoStack E/C/A. E/C/A refers to a proven thermogenic formula which consists of ephedrine, caffeine, and aspirin. You know what thermogenic means, right? Thermogenesis is the process whereby the body generates heat (energy) thus raising the metabolic rate and burning more calories. In a thermogenic state, your body burns fat, and you subsequently look "peeled" over time. Herbal ThermoStack uses natural, ephedrine-free botanicals: citrus aurantium (synephrine), guarana (caffeine), and willow bark (salicin). If you want to get shredded, get "thermostacked" with Herbal ThermoStack E/C/A—a natural, safer alternative to ephedra.

### Functional Benefits:

- Ephedra-free formulation
- Increase thermogenesis
- Enhance lipolysis
- Classic E/C/A compound
- Maximize fat burning
- Extreme definition
- Lean mass sparing effects
- All-natural formula

**Recommended Use:** Take 2 capsules three times daily beginning in the morning on an empty stomach. Do not exceed 8 capsules per day. For best results, use as part of a low-fat diet and exercise program.

### Supplement Facts

Serving Size 2 Capsules  
Servings Per Container 45

Amount Per Serving	%DV
Bitter Orange (fruit) (standardized for 4% synephrine)	200mg *
Guarana (nut) (standardized for 22% caffeine)	400mg *
White Willow (bark) (standardized for 10% salicin)	600mg *

\* Daily Value (DV) not established.

Other Ingredients: Gelatin, whey (milk), magnesium stearate, stearic acid.



## FAT BURNERS & ETS FAT BURNERS

### Stimulant-Free Diet Formula

4222 – 110 tablets (Fat Burners)

4231 – 100 tablets (Easy-To-Swallow Fat Burners)

4232 – 55 tablets (Easy-To-Swallow Fat Burners)

Sometimes, you don't need all the thermogenic fat burners-the stimulants like ephedrine and caffeine. Fat Burners has been made especially for you. Fat Burners is a lipotropic and metabolic complex which contains over 10 nutrients designed to help you reach your goals naturally. Fat Burners can help your body release stored bodyfat and then burn it for energy. If you want all the benefits of the Fat Burners formula but in smaller pill form, we have you covered with our Easy-To-Swallow (ETS) Fat Burners.

#### Functional Benefits:

- Ephedrine-free
- Natural lipotropic formula
- Caffeine-free
- Enhance recovery

**Recommended Use:** As a dietary supplement, take 1-2 tablets with 12 oz. of water, or as directed by a health care professional. An additional 1-2 tablets may be taken prior to exercise. Use in conjunction with a sensible, low fat diet. Do not exceed 4 tablets per day.



## FAT BURNERS FOR WOMEN

### Free Diet Formula

0101 – 120 tablets

Female bodybuilders and athletes have unique needs. That's why we created Fat Burners For Women. While some women don't mind powerful thermogenic formulas that come with ephedrine and caffeine, for example, many others find the side effects too difficult to tolerate. Fat Burners For Women contains a potent thermogenic compound that's 100% ephedrine-free. With 20 select nutrients, Fat Burners can help your body release stored bodyfat, burn that fat more efficiently, naturally increase energy, improve insulin function, shed excess water weight, promote regularity, reduce appetites, and more.

#### Functional Benefits:

- Ephedrine-free
- Herbal diuretics included
- Natural energy boost
- EFAs & fiber added

**Recommended Use:** As a dietary supplement, take 1 tablet 3 times daily with meals, or as directed by a health care professional.



## CARBO PLUS

### High Performance Carb Powder

1121 – 1kg unflavored

1122 – 1lb unflavored

As a bodybuilder, you try to avoid sugars. Excessive sugar intake has been linked to insulin resistance, carb cravings, and bodyfat accumulation, among other things. So sucrose, or plain table sugar, is out. Fructose, while a long-lasting source of energy, has been shown in clinical studies to create gastrointestinal (GI) distress. Take too much fructose and it won't sit well in your stomach. Carbo Plus doesn't contain any inferior sucrose or fructose. Instead, you get glucose polymers and maltodextrin extracted from premium grain sources. Carbo Plus is unflavored and unsweetened, and each serving loads you up with 55g of pure energy.

#### Functional Benefits:

- Nutritionally-dense
- Boost strength
- Enhance protein synthesis
- Enhances recovery

**Recommended Use:** Slowly blend 1/2 cup of Carbo Plus into 8 ounces of water, juice, milk or beverage of your choice. For best results use at least twice daily. One serving should be consumed within 2 hours after completion of your training or competition.

#### Fat Burners:

### Supplement Facts

Serving Size 2 Tablets  
Servings Per Container 55

Amount Per Serving	%DV
Iron (as iron oxide)	1 mg 6%
Choline Complex	2 g *
Carnitine (as L-carnitine)	100 mg *
Essential Fatty Acid Complex	100 mg *
Chromium Picolinate†	50 mcg *
Methionine (as DL-methionine)	400 mg *
Lysine (as L-lysine)	200 mg *
Inositol Monophosphate	1 g *
Betaine (as HCl)	400 mg *
Lecithin	200 mg *

\* Daily Value (DV) not established.

Other Ingredients: Choline citrate, uva ursi, L-carnitine, magnesium stearate, and stearic acid.

Allergen warning: Lecithin is derived from soy.

†CHROMEMATE® brand chromium is licensed under U.S. Patent 4,315,927.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under six. KEEP THIS PRODUCT OUT OF THE REACH OF CHILDREN. In case of accidental overdose, call a physician or Poison Control Center immediately.

#### Easy To Swallow Fat Burners:

### Supplement Facts

Serving Size 2 Tablets  
Servings Per Container 50

Amount Per Serving	%DV
Iron (as iron oxide)	500 mcg 3%
Chromium Picolinate†	25 mcg *
Choline Complex	1 g *
Carnitine Complex	50 mg *
Essential Fatty Acid Complex	50 mg *
Methionine (as DL-methionine)	200 mg *
Lysine (as L-lysine)	100 mg *
Inositol (as monophosphate)	500 mg *
Betaine HCl	200 mg *
Lecithin	100 mg *

\* Daily Value (DV) not established.

Other Ingredients: Choline citrate, whey protein (milk), flaxseed powder, L-carnitine, uva ursi, fiber, calcium sulfate, magnesium stearate, and stearic acid.

Allergen warning: Lecithin is derived from soy.

†Chromax II brand chromium picolinate is licensed under U.S. Patent 4,315,927.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under six. KEEP THIS PRODUCT OUT OF THE REACH OF CHILDREN. In case of accidental overdose, call a physician or Poison Control Center immediately.

### Supplement Facts

Serving Size 3 Tablets  
Servings Per Container 40

Amount Per Serving	%DV
Vitamin B6	2mg 100%
Calcium (as dicalcium phosphate)	300mg 30%
Choline Complex	620mg *
Inositol	310mg *
Chromium Picolinate†	150mcg *
Chromium Polynicotinate	100mcg *
Carnitine (as L-Carnitine)	20mg *
White Willow (bark)	100mg *
Damiana (leaf)	100mg *
Cascara Sagrada (bark)	100mg *
Uva Ursi (leaf)	100mg *
Cayenne (fruit)	10mg *
Gotu Kola (leaf)	100mg *
Cola (nut)	100mg *
Blonde Psyllium (seed)	1.2g *
Betaine HCL	60mg *
DL-Methionine	50mg *
Lecithin	100mg *
Linoleic Acid	25mg *
Oleic Acid	25mg *

\* Daily Value (DV) not established.

Other Ingredients: Potassium phosphate, magnesium stearate, pyridoxine HCl, and stearic acid.

Allergen warning: Lecithin is derived from soy.

†Chromax II brand chromium picolinate is licensed under U.S. Patent 4,315,927.

### Supplement Facts

Serving Size 1/2 Cup (56.7g)  
Servings Per Container 8

Amount Per Serving	%Daily Value
Calories	220
Total Carbohydrates	55g 18%*

\* Percent Daily Values are based on a 2,000 calorie diet.

Other Ingredients: 100% Pure High Performance Complex Carbohydrates (consisting of granulated medium length extracted carbohydrates (glucose polymers) from premium grain sources and maltodextrin).





## MCT POWER

High-Yield Energy Liquid

6121 – 16 fl oz

MCT Power is a pure dietary lipid (medium chain triglycerides) that holds tremendous potential as a performance-enhancing supplement for bodybuilders and as a weight-loss aid during pre-competition dieting. MCT Power is quickly absorbed and oxidized to produce energy. MCT Power oxidizes like carbohydrates rather than fats. Rapidly absorbed, MCT Power is a highly-efficient source of sustained energy at 8.3 calories per gram. Best of all, MCT Power can provide extra energy for dieters who need to maintain maximum lean mass.

### Functional Benefits:

- Ideal for pre-contest dieting
- Enhance fat mobilization
- Perfect for all athletes
- Provides 8.3 calories per-gram
- Promote protein-sparing

**Recommended Use:** MCT Power can be taken undiluted by the tablespoon or mixed with any beverage. For best results, take 3 tablespoons twice daily. To improve performance and to increase endurance, take one of your servings at least thirty minutes prior to working out.

### Supplement Facts

Serving Size 3 Tablespoons  
Servings Per Container 10

Amount Per Serving	%DV
Calories	149
Total Fat	18g 28%*
Saturated Fat	18g 90%*
Total Carbohydrates	0g 0%
Medium Chain Triglycerides	18g **

\* Percent Daily Values are based on 2,000 calorie diet.  
\*\* Daily Value (DV) not established.

Other Ingredients: Caprylic triglycerides and natural flavors.



## CHROMIUM PICOLINATE

The Insulin Potentiator

4621 – 100 capsules

Insulin plays an important role in weight management, both in controlling body fat and building muscle tissue. Insulin resistance has been linked to obesity, heart disease, diabetes and hypertension. Chromium Picolinate aids the body's metabolism by helping insulin function efficiently. Each capsule contains 200mcg of biologically-active and yeast-free chromium picolinate. It is the perfect formula for those looking to supplement with a smaller dose of chromium. For a larger amount of chromium, Universal offers Chromax II.

### Functional Benefits:

- Improved weight management
- Control body fat
- Biologically-active
- Manage insulin

**Recommended Use:** Take 1 capsule daily (preferably with a meal) or as directed by a health care professional.

### Supplement Facts

Serving Size 1 Capsule  
Servings Per Container 100

Amount Per Serving	%DV
Chromium Picolinate†	200mcg 167%

†Chromax II® brand chromium picolinate is licensed under U.S. Patent 4,315,927.

Other Ingredients: Gelatin, whey (milk), magnesium stearate, and stearic acid.



## VANADYL SULFATE

Elemental Vanadium

4692 – 90 capsules

Vanadyl sulfate exerts insulin-mimicking effects, giving muscles an unprecedented pump by shuttling glucose and amino acids directly into muscle tissue, thereby stimulating glycogen and protein synthesis. Each capsule contains 7.5mg of vanadyl sulfate.

### Functional Benefits:

- Insulin-mimicking effect
- Increase protein synthesis
- Increased "pump"
- Enhanced flow of glucose

**Recommended Use:** Take 1 capsule per day.

### Supplement Facts

Serving Size 1 Capsule  
Serving Per Container 90

Amount Per Serving	%DV
Selenium	33mcg 47%
Vanadyl Sulfate	7.5mg **
Taurine	800mg **

\* Percent Daily Values are based on a 2,000 calorie diet.  
\*\* Daily Value (DV) not established.

Other Ingredients: Whey (milk), L-taurine, magnesium stearate, gelatin, stearic acid, and L-selenomethionine.



## CHRYsin X

Prohormone Maximizer

4640 – 60 capsules

Chrysin is a naturally occurring flavone that helps maximize the benefits of prohormones. Chrysin inhibits aromatase activity to prevent the conversion of testosterone to other unwanted hormones such as estrogen and dihydrotestosterone (DHT). These hormones can cause unwanted side effects, such as baldness and prostate enlargement. Chrysin X contains the powerful active ingredient 5,7-dihydroxyflavone, which inhibits cytochrome P-450 aromatase activity. Chrysin X has also been enhanced with lysophosphatidylcholine, which can help your body utilize more of its valuable nutrients.

### Functional Benefits:

- Inhibit aromatase activity
- Prevent testosterone conversion
- Maximize pro-hormones
- Prevent estrogen build-up

**Recommended Use:** Take 2-6 capsules daily, or as directed by your healthcare professional.

### Supplement Facts

Serving Size 2 Capsules		
Servings Per Container 30		
Amount Per Serving		%DV
Zinc (as zinc gluconate)	10mg	66%
Chrysin	250mg	*
Saw Palmetto (berry)	200mg	*
Lysophosphatidylcholine	100mg	*
* Daily Value (DV) not established.		

Other Ingredients: Gelatin, whey (milk), magnesium stearate, and stearic acid.



## OKG

Ornithine Alpha-Ketoglutarate

4680 – 100 capsules

OKG 850 is a powerful muscle recovery supplement that provides 850mg of pure pharmaceutical-grade ornithine alpha-ketoglutarate (OKG) per capsule. OKG 850 is unique in that it consists of ornithine molecules bonded to alpha-ketoglutarate molecules making it one of the most powerful anti-catabolic nutrients available to bodybuilders. Research shows that OKG assists with increased protein synthesis, decreased protein catabolism, enhanced insulin and somatropin secretion and increased amino acid uptake to the muscles. OKG 850 comes in fast-acting capsules and has been enhanced with vitamin C.

### Functional Benefits:

- Help prevent muscle wasting
- Increase protein synthesis
- Increase somatropin release
- Promote recovery
- Reduce muscle catabolism

**Recommended Use:** As a dietary supplement, take 3 to 9 capsules once daily with a high carbohydrate meal. Avoid taking on an empty stomach and with high protein foods. Wait at least 90 minutes before taking other protein or amino acids.

### Supplement Facts

Serving Size 1 Capsule		
Servings Per Container 100		
Amount Per Serving		%DV
Vitamin C (as ascorbic acid)	5mg	8%
Ornithine Alpha-Ketoglutarate	850mg	*
* Daily Value not established.		

Other Ingredients: Gelatin, whey (milk), and magnesium stearate.



## UNIDYNE

To Support Maximum Fat Loss

5157 – 130 capsules

When it comes to thermogenic supplements, nothing can match the power and comprehensiveness of Unidyne. The thermogenic compound in Unidyne has been proven in clinical studies to increase fat loss while preserving lean mass. Why does this matter? For the dieter, selectively burning fat is critical as lean mass is the body's metabolic engine muscle burns more calories than fat. Therefore, a thermogenic supplement like Unidyne can give anyone interested in weight loss the ultimate advantage. By increasing energy, heightening focus, and reducing fatigue, Unidyne allows you to train longer, harder and more effectively.

### Functional Benefits:

- Increase thermogenesis
- Enhance lipolysis
- Improve diuresis
- Maximize fat mobilization

**Recommended Use:** Begin by taking 1 capsule before breakfast or morning exercise, and another capsule during the afternoon. After this initial period, you may then increase to the full serving of 2 capsules.

### Supplement Facts

Serving Size 2 Capsules		
Serving Per Container 65		
Amount Per Serving		%DV
Pantothenic Acid	40mg	400%
Bitter Orange Extract (4% synephrine)	250mg	*
Coleus Forskohli Extract (forskolin, coleonol)	100mg	*
Guarana Extract (22% caffeine)	910mg	*
White Willow Extract (15% salicin)	105mg	*
Ginger Root	50mg	*
Citrilene™ (hydroxycitric acid)†	50mg	*
Proprietary Blend	250mg	*
L-Tyrosine*, Acetyl-L-Carnitine (ALC)*, Fisetin*, Magnesium Phosphate*, 2-Dimethylaminoethanol (DMAE)*		
Isoflavonol™ (isoflavones)††	50mg	*
* Daily Value (DV) not established.		

Other Ingredients: Calcium pantothenate, garcinia cambogia, pueraria lobata, calcium phosphate, magnesium phosphate, gelatin, magnesium stearate.

† CITRILENE™ brand hydroxycitric acid (HCA).

†† ISOFLAVONOL™ brand isoflavones.



## HYDROBURN

Dual Thermogenic/Diuretic Formula

5161 – 84 capsules  
5162 – 168 capsules

HydroBurn is an advanced, dual thermogenic and diuretic weight-loss supplement. HydroBurn contains the most hydroxycitrate you can buy in the form of Hydroxynol™—2050mg per serving. That's more than the leading brand. Plus, you'll also find the standards: caffeine, salicin, carnitine and chromium picolinate. But what makes HydroBurn truly outstanding (and unlike anything else) is its trio of herbal ingredients: cayenne (capsicum), uva ursi, and dandelion root.

### Functional Benefits:

- Increase thermogenesis
- Enhance lipolysis
- Improve diuresis
- Maximize fat mobilization

**Recommended Use:** Take 4 capsules 30 minutes before breakfast and take another 4 capsules 30 minutes before an afternoon meal or before training. Do not exceed 12 capsules per day. Women and new users should take half of the recommended dosage to start. Use as part of a low-fat diet and exercise program.

### Supplement Facts

Serving Size 4 Capsules  
Servings Per Container 42

Amount Per Serving	%DV
Hydroxynol™ (50% hydroxycitrate)	2050mg *
Bitter Orange Extract (4% equivalent to 13.4mg synephrine)	334mg *
Guarana Extract (22% caffeine)	910mg *
Salicin Complex (15% salicin)	100mg *
L-Carnitine	100mg *
Chromium Picolinate	300mcg *
Cayenne Extract	50mg *
Uva Ursi (leaf)	50mg *
Dandelion (root)	50mg *

\* Daily Value (DV) not established.

Other Ingredients: Hydroxycitric acid, purple willow bark, white willow bark, whey (milk), gelatin, magnesium stearate, stearic acid.

Each serving contains: 1025mg of hydroxycitric acid; 13.4mg of synephrine; and 200mg of caffeine.



## THERMO GREEN TEA CAPSULES

First Natural Thermogenic

4260 – 90 capsules

Thermo Green Tea Caps is the first clinically proven, ephedra-free thermogenic fat burner in the world. Its unique formula is backed by a study recently published in the prestigious American Journal of Clinical Nutrition. The secret to Thermo Green Tea lies in its exclusive extract which contains a precise ratio of specific polyphenols including 90mg of epigallocatechin gallate (EGCG). This proprietary extract has been proven to increase thermogenesis by up to 43% without exercise of any kind. Best of all, ThermoGreen Tea will not increase heart rate.

### Functional Benefits:

- Enhance thermogenesis
- Clinically proven
- No side effects
- 100% natural

**Recommended Use:** Take two capsules of Thermo Green Tea Caps three times daily with breakfast, lunch and dinner. Use in conjunction with a sensible diet and exercise program.

### Supplement Facts

Serving Size 2 Capsules  
Servings Per Container 45

Amount Per Serving	%DV
Green Tea Extract†	750mg *
Quercetin	50mg *

\* Daily Value (DV) not established.

Other Ingredients: Green tea extract, magnesium stearate, gelatin, stearic acid.

† A unique and proprietary Green Tea Extract which has been standardized to contain 90mg of the polyphenol, epigallocatechin gallate (EGCG) and 50mg of naturally-occurring caffeine.



## ARBUTEROL

Complete Water Reducing Formula

5160 – 60 tablets

You want maximum muscle separation and definition. Focusing exclusively on lowering bodyfat levels is an admirable goal. However, even with bodyfat levels in the single digits, your definition could still be clouded. For maximum cuts, you also need to reduce subcutaneous water weight. Arbuterol is a professional-strength supplement which contains select ingredients designed to reduce the water that's stored just under your skin—water that makes you look soft and puffy. It's the most powerful product you can buy without a prescription.

### Functional Benefits:

- Increased Thermogenesis
- Spare lean mass
- Selective fat-burning
- Enhance energy
- More active ingredients
- Inhibit fat storage
- Appetite suppressants
- Reduces carb cravings

**Recommended Use:** Take 1 serving (3 tablets) per day on an empty stomach. Elite athletes can take 2-3 servings (6-9 tablets) per day. Do not exceed 9 tablets during any 24-hour period.

### Supplement Facts

Serving Size 3 Tablets  
Serving Per Container 20

Amount Per Serving	%DV
Vitamin B6	1mg 50%
Magnesium	50mg 13%
Potassium	99mg 3%

Arbuterol Diuretic Complex	1.9g
Dandelion Extract (20% taraxasterol)	*
Uva Ursi Extract (20% arbutin)	*
Guarana (22% caffeine)	*
Stinging Nettle (whole herb)	*
Short Buchu Leaf Extract	*
Hydrangea Extract	*

\* Daily Value (DV) not established.

Other Ingredients: Potassium citrate, magnesium oxide, magnesium stearate, stearic acid, dicalcium phosphate, whey (milk), pyridoxine hydrochloride.





## SUPER CUTS 3

Lipotropic & Diuretic Complex

6062 – 130 tablets

Super Cuts 3 is an ultra maximum potency formula engineered to help optimize fat metabolism, fat emulsification, fat burning, and enhance lean mass. Super Cuts 3's proven formula contains key active ingredients such as L-Carnitine, herbal diuretics, insulin potentiators, natural energizers, and fat emulsifying lipotropics. You'll also get essential nutrients like vitamin B6, chromium and calcium. Use Super Cuts 3 with your exercise and nutrition regimen and see what happens.

### Functional Benefits:

- L-carnitine
- 100% all natural
- EGCG
- Complete fat burner
- Diuretic support
- Vitamins and minerals
- Increased energy
- Support insulin function

**Recommended Use:** Take two tablets three times daily with at least 8 oz. of water. For best results, take this supplement half an hour before exercise and bedtime. When taking this product, please be sure to drink plenty of water daily.

### Supplement Facts

Serving Size 2 Tablets  
Servings Per Container 65

Amount Per Serving		%DV
Vitamin B6 (as pyridoxine HCl)	40mg	2000%
Calcium (as calcium sulfate)	150mg	15%
Chromium (as chromium picolinate)	15mcg	13%
L-Carnitine	600mg	*
Lecithin	500mg	*
Choline (as choline bitartrate)	500mg	*
Inositol	500mg	*
L-Methionine	200mg	*
Linoleic Acid	100mg	*
Oleic Acid	50mg	*
Taraxacum Extract	250mg	*
Grapefruit Powder	125mg	*
Green Tea Extract (12% EGCG)	125mg	*
Uva Ursi	200mg	*
Cayenne Extract	50mg	*

\* Daily Value (DV) not established.

Other Ingredients: Whey protein (milk), stearic acid and magnesium stearate.

Allergen warning: Lecithin is derived from soy.



## ZERO G

Extreme Fat Burning

5210 – 60 capsules

Zero G is a new type of fat burner that is ideal for anyone who wants to lose weight and maintain a healthy lifestyle. Unlike the competition, Zero G accomplishes this in four distinct ways: thermogenesis, diuresis, appetite suppression and thyroid support. This four-action system makes it the most complete on the market and will help you lose more fat and weight than any other product, we guarantee it. This unique four-action system in Zero G helps provide maximum results in minimal time. Zero G also utilizes the new Wait-Less technology which speeds up absorption.

### Functional Benefits:

- Experience Wait-Less™ Technology
- Lose weight without losing muscle
- 4 action system
- Starts working in an hour
- With proprietary Ginsenoside Rgb™
- Premium Cordia Salicifolia

**Recommended Use:** Take 2 capsules before breakfast or morning exercise, and another 2 capsules during the afternoon. Do not exceed four (4) capsules in any 24-hour period.

### Supplement Facts

Serving Size 2 Capsules  
Serving Per Container 30

Amount Per Serving		%DV
Niacin	10mg	50%
Ginsenoside Rgb™	150mg	*
7-Keto™ (3-acetyl-7-oxo-dehydroepiandrosterone)	55mg	*
Cordia Salicifolia	250mg	*
Guarana Extract (22% caffeine)	550mg	*
Green Tea Extract (12% EGCG)	125mg	*
Bitter Orange Extract (6% synephrine)	250mg	*
Theobromine	15mg	*
Taraxacum Extract	100mg	*
Guggul Extract (2.5% guggulsterones)	35mg	*
Cayenne Extract (capsaicin)	50mg	*

\* Daily Value (DV) not established.

Other Ingredients: Panax ginseng berry extract, dicalcium phosphate, magnesium stearate, niacinamide, gelatin.

7-Keto™ is a trademark of Humanetics Corporation.



## CARNITECH

Fast Acting Liquid Carnitine Complex

6032 – 12 fl oz

CarniTech is a natural lipothermic nutrient complex consisting of USP grade L-carnitine. But what makes CarniTech superior to all other carnitine products is that it also contains unique carnitine co-factors such as guarana, ginseng, green tea, glycerol, and willow bark. CarniTech's exclusive and comprehensive formulation makes it a true standout dieting product.

### Functional Benefits:

- Natural energy boost
- Fat oxidation
- Buffer lactic acid
- Increase performance
- Ephedrine-free
- Spare glycogen stores
- Maximize oxygen uptake
- Reduce fatigue

**Recommended Use:** Take 2-4 tablespoons per day, 30-60 minutes prior to your workout.

### Supplement Facts

Serving Size 2 Tablespoons  
Servings Per Container 11.5

Amount Per Serving		%DV
Carnitine (as L-carnitine)	1.3g	*
Herbal Performance Blend		
Guarana (seed)	50mg	*
Oriental Ginseng (root)	100mg	*
Green Tea (leaf)	75mg	*
White Willow (bark)	50mg	*

\* Daily Value (DV) not established.

Other Ingredients: Purified water, glycerol, citric acid, sodium benzoate and natural flavors.



## CARNITINE LIQUID

Fast Acting Pure Liquid Creatine

5171 – 12 fl oz

Carnitine Liquid is a 100% pharmaceutical grade L-carnitine supplement. Carnitine is synthesized from amino acids, primarily lysine and methionine. In Europe, carnitine has been used for over 60 years to treat heart patients with high levels of fat in the blood. More recently, in 1986, it was finally approved for use in the U.S. Its primary function is to regulate fat oxidation. In other words, carnitine functions as a catalyst; it helps you tap into your fat and burn it as fuel.

### Functional Benefits:

- Natural energy boost
- Fat oxidation
- Increase performance
- Improve fat burning
- 100% pure carnitine
- Fat mobilization
- Fast acting liquid
- Convenient

**Recommended Use:** Take 2-4 tablespoons per day, 30-60 minutes prior to your workout.

### Supplement Facts

Serving Size 2 Tablespoons  
Serving Per Container 11.5

Amount Per Serving	%DV
Carnitine (as L-carnitine)	1.3g *
* Daily Value (DV) not established.	

Other Ingredients: Purified water, glycerol, citric acid, sodium benzoate and natural flavors.



## CARNITINE CAPSULES

Fast-Acting Carnitine Capsules

5179 – 30 capsules

5180 – 60 capsules

If you'd rather get our high quality carnitine in form other than liquid, now there's Carnitine Capsules. Each serving of Carnitine Capsules provides 500mg of the purest L-carnitine available. Other than enhancing athletic performance and promoting cardiovascular health, L-carnitine can help with obesity. At least that's what a recent study has shown. A published Chinese medical journal study has found that 2g of L-carnitine (or 4 Carnitine Capsules) per day along with exercise and dietary modifications produced a significantly greater weight reduction than those without the supplementation.

### Functional Benefits:

- Natural energy boost
- Fat oxidation
- Increase performance
- Improve fat burning
- 100% pure carnitine
- Fat mobilization
- Fast-acting capsules
- 500mg per serving

**Recommended Use:** Take 2-4 capsules per day, 30-60 minutes prior to your work out.

### Supplement Facts

Serving Size 2 Capsules  
Serving Per Container 30

Amount Per Serving	%DV
Carnitine	500mg *
* Daily Value (DV) not established.	

Other Ingredients: L-carnitine tartrate, dicalcium phosphate, gelatin, whey (milk), stearic acid, silicon dioxide, magnesium stearate.



## ENERGY PAK

Sustained Energy Optimizer

3091 – 30 packets

Many people, especially women and older individuals, want to avoid ephedra (ma-huang). They don't like the side effects this herb can cause, including jitteriness, racing heart, anxiety, and the like. For these individuals and athletes, we've created Energy Pak. Each packet comes complete with natural energizers including our exclusive Carbo Plus Complex, Virilin 500 (blend of goldenseal, dong quai, gotu kola and oyster extract), Korean ginseng, guarana and niacin. Carbo Plus Complex is a 100% pure high performance matrix made from granulated medium length complex carbs extracted from premium grain sources and maltodextrin.

### Functional Benefits:

- Natural energy boost
- Long-lasting energy complex
- 5 specially formulated pills
- 30 packets
- Ephedrine-free
- Complete formula
- Easy to use packets
- High potency ingredients

**Recommended Use:** As a nutritional supplement, take one packet 15-30 minutes prior to working out or any time you need a natural energy boost.

### Supplement Facts

Serving Size 1 Packet  
Serving Per Container 30

Amount Per Serving	% DV
Niacin (as niacinamide)	100mg 500%
Guarana (nut)	800mg *
Oriental Ginseng (root)	500mg *
Virilin 500™	500mg *
Carbo Plus™	500mg *
* Daily Value (DV) not established.	

Other Ingredients: Maltodextrin, goldenseal, dong quai, gotu kola, oyster extract, adrenal material, magnesium stearate, whey (milk), gelatin, stearic acid.

Virilin 500™ is a proprietary botanical and glandular blend consisting of goldenseal, dong quai, gotu kola, oyster extract, and adrenal substances.

Carbo Plus™ is a proprietary ingredient consisting of granulated medium length complex carbs extracted from premium grain sources and maltodextrin.



## UNISYN

### Next Generation Meal Replacement

- 5170 – 2.5lb vanilla (bottle)
- 5172 – 2.5lb chocolate (bottle)
- 5174 – 2.5lb strawberry (bottle)
- 5182 – 20 pack vanilla (box)
- 5183 – 20 pack chocolate (box)
- 5184 – 20 pack strawberry (box)
- 5181 – 7 pack starter kit (free mix bottle)

UniSyn is a nutritionally complete and easy to use MRP. It gives you 100% solid nutrition without fructose, sucrose, aspartame, hydrogenated oils or saturated fats, plus a perfect 2:1 ratio of protein to carbs and over two dozen key vitamins and minerals. UniSyn is the ideal MRP “base” for individuals who like to tinker and custom-tailor their shakes. UniSyn is available in packets, in a starter pack and also in the economical 2.5lb. container.

#### Functional Benefits:

- No fructose or sucrose
- 44g of “total” proteins
- 22g carbs
- 26 key nutrients
- No saturated fat
- No hydrogenated oils
- Aspartame-free
- Great taste

**Recommended Use:** Using 12-14 oz. of water, skim milk or your favorite beverage, take 1-3 three servings per day, or what best suits your needs. For optimum results, use a blender. Ice and fresh fruit can be added.



## ULTRA WHEY PRO

### Natural Mass & Density Enhancer

- 1543 – 2lb strawberry
- 1555 – 2lb chocolate
- 1557 – 2lb vanilla
- 1544 – 5lb strawberry
- 1559 – 5lb chocolate
- 1558 – 5lb vanilla
- 1545 – 6.6lb strawberry
- 1554 – 6.6lb chocolate
- 1564 – 6.6lb vanilla

If you go through a lot of whey protein and are looking to save a few bucks, then you should definitely consider Ultra Whey Pro. Ultra Whey Pro is a whey protein blend that is both high in quality and value. Each scoop of Ultra Whey Pro provides 22g of protein. How can we offer a better value? Simple. With Ultra Whey Pro, we buy in bulk and we manufacture the product in-house, which saves our consumer cash. Ultra Whey Pro makes gaining muscle on a budget possible.

#### Functional Benefits:

- 100% premium whey proteins
- Blended whey formula
- Fast-acting protein
- Maximize protein synthesis
- Rich in whey microfractions
- Highest bioavailability (BV)
- Ultrafiltrated whey
- Highest value

**Recommended Use:** Mix 1-2 slightly rounded scoops with 6-12 ounces of water or skim milk. On training days take a minimum of two servings daily, with one serving within 45 minutes after training and the other serving between meals.



## ULTRA ISO WHEY

### 100% Pure Whey Isolates

- 1621 – 2lb tropical punch
- 1622 – 2lb lemonade chiller
- 1623 – 2lb vanilla shake
- 1624 – 2lb chocolate shake

Whey proteins are complete proteins that provide the essential aminos your body needs. Whey is rich in branched-chain amino acids (BCAAs) and glutamine. But not all whey proteins are alike. Some are cleaner and purer than others. Gram for gram, these superior whey protein “isolates” (WPIs) have more protein, less fat and carbs, than their counterparts, whey protein “concentrates” (WPCs). Ultra Iso Whey from Universal Nutrition contains only premium 100% ultrafiltrated whey protein isolates with zero carbs, zero sugar, zero fat, and zero lactose.

#### Functional Benefits:

- Mixability
- Zero carbs
- Zero fat
- Zero lactose
- Zero sugar
- Zero aspartame

**Recommended Use:** Mix one rounded scoop with 6-8 oz of water, take 1-3 servings per day.

## Nutrition Facts

Vanilla		Chocolate		Strawberry	
Serving Size 1 Packet (75g)		Serving Size 1 Packet (79g)		Serving Size 1 Packet (76g)	
Amount Per Serving	%DV*	Amount Per Serving	%DV*	Amount Per Serving	%DV*
Calories	290	Calories	280	Calories	280
Calories From Fat	15	Calories From Fat	15	Calories From Fat	15
Total Fat	1.5g 2%	Total Fat	1.5g 2%	Total Fat	1.5g 2%
Saturated Fat	1.5g 8%	Saturated Fat	1.5g 8%	Saturated Fat	1.5g 8%
Trans Fat	0g	Trans Fat	0g	Trans Fat	0g
Cholesterol	45mg 15%	Cholesterol	45mg 15%	Cholesterol	45mg 15%
Sodium	240mg 10%	Sodium	370mg 15%	Sodium	370mg 15%
Potassium	525mg 15%	Potassium	875mg 25%	Potassium	547mg 16%
Total Carbohydrate	22g 7%	Total Carbohydrate	24g 8%	Total Carbohydrate	22g 7%
Dietary Fiber	<1g 2%	Dietary Fiber	3g 12%	Dietary Fiber	1g 3%
Sugars	2g	Sugars	4g	Sugars	4g
Protein	44g 88%	Protein	44g 88%	Protein	44g 88%
Vitamin A	50%	Vitamin C	50%	Calcium	50%
Iron	25%	Vitamin D	50%	Vitamin E	50%
Vitamin K	50%	Thiamin	50%	Riboflavin	50%
Niacin	50%	Vitamin B6	50%	Folate	50%
Vitamin B12	50%	Biotin	50%	Pantothenic Acid	50%
Phosphorous	25%	Magnesium	25%	Zinc	25%
Selenium	25%	Copper	25%	Manganese	25%
Chromium	50%	Molybdenum	25%	Chloride	10%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric needs.

Calories:	2,000	2,500
Total Fat	Less than	80g
Sat Fat	Less than	25g
Cholesterol	Less than	300mg
Sodium	Less than	2,400mg
Total Carbohydrates	300g	375g
Dietary Fiber	25g	30g

Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

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## Supplement Facts

Serving Size 1 Scoop (30g)	
Servings Per Container 30	
Amount Per Serving	%DV
Calories	116
Calories from Fat	14
Total Fat	1.5g 2%*
Saturated Fat	1g 5%*
Cholesterol	35mg 12%*
Total Carbohydrate	3.5g 1%*
Sugars	3g **
Protein	22g 44%*
Calcium	88mg 9%
Phosphorus	79mg 8%
Sodium	65mg 3%*
Potassium	166mg 5%

\* Percent Daily Values are based on a 2,000 calorie diet.  
\*\* Daily Value not established.

Other Ingredients: Pure Whey™ (ultrafiltered whey concentrate [comprised of ~45% β-lactoglobulin, ~20% α-lactalbumin, ~15% glycomacropeptides, ~10% immunoglobulins, ~6% bovine serum albumin, ~1% lactoferrin, ~1% lactoperoxidase, protease-peptone, lysozyme], whey isolates (milk), partially hydrolyzed whey peptides and glutamine peptides), natural and artificial flavors, sucralose, acesulfame potassium.

### 1621– 2lb tropical punch:

## Supplement Facts

Serving Size (~25g)	
Servings Per Container 36	
Amount Per Serving	%DV
Calories	88
Calories from Fat	0
Total Fat	0g <1%
Saturated Fat	0g 0%
Cholesterol	1.5mg <1%
Total Carbohydrate	0g 0%
Sugar	0g **
Sodium	55mg 2%
Protein	21g 42%
Riboflavin	140mcg 8%
Calcium	100mg 10%
Phosphorus	50mg 5%
Magnesium	18mg 5%
Potassium	135mg 4%

\*Daily Value (DV) not established.

Other Ingredients: Ultrafiltrated isolated whey protein [consisting of β-Lactoglobulin (β-Lg), α-Lactalbumin (α-Lac), Glycomacropeptide (GMP), Bovine Serum Albumin (BSA), Immunoglobulins (IgG), Lactoferrin, Lactoperoxidase, Protease-Peptide] (milk), citric acid, fruit punch flavor, sodium chloride, FD&C Red #40, and sucralose.

#### Typical Amino Acid Profile

(per 100g of protein)

L-Alanine	4.6 g
L-Arginine	2.1 g
L-Aspartic Acid	9.8 g
L-Cystine	2.3 g
L-Glutamic Acid	11.2 g
L-Glutamine**	4.3 g
L-Glycine	1.7 g
L-Histidine	1.8 g
L-Isoleucine*	1.0 g
L-Lysine*	8.3 g
L-Leucine*	10.0 g
L-Methionine*	1.9 g
L-Phenylalanine*	3.1 g
L-Proline	5.1 g
L-Serine	4.3 g
L-Threonine*	5.9 g
L-Tryptophan*†	1.5 g
L-Tyrosine	2.7 g
L-Valine*	5.4 g

\*Essential amino acids  
\*\* Determined by calculation  
† Naturally occurring

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## ADVANCED SOY PRO

Full-Spectrum Soy Isolates

1430 – 1.5lb chocolate  
1431 – 1.5lb apple cinnamon  
1433 – 1.5lb wild strawberry  
1438 – 1.5lb banana

Soy protein for bodybuilders? That's right. A few years ago, lifters might have laughed at the thought of a product like Advanced Soy Pro. Not today. Today's soy isolates are complete—they contain all the necessary amino acids that an athlete needs to grow. Not just any amino acids either. Advanced Soy Pro has the highest ratio of “critical cluster” amino acids (glutamine, all three branched-chain aminos, and arginine) found anywhere—higher than egg, milk and even whey. Finally, only Advanced Soy Pro contains zero carbs, no lactose and less than one gram of fat per serving.

### Functional Benefits:

- Complete protein source
- Lactose-free
- Carbohydrate-free
- Cholesterol-free
- 27g protein per scoop
- More glutamine than whey
- Highest levels of BCAAs
- Highest protein concentration

**Recommended Use:** Mix 1 scoop with 12-16 ounces of your favorite beverage. For best results use at least twice daily, with one serving 45 minutes prior to your workout. You can also create many delicious low-fat, high protein dishes by using Advanced Soy Pro in your cooking.

## Supplement Facts

Serving Size 1 Scoop (33g)  
Servings Per Container 20

Amount Per Serving	%DV
Calories	117
Calories from Fat	9
Total Fat	1g <2%*
Saturated Fat	0g 0%*
Trans Fat	0g
Total Carbohydrate	0g 0%*
Sugars	0g **
Protein	27g 54%*
Thiamin	57mcg 4%
Riboflavin	31mcg 2%
Folic Acid	64mcg 16%
Biotin	8mcg 3%
Calcium	60mg 6%
Iron	5mg 28%
Phosphorus	250mg 25%
Zinc	12mg 8%
Copper	440mcg 22%
Sodium	280mg 12%*

\* Percent Daily Values are based on a 2,000 calorie diet.  
\*\* Daily Value (DV) not established.

### Typical Amino Acid Profile

Grams of amino acids in 100g of pure protein.

Alanine	4.3 g
Arginine	7.6 g
Aspartic Acid	11.6 g
Cysteine	1.3 g
Glutamic Acid	19.1 g
Glycine	4.2 g
Histidine	2.6 g
Isoleucine	4.9 g

Note: The L-Tryptophan in this product is naturally occurring from the protein source. It is not added or manufactured.

### 1431-Apple Cinnamon

Other Ingredients: SUPRO® Brand Isolated Soy Protein, natural & artificial flavors, cinnamon and acesulfame potassium.

### 1430-Chocolate

Other Ingredients: SUPRO® Brand Isolated Soy Protein, natural & artificial flavors and acesulfame potassium.

### 1433-Wild Strawberry

Other Ingredients: SUPRO® Brand Isolated Soy Protein, natural & artificial flavors and acesulfame potassium.

### 1438-Banana

Other Ingredients: SUPRO® Brand Isolated Soy Protein, natural & artificial flavors and acesulfame potassium.

SUPRO® Brand Isolated Soy Protein is a registered trademark of Protein Technologies International, Inc.



## REAL GAINS

Highest Quality Low-Sugar Weight Gainer

1201 – 3.8lb vanilla  
1202 – 3.8lb chocolate  
1204 – 3.8lb strawberry  
1190 – 6.85lb vanilla  
1199 – 6.85lb chocolate  
1205 – 6.85lb strawberry

Real Gains is our most powerful, most advanced mass-cultivating support formula. Real Gains has more of what you want and less of what you don't—more calories, more protein, more good fats, more taste, more fiber and far less sugar. At the heart of Real Gains is the highest quality protein complex available. Only Real Gains contains both “fast” (whey isolates) and “slow” (micellar casein) proteins to help you achieve superior results. When only the best will do, Real Gains is your clear choice.

### Functional Benefits:

- Micellar casein
- Whey protein isolates
- 610 calories per serving
- Inulin
- Flaxseed oil
- MCT
- No blender required
- Only 5g of sugar

**Recommended Use:** Use as a dietary supplement to achieve desired muscular weight gain. Use one serving between meals and at bedtime.

### 1202 – 3.8lb chocolate:

## Supplement Facts

Serving Size 3.5 Scoops (155g)  
Servings Per Container 11

Amount Per Serving	%DV
Calories	610
Calories from Fat	53
Total Fat	6g 9%*
Saturated Fat	3g 14%*
Cholesterol	97mg 32%*
Total Carbohydrate	87g 29%*
Dietary Fiber	5g 19%*
Sugars	5g **
Protein	52g 104%*
Calcium	316mg 32%
Iron	2mg 11%
Sodium	169mg 7%*
Potassium	503mg 14%

\* Percent Daily Values are based on a 2,000 calorie diet.  
\*\* Daily Value (DV) not established.

Other Ingredients: Maltodextrin, Real Gains Protein Complex™ (ultra filtrated whey concentrate (milk), micellar casein, whey protein isolate), dutch processed cocoa, inulin, flaxseed oil, MCT, calcium caseinate, chocolate fudge flavor, natural & artificial flavors, sodium chloride, sucralose, acesulfame potassium.

### Typical Amino Acid Profile

(per 100g of protein)

L-Alanine	4.59 g
L-Arginine	2.23 g
L-Aspartic Acid	10.04 g
L-Cysteine	2.35 g
L-Glutamic Acid	11.53 g
L-Glutamine	4.46 g
L-Glycine	1.74 g
L-Histidine	1.86 g

### 1201 – 3.8lb vanilla:

## Supplement Facts

Serving Size 3.5 Scoops (155g)  
Servings Per Container 11

Amount Per Serving	%DV
Calories	605
Calories from Fat	45
Total Fat	5g 8%*
Saturated Fat	3g 16%*
Cholesterol	100mg 33%*
Total Carbohydrate	88g 29%*
Dietary Fiber	2g 8%*
Sugars	5g **
Protein	52g 104%*
Calcium	318mg 32%
Iron	1mg 5%
Sodium	175mg 7%*
Potassium	396mg 11%

\* Percent Daily Values are based on a 2,000 calorie diet.  
\*\* Daily Value (DV) not established.

Other Ingredients: Maltodextrin, Real Gains Protein Complex™ (ultra filtrated whey concentrate (milk), micellar casein, whey protein isolate), inulin, flaxseed oil, MCT, calcium caseinate, natural & artificial flavors, sodium chloride, sucralose, acesulfame potassium.

L-Isoleucine	5.83 g
L-Leucine	10.29 g
L-Lysine	8.55 g
L-Methionine	1.98 g
L-Phenylalanine	3.22 g
L-Proline	5.21 g
L-Serine	4.46 g
L-Threonine	6.07 g
L-Tryptophan	1.61 g
L-Tyrosine	2.85 g
L-Valine	5.45 g



## BCAA STACK

The Perfect BCAA Supplement

5153 – 250g grape  
5154 – 250g orange

BCAA Stack contains the perfect, scientifically proven ratios of BCAAs and glutamine that are the most important amino acids for athletes who are dieting or training. Among other functional benefits, BCAAs and glutamine help increase protein synthesis, reduce muscle breakdown, enhance recovery, and boost your immune system. So whether you're a cyclist or a bodybuilder looking to preserve lean mass during a competitive season, you can't afford to ignore BCAA Stack.

### Functional Benefits:

- Nitrogen balance
- Maximum mass preservation
- Enhance recovery
- Increase protein synthesis
- Glycogen-sparing
- High endurance

**Recommended Use:** For its potential anti-catabolic benefits during intense training or when dieting, take 2 servings per day, with one serving immediately following exercise. For general benefits, take only 1 serving per day.

## Supplement Facts

Serving Size 10g (2 Teaspoons)  
Servings Per Container 25

Amount Per Serving	%DV
Calories	0
Total Fat	0g 0%*
Saturated Fat	0g 0%*
Total Carbohydrates	0g 0%*
Glutamine	2.75g **
Leucine (as L-leucine)	2.5g **
Isoleucine (as L-isoleucine)	1.25g **
Valine (as L-valine)	1.25g **

\* Percent Daily Values are based on a 2,000 calorie diet.  
\*\* Daily Value (DV) not established.

### 5153-Grape:

Other Ingredients: Grape flavor, citric acid, grape skin (coloring), aspartame†.

### 5154-Orange:

Other Ingredients: Orange flavor, citric acid, annatto (coloring), aspartame†.

† PHENYLKETONURICS: CONTAINS PHENYLALANINE



## EAA STACK

Anabolic Recovery Formula

5147 – 250g fruit punch kicker

EAA Stack™, with its comprehensive essential amino acid (EAA) profile, is designed to deliver the correct ratios of key essential amino acids required for igniting the anabolic drive via increased muscle protein synthesis and decreased muscle protein breakdown. Recent research has shown that, following resistance exercise, only EAAs are needed to spark protein synthesis—non-essential amino acids (NEAAs) are not required and are effectively wasted.

### Functional Benefits:

- Ignite anabolic drive
- Increased protein synthesis
- Decreased muscle breakdown
- Right dose of EAA
- 6000mg per dose
- Free form aminos

**Recommended Use:** As a dietary supplement, mix 2 heaping teaspoons of EAA Stack™ with 6 ounces of your favorite cold beverage. Add powder after the liquid is already in the shaker or cup. For best results take after your workout.

### Supplement Facts

Serving Size 2 Heaping Teaspoons (7.43g)  
Servings Per Container 35

Amount Per Serving	%DV
Niacin	5mg 25%
Vitamin B6	250mcg 13%
EAA Stack Complex™	6,000mg *
Leucine	*
Valine	*
Isoleucine	*
Lysine	*
Arginine	*
Histidine	*
Threonine	*
Methionine	*
Phenylalanine	*

\*No Daily Value established.

Other Ingredients: Citric acid, malic acid, natural punch flavor, acesulfame K, sucralose, niacinamide, pyridoxine HCL.



## GLUTAMINE

Purest L-Glutamine Available

4660 – 120g powder  
4661 – 300g powder  
4662 – 600g powder  
4665 – 50 capsules (750mg)  
4666 – 100 capsules (750mg)

Glutamine is one of the most versatile of all amino acids, and among the top aminos used by elite athletes. Among its many functions, glutamine detoxifies ammonia, regulates protein synthesis and protein degradation, functions as a nitrogen precursor and transfer, promotes cellular hydration, stimulates growth hormone production, maintains acid balance, boosts the immune system, is an energy precursor and increases glycogen production in the liver. In short, glutamine is both anabolic and anti-catabolic. Glutamine is available in both powder and capsule forms

### Functional Benefits:

- Nitrogen balance
- Maximize recovery
- Enhance nitrogen retention
- Prevent muscle wasting
- Cellular hydration
- 100% pure

**Recommended Use:** Mix 1-2 rounded teaspoonfuls in 8-12 oz. of water, milk, or juice. For optimal results, try using Glutamine Powder in your favorite protein shake or meal replacement powder.

100 capsules (750g):

### Supplement Facts

Serving Size 1 Capsule

Amount Per Serving	%DV
Manganese	145mcg 7%
Potassium	9mg <1%
Glutamine	750mg *

\* Daily Value (DV) not established.

Other Ingredients: L-glutamine, potassium phosphate, gelatin, whey (milk), magnesium stearate, stearic acid, manganese sulfate.

120g powder:

### Supplement Facts

Serving Size 1 Rounded Teaspoon  
Servings Per Container 24

Amount Per Serving	%DV
Glutamine (as L-glutamine)	5g *

\* Daily Value (DV) not established.



## STORM

Extreme Volumizing Formula

4800 – 1.86lb grape splash  
4802 – 1.67lb fruit punch

If you want to enhance your performance in the gym and add serious size onto your frame, then look no further than Storm™. We are talking about serious size, not extra fat from the sugar-loaded creatine products of the past. We use only the finest and most advanced blend of creatine including magnesium creatine chelate, which is a patented form of the molecule that has been shown to boost strength after only 2 weeks of use. This coupled with the potent blend of nitric oxide boosters and insulin potentiators that make up Storm's™ delivery system makes it the most potent volumizing formula available.

### Functional Benefits:

- 5000mg creatine
- Proven & tested
- 0 calories
- No Sugar
- Unique form of creatine

**Recommended Use:** Use as a dietary supplement to achieve desired cell volumizing effects. Mix 10 oz of cold liquid with 1 scoop. For best results, take one serving 30 minutes before your workout and another 30 minutes after your workout. You can also use storm in combination with Shock Therapy™. (see p28)

4800–1.86lb grape splash:

### Supplement Facts

Serving Size 1 Scoop (10.53g)  
Servings Per Container 80

Amount Per Serving	% DV
Calories	0
Carbohydrates	<1g 0%
Sugars	0g **
Magnesium	5mg <2%
Hypervol Complex™	5000mg **
Tricreatine Malate	**
Dicreatine Malate	**
Creatine Monohydrate	**
Magnesium Creatine Chelate	**
iNOXsulin-7™	3750mg **
L-Taurine	**
Betaine Anhydrous	**
Citrulline Malate	**
Arginine AKG	**
Glycocyamine	**
Alpha Lipic Acid	**
4-Hydroxyisoleucine (20%)	**

\* Percent Daily Values are based on a 2,000 calorie diet.  
\*\* Daily Value (DV) not established.

Other Ingredients: Natural grape flavor, grape skin extract, citric acid, sucralose, acesulfame k, fenugreek extract, silicon dioxide.

4802–1.67lb fruit punch:

### Supplement Facts

Serving Size 1 Scoop (9.44g)  
Servings Per Container 80

Amount Per Serving	% DV
Calories	0
Carbohydrates	<1g 0%
Sugars	0g **
Magnesium	5mg <2%
Hypervol Complex™	5000mg **
Tricreatine Malate	**
Dicreatine Malate	**
Creatine Monohydrate	**
Magnesium Creatine Chelate	**
iNOXsulin-7™	3750mg **
L-Taurine	**
Betaine Anhydrous	**
Citrulline Malate	**
Arginine AKG	**
Glycocyamine	**
Alpha Lipic Acid	**
4-Hydroxyisoleucine (20%)	**

\* Percent Daily Values are based on a 2,000 calorie diet.  
\*\* Daily Value (DV) not established.

Other Ingredients: Silicon dioxide, natural and artificial flavors, acesulfame k, citric acid, sucralose, red #40, fenugreek extract.



## CELL PRO

### Maximum Cell-Volumizing Formula

5120 – 2.2lb juicy grape  
5122 – 2.2lb juicy orange  
5124 – 2.2lb fruit punch  
5121 – 4.4lb juicy grape  
5123 – 4.4lb juicy orange  
5125 – 4.4lb fruit punch

Cell Pro is an amazing ergogenic supplement that shuttles creatine into muscle tissue more efficiently. Cell Pro contains dextrose, one of the highest glycemic index carbs around, and 3 potent insulin co-factors such as vanadyl, taurine, and alpha lipoic acid that can dramatically elicit an insulin response and pump creatine into muscles. When it comes to improving your performance, getting a better pump during training and increasing muscular gains, there's no better creatine supplement.

#### Functional Benefits:

- Creatine transport system
- Insulin co-factors
- Increase creatine retention
- Improve creatine function
- Boost strength
- Enhance recovery
- Great taste
- Lean mass gains

**Recommended Use:** Take one serving daily after your workout or in the morning. Mix with 12-16 oz. of water, or to your taste.

### Supplement Facts

Serving Size 2 Scoops (91g)  
Serving Per Container 11

Amount Per Serving	%DV
Calories	300
Total Carbohydrate	75g 13%**
Sugars	75g **
Vitamin C	250mg 416%
Niacin	50mg 250%
Calcium	20mg 2%
Phosphorus	100mg 10%
Magnesium	70mg 18%
ChromiumChloride	300mcg 250%
Sodium	60mg 3%**
Potassium	150mg 4%
Creatine	10g **
Taurine	2.5g **
Alpha Lipoic Acid (ALA)	300mg **
Vanadyl Sulfate	5mg **
Trimethylglycine (TMG)	200mg **

\* Percent Daily Values are based on a 2,000 calorie diet.  
\*\* Daily Value (DV) not established.

Other Ingredients: Pharmaceutical-grade dextrose, creatine monohydrate, L-taurine, natural and artificial flavors, potassium phosphate, citric acid, ascorbic acid, calcium silicate, magnesium oxide, disodium phosphate, niacinamide, natural and artificial colors, and chromium chloride.



## ISOSTAK

### Natural Mass & Density Enhancer

5169 – 60 capsules

For natural bodybuilders the world over, the Holy Grail would be a natural alternative to anabolic steroids. Steroids, after all, are highly anabolic. However, their use comes with obvious disadvantages: they are illegal and can cause permanent side effects. So athletes had to wait for a viable legal and natural anabolic. Until now. 5-methyl-7-methoxyisoflavone. 7-isopropoxyisoflavone. 5,7-dihydroxyflavone. 20-hydroxyecdysone. Isoflavonol™. Trioxylol™. Alone, each ingredient packs a punch, but together, they're part of a super anabolic flavone complex. While you may not be able to pronounce them, know this: IsoStak can help you grow. Naturally.

#### Functional Benefits:

- Testosterone booster
- Increase luteinizing hormone
- Promote anabolic drive
- Enhance androgen receptors
- Reduce muscle catabolism
- Protein synthesis
- Positive nitrogen balance
- Nutrition-partitioning effects

**Recommended Use:** Take 1 capsule three times daily with meals. Do not exceed 3 capsules in any 24-hour period.

### Supplement Facts

Serving Size 1 Capsule

Amount Per Serving	%DV
Vitamin B6	3.5mg 175%
Niacin	10mg 50%
Zinc	10mg 67%
5-methyl-7-methoxyisoflavone	100mg *
7-isopropoxyisoflavone	100mg *
5,7-dihydroxyflavone	25mg *
20-hydroxyecdysone	25mg *
Isoflavonol™	150mg *
Trioxylol™	200mg *
(standardized for 29%steroidal saponins)	
Lysophosphatidylcholine	10mg *

\* Daily Value (DV) not established.

Other Ingredients: Tribulus terrestris extract, pueraria lobata, zinc aspartate, niacinamide, pyridoxine HCl, gelatin, magnesium stearate, stearic acid.



## GH STAK

### Dual-Action GH Secretagogues

5190 – 210g grape

Along with testosterone, human growth hormone (hGH) may be the most anabolic hormone around. For the strength athlete, hGH is important as it can (1) pump aminos into muscles for enhanced protein synthesis (anabolism); (2) promote lean mass while burning fat stores; (3) decrease protein breakdown (catabolism); (4) boost IGF production, another anabolic hormone; and (5) spare glycogen which fuels your workouts. These compelling reasons make using GH Stack a must. The GH Stack is a unique, "dual action secretagogue" formula, which can work with your body to produce optimum levels of human growth hormone.

#### Functional Benefits:

- Clinically-proven formula
- Powerful hGH secretagogues
- Enhanced with L-Dopa
- Dual-action delivery system
- Increase lipolysis
- Maximum muscle growth
- Fast-acting formula

**Recommended Use:** Mix 2 teaspoons with 8 ounces of water. Swish GH Stack in your mouth for thirty seconds before swallowing.

### Supplement Facts

Serving Size 2 Teaspoons (10g)  
Servings Per Container 21

Amount Per Serving	%DV
Mucuna Pruriens Extract	250mg *
(standardized for 10% L-Dopa)	
Griffonia Simplicifolia Extract	250mg *
(standardized for 10% 5-HTP)	
Somatopro A™ Complex	
Ornithine	3g *
Arginine	1.2g *
Lysine	1.2g *
Glycine	1.1g *
Glutamine	1g *

\* Daily Value (DV) not established.

Other Ingredients: L-ornithine alpha-ketoglutarate, L-arginine pyroglutamate, L-lysine HCl, L-glycine, L-glutamine, citric acid, aspartame, natural and artificial flavors, grapeskin extract.





3081 – 30 packets

### Functional Benefits:

- Comprehensive formula
- Mega vitamins/minerals
- Natural anabolic sterols
- Metabolic optimizers
- Energy complex
- Key amino acids
- Performance optimizers
- EFAs & digestive enzymes

**Recommended Use:** Take one packet daily one-half hour after the meal prior to your workout, or as directed. For heavier training and competition take two packets daily.

Serving Size 1 Packet

Amount Per Serving		%DV	Amount Per Serving		%DV
Calories	3		Monophosphate 400mg + Choline Complex 400mg +		
Protein	<1g	<2%†	Carotene Complex 500mg + Lecithin 100mg + Betaine		
Vitamin A	10,000IU	200%	HCl 100mg • <b>Essential Fatty Acid Complex:</b>		
(as palmitate and 20% as b-carotene)			Marine Lipids 17g + Eicosapentaenoic Acid 120mg +		
Vitamin C (as ascorbic acid)	2000mg	500%	Docosahexaenoic Acid 100mg + Linoleic Acid		
Vitamin D (as ergocalciferol)	400IU	100%	340mg + Oleic Acid 233mg + Palmitic Acid 88mg +		
Vitamin E (as d- $\alpha$ -tocopherol)	200IU	667%	Linoleic Acid 233mg + Stearic Acid 19mg +		
Thiamin (as thiamin HCl)	5mg	333%	Lignoceric Acid 5mg + Arachidonic Acid 5mg +		
Riboflavin	5mg	294%	Eicosanoic Acid 4mg + Behenic Acid 2mg + Myristic		
Niacin (as niacinamide)	200mg	1000%	Acid 2mg • <b>Energy Complex:</b> Octacosanol 550mg		
Vitamin B6 (as pyridoxine HCl)	8mg	400%	+ Bee Pollen 334mg + Liver (bovine) 67mg +		
Folic Acid	200mcg	50%	Guarana (seed) 192mg + Oriental Ginseng (root)		
Vitamin B12 (as cyanocobalamin)	5mcg	100%	344mg + Cytochrome C 34mg + Dimethylglycine		
Biotin	30mcg	106%	(DMG) 34mg + Royal Jelly 31mg • <b>Anabolic</b>		
Pantothenic Acid	8mg	80%	<b>Activating Factors:</b> Boron 3mg (as sodium		
(as calcium pantothenate)			borate) + Inosine 54mg + $\beta$ -Cyclodextrin 50mcg +		
Calcium (as citrate, phosphate)	5mg	6%	Smlax Media (root) 500mcg + Glandular Extract		
Iron (as oxide)	1mg	50%	(bovine) 552mg • <b>Glandular Balance Agents:</b> Wild		
Phosphorus (as calcium phosphate)	3755mg	33%	Yam (root) 434mg + Smlax Officialis (root) 334mg		
Iodine (from kelp)	50mcg	33%	+ Muira Puama (root, bark) 334mg + Gotu Kola		
Magnesium (as oxide)	150mg	38%	(aerial parts) 167mg + Ribonucleic Acid 40mg +		
Zinc (as gluconate)	13mg	87%	Deoxyribonucleic Acid 20mg • <b>Performance</b>		
Selenium (as selenite)	8mcg	11%	<b>Nutrients:</b> Para-Aminobenzoic Acid 5mg (PABA)		
Copper (as gluconate)	5mg	250%	Cayenne (fruit) 34mg + Alfalfa (whole herb) 34mg +		
Manganese (as gluconate)	2mg	100%	Dandelion (root) 34mg + Garlic (bulb) 34mg +		
Chromium	65mcg	54%	Yellowroot (root) 34mg + Licorice (root) 34mg +		
(as acid chloride)			Hops (flower) 34mg + Saw Palmetto (berries)		
Molybdenum (as molybdate)	1mcg	<2%	100mg + Mexican Sarsaparilla (root) 100mg +		
Potassium (as citrate)	50mg	<2%	Coenzyme B12 100mg + Rice Bran Extract 500mg		
<b>Natural Anabolic Steroids:</b> Gamma Orizanol 16 mg					
+ Fucosterol 2.6mg + $\beta$ -Sitosterol 2mg + Campesterol					
1mg + Stigmasterol 642mcg + Mixed Sterols 3.4mg +					
Metabolic Optimizers & Lipotropics: Inositol					

† Percent Daily Values are based on a 2,000 calorie diet. \*\* Daily Value not established.

Other Ingredients: Egg albumin, citrus bioflavonoids, L-carnitine, rose hips, hesperidin, rutin, watercress, parsley, goldenseal, ginger, burdock, fiber, lipase, diastase, micozyme, strontium, chlorine, sulfur, barium, nickel, titanium, silicon, silver, cobalt, boron, vanadium, lithium, magnesium stearate, stearic acid.



3031 – 30 packets

If you're looking for the competitive edge when it comes to dieting or conditioning, turn to Mega Edge. Mega Edge is a precisely balanced packet system designed to give the dieting or high-intensity athlete complete and balanced nutrition. Complete with 22 required vitamins, minerals, electrolytes, key support nutrients and amino acids. Mega Edge can help keep your endurance, strength and performance levels up while on a calorie-restricted diet. Plus, with extra branched-chain amino acids, 4g of protein, DNA and RNA, Mega Edge can also help boost proteinsynthesis while reducing the potential for muscle catabolism.

### Functional Benefits:

- Energy complex
- Key amino acids
- Lipotropics
- EFAs
- Vitamins
- Performance

**Recommended Use:** Take one packet daily with meals or as directed by your health care professional.

Serving Size 1 Packet

Amount Per Serving	%DV		
Calories	18		
Total Carbohydrates	500mg	<1%	
Protein	4g	8%	
Vitamin A (as vitamin A acetate and 25% beta carotene)	8500IU	170%	
Vitamin C (as ascorbic acid)	500mg	833%	
Vitamin D (as ergocalciferol)	340IU	85%	
Vitamin E (as $\alpha$ -diphenyl isophenylacetate)	300IU	1000%	
Thiamin (as thiamin HCl)	38mg	2533%	
Riboflavin	38mg	2235%	
Niacin (as niacinamide)	41mg	205%	
Niacin B6 (as pyridoxine HCl)	36mg	1800%	
Folic Acid	200mcg	50%	
Vitamin B12 (as cyanocobalamin)	3mcg	50%	
Biotin	150mcg	50%	
Pantothenic Acid (as calcium pantothenate)	45mg	450%	
Calcium (as calcium citrate, carbonate, phosphate)	100mg	10%	
Phosphorus (as calcium phosphate)	50mg	5%	
Iodine (from kelp)	75mcg	50%	
Magnesium (as magnesium oxide)	40mg	10%	
Zinc (as zinc oxide)	75mg	500%	
Selenium (as selenomethionine)	25mcg	36%	
Copper (as copper sulfate)	3mg	150%	
Manganese (as manganese sulfate)	15mg	750%	
Chromium (as chromium chloride)	25mcg	21%	
Potassium (as potassium sulfate)	99mg	3%	
Dedicated Liver (bovine)	5000mg	**	
Ribonucleic Acid (RNA)	100mg	**	
Deoxyribonucleic Acid (DNA)	100mg	**	
Leцитин	100mg	**	
Lysine (as L-lysine)	100mg	**	
Methionine (as DL-methionine)	250mg	**	
Carntine (as L-carntine)	50mg	**	
Branched-Chain Amino Complex	500mg	**	
Essential Fatty Acid Complex	150mg	**	
Digestive Complex	474mg		
Papain***, Ox Bile**			
Peppermint*, Micozyme**			
Lipotropic Complex	1100mg		
Choline Citrate**, Betaine HCl**			

Other Ingredients: Maltodextrin, rose hips, citrus bioflavonoids, L-leucine, L-isoleucine, L-valine, magnesium stearate, fish oil, hesperidin, rutin, alfalfa, watercress, parsley, rice bran, barium, nickel, titanium, silver, chromium, cobalt, boron, vanadium, lithium.

Allergen warning: Lecithin is derived from soy.



3071 – 30 packets

Life is hectic and stressful at home and in the office. Maintaining a sound, balanced nutrition program can be difficult, if not impossible, especially when our diets are limited to fast food and lunch trucks. Some days, your body needs a vacation from its crazy schedule. Spa Pak is the answer. Spa Pak gives your body that rejuvenating, refreshing, and energized feeling with its optimized blend of vitamins, minerals, antioxidants, and gentle lipotropics. Because of its convenient packet format, you can take Spa Pak with you wherever life may lead you.

**Functional Benefits:**

- Fat burning
- Energy boost
- Gentle lipotropics
- Convenient
- Trace minerals
- Vitamins

**Recommended Use:** As a nutritional supplement, take one packet daily, preferably with a meal or immediately following, or as directed by a health care professional.

Serving Size 1 Packet

Amount Per Serving	%DV
Vitamin A (as acetate & 34% beta carotene)	4950IU 99%
Vitamin C (as ascorbic acid)	500mg 833%
Vitamin D	340IU 85%
Vitamin E (as d-alpha tocopherol)	300IU 1000%
Thiamin (as thiamine HCl)	38mg 2533%
Riboflavin	38mg 2235%
Niacin (as niacinamide)	41mg 205%
Vitamin B6 (as pyridoxine HCl)	36mg 1800%
Folic Acid	200mcg 50%
Vitamin B12 (as cyanocobalamin)	3mcg 50%
Biotin	150mcg 50%
Pantothenic Acid (as calcium pantothenate)	38mg 380%
Calcium (as calcium phosphate, citrate)	100mg 10%
Iodine (from kelp)	100mcg 67%
Magnesium (as magnesium citrate)	51mg 13%
Zinc (as zinc picolinate)	7.5mg 50%
Selenium (from selenium yeast)	25mcg 36%
Copper (as copper picolinate)	3mg 150%
Manganese (as manganese sulfate)	15mg 750%
Chromium (as chromium chloride)	3.6mcg 3%
Potassium (as potassium citrate)	99mg 3%
Choline (as choline bitartrate)	200mg *
Inositol (as inositol monophosphate)	200mg *
Para-Aminobenzoic Acid (PABA)	200mg *

\* Daily Value (DV) not established.

\* Daily Value (DV) not established.

Other Ingredients: Whey protein (milk), magnesium stearate, stearic acid, Trace Mineral Complex (ruthenium, tantalum, hafnium, beryllium, thallium, rhodium, iridium, bromine, tin, gallium, antimony, tellurium, platinum, holmium, bismuth, thorium, rhodium, lanthanum, cadmium, palladium, uranium, barium, terbium, sulfur, boron, thulium, rubidium, lithium, titanium, samarium, chlorine, scandium, silver, nickel, fluorine, zirconium, praseodymium, cerium, tungsten, molybdenum, dysprosium, ytterbium, sodium, niobium, gadolinium, lutetium, cesium, silicon, neodymium, erbium, yttrium, strontium, osmium).



## WOMEN'S FITNESS PAK

Complete Nutrition For Female Athletes

3051 – 30 packets  
(22 clear packets, 8 pink packets)

You want to be in the best shape of your life. Women's Fitness Pak has been made especially for you. It's perfect for serious, dedicated female athletes who expect nothing but the best from their bodies and their nutrition. Women's Fitness Pak contains optimized levels of vitamins, minerals and energizers needed to help prevent nutritional gaps from forming which could seriously impair performance. Best of all, it comes with a unique 22/8 packet system: 22 regular packets, and 8 packets for meeting your special needs during your period.

### Functional Benefits:

- Energy boost
- Fat burning
- Antioxidants
- Unique 22/8 day system
- Performance

**Recommended Use:** Take one clear packet daily approximately 30 minutes after a meal. On the first day of your menstrual cycle switch to pink packets for eight consecutive days, then return to the clear packets.



## ALPHA LIPOIC ACID

The "Insulin Mimicker"

5196 – 60 capsules

Alpha Lipoic Acid (ALA) is an antioxidant that has two main benefits. The first benefit is the removal of free radicals from your body and the functional enhancement of other antioxidants, such as vitamins A, C and E. Ridding your body of free radicals could boost immunity and deter the onset of many age related diseases. The second benefit of ALA is its "insulin mimicking" effects which decreases glucose levels providing increased concentrations of glutathione in the cells. This has been shown to speed up recovery from weight training while enhancing muscle cell nutrient intake.

### Functional Benefits:

- 100% pure
- Pharmaceutical grade
- Easily absorbed
- Insulin-mimicker
- Antioxidant

**Recommended Use:** As a nutritional supplement, take 1 capsule 2 to 3 times daily with meals or as directed by a Healthcare professional.



## PHYTOSOY

100% All-Natural Soy

1442 – 1.54lb chocolate  
1446 – 1.54lb vanilla  
1450 – 1.54lb unflavored & unsweetened

PhytoSoy contains the same high-quality, water-washed soy isolates as Advanced Soy Pro, which are processed without harsh chemicals. This process preserves the natural levels of isoflavones. Furthermore, these are the same isolates which have been subjected to stringent clinical studies. Unlike Advanced Soy Pro though, PhytoSoy is naturally sweetened. PhytoSoy is 100% natural and contains absolutely no artificial colors, flavors, or sweeteners. It's also free of all yeast, preservatives, egg, dairy or other animal products. These facts make PhytoSoy perfect for all vegans including those who want a nutritious and complete protein source.

### Functional Benefits:

- No lactose
- No cholesterol
- Antioxidants
- Fat-free
- Isoflavones
- No trans-fats

**Recommended Use:** Mix 1 scoop with 8 oz. of water, soy milk or skim milk for additional calcium. Stir until desired consistency is achieved. For optimal results, use a blender.

## Supplement Facts

Serving Size 1 Clear Packet Servings Per Box 22

Amount Per Serving	%DV	Amount Per Serving	%DV
Vitamin A (from fish oil and 34% beta-carotene)	4950IU 99%	Selenium (as selenomethionine)	25mcg 36%
Vitamin C (as ascorbic acid)	500mg 833%	Copper (as copper sulfate)	300mcg 15%
Vitamin D (from fish oil)	340IU 85%	Manganese (as manganese sulfate)	15mg 750%
Vitamin E (as d-alpha tocopherol)	150IU 500%	Chromium (as chromium Chloride)	25mcg 21%
Thiamin (as thiamin mononitrate)	38mg 2533%	Potassium (as potassium aspartate)	99mg 3%
Riboflavin	38mg 2235%		
Niacin (as niacinamide)	41mg 205%	Energy Complex	500mg
Vitamin B6 (as pyridoxine HCl)	36mg 1800%	Eleuthero (root)*, Spirulina*, Golden Seal (root)*	
Folic Acid	200mcg 50%	Royal Jelly*, Quercetin*, Inosine*, Guarana (nut), Kola (nut)*, Alpha-Lipoic Acid*, Pyridoxine Alpha-Ketoglutarate*, Octacosanol*, Cayenne (fruit)*, Bee Pollen*, Cytochrome C*	
Vitamin B12 (as cyanocobalamin)	3mcg 50%		
Biotin	150mcg 50%	Bioflavonoid Complex	500mg *
Pantothenic Acid (as calcium pantothenate)	38mg 380%	Choline Complex	200mg *
Calcium (as calcium aspartate)	100mg 10%	Lecithin (from soy)	1.2g *
Iodine (from kelp)	50mcg 33%	Inositol Monophosphate	200mg *
Magnesium (as magnesium aspartate)	500mg 125%	Para-Aminobenzoic Acid	200mg *
Zinc (as zinc oxide)	7.5mg 50%		

\* Daily Value (DV) not established.

Other Ingredients: Rose hips, Citrus bioflavonoids, hesperidin, rutin, alfalfa, watercress, parsley, rice bran, choline citrate, magnesium stearate, stearic acid.

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## Supplement Facts

Serving Size 1 Capsule

Amount Per Serving	%DV
Alpha Lipoic Acid	100mg *

\* Daily Value (DV) not established.

Other Ingredients: Dicalcium phosphate, gelatin, magnesium stearate and whey (milk).

1446– 1.54lb vanilla:

## Supplement Facts

Serving Size 1 Scoop (35g)  
Servings Per Container 20

Amount Per Serving	% DV*
Calories	120
Total Fat	1g 1.5%*
Saturated Fat	0g 0%*
Total Carbohydrate	10.5g 3%*
Dietary Fiber	1g 8%*
Sugars	6.5g **
Protein	20g 40%*
Folic Acid	400mcg 100%
Calcium	500mg 50%
Iron	3.6mg 20%
Phosphorus	100mg 10%
Selenium	70mcg 100%
Copper	300mcg 15%
Zinc	75mcg 5%
Chromium	120mcg 100%
Sodium	200mg 8%*

\* Percent Daily Values are based on a 2,000 calorie diet.  
\*\* Daily Value not established.

Other Ingredients: SUPRO® Isolated Brand Soy Protein, fructose, natural flavors, guar gum, stevia and the following vitamins and minerals: calcium carbonate, selenite, ChromeMate® Brand chromium polynicotinate, and folic acid.

1442– 1.54lb chocolate:

## Supplement Facts

Serving Size 1 Scoop (35g)  
Servings Per Container 20

Amount Per Serving	% DV*
Calories	120
Total Fat	0g 0%*
Saturated Fat	0g 0%*
Total Carbohydrate	10g 3%*
Dietary Fiber	2g 8%*
Sugars	5g **
Vitamin E	1.5IU 5%
Folic Acid	400mcg 100%
Pantothenic Acid	500mcg 5%
Calcium	500mg 50%
Iron	3.6mg 20%
Phosphorus	100mg 10%
Selenium	70mcg 100%
Copper	300mcg 15%
Zinc	75mcg 5%
Chromium	120mcg 100%
Sodium	200mg 8%*

\* Percent Daily Values are based on a 2,000 calorie diet.  
\*\* Daily Value not established.

Other Ingredients: SUPRO® Isolated Brand Soy Protein, fructose, dutch processed cocoa, natural flavors, guar gum, stevia and the following vitamins and minerals: calcium carbonate, selenite, ChromeMate® Brand chromium polynicotinate, and folic acid.

CONTINUED ON 37



## ZMA PRO

Testosterone Support Formula

5212 – 90 capsules

ZMA Pro is the only non-steroidal, all natural dietary supplement that is 100% clinically proven to increase Testosterone levels and increase strength in athletes. Increased muscle tissue growth and recovery can only be accomplished if your body is kept in an anabolic state for a considerable length of time. ZMA Pro will help your body to stay in this anabolic state thereby increasing your body's overall lean muscle mass. ZMA® is a registered trademark of SNAC System, Inc.

### Functional Benefits:

- Strength gains
- Clinically proven
- Quick release
- Patent pending
- Unique forms of Zinc
- Vitamins

**Recommended Use:** Use as a dietary supplement to achieve desired muscular weight gain. Men take 3 (women take 2) capsules daily, preferably on an empty stomach 30-60 minutes before bedtime.

### Supplement Facts

Serving Size 3 Capsules Servings Per Container 30		
Amount Per Serving		%DV
Vitamin B6 (as pyridoxine HCl)	10.5mg	525%
Zinc (as L-monomethionine and aspartate)	30mg	200%
Magnesium (as aspartate)	450mg	113%
*Daily Value (DV) not established.		

Other Ingredients: Magnesium stearate and gelatin.

ZMA® is a registered trademark of SNAC System, Inc. (U.S. Patents 4,764,633 and 5,278,329).

L-OptiZinc® is a registered trademark of InterHealth, N.I.



## JOINTMENT SPORT

Extra-Strength Joint Support

4677 – 120 capsules

One of the most common things athletes ignore is joint health. Training hard is one thing, but if you're neglecting your joints, you may be putting yourself at risk for a serious injury. Unlike conventional non-steroidal anti-inflammatory drugs (NSAIDs) like aspirin, and ibuprofen, Jointment Sport has been designed to help correct the underlying problem, not simply mask it. Help your body help itself with extra-strength Jointment Sport. Specifically formulated for athletes, it contains the proven one-two combination of glucosamine and chondroitin, plus ten other active ingredients including MSM and shark cartilage.

### Functional Benefits:

- Increase cartilage synthesis
- Enhance joint mobility
- Reduce joint inflammation
- Improve bone strength
- Extra-strength
- Drug-free
- Enhanced with MSM
- Designed for athletes

**Recommended Use:** Take 6 capsules daily, two with each meal, or as directed by a health care professional.

### Supplement Facts

Serving Size 6 Capsules Servings Per Container 20		
Amount Per Serving		%DV
Vitamin E	15IU	50%
Calcium	100mg	10%
Magnesium	100mg	25%
Manganese	1mg	50%
Glucosamine	1500mg	*
Chondroitin Sulfate	200mg	*
Methylsulfonylmethane (MSM)	150mg	*
Turmeric	150mg	*
Shark Cartilage	100mg	*
IGF Colostrum	100mg	*
Quercetin	100mg	*
Methionine	50mg	*
* Daily Value (DV) not established.		

Other Ingredients: Glucosamine HCl, calcium sulfate, magnesium oxide, L-methionine, gelatin, d-alpha tocopherol, magnesium stearate, stearic acid, manganese sulfate.



## NOX3

Timed-Release Triple-Action Vasodilator

5192 – 180 tablets

Nitric oxide. The "perpetual pump." Cell-signaling vasodilators. What is vasodilation? In plain English, it's when blood vessels dilate or relax. When blood vessels relax, they widen. Nitric oxide (NO) is the key here. NO is an important endogenous pulmonary vasodilator which increases your body's ability to deliver blood to working muscles. More blood means more oxygen and nutrients that are being pumped into skeletal muscles. All this translates into bigger, fuller pumps and better overall gains. In fact, with NOX3, you can expect increased muscle size, strength, endurance, and quicker recovery times.

### Functional Benefits:

- Cell-signaling vasodilators
- Feel the "perpetual pump"
- Increase muscle size
- Increase strength
- Increase endurance
- Quicker recovery time
- Decrease muscle catabolism
- Time released

**Recommended Use:** Take 3 tablets twice daily, once in the morning on an empty stomach and again 30 minutes prior to lunch. To maximize results, drink a minimum of 64 ounces of water daily while using NOX3.

### Supplement Facts

Serving Size 3 Tablets Servings Per Container 60		
Amount Per Serving		%DV
NO Complex	3000mg	
Arginine Alpha-Ketoglutarate		*
Arginine Ketoisocaproate		*
NO Booster		
Ornithine Alpha-Ketoglutarate	100mg	*
* Daily Value (DV) not established.		

Other Ingredients: Beta-cyclodextrin, calcium phosphate, xanthum, cellulose, inulin, magnesium stearate.





## PROSTATE SUPPORT

Complete DHT Blocker

8225 – 60 tablets

Athletes who use anabolic prohormones regularly or older men stand to benefit from Prostate Support. For these individuals, dihydrotestosterone (DHT) poses special male-related problems. This metabolite of testosterone has been associated with a number of symptoms including prostate enlargement and accelerated male pattern baldness. Prostate Support, with its comprehensive blend of select botanicals, amino acids, vitamins and minerals can help. By inhibiting the activity of 5-alpha-reductase, you reduce the likelihood of DHT conversion. So if you're training hard or over the age of 40, consider your health. Consider Prostate Support.

### Functional Benefits:

- Complete prostate formula
- 12 key ingredients
- Safe & effective
- Clinically proven

**Recommended Use:** Take 4 tablets daily (preferably 2 tablets with morning and evening meals) or as directed by a health care professional.

### Supplement Facts

Serving Size 4 Tablets  
Servings Per Container 15

Amount Per Serving	%DV
Vitamin E (as d-alpha tocopherol)	200IU 667%
Vitamin B6 (as pyridoxine HCl)	25mg 1250%
Zinc (as zinc picolinate)	30mg 200%
Saw Palmetto Berry Extract	750mg *
Pygeum (bark)	50mg *
Stinging Nettle (whole herb)	150mg *
Pumpkin Seed	80mg *
Essential Fatty Acid Complex	100mg *
L-Glutamic Acid	100mg *
L-Cysteine	100mg *
L-Alanine	100mg *
L-Lysine	100mg *

\* Daily Value (DV) not established.

Other Ingredients: Whey protein (milk), dicalcium phosphate, stearic acid, and magnesium stearate



## CHROMAX II

Active Trivalent Chromium

4622 – 100 capsules (1mg)

Chromium picolinate is becoming a weapon of choice when it comes to high protein/low carb dieting. It helps manage weight by affecting blood sugar control mechanisms. Through poor diet, stress, and excess weight, many individuals experience impaired insulin function. Increasing insulin sensitivity results in better blood sugar control and weight loss. Chromium works alongside insulin in promoting the uptake of glucose into the cells—without it, insulin's action is blocked and blood sugar levels rise. Chromium has also been shown to lower cholesterol and triglyceride levels in non-diabetic individuals.

### Functional Benefits:

- Enhance insulin function
- Improve insulin sensitivity
- Regulate blood sugar
- Maximize glucose function

**Recommended Use:** As a dietary supplement, take 1-2 capsules daily, or as directed. For best results take chromium with a meal.

### Supplement Facts

Serving Size 1 Capsule

Amount Per Serving	%DV
Chromium Picolinate†	1mg *

\* Daily Value (DV) not established.

Other Ingredients: Gelatin, whey (milk), magnesium stearate and stearic acid.

†Chromax II brand chromium picolinate is licensed under U.S. Patent 4,315,927.



## FLAX 1000

Essential Fats In Softgels

4790 – 90 softgels (1000mg)

Regardless of your fitness level, it's extremely important to obtain a healthy balance of different fats. Essential fatty acids (EFAs) from sources such as flaxseed oil can provide tremendous health benefits. EFAs cannot be manufactured by the human body; you can only obtain them through diet or supplementation. EFAs are important because they can actually help lower cholesterol levels and maximize fat burning. Flax provides a rich source of alpha-linolenic acid (ALA), and omega-3 fatty acids (essential fatty acid).

### Functional Benefits:

- Cold-pressed
- 1000mg per softgel
- Required for health
- Rich in omega-3s

**Recommended Use:** Take 1-6 softgels daily, or as directed by your health care professional.

### Supplement Facts

Serving Size 1 Softgel

Amount Per Serving	%DV
Flax Seed Oil	1g *

\* Daily Value (DV) not established.

### Typical Fatty Acid Profile:

α-linolenic acid	50%
Linoleic acid	20%
Oleic acid	20%
Palmitic acid	6%
Stearic acid	4%

Other Ingredients: Carob, gelatin, glycerine, soybean oil, and purified water.



## N1-T

Natural Testosterone Formula

4820 – 90 capsules

It's hard to gain and retain lean muscle mass. Eating and training at intense levels are the necessary components needed to put on and keep this quality mass. However, if you want to realize your body's potential you need to elevate your testosterone, the free testosterone to total testosterone ratio in particular, what really matters when strength and size gains are your goal. N1-T™ is the most potent pro testosterone formula. It combines three of the most scientifically proven boosters, tribulus, longjack and avena sativa, to help increase your total and free testosterone levels.

### Functional Benefits:

- Maximize performance
- Preserve lean mass
- Promote nitrogen retention
- Increase protein synthesis
- Enhance energy
- With electrolytes
- With key antioxidants
- Ideal for all diets

**Recommended Use:** Use as a dietary supplement to help achieve increased testosterone secretion and build lean muscle mass. Take 2 capsules twice per day. For best results, take one serving 30 minutes before your workout and another serving before bed.

## Supplement Facts

Serving Size 2 Capsules  
Servings Per Container 45

Amount Per Serving	%DV
LongJack 400 Complex	400mg *
Eurycoma Longifolia	
LJ-100™	
(22% EuryPeptides™, 40% glycosaponins & 30% polysaccharides)	
Test-Stim Complex	930mg *
Tribulus Terrestris (standardized for 60% steroidal saponins & 20% protodioscin)	
Avena Sativa (standardized for avenacosides A & B)	
Catuaba (from bark)	
Herba Epimedii (aerial part extract)	
Salvia Sclaria (leaf extract)	
Bioperine® (piper nigrum fruit)	

\* Daily Value (DV) not established.

Other Ingredients: Gelatin, magnesium stearate, dicalcium phosphate.



## DHEA

The Master Hormone

4694 – 50 capsules (25mg)

4697 – 50 capsules (50mg)

4698 – 100 capsules (50mg)

DHEA, or dehydroepiandrosterone, is often called the “master” hormone because it plays a key role in the production of other hormones such as testosterone, estrogen, progesterone, and some 15 others that are crucial for good health. As we age, our bodies produce less DHEA and researchers believe this reduces our ability to buffer against the stress-related hormones. It is this buffering action that helps prevent us from aging and its attendant symptoms: loss of muscle mass, fatigue, decreased sex drive, body fat gains, and the increased likelihood of serious illness.

### Functional Benefits:

- “Buffering” hormone
- Promote fat-free mass
- Enhance well-being
- 100% pharmaceutical grade

**Recommended Use:** As a nutritional supplement, take 1 capsule daily or as directed by a Healthcare professional.

## Supplement Facts

Serving Size 1 Capsule

Amount Per Serving	%DV
Dehydroepiandrosterone	50mg *

\* Daily Value (DV) not established.

Other Ingredients: Gelatin, whey (milk), magnesium stearate, and stearic acid.



## SHOCK THERAPY

Pre-Workout NO Volumizer

4806 – 1kg wild punch kicker

4807 – 1kg grape splash

If you are looking for a pre-workout shake that will help power you up for the gym and make you feel like hitting the plates, wait no longer. The nitric oxide (NO) activators, creatine and stimulants in this formula will energize you while helping to make you look more vascular and gain size. Unlike many of the NO products on the market, we include an antioxidant complex that is essential when taking nitric oxide stimulating ingredients, due free radical release. Now you can have the “perpetual pump” and the workout you crave without side effects.

### Functional Benefits:

- Advanced Tricreatine Malate
- Extreme Energy
- R-ALA For Superior Results
- Enhanced Focus & Drive
- Antioxidant Complex
- Supports Strength Gains

**Recommended Use:** As a dietary supplement, add 1 scoop of Shock Therapy™ to 8-10 oz of cold liquid. Take one serving 30 minutes pre-workout. You can also use Shock Therapy™ in combination with Storm™. Take 1 scoop of Storm™ 15-20 minutes post-workout.

## Supplement Facts

Serving Size 1 Scoop (~20g)  
Servings Per Container 50

Amount Per Serving	%DV	Amount Per Serving	%DV
Calories	36	Energy & Nootropic Complex	
Total Carbohydrates	9g 3%*	L-Taurine	**
Dietary Fiber	2g 8%*	Choline Bitartrate	**
Sugars	0g **	S-Methylxanthine Complex™	**
Vitamin C (as ascorbic acid)	200mg 333%	(caffeine, theobromine, theophylline)	
Niacin (as niacinamide)	10mg 50%	L-Tyrosine	**
Vitamin B6 (as pyridoxine HCl)	8mg 400%	Yerba Mate	**
Vitamin B12 (as cyanocobalamin)	100mcg 1667%	Evodiamine (98% standardized extract)	**
Selenium (as sodium selenite)	70mcg 100%	Vinpocetine	**
Sodium (as sodium bicarbonate and trisodium phosphate)	117mg 5%*	Antioxidant Complex	
Potassium (as potassium phosphate)	59mg 2%	Green Tea Extract (standardized for 60% EGCG)	**
Shock Therapy™ Proprietary Formula	20g	R-ALA (R-alpha lipoic acid)	**
NO Super Pump Complex		NAC (N-acetyl cysteine)	**
Arginine AKG	**	Grapeseed Extract (standardized for 95% polyphenols)	**
Citrulline Malate	**	Electrolyte & pH Delivery Complex	
Carnosine	**	Glucose Polymers	**
Muscle Volumizing Complex		Inulin	**
Tricreatine Malate	**	Sodium Bicarbonate	**
Betaine Anhydrous	**	Potassium Phosphate	**
Glycocyamine	**	Magnesium Phosphate	**
Nicotinamide Adenine Dinucleotide	**	Trisodium Phosphate	**

\* Percent Daily Values are based on a 2,000 calorie diet.

\*\* Daily Value (DV) not established.

Other Ingredients: Maltodextrin, S-Methylxanthine Complex™ (consisting of standardized kola nut and guarana extracts), silicon dioxide, natural and artificial flavors, sucralose, acesulfame potassium, red #40 lake.



## SPECIALIZED PROTEIN FOR DIETING

### Fat Burning Protein Formula

1050 - 1lb chocolate  
1052 - 1lb vanilla  
1059 - 2lb chocolate  
1058 - 2lb vanilla

Specialized Protein For Dieting is perfect for anyone whose calories are restricted or who burns through calories too quickly. It's a 100% protein matrix that consists of a unique protein blend designed to maximize your body's ability to preserve lean muscle tissue under intense, stressful situations such as dieting or competing. Specialized Protein For Dieting contains SPM 221™, an exclusive protein matrix that has been engineered to maximize anti-catabolism. It can (1) maintain lean mass; (2) provide extra energy; (3) prime your metabolic potential; and (4) help suppress appetites.

#### Functional Benefits:

- Prevent muscle-wasting
- Spare lean mass
- Promote nitrogen retention
- Accelerate metabolism
- Thyroid-supporting protein
- Reduce appetites
- Sugar-free
- Ideal for low carb diets

**Recommended Use:** Mix one scoop with 6-8 oz. of water or nonfat milk. For best results, use a blender. For optimal benefits, use this shake as part of a low fat, low calorie meal or between meals.

#### 1058- 2lb Vanilla:

### Supplement Facts

Serving Size 1 Scoop (30g)  
Servings Per Container 30

Amount Per Serving	%Daily Value*
Calories	95
Calories from Fat	7
Total Fat	1g 1%*
Saturated Fat	.4g 2%
Total Carbohydrate	<1g 0%*
Protein	24g 49%*
Folic Acid	20mcg 5%
Calcium	150mg 15%
Iron	540mcg 3%
Phosphorus	100mg 10%
Magnesium	8mg 2%
Sodium	120mg 5%
Carnitine (as L-carnitine)	100mg **

\* Percent Daily Values are based on a 2,000 calorie diet.  
\*\* Daily Value not established.

Other Ingredients: SUPRO™ brand soy isolates, Pro Whey Complex (milk) (blend of whey isolates, hydrolyzed whey and whey concentrate: ~45% β-lactoglobulin; ~20% α-lactalbumin; ~15% glycomacropeptides; ~10% immunoglobulins; ~6% bovine serum albumin; ~1% lactoferrin; ~1% lactoperoxidase; protease-peptone; lysozyme) (milk), isolated casein peptides, glutamine peptides, natural and artificial flavors, guar gum, sucralose, acesulfame potassium.

#### 1059- 2lb Chocolate:

### Supplement Facts

Serving Size 1 Scoop (30g)  
Servings Per Container 30

Amount Per Serving	%Daily Value*
Calories	95
Calories from Fat	7
Total Fat	1.2g 2%*
Saturated Fat	.5g 3%
Total Carbohydrate	<1g <1%*
Protein	24g 48%*
Folic Acid	20mcg 5%
Calcium	150mg 15%
Iron	540mcg 3%
Phosphorus	100mg 10%
Magnesium	8mg 2%
Sodium	120mg 5%
Carnitine (as L-carnitine)	100mg **

\* Percent Daily Values are based on a 2,000 calorie diet.  
\*\* Daily Value not established.

Other Ingredients: SUPRO™ brand soy isolates, Pro Whey Complex (milk) (blend of whey isolates, hydrolyzed whey and whey concentrate: ~45% β-lactoglobulin; ~20% α-lactalbumin; ~15% glycomacropeptides; ~10% immunoglobulins; ~6% bovine serum albumin; ~1% lactoferrin; ~1% lactoperoxidase; protease-peptone; lysozyme) (milk), isolated casein peptides, glutamine peptides, natural and artificial flavors, cocoa, guar gum, sucralose, acesulfame potassium.



## SPECIALIZED PROTEIN FOR FITNESS

### Ideal Fitness Support Protein

1054 - 1lb vanilla  
1055 - 1lb chocolate

If you're serious about your sport or your physique, then Specialized Protein For Fitness is the right supplement for you. Only Specialized Protein For Fitness contains the exclusive protein matrix, SPM 721™, which fuels your body with the precise ratio of amino acids it needs to consistently perform at its peak level. SPM 721™ is the most efficient and rapidly-absorbed protein source known to science. SPM 721™ can deliver valuable amino acids to your working muscles faster than any other protein supplement. Faster delivery means better results during and after training.

#### Functional Benefits:

- Maximize performance
- Preserve lean mass
- Promote nitrogen retention
- Increase protein synthesis
- Enhance energy
- With electrolytes
- With key antioxidants
- Ideal for all diets

**Recommended Use:** Mix one scoop with 6-8 oz. of water, milk, or soy milk. For best results, use a blender. Use this shake as part of a low fat, low calorie meal or between meals.

### Supplement Facts

Serving Size 1 Scoop (30g)  
Servings Per Container 15

Amount Per Serving	%DV
Calories	112
Calories from Fat	13
Total Fat	1.4g 2%*
Saturated Fat	1g 5%*
Cholesterol	25mg 8%*
Total Carbohydrates	2g <1%*
Protein	23g 46%*
Vitamin C	30mg 50%
Vitamin D	200IU 50%
Vitamin E	15IU 50%
Riboflavin	170mcg 10%
Folic Acid	200mcg 50%
Calcium	250mg 25%
Iron	1mg 6%
Phosphorus	100mg 10%
Magnesium	13mg 3%
Selenium	35mcg 50%
Copper	75mcg 4%
Chloride	85mg 3%
Sodium	220mg 9%*
Potassium	125mg 4%

\* Percent Daily Values are based on a 2,000 calorie diet.

Other Ingredients: Pro Whey Complex (milk) (blend of whey isolates, hydrolyzed whey and whey concentrate: ~45% β-lactoglobulin; ~20% α-lactalbumin; ~15% glycomacropeptides; ~10% immunoglobulins; ~6% bovine serum albumin; ~1% lactoferrin; ~1% lactoperoxidase; protease-peptone; lysozyme), SUPRO® brand isolated soy protein, isolated casein peptides, glutamine peptides, natural and artificial flavors, calcium carbonate, d-a tocopherol, cellulose gum, xanthan gum, carrageenan, ascorbic acid, selenomethionine, sucralose, acesulfame potassium, cholecalciferol.

#### 1054-Vanilla:

Other Ingredients: Pro Whey Complex (milk) (blend of whey isolates, hydrolyzed whey and whey concentrate: ~45% β-lactoglobulin; ~20% α-lactalbumin; ~15% glycomacropeptides; ~10% immunoglobulins; ~6% bovine serum albumin; ~1% lactoferrin; ~1% lactoperoxidase; protease-peptone; lysozyme), SUPRO® brand isolated soy protein, isolated casein peptides, glutamine peptides, natural and artificial flavors, calcium carbonate, d-a tocopherol, cellulose gum, xanthan gum, carrageenan, ascorbic acid, selenomethionine, sucralose, acesulfame potassium, cholecalciferol.

#### 1055-Chocolate:

Other Ingredients: Pro Whey Complex (milk) (blend of whey isolates, hydrolyzed whey and whey concentrate: ~45% β-lactoglobulin; ~20% α-lactalbumin; ~15% glycomacropeptides; ~10% immunoglobulins; ~6% bovine serum albumin; ~1% lactoferrin; ~1% lactoperoxidase; protease-peptone; lysozyme), SUPRO® brand isolated soy protein, isolated casein peptides, glutamine peptides, natural and artificial flavors, calcium carbonate, d-a tocopherol, cocoa, cellulose gum, xanthan gum, carrageenan, ascorbic acid, selenomethionine, sucralose, acesulfame potassium, cholecalciferol.



## SPECIALIZED PROTEIN FOR LEAN MASS

### Lean Mass Support Protein Formula

1051 - 1lb vanilla  
1053 - 1lb chocolate  
1056 - 2lb vanilla  
1057 - 2lb chocolate

Specialized Protein For Lean Mass is not a weightgainer. It's a 100% protein supplement that has been precisely engineered to meet your specific needs. How? Each Specialized Protein matrix consists of a unique protein blend that has been engineered to maximize your body's ability to accumulate lean mass. Specialized Protein For Lean Mass is especially useful for "hardgainers" who have difficulty putting on muscle. Specialized Protein For Lean Mass contains SPM 311™, an exclusive protein matrix that has been engineered for maximum absorption. SPM 311™ contains high-efficiency "fast-acting" and "slow-acting" proteins for improved utilization.

#### Functional Benefits:

- Maximize fat-free mass
- Support muscle development
- Promote nitrogen retention
- Increase protein synthesis
- Anabolic amino acids
- GH supporting proteins
- Perfect for "hardgainers"
- Ideal for high protein diets

**Recommended Use:** Mix one scoop with 6-8oz. of water. Use 6-8oz. of whole milk for additional nutrients. For optimum results, use a blender. Use this shake as an additional source of protein between meals.

### Supplement Facts

Serving Size 1 Scoop (30g)  
Servings Per Container 30

Amount Per Serving	%Daily Value
Calories	110
Calories from Fat	9
Total Fat	1g 1%*
Total Carbohydrate	<2g <1%*
Protein	24g 48%*
Calcium	170mg 17%
Phosphorus	70mg 7%
Magnesium	8mg 2%
Sodium	100mg 4%*
Potassium	175mg 5%
Ornithine (as L-ornithine)	670mg **

\* Percent Daily Values are based on a 2,000 calorie diet.  
\*\* Daily Value not established.

Other Ingredients: Pro Whey Complex (milk) (blend of whey isolates, hydrolyzed whey and whey concentrate contains: ~45% β-lactoglobulin; ~20% α-lactalbumin; ~15% glycomacropeptides; ~10% immunoglobulins; ~6% bovine serum albumin; ~1% lactoperoxidase, protease-peptone, and lysozyme), isolated casein peptides, instantized egg albumen, glutamine peptides, natural and artificial flavors, guar gum, sucralose, acesulfame potassium.

#### 1051-Vanilla:

Other Ingredients: Pro Whey Complex (milk) (blend of whey isolates, hydrolyzed whey and whey concentrate contains: ~45% β-lactoglobulin; ~20% α-lactalbumin; ~15% glycomacropeptides; ~10% immunoglobulins; ~6% bovine serum albumin; ~1% lactoperoxidase, protease-peptone, and lysozyme), isolated casein peptides, instantized egg albumen, glutamine peptides, natural and artificial flavors, guar gum, sucralose, acesulfame potassium.

#### 1053-Chocolate:

Other Ingredients: Pro Whey Complex (milk) (blend of whey isolates, hydrolyzed whey and whey concentrate contains: ~45% β-lactoglobulin; ~20% α-lactalbumin; ~15% glycomacropeptides; ~10% immunoglobulins; ~6% bovine serum albumin; ~1% lactoperoxidase, protease-peptone, and lysozyme), isolated casein peptides, instantized egg albumen, glutamine peptides, natural and artificial flavors, cocoa, guar gum, sucralose, acesulfame potassium.





## HI PROTEIN BAR

The Ultimate Hi Protein Bar

8051 – 3oz peanut butter

8052 – 3oz chocolate brownie

8053 – 3oz s'mores

Hi Protein Bar tops the scales at 85g (9% larger than typical bars). And while many bars use only whey protein concentrate exclusively, Hi Protein also uses the purer, more expensive whey protein isolates in each and every bar. But protein is only part of the story. Compare Hi Protein Bar's 1g sugars to others. Some "high protein" bars contain 13g of sugars! Bottom line: you're not going to find more protein and fewer carbs anywhere else at a better price.

### Functional Benefits:

- 33-34g protein per bar
- 4 protein sources
- Only 1g sugar
- No sucrose
- Best protein:carb ratio
- 20 key vitamins & minerals
- As few as 2g of net inpack carbs
- Great tasting

**Recommended Use:** Take a bar after a good workout or whenever you need extra protein in your diet.

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### 8051– 3oz peanut butter:

## Nutrition Facts

Serving Size 1 Bar (85g)

Amount Per Serving	% DV
Calories	302
Fat Calories	54
Total Fat	6.5g 10%
Saturated Fat	3g 15%
Cholesterol	16mg 5%
Sodium	224mg 9%
Potassium	142mg 4%
Total Carbohydrate	31g 10%
Fiber	<1g 3%
Sugars	1g
Sugar Alcohol	24g
Protein	34g 68%
Vitamin A 25% • Vitamin C 25% • Vitamin D 25%	
Vitamin E 25% • Vitamin K 25% • Thiamin 25%	
Riboflavin 25% • Niacin 25% • Vitamin B6 25%	
Folate 30% • Vitamin B12 25% • Biotin 25%	
Calcium 7% • Iron 20% • Phosphorus 7%	
Magnesium 4% • Zinc 7% • Selenium 20%	
Copper 15%	
* Daily Value (DV) not established.	

Ingredients: Hi-Protein Matrix (whey protein concentrate, isolated soy protein, hydrolyzed protein, whey protein isolate, glutamine peptides) (milk), glycerine, chocolate flavored coating (maltitol, cocoa butter, chocolate liquor, calcium carbonate, dairy oil, calcium caseinate, soya lecithin, vanilla), water, maltitol, peanut butter, polydextrose, corn syrup, reduced fat peanut flour, natural peanut flavor, potassium sorbate, vitamin blend (ascorbic acid, d, alpha tocopheryl acetate, niacinamide, calcium pantothenate, pyridoxine HCl, vitamin A acetate, riboflavin, thiamin mononitrate, folic acid, biotin, cholecalciferol, and cyanocobalamin) and peanuts.

### 8052– 3oz chocolate brownie:

## Nutrition Facts

Serving Size 1 Bar (85g)

Amount Per Serving	% DV
Calories	296
Fat Calories	54
Total Fat	6g 9%
Saturated Fat	3g 15%
Cholesterol	17mg 5%
Sodium	226mg 9%
Potassium	285mg 8%
Total Carbohydrate	33g 10%
Fiber	<1g 3%
Sugars	1g
Sugar Alcohol	26g
Protein	33g 66%
Vitamin A 25% • Vitamin C 25% • Vitamin D 25%	
Vitamin E 25% • Vitamin K 25% • Thiamin 25%	
Riboflavin 25% • Niacin 25% • Vitamin B6 25%	
Folate 30% • Vitamin B12 25% • Biotin 25%	
Calcium 7% • Iron 20% • Phosphorus 7%	
Magnesium 4% • Zinc 7% • Selenium 20%	
Copper 15%	
* Daily Value (DV) not established.	

Ingredients: Hi-Protein Matrix (whey protein concentrate, isolated soy protein, hydrolyzed protein, whey protein isolate, glutamine peptides) (milk), glycerine, coating (maltitol, partially hydrogenated palm kernel and palm oil, cocoa, butter oil, glyceryl-lactate esters, soya lecithin, natural flavor), water, maltitol, polydextrose, cocoa, corn syrup, partially hydrogenated vegetable shortening, natural chocolate flavor, potassium sorbate, vitamin blend (ascorbic acid, d, alpha tocopheryl acetate, niacinamide, calcium pantothenate, pyridoxine HCl, vitamin A acetate, riboflavin, thiamin mononitrate, folic acid, biotin, cholecalciferol, and cyanocobalamin), peanut flour and acesulfame potassium.



## PROTEON BAR

High Protein Bar

9000– 3.6oz double peanut butter deluxe

Proteon™ is the only high protein bar that combines the natural goodness of oats with a full 32 grams of protein. What you get is the most delicious and nutritious bar available anywhere. Unlike our competitors, we do not use any inferior forms of protein, like gelatin, but instead use the best whey, milk and soy proteins available. We also include fiber in the form of inulin to help your body to properly digest and absorb protein. These attributes make Proteon™ the bar of choice for bodybuilders and athletes alike.

### Functional Benefits:

- 32 Grams of Muscle-Building Protein
- Real Creamy Peanut Butter
- Rolled Oats
- With Peanuts and Chocolate Chips
- Zero Trans Fats

**Recommended Use:** Take a bar after a good workout or whenever you need extra protein in your diet.

## Nutrition Facts

Serving Size 1 Bar (102g)

Amount Per Serving	DV%
Calories	433
Fat Calories	150
Total Fat	17g 26%
Sat Fat	5g 25%
Trans Fat	0g
Cholest	20mg 7%
Sodium	200mg 8%
Potassium	380mg 11%
Total Carb	38g 13%
Fiber	5g 20%
Sugars	14g
Protein	32g 64%
Vitamin A <2% • Vitamin C <2% • Calcium 9% • Iron 17% • Vitamin E 6% • Thiamin 8% • Riboflavin 11% • Niacin 26% • Vitamin B6 8% • Folate 12% • Phosphorus 16% • Magnesium 16% • Zinc 8% • Copper 16%	
*Percent Daily Values (DV) are based on a 2,000 calorie diet.	

Ingredients: Proteon™ Protein Complex (soy protein isolate, whey protein concentrate, milk protein isolate) (milk), barley malt syrup, peanut butter, glycerine, peanut butter coating (fractionated palm kernel oil, inulin, milk protein isolate, partially defatted peanut flour, whey powder, peanut butter [dry roasted peanuts], soya lecithin, sodium chloride, sucralose), dark chocolate chips (maltitol, chocolate liquor, cocoa butter, soya lecithin, vanillin), rolled oats, invert sugar, peanut flour, peanuts, inulin, natural peanut flavor, sodium chloride, sucralose.

This product contains peanuts, milk protein and soy protein.



## PROTRIA BAR

High Protein and Sugar Free

9005– 1.95oz fudgy brownie

9006– 1.95oz cinnamon bun

9007– 1.95oz smores

Protria™ is a high protein, sugar-free snack bar that will forever change your view of eating right. Each delicious bite is loaded with important protein and healthful nutrients, without any of the bad trans fats, sugar, preservatives, artificial sweeteners, and gluten. Perfect before or after exercise or as a between meal snack, Protria™ is health food you can look forward to. In convenient 1.95 oz. bars, Protria™ can go anywhere. To work, to the gym or on a hiking trail, Protria™ is a quick and easy source of good nutrition.

### Functional Benefits:

- No Trans Fats
- Gluten Free
- High protein
- Sugar Free
- Tri-Protein Blend

**Recommended Use:** Take a bar after a good workout or whenever you need extra protein in your diet.

### 9005– 1.95oz fudgy brownie:

## Nutrition Facts

Serving Size 1 Bar (55g)

Amount Per Serving	DV%
Calories	186
Fat Calories	27
Total Fat	3g 5%
Sat Fat	2g 10%
Trans Fat	0g
Cholest	15mg 5%
Sodium	130mg 5%
Total Carb	23g 8%
Fiber	1g 2%
Sugars	0g
Sugar Alc	20g
Protein	20g 40%
Vitamin A <2% • Vitamin C <2% • Folic Acid 6% • Calcium 30% • Iron 10% • Zinc 4%	
*Percent Daily Values (DV) are based on a 2,000 calorie diet.	

Ingredients: Protria™ Tri-Protein Blend (soy protein isolates, whey protein concentrate, whey protein isolates) (milk), glycerine, maltitol, natural and dutch processed chocolate powder, lactitol, cocoa butter, water, hydrolyzed protein, chocolate liquor, lactitol, polydextrose, cocoa, milk fat, natural flavors, soya lecithin.

Contains milk, soy and may contain traces of peanuts and other nuts. Gluten Free.

### 9006– 1.95oz cinnamon bun:

## Nutrition Facts

Serving Size 1 Bar (55g)

Amount Per Serving	DV%
Calories	190
Fat Calories	27
Total Fat	3g 5%
Sat Fat	2g 10%
Trans Fat	0g
Cholest	15mg 5%
Sodium	130mg 5%
Total Carb	23g 8%
Fiber	1g 2%
Sugars	0g
Sugar Alc	20g
Protein	20g 40%
Vitamin A <2% • Vitamin C <2% • Folic Acid 6% • Calcium 30% • Iron 10% • Zinc 4%	
*Percent Daily Values (DV) are based on a 2,000 calorie diet.	

Ingredients: Protria™ Tri-Protein Blend (soy protein isolates, whey protein concentrate, whey protein isolates) (milk), glycerine, maltitol, water, hydrolyzed protein, lactitol, cocoa butter, polydextrose, calcium carbonate, milk fat, calcium caseinate, cinnamon, soya lecithin, natural flavors.

Contains milk, soy and may contain traces of peanuts and other nuts. Gluten Free.

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## DR'S CARBRITE DIET SUGAR-FREE BROWNIE MIX

Extra Rich & Fudgy

8301 - brownie mix with chocolate chips

Doctor's CarbRite Diet Extra Rich & Fudgy Brownie Mix is the most delicious sugar-free brownie mix available for those individuals looking to add more protein to their diets. Best of all, these brownies have 0 sugar, 3 grams of fiber, and 5 grams of protein per serving. Each box makes 12 brownies, so your whole family can enjoy them and maintain a healthy lifestyle, while simultaneously enjoying a sinfully palate pleasing treat. We also use healthful, quality ingredients like whole-wheat flour. And once you taste it, you won't believe it's sugar-free.

### Functional Benefits:

- Great tasting
- No trans-fats
- No artificial sweeteners
- 3 grams of fiber
- 5 grams of protein
- Extra rich and fudgy
- 0 grams of sugar
- With real chocolate chips

**Recommended Use:** Eat and enjoy.

### Nutrition Facts

Serving Size 1 Brownie (27g*, 49g**) 1 inch		
Servings Per Box 12		
Amount Per Serving	Mix*	Baked**
Calories	88	174
From Fat	30	110
Total Fat 3g*, 12g**	5%	18%
Sat Fat 2g, 7g	10%	35%
Trans Fat	0%	0%
Cholesterol 2mg, 75mg	<1%	25%
Total Carbohydrates 19.5g, 19.5g	7%	7%
Fiber 3g, 3g	12%	12%
Sugars 0g, 0g		
Sugar Alc. 15g, 15g		
Protein	1g	2%
Vitamin A	<2%	6%
Calcium	5%	5%
Iron	6%	6%
Sodium 36mg, 55mg	2%	2%
Potassium 136mg, 155mg	4%	4%

\* Amount in Mix \*\* Amount in Baked Brownie using Basic Recipe † Percent Daily Values are based on a 2,000 calorie diet.

Other Ingredients: Chocolate chips (maltitol, chocolate liquor, cocoa butter, lecithin (soy), vanilla) maltitol, sorbitol, inulin (from chicory root), cocoa, whole wheat flour, whey protein (milk), vital wheat gluten, vanilla powder, salt.

ALLERGY ALERT: This product may contain traces of nuts.

### 15g Carb Facts

Total Carbs 19.5g  
— Fiber, Maltitol, Lactitol and Sorbitol 18g  
= Net Impact Carbs 1.5g

**For "carb conscious" dieters:** This snack contains 4.5g of carbs (Net Impact Carbs) that should be counted towards your daily carbohydrate intake. Net Impact Carbs include only those carbohydrates that cause a noted impact on blood sugar and exclude fiber and maltitol.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Potassium		3500mg	3500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram  
Fat 9 • Carbohydrate 4 • Protein 4



## DR'S CARBRITE DIET BAR

Sugar-Free, Carb-Conscious Snack Bar

- 8103 - 2oz toasted coconut
- 8129 - 2oz frosted cinnamon bun
- 8139 - 2oz chocolate peanut butter
- 8152 - 2oz chocolate brownie
- 8153 - 2oz chocolate mint cookie
- 8154 - 2oz s'mores
- 8155 - 2oz raspberry chocolate truffle
- 8156 - 2oz chocolate covered banana nut
- 8157 - 2oz blueberry cheesecake
- 8186 - 2oz cookie dough
- 8189 - 2oz lemon meringue

Regardless of which low carb bar you've used in the past, it's time for a change. A delicious, mouth-watering change. And even more. Every Doctor's CarbRite Bar is sugar-free and lab certified gluten-free with 21g of protein and as few as 1g net impact carbs. Also, Doctor's CarbRite Diet Bars contain no artificial sweeteners, hydrogenated oils or trans-fats. With the Doctor's CarbRite Bar, you get a healthful, sugar-free alternative to all the candy bars out there that are high in sugars and fat.

### Functional Benefits:

- As few as 1g carbs\*
- No hydrogenated oils
- No trans fats
- Rated #1 in taste tests
- Lab tested gluten-free
- Sugar-free
- No artificial sweeteners
- Up to 21g of protein
- No potassium sorbate

**Recommended Use:** Take a bar as needed.

### Nutrition Facts

Serving Size 1 Bar (57g)		
Amount Per Serving		
Calories	195	%DV
From Fat	42	
Total Fat	5g	8%
Sat Fat	2g	10%
Cholesterol	16mg	5%
Total Carbohydrates	24g	8%
Fiber	2g	8%
Sugars	0g	
Sugar Alc	21g	
Protein	20g	40%
Vitamin A	<2%	
Vitamin C	<2%	
Calcium	20%	
Iron	10%	
Sodium	175mg	7%
Potassium	100mg	3%

\* Percent Daily Values are based on a 2,000 calorie diet.  
\*\* Daily Value (DV) not established.

### 1g Carb Facts

Total Carbs 24g  
— Fiber, Glycerine Lactitol and Maltitol 23g  
= Net Impact Carbs 1g

**For "carb conscious" dieters:** This bar contains 2.5g of carbs (Net Impact Carbs) that should be counted towards your daily carbohydrate intake. Net Impact Carbs include only those carbs that cause a noted impact on blood sugar. Fiber and Sugar Alc (glycerine and maltitol) are excluded.

Other Ingredients: Isolated soy protein, glycerine, whey protein concentrate (milk), sugar-free chocolate flavored coating (maltitol, lactitol, cocoa butter, chocolate liquor, calcium carbonate, dairy oil, calcium caseinate, soya lecithin, vanilla), maltitol, water, hydrolyzed protein, natural flavors, inulin (from chicory root), natural and dutched processed powder (chocolate), polydextrose, white kidney bean and peanuts.

CONTINUED ON 38



## DR'S CARBRITE DIET SUGAR-FREE BAR

Sugar-Free Solid Chocolate

- 8130 - 3oz milk chocolate
- 8131 - 3oz dark chocolate
- 8132 - 3oz mint chocolate
- 8133 - 3oz white chocolate
- 8146 - 3oz dark chocolate with almonds

Regardless of which low carb bar you've used in the past, it's time for a change. A delicious, mouth-watering change. And even more. Every Doctor's CarbRite Bar is sugar-free and lab certified gluten-free with 1g of protein and 0g net impact carbs. Also, Doctor's CarbRite Diet Bars contain no artificial sweeteners, hydrogenated oils or trans-fats. With the Doctor's CarbRite Bar, you get a healthful, sugar-free alternative to all the candy bars out there that are high in sugars and fat.

### Functional Benefits:

- Sugar-free
- Less than 1g of net impact carbs
- No hydrogenated oils
- No artificial sweeteners
- Delicious taste
- Lab-tested gluten-free
- Sodium-free
- Virtually cholesterol-free

**Recommended Use:** Eat as needed.

### Nutrition Facts

Serving Size 1 Square (7g)		
Servings Per Bar 12		
Amount Per Serving		
Calories	32	%DV
From Fat	20	
Total Fat	2.25g	3%
Sat Fat	1.25g	6%
Cholesterol	1mg	<1%
Total Carbohydrates	3.5g	1%
Fiber	0g	0%
Sugars	0g	
Maltitol	3.5g	
Protein	0g	0%
Vitamin A	2%	
Vitamin C	2%	
Calcium	16%	
Iron	2%	
Sodium	0mg	0%
Potassium	10mg	<1%

\* Percent Daily Values are based on a 2,000 calorie diet.  
\*\* Daily Value (DV) not established.

### 1g Carb Facts

Total Carbs 3.5g  
— Maltitol 3.5g  
= Net Impact Carbs 0g

**For "carb conscious" dieters:** This bar contains 0g of carbs (Net Impact Carbs) that should be counted towards your daily carbohydrate intake. Net Impact Carbs include only those carbohydrates that cause a noted impact on blood sugar and exclude maltitol.

Ingredients: Maltitol, cocoa butter, chocolate liquor, calcium carbonate, dairy oil, calcium caseinate, soya lecithin, white kidney bean, vanilla.

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## DR'S CARBRITE DIET CARB BLOCK

All Natural Carb-Blocking Complex

4200 - 60 tablets

4201 - 120 tablets

With our Doctor's CarbRite Diet Carb Block, you can cheat on your low carb diet without all the guilt. Carb Block is an effective product that can actually prevent up to 38 grams of carbs from being absorbed by your body per meal. Carb Block also comes with exclusive nutrients designed to maximize insulin and glucose function and help modulate glucose response following meals.

### Functional Benefits:

- Block carb absorption
- Manage blood sugar levels
- Inhibit alpha-amylase enzyme
- Control carb cravings

**Recommended Use:** Take 2 tablets 20-25 minutes prior to your meal or as directed by your health care professional.

### Supplement Facts

Serving Size 2 Tablets  
Servings Per Container 60

Amount Per Serving	%DV
Magnesium (as oxide)	50mg 13%
Phaseolin EX™	750mg *
Gymnemalin™	100mg *
Alpha Lipoic Acid	25mg *
Chromium Picolinate†	150mcg *
Chromium Polynicotinate††	50mcg *
Vanadium (as BMOV)	100mcg *

\* Daily Value (DV) not established.

Other Ingredients: Phaseolus vulgaris extract, gymnema sylvestre extract, magnesium stearate, stearic acid.

†CHROMEMAXII® brand chromium picolinate is licensed under U.S. Patent #4,315,927.

††Chromemate® brand chromium polynicotinate is licensed under U.S. Patents #4,923,855 and #4,954,492.



## DR'S CARBRITE DIET E.F.A. COMPLEX

Essential Fatty Acids

4229 - 90 softgels

You need to pay special attention to the kind of fat you're getting and the best fats out there are "essential fatty acids" or EFAs. EFAs can help promote healthier cholesterol levels and even help the body reduce fat storage. The Doctor's CarbRite Diet E.F.A. Complex contains only fresh, cold-pressed flax seed oil—a clear, amber-colored liquid with a slightly nutty taste that's rich in omega-3 and omega-6 fatty acids.

### Functional Benefits:

- Rich in linoleic acid
- Softgels
- From cold-pressed flax oil
- With omega-3s & omega-6s

**Recommended Use:** Take 2-4 softgels daily with meals, or as needed.

### Supplement Facts

Serving Size 1 Softgel  
Servings Per Container 90

Amount Per Serving	%DV
Essential Fatty Acid Complex	1000mg *

\* Daily Value (DV) not established.

### TYPICAL EFA PROFILE (Per 100g)

Alpha-Linolenic Acid	50g
Linoleic Acid	20g
Oleic Acid	20g
Palmitic Acid	6g
Stearic Acid	4g

Other Ingredients: Select flaxseed oil, carob, gelatin, glycerine, soybean oil, and purified water.



## DR'S CARBRITE DIET FAT BLOCK

Natural Fat-Blocking Complex

4225 - 60 capsules

The Doctor's CarbRite Diet Fat Block is an amazing product, which can actually help you get the most out of low carb dieting. While low carb diets allow for higher intakes of fat, most nutritionists agree that saturated and trans fats should be limited. These harmful fats have been linked to a host of health problems. Our proprietary fat blocking formula has been specially designed to target these fats in your favorite snack foods. Once in your stomach, Fat Block locks into these fats and literally "traps" them, they then pass through your system without being absorbed.

### Functional Benefits:

- Nutritionally dense
- Boost Strength
- Enhance protein synthesis
- Enhance recovery

**Recommended Use:** Take 2 capsules with 12oz. of water 30 minutes before each meal. Do not exceed six (6) capsules per day. As with all weight loss regimens, be sure to maintain a well balanced diet, and to take plenty of fiber and water.

### Supplement Facts

Serving Size 2 Capsules  
Servings Per Container 30

Amount Per Serving	%DV
DAC-HD Chitosan	1000mg *
CarbRite Diet™ Fiber Complex	200mg
Psyllium (husk)*	
Oat Bran (whole herb)*	

\* Daily Value (DV) not established.

Other Ingredients: Deacetylated (DAC) high-density chitosan, gelatin, magnesium stearate, stearic acid.





## DR'S CARBRITE DIET SMOOTHIE

High Protein Shake

8116 - 1lb chocolate  
8117 - 1lb vanilla

Each scoop of our great-tasting Smoothie provides 23g of the highest-quality soy and milk proteins and only 2g of carbs. Best of all, the Smoothie is 100% sugar-free! To make the Smoothie even better, we designed it for the low carb dieter in mind. We've added chromium picolinate for efficient insulin/glucose function, essential fatty acids (EFAs), L-carnitine for energy, and special digestive enzymes. Plus, every two scoops of the Smoothie provides 100% of the RDA in vitamins C, D, and E, plus folic acid and selenium. You'll also get plenty of calcium, potassium and phosphorous.

### Functional Benefits:

- 100% sugar-free
- High in protein
- Only 2g carbs per serving
- With soy isoflavones
- Enhanced with EFAs
- 23g protein per serving
- Low in fat
- Delicious flavors

**Recommended Use:** Mix one scoop with 6-8 oz. of water, skim milk, or soy milk. For best results, use a blender. Use the CarbRite Diet Smoothie as part of a low fat, low calorie meal or between meals as desired.

### 8116- 1lb chocolate:

### Supplement Facts

Serving Size 1 Scoop (30g)  
Servings Per Container 15

Amount Per Serving	%DV
Calories	114
Calories From Fat	14
Total Fat	1.5g 2%*
Saturated Fat	0g 0%*
Cholesterol	26mg 9%*
Total Carbohydrates	2g <1%*
Sugar	0g **
Protein	23g 46%*
Vitamin C	30mg 50%
Vitamin D	200IU 50%
Vitamin E	15IU 50%
Riboflavin	170mcg 10%
Folic Acid	200mcg 50%
Calcium	250mg 25%
Iron	1.6mg 9%
Phosphorous	115mg 12%
Magnesium	13mg 3%
Selenium	35mcg 50%
Copper	75mcg 4%
Sodium	155mg 6%*
Potassium	225mg 6%
Essential Fatty Acid Complex	100mg **
L-Carnitine	50mg **
Digestive Enzyme Complex	50mg **

\* Percent Daily Values are based on a 2,000 calorie diet.  
\*\* Daily Value (DV) not established.

Other Ingredients: Whey Protein Complex (consisting of whey isolates and concentrates) (milk), SUPRO® brand soy isolates, calcium caseinate (milk), dutch processed cocoa, natural and artificial flavors, cellulose gum, xanthan gum, carrageenan, cholecalciferol, sodium chloride, flaxseed powder, calcium carbonate, ascorbic acid, bromelain, papain, sucralose, d-alpha tocopherol, stevia, folic acid, sodium selenite.

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## TONE 'N TIGHTEN

Stimulant-Free Women's Fat Burner

4632 - 120 capsules  
4633 - 60 capsules

With its select blend of gentle botanicals and other vital nutrients, Tone 'N Tighten has helped women burn fat, increase metabolism and attack cellulite more effectively through a three step process: blocking fat absorption, releasing stored bodyfat, and enhancing overall fat burning. Tone 'N Tighten can also help reduce water-retention, promote the proper and efficient function of blood-sugar and insulin, detoxify your body and enhance regularity.

### Functional Benefits:

- 100% stimulant-free
- Natural energy boost
- Enhance fat burning
- Reduce water retention
- Promote regularity
- Detoxification
- With fat emulsifiers
- All natural formulation

**Recommended Use:** Take two to four capsules daily with eight ounces of water: On workout days, take capsules one half hour before workout. On non-workout days, take capsules one half hour after lunch.

### Supplement Facts

Serving Size 4 Capsules  
Servings Per Container 30

Amount Per Serving	%DV
Vitamin B6	2mg 100%
Calcium	150mg 15%
Choline Complex	1.2g *
Inositol	600mg *
Chromium Picolinate†	200mcg *
Cayenne (fruit)	100mg *
Burdock (root)	100mg *
Uva Ursi (leaf)	100mg *
Carnitine Complex	50mg *
Damiana (leaf)	50mg *
Betaine	50mg *

\* Daily Value (DV) not established.

Other Ingredients: Choline citrate, inositol monophosphate, calcium phosphate, betaine hydrochloride, L-carnitine, gelatin, pyridoxine hydrochloride, magnesium stearate, and stearic acid.

† Licensed under U.S. Patent 4,315,927



## TONE 'N TIGHTEN SHAKE

Nutrition Shake for Women

8041 - 1.75lb chocolate  
8043 - 1.75lb vanilla

As a woman, you've used Tone 'N Tighten for years. You love it because it's gentle and works naturally with your system. Tone 'N Tighten Shake offers a great-tasting, nutritionally-complete way to enhance your overall weight loss goals. This shake has been specially formulated to boost your energy levels, increase your metabolism, release stored bodyfat, and turn your body into a fat-burning furnace naturally.

### Functional Benefits:

- Low in calories
- Fat-free
- Extra protein
- Gentle energy boost
- Promotes regularity
- Great meal replacement
- 21 required vitamins / minerals

**Recommended Use:** Mix 1 slightly rounded scoop in 8 oz. of water or skim milk. Best when taken 60 minutes prior to workout. Shake can also be used as a meal replacement shake. Mix 2 scoops with 8 oz. of non-fat skim milk.

### Supplement Facts

Serving Size 1 Scoop (28.35g)  
Servings Per Container 28

Amount Per Serving	%DV	Amount Per Serving	%DV
Calories	76	Copper	400mcg 20%
Total Fat	0g	Manganese	1mg 50%
Total Carbohydrate	11g 3%*	Sodium	375mg 16%*
Dietary Fiber	3g 12%*	Potassium	665mg 19%
Sugars	7g **	Choline Complex	250mg **
Protein	8g 16%*	Inositol	250mg **
Vitamin A	5000IU 100%	Carnitine Complex	10mg **
Vitamin C	30mg 50%	Barley Grass	150mg **
Vitamin D	400IU 100%	Cascara Sagrada (bark)	175mg **
Vitamin E	15IU 50%	Damiana (leaf)	35mg **
Thiamin	1.5mg 100%	Garlic (bulb)	25mg **
Riboflavin	1.7mg 100%	Wheat Grass	38mg **
Niacin	10mg 50%	Fennel (seed)	145mg **
Folic Acid	200mcg 50%	Spirulina	175mg **
Vitamin B12	1mcg 16%	Chlorella	2mg **
Biotin	300mcg 100%	Smilax Officialis (root)	20mg **
Pantothenic Acid	5mg 50%	Coenzyme Q10	5mg **
Calcium	200mg 20%	Bee Pollen	30mg **
Phosphorus	200mg 20%	Guarana (seed)	20mg **
Iodine	150mcg 100%	Para-Aminobenzoic Acid	10mg **
Magnesium	80mg 20%	Bromelain	30mg **
Zinc	3mg 20%	Papain	20mg **
Selenium	35mcg 50%		

\* Percent Daily Value are based on a 2,000 calorie diet.

\*\* Daily Value (DV) not established.

Other Ingredients: High performance complex carbohydrates (glucose polymers extracted from premium grain sources and maltodextrin), pure protein complex (consisting of the highest quality lactalbumen and egg white proteins), crystalline fructose, natural fiber complex (from barley, wheat grass, brown rice and natural grains), lecithin (soy) and natural flavors.



## CALCIUM - ZINC MAGNESIUM

4785 - 100 tablets

### Supplement Facts

Serving Size 3 Tablets	
Servings Per Container 33	
Amount Per Serving	%DV
Calcium (as carbonate, citrate, malate) 1g	100%
Magnesium (as oxide, citrate) 600mg	150%
Zinc (as picolinate, citrate) 15mg	100%
Copper (as gluconate, citrate) 1mg	50%
Boron (as citrate) 100mcg	*
Silicon (as dioxide) 20mg	*
Glutamic Acid HCl 100mg	*

\* Daily Value (DV) not established.  
Other Ingredients: Horsetail, stearic acid, magnesium stearate, and whey (milk).



## DAILY CAPS

7200 – 75 capsules

### Supplement Facts

Serving Size 1 Capsule			
Amount Per Serving	%DV	Amount Per Serving	%DV
Vitamin A 5750IU	115%	Phosphorus 100mg	10%
Vitamin C 75mg	125%	Iodine 150mcg	100%
Vitamin D 520IU	130%	Magnesium 60mg	15%
Vitamin E 36IU	120%	Zinc 15mg	100%
Vitamin K 125mcg	156%	Selenium 25mcg	36%
Thiamin 2.5mg	167%	Copper 2mg	100%
Riboflavin 3mg	176%	Manganese 4mg	200%
Niacin 20mg	100%	Chromium 50mcg	42%
Vitamin B6 3.2mg	160%	Molybdenum 25mcg	33%
Folic Acid 400mcg	100%	Potassium 15.4mg	<1%
Vitamin B12 12mcg	200%	Leucithin 10mg	*
Biotin 300mcg	100%	Boron 150mcg	*
Pantothenic Acid 10mg	100%	Vanadium 10mcg	*
Calcium 100mg	10%		

\* Daily Value (DV) not established.

Other Ingredients: Kelp, calcium phosphate, ascorbic acid, magnesium oxide, gelatin, whey (milk), d-alpha tocopherol, niacinamide, potassium sulfate, zinc oxide, beta carotene, calcium pantothenate, manganese sulfate, pyridoxine hydrochloride, magnesium stearate, thiamin mononitrate, copper sulfate, stearic acid, ergocalciferol, boron aspartate, phytonadione, chromium picolinate, sodium selenite, sodium molybdate, cyanocobalamin, and vanadium sulfate.

When it comes to bone health, calcium alone won't do. Our unique formula comes with 1000mg of calcium per serving plus co-factors such as boron, copper, magnesium and zinc.

For those who need maximum absorption, who want the convenience of encapsulated vitamins and minerals, there's Daily Caps. It contains 24 required nutrients and three co-factors.



## CASCARA SAGRADA

4840 – 100 capsules

### Supplement Facts

Serving Size 1 Capsule	
Amount Per Serving	%DV
Cascara Sagrada (bark) 450mg	*

\* Daily Value (DV) not established.  
Other Ingredients: Gelatin, whey (milk), magnesium stearate, and stearic acid.



## DAILY FORMULA

4710 – 100 tablets

### Supplement Facts

Serving Size 1 Tablet	
Amount Per Serving	%DV
Vitamin A (as beta carotene) 5000IU	100%
Vitamin C (as ascorbic acid) 90mg	100%
Vitamin D (as calciferol) 400IU	100%
Vitamin E (as d-alpha tocopherol) 30IU	100%
Vitamin K (as phytonadione) 25mcg	31%
Thiamin (as thiamin HCl) 1.5mg	100%
Riboflavin 1.7mg	100%
Niacin (as niacinamide) 30mg	150%
Vitamin B6 (as pyridoxine HCl) 2mg	100%
Folic Acid 200mcg	50%
Vitamin B12 (as cyanocobalamin) 6mcg	100%
Biotin 15mcg	5%
Pantothenic Acid (as calcium pantothenate) 10mg	100%
Calcium (as calcium phosphate) 160mg	16%
Iron (as peptonate) 5mg	30%
Phosphorus (as dicalcium phosphate) 125mg	13%
Iodine (from kelp) 25mcg	17%
Magnesium (as magnesium oxide) 40mg	10%
Zinc (as zinc gluconate) 5mg	33%
Selenium (as selenomethionine) 3mcg	4%
Copper (as copper gluconate) 2mg	100%
Manganese (as manganese gluconate) 1mg	50%
Chromium (as chromium chloride) 2mcg	2%
Molybdenum (as sodium molybdate) 1mcg	<2%**
Potassium (as potassium phosphate) 9mg	<0%**

Para-Aminobenzoic Acid 5mg  
Digestive Enzyme Complex 32mg  
Micozyme®, Papain®, Diastase Malt®, Lipase®

\* Daily Value (DV) not established.

\*\*Contains <2% of the Daily Value of these nutrients.

Other Ingredients: Whey protein (milk), stearic acid and magnesium stearate.

The bark from this wild deciduous tree contains unique glycosides such as cascarosides A, B, C, and D. These glycosides exert gentle, safe, and effective laxative effects to promote regularity.

A basic, no-nonsense dietary supplement, one that all of us can use to improve the quality of our lives. With 25 required vitamins and minerals, plus a unique digestive enzyme complex.



## CHITOSAN PLUS

4740 – 60 capsules

4741 – 120 capsules

### Supplement Facts

Serving Size 2 Capsules	
Servings Per Container 60	
Amount Per Serving	%DV
Chitosan 1g	*
Psyllium (husk) 150mg	*
Oat Bran (whole herb) 150mg	*

\* Daily Value (DV) not established.  
Other Ingredients: Gelatin, magnesium stearate, stearic acid.



## GINKGO BILOBA

4732 – 100 caplets

### Supplement Facts

Serving Size 1 Caplet	
Amount Per Serving	%DV
Ginkgo (leaf) 500mg	*

\* Daily Value (DV) not established.

Other Ingredients: Dicalcium phosphate, stearic acid, magnesium stearate.

With its ability to bind to fats in the body's GI system, Chitosan Plus can act as an effective "fat blocker" or "fat trapper" and prevent dietary fats from being absorbed by your body.

Ginkgo biloba is a safe, clinically-proven herb which has been shown to help improve cognitive functions.



## GLUCOSAMINE SULFATE

4787 – 50 capsules

### Supplement Facts

Serving Size 1 Capsule

Amount Per Serving	%DV
Glucosamine Sulfate 675mg	*
(as glucosamine sulfate potassium chloride)	

\* Daily Value (DV) not established.

Other Ingredients: Gelatin capsule, magnesium stearate, whey protein (milk), and dicalcium phosphate.



## SAW PALMETTO

4705 – 120 tablets

### Supplement Facts

Serving Size 2 Tablets  
Servings Per Container 60

Amount Per Serving	%DV
Zinc (as zinc oxide)	7.5mg 50%
Saw Palmetto Berry Powder	750mg *
Pumpkin Seed Meal Powder	80mg *
Pygeum Africanum (bark)	17mg *
Ginkgo (leaf)	50mg *

\* Daily Value (DV) not established.

Other Ingredients: Whey (milk), calcium sulfate, magnesium stearate, and stearic acid.

Conventional glucosamine sulfate is high in sodium – up to 40% in the finished product. Our premium glucosamine formula binds glucosamine sulfate to potassium chloride for a purer product.

Each serving of Saw Palmetto contains 750mg of natural saw palmetto berry powder. To make this a complete DHT-blocking formula, we've also added pumpkin seed, pygeum, and zinc.



## MELATONIN FORMULA

3171 – 60 capsules  
3172 – 120 capsules

### Supplement Facts

Serving Size 1 Capsule

Amount Per Serving	%DV
Vitamin B6 (as pyridoxine HCl)	10mg 500%
Melatonin	5mg *

\* Daily Value (DV) not established.

Other Ingredients: Gelatin, magnesium stearate, whey (milk) and dicalcium phosphate.



## SHARK CARTILAGE

3131 – 60 tablets

### Supplement Facts

Serving Size 1 Tablet

Amount Per Serving	%DV
Shark Cartilage	1g *
(minimum of 23% Mucopolysaccharides)	

\* Daily Value (DV) not established.

Other Ingredients: Magnesium stearate and stearic acid.

An important hormone produced in the pineal gland. Melatonin levels have been shown to diminish with age. Melatonin is used to help relieve insomnia and reduce the effects associated with jetlag.

Shark cartilage has been shown to be anti-angiogenic, an action that can help prevent the formation of tumors and halt the progress of arthritis. It's also rich in chondroitin sulfate A and C.



## JOINTMENT OS

4673 – 60 tablets  
4674 – 180 tablets

### Supplement Facts

Serving Size 6 Tablets  
Servings Per Container 30

Amount Per Serving	%DV
Calcium (as sulfate, phosphate)	250mg 25%
Magnesium (as oxide)	100mg 25%
Manganese (as sulfate)	1mg 50%
Glucosamine HCl	1.5g *
Methylsulfonylmethane (MSM)	150mg *
Chondroitin Sulfate	100mg *
Shark Cartilage	100mg *
Colostrum (bovine)	100mg *
Quercetin	100mg *
Turmeric (root)	100mg *
Methionine (as L-methionine)	50mg *

\* Daily Value (DV) not established.

Other Ingredients: Whey (milk), magnesium stearate, and stearic acid.



## VITAMIN B COMPLEX

4711 – 100 tablets

### Supplement Facts

Serving Size 1 Tablet

Amount Per Serving	%DV
Thiamin (as hydrochloride)	50mg 3333%
Riboflavin	50mg 2941%
Niacin (as niacinamide)	50mg 250%
Vitamin B6 (as pyridoxine HCl)	50mg 2500%
Folic Acid	400mcg 100%
Vitamin B12 (as cyanocobalamin)	50mcg 833%
Biotin	50mcg 17%
Pantothenic Acid	50mg 500%
Choline (as citrate)	50mg *
Para-Aminobenzoic Acid	50mg *





\* Daily Value (DV) not established.

Other Ingredients: Calcium pantothenate, dicalcium phosphate, stearic acid, whey protein (milk), and magnesium stearate.

For maintaining overall joint and bone health, few supplements can match Jointment OS. With 11 active ingredients, Jointment OS can help maintain joint health and reduce inflammation.

B vitamins play a critical role in producing energy, metabolizing carbohydrates, and regulating blood sugar, among other activities. Vitamin B Complex contains 8 required vitamins plus two co-factors.



	<div><div>Supplement Facts</div><div>Serving Size 1 Tablet</div><table><tr><th>Amount Per Serving</th><th>%DV</th></tr><tr><td>Vitamin C (Buffered)</td><td>1g 1667%</td></tr><tr><td>Citrus Bioflavonoids Complex</td><td>110mg *</td></tr><tr><td>Rosa Canina L. (flower)</td><td>50mg *</td></tr></table><div>* Daily Value (DV) not established.</div><div>Other Ingredients: Stearic acid, magnesium stearate, whey protein (milk), lemon and grapefruit bioflavonoids.</div></div>	Amount Per Serving	%DV	Vitamin C (Buffered)	1g 1667%	Citrus Bioflavonoids Complex	110mg *	Rosa Canina L. (flower)	50mg *		<div><div>Supplement Facts</div><div>Serving Size 1 Tablet</div><table><tr><th>Amount Per Serving</th><th>%DV</th></tr><tr><td>Vitamin C</td><td>500mg 833%</td></tr></table><div>* Daily Value (DV) not established.</div><div>Other Ingredients: Ascorbic acid, rose hips, calcium phosphate, whey protein (milk), magnesium stearate, stearic acid.</div></div>	Amount Per Serving	%DV	Vitamin C	500mg 833%
Amount Per Serving	%DV														
Vitamin C (Buffered)	1g 1667%														
Citrus Bioflavonoids Complex	110mg *														
Rosa Canina L. (flower)	50mg *														
Amount Per Serving	%DV														
Vitamin C	500mg 833%														
VITAMIN C BUFFERED		VITAMIN C FORMULA													
4791 – 120 tablets		4712 – 100 tablets													
Buffered Vitamin C has twice the potency of our regular Vitamin C Formula at 1000mg. It's also a special “buffered” formula perfect for those individuals with a sensitive stomach.		Vitamin C is one of the most powerful water-soluble antioxidants known to man. It's widely used to enhance the immune system as well. Our 500mg formula is enhanced with rose hips.													
	<div><div>Supplement Facts</div><div>Serving Size 1 Softgel Servings Per Container 50</div><table><tr><th>Amount Per Serving</th><th>%DV</th></tr><tr><td>Vitamin E (as d-alpha, d-beta, d-delta, and d-gamma tocopherols)</td><td>1000IU 3333%</td></tr></table><div>* Daily Value (DV) not established.</div><div>Other Ingredients: Soybean oil, gelatin, glycerin, purified water.</div></div>	Amount Per Serving	%DV	Vitamin E (as d-alpha, d-beta, d-delta, and d-gamma tocopherols)	1000IU 3333%		<div><div>Supplement Facts</div><div>Serving Size 1 Softgel</div><table><tr><th>Amount Per Serving</th><th>%DV</th></tr><tr><td>Vitamin E</td><td>400 IU 1333%</td></tr></table><div>* Daily Value (DV) not established.</div><div>Other Ingredients: D-alpha tocopherol, gelatin, glycerin, soybean oil, and purified water.</div></div>	Amount Per Serving	%DV	Vitamin E	400 IU 1333%				
Amount Per Serving	%DV														
Vitamin E (as d-alpha, d-beta, d-delta, and d-gamma tocopherols)	1000IU 3333%														
Amount Per Serving	%DV														
Vitamin E	400 IU 1333%														
VITAMIN E 1000		VITAMIN E FORMULA													
7305 – 50 softgels		4714 – 100 softgels													
For those individuals who require therapeutic doses of vitamin E, there's Vitamin E 1000. Each softgel provides 1000IU of mixed tocopherols (d-alpha, d-gamma, and d-delta tocopherols).		Vitamin E Formula is our basic, all-natural vitamin E supplement. Each softgel provides 400IU of vitamin E in the form of d-alpha tocopherol. Vitamin E is a powerful fat-soluble antioxidant.													
Unisyn (Continued from Page 20)															
5182-Vanilla flavor		5183-Chocolate flavor													
Other Ingredients: Uni-Syn Protein Complex™ (consisting of ultrafiltrated whey protein concentrate, isolated casein peptides, total milk protein isolates, whey protein isolates, glutamine peptides, instantized egg albumin), maltodextrin, natural and artificial flavors, cellulose gum, xantham gum, carrageenan, sodium chloride, sucralose, magnesium oxide, acesulfame potassium, vitamin E acetate, ascorbic acid, vitamin A palmitate, selenomethionine, niacinamide, calcium pantothenate, zinc oxide, cholecalciferol, manganese sulfate, pyridoxine HCl, thiamin mononitrate, cupric oxide, folic acid, cyanocobalamin, chromium chloride, biotin, sodium molybdate.		Other Ingredients: Uni-Syn Protein Complex™ (consisting of ultrafiltrated whey protein concentrate, isolated casein peptides, total milk protein isolates, whey protein isolates, glutamine peptides, instantized egg albumin), maltodextrin, dutch processed cocoa, corn syrup solids, natural and artificial flavors, cellulose gum, xantham gum, carrageenan, sodium chloride, magnesium oxide, sucralose, acesulfame potassium, vitamin E acetate, ascorbic acid, vitamin A palmitate, selenomethionine, niacinamide, calcium pantothenate, zinc oxide, cholecalciferol, manganese sulfate, pyridoxine HCl, thiamin mononitrate, cupric oxide, folic acid, cyanocobalamin, chromium chloride, biotin, sodium molybdate.													
5184-Strawberry flavor															
Other Ingredients: Uni-Syn Protein Complex™ (consisting of ultrafiltrated whey protein concentrate, isolated casein peptides, total milk protein isolates, whey protein isolates, glutamine peptides, instantized egg albumin), maltodextrin, corn syrup solids, natural and artificial flavors, cellulose gum, xantham gum, carrageenan, sodium chloride, dried strawberries, magnesium oxide, sucralose, acesulfame potassium, vitamin E acetate, ascorbic acid, vitamin A palmitate, selenomethionine, niacinamide, calcium pantothenate, zinc oxide, cholecalciferol, manganese sulfate, pyridoxine HCl, thiamin mononitrate, cupric oxide, folic acid, cyanocobalamin, chromium chloride, biotin, sodium molybdate.															
Contains milk and egg. Produced on equipment that may also process wheat, soy, shellfish and tree nut ingredients.															

**Dr's CarbRite Diet Smoothie (Continued from pg. 33)**

8117– 1lb vanilla:

**Supplement Facts**Serving Size 1 Scoop (30g)  
Servings Per Container 15

Amount Per Serving	%DV
Calories	114
Calories from Fat	14
Total Fat	1.5g 2%*
Saturated Fat	0g 0%
Cholesterol	26mg 9%*
Total Carbohydrates	2g <1%*
Sugar	0g **
Protein	23g 46%*
Vitamin C	30mg 50%
Vitamin D	200IU 50%
Vitamin E	15IU 50%
Riboflavin	170mcg 10%
Folic Acid	200mcg 50%
Calcium	250mg 25%
Iron	1mg 6%
Phosphorus	100mg 10%
Magnesium	13mg 3%
Selenium	35mcg 50%
Copper	75mcg 4%
Sodium	154mg 6%*
Potassium	125mg 4%
Chromium Chloride	100mcg **
Essential Fatty Acid Complex	100mg **
L-Carnitine	50mg **
Digestive Enzyme Complex	50mg **

\* Percent Daily Values are based on a 2,000 calorie diet.

\*\* Daily Value (DV) not established.

Other Ingredients: Whey Protein Complex (consisting of whey isolates and concentrates) (milk), SUPRO® brand soy isolates, calcium caseinate natural and artificial flavors, cellulose gum, xanthan gum, carrageenan, cholecalciferol, sodium chloride, flaxseed powder, calcium carbonate, ascorbic acid, bromelain, papain, sucralose, d-alpha tocopherol, stevia, folic acid, sodium selenite.

**Hi Protein Bar (Continued from pg. 30)**

8052– 3oz smores

**Nutrition Facts**

Serving Size 1 Bar (85g)

Amount Per Serving	% DV
Calories	270
Fat Calories	35
Total Fat	4g 6%
Saturated Fat	2g 10%
Cholesterol	25mg 8%
Sodium	220mg 9%
Potassium	130mg 4%
Total Carbohydrate	33g 10%
Fiber	<1g 2%
Sugars	1g
Sugar Alcohol	29g
Protein	32g 64%

Vitamin E 25% • Vitamin K 25% • Thiamin 25% • Riboflavin 25% • Niacin 25% • Vitamin B6 25% • Folate 30% • Vitamin B12 30% • Biotin 25% • Calcium 20% • Iron 20% • Phosphorus 6% • Magnesium 2% • Zinc 6% • Selenium 20% • Copper 15%

\* Daily Value (DV) not established.

Other Ingredients: HI-Protein Matrix (whey protein concentrate, isolated soy protein, whey protein isolate, glutamine peptides) (milk), glycerine, maltitol, sugar-free chocolate flavored coating (maltitol, cocoa butter, chocolate liquor, calcium carbonate, dairy oil, calcium caseinate, soy lecithin, vanilla), water, hydrolyzed protein, polydextrose, natural flavors, vitamin blend (ascorbic acid, dl alpha tocopheryl acetate, niacinamide, calcium pantothenate, pyridoxine HCl, vitamin A acetate, riboflavin, thiamin mononitrate, folic acid, biotin, cholecalciferol, and cyanocobalamin) and peanut flour.

**PhotoSoy (Continued from pg 25)**

1450– 1.54lb unflavored &amp; unsweetened

**Supplement Facts**Serving Size 1 Scoop (35g)  
Servings Per Container 20

Amount Per Serving	% DV
Calories	108
Total Fat	0g 0%
Saturated Fat	0g 0%*
Total Carbohydrate	0g 0%*
Dietary Fiber	0g 0%*
Sugars	0g **
Protein	27g 54%*
Folic Acid	400mcg 100%
Calcium	500mg 50%
Iron	3.6mg 20%
Phosphorus	100mg 10%
Selenium	70mcg 100%
Copper	300mcg 15%
Zinc	75mcg 5%
Chromium	120mcg 100%
Sodium	200mg 8%*

\* Percent Daily Values are based on a 2,000 calorie diet.

\*\* Daily Value not established.

Other Ingredients: SUPRO® Isolated Brand Soy Protein, guar gum, and the following vitamins and minerals: calcium carbonate, selenite, ChromeMate® Brand chromium polynicotinate, and folic acid.

**Protria (Continued from pg. 30)**

9007– 1.95oz smores

**Nutrition Facts**

Serving Size 1 Bar (55g)

Amount Per Serving	DV%
Calories	184
Fat Calories	27
Total Fat	3g 5%
Saturated Fat	2g 10%
Trans Fat	0g
Cholesterol	15mg 5%
Sodium	130mg 5%
Total Carb	22g 7%
Fiber	<1g 2%
Sugars	0g
Sugar Alc	19g
Protein	20g 40%

Vitamin A <2% • Vitamin C <2% • Folic Acid 5% • Vitamin B12 10% • Calcium 20% • Iron 10%

\*Percent Daily Values (DV) are based on a 2,000 calorie diet.

Ingredients: Protria™ Tri-Protein Blend (soy protein isolates, whey protein concentrate, whey protein isolates) (milk), glycerine, maltitol, cocoa butter, water, hydrolyzed protein, chocolate liquor, lactitol, calcium carbonate, natural flavors, polydextrose, milk fat, calcium caseinate, soya lecithin, and vanilla. Contains milk, soy and may contain traces of peanuts and other nuts. Gluten Free.

**Women's Fitness Pak (Continued from pg 25)**

3051 – 30 packets

**Supplement Facts**

Serving Size 1 Pink Packet Servings Per Box 8

Amount Per Serving	%DV	Amount Per Serving	%DV
Vitamin A (from fish oil and 34% beta-carotene)	4950IU 99%	Potassium (as potassium aspartate)	99mg 3%
Vitamin C (as ascorbic acid)	500mg 833.3%	Lecithin (from soy)	1.2mg *
Vitamin D (from fish oil)	340IU 85%	Choline Complex	1g *
Vitamin E (as d-alpha tocopherol)	150IU 500%	Inositol Monophosphate	500mg *
Thiamin (as thiamin mononitrate)	38mg 2533%	Energy Complex	500mg
Riboflavin	38mg 2235%	Eleuthero (root)*, Spirulina*, Goldenseal (root)*	
Niacin (as niacinamide)	41mg 205%	Royal Jelly*, Quercetin*, Inosine*, Guarana (nut),	
Vitamin B6 (as pyridoxine HCl)	36mg 1800%	Kola (nut)*, Alpha-Lipoic Acid*, Pyridoxine Alpha-	
Folic Acid	200mcg 50%	Ketoglutarate*, Octacosanol*, Cayenne (fruit)*,	
Vitamin B12 (as cyanocobalamin)	3mcg 50%	Bee Pollen*, Cytochrome C*	
Biotin	150mcg 50%	Para-Aminobenzoic Acid	200mg *
Pantothenic Acid (as calcium pantothenate)	38mg 380%	Bioflavonoid Complex	500mg *
Calcium (as calcium aspartate)	100mg 10%	Carnitine (as L-Carnitine)	50mg *
Iodine (from kelp)	100mcg 67%	Amino Acid Blend (from lactalbumin)	1.3g
Magnesium (as magnesium aspartate)	500mg 125%	Methionine*, Lysine*, Glutamine*, Betaine HCl*,	
Zinc (as zinc oxide)	7.5mg 50%	Proline*, Leucine*, Phenylalanine*, Cystine*,	
Selenium (as selenomethionine)	25mcg 36%	Aspartic Acid*, Methionine*, Valine*, Isoleucine	
Copper (as copper sulfate)	300mcg 15%	- Threonine*, Tryptophan*, Serine*, Alanine*,	
Manganese (as manganese sulfate)	15mg 750%	Arginine*, Histidine*, Glycine*	
Chromium (as chromium chloride)	25mcg 21%	Essential Fatty Acid Complex	150mg *

\* Daily Value (DV) not established.

Other Ingredients: Rose hips, Citrus bioflavonoids, hesperidin, rutin, alfalfa, watercress, parsley, rice bran, choline citrate, magnesium stearate, stearic acid.

**Ultra Iso Whey (Continued from pg. 20)**

1623– 2lb vanilla shake:

**Supplement Facts**Serving Size 1 Scoop (~25g)  
Servings Per Container 36

Amount Per Serving	%DV
Calories	88
Calories from Fat	0
Total Fat	0g <1%*
Saturated Fat	0g 0%*
Cholesterol	1.5mg <1%*
Total Carbohydrates	0g 0%*
Sugar	0g **
Sodium	55mg 2%*
Protein	21g 42%*
Riboflavin	140mcg 8%
Calcium	100mg 10%
Phosphorus	57mg 6%
Magnesium	18mg 5%
Potassium	142mg 4%

\* Daily Value based on a 2,000 calorie diet.

\*\* Daily Value (DV) not established.

1624– 2lb chocolate shake:

**Supplement Facts**Serving Size 1 Scoop (~25g)  
Servings Per Container 36

Amount Per Serving	%DV
Calories	84
Calories from Fat	0
Total Fat	0g <1%*
Saturated Fat	0g 0%*
Cholesterol	1.7mg <1%*
Total Carbohydrates	0g 0%*
Sugar	0g **
Sodium	56mg 2%*
Protein	20g 40%*
Riboflavin	140mcg 8%
Calcium	104mg 10%
Phosphorus	62mg 6%
Magnesium	18mg 5%
Potassium	172mg 5%

\* Daily Value based on a 2,000 calorie diet.

\*\* Daily Value (DV) not established.

1622– 2lb lemonade chiller:

**Supplement Facts**Serving Size 1 Scoop (~25g)  
Servings Per Container 36

Amount Per Serving	%DV
Calories	84
Calories from Fat	0
Total Fat	0g <1%*
Saturated Fat	0g 0%*
Cholesterol	1.7mg <1%*
Total Carbohydrates	0g 0%*
Sugar	0g **
Sodium	54mg 2%*
Protein	20g 40%*
Riboflavin	140mcg 8%
Calcium	100mg 10%
Phosphorus	54mg 5%
Magnesium	17mg 4%
Potassium	130mg 4%

\* Daily Value based on a 2,000 calorie diet.

\*\* Daily Value (DV) not established.

1623-vanilla shake:

Other Ingredients: Ultrafiltrated isolated whey protein (consisting of B-Lactoglobulin [B-Lg], a-Lactalbumin [a-Lac], Glycomacropeptide [GMP], Bovine Serum Albumin [BSA], Immunoglobulins [IgG], Lactoferrin, Lactoperoxidase, Protease-Peptone) (milk), natural & artificial flavors, sodium chloride and sucralose.

1624-chocolate:

Other Ingredients: Ultrafiltrated isolated whey protein (consisting of B-Lactoglobulin [B-Lg], a-Lactalbumin [a-Lac], Glycomacropeptide [GMP], Bovine Serum Albumin [BSA], Immunoglobulins [IgG], Lactoferrin, Lactoperoxidase, Protease-Peptone) (milk), natural & artificial flavors, sodium chloride and sucralose.

1622-lemonade chiller:

Other Ingredients: Ultrafiltrated isolated whey protein (consisting of B-Lactoglobulin [B-Lg], a-Lactalbumin [a-Lac], Glycomacropeptide [GMP], Bovine Serum Albumin [BSA], Immunoglobulins [IgG], Lactoferrin, Lactoperoxidase, Protease-Peptone) (milk), malic acid, natural & artificial flavors, sodium chloride and sucralose.

Dr's CarbRite Diet Sugar-Free Bar (Continued from pg. 31)

8132-Mint Chocolate

Nutrition Facts	
Serving Size: 1 square (7g)	
Servings per bar: 12	
Amount Per Serving	%DV
Calories	31
From Fat	20
Total Fat	2g 3%
Sat Fat	1.25g 6%
Cholesterol	0mg 0%
Sodium	2mg 0%
Potassium	65mg <1%
Total Carbohydrates	4g 1%
Fiber	.5g 0%
Sugars	0g
Maltitol	3.5g
Protein	0g 0%
Vitamin A <2% • Vitamin C <2% • Calcium <2% • Iron <2%	
* Percent Daily Values are based on a 2,000 calorie diet.	
** Daily Value (DV) not established.	

Other Ingredients: Maltitol, natural and dutched processed powder (chocolate), cocoa butter, chocolate liquor, butter oil, soya lecithin, natural flavors, mint.

Carb Facts	
<b>0g</b>	Total Carbs 4g
<b>Net Impact CARBS</b>	– Fiber .5g
	– Maltitol 3.5g
	= Net Impact Carbs 0g

8446-White Chocolate

Nutrition Facts	
Serving Size: 1 square (7g)	
Servings per bar: 12	
Amount Per Serving	%DV
Calories	32
From Fat	21
Total Fat	2.5g 4%
Sat Fat	1g 6%
Cholesterol	1mg <1%
Total Carbohydrates	4g 1%
Fiber	0g 0%
Sugars	0g
Maltitol	4g
Protein	0g 0%
Sodium	2mg 0%
Potassium	1mg <1%
Vitamin A <2% • Vitamin C <2% • Calcium 16% • Iron <2%	
* Percent Daily Values are based on a 2,000 calorie diet.	
** Daily Value (DV) not established.	

Ingredients: Maltitol, cocoa butter, calcium carbonate, milkfat, polydextrose, calcium caseinate, soya lecithin, white kidney bean, and white chocolate flavors.

Carb Facts	
<b>0g</b>	Total Carbs 4g
<b>Net Impact CARBS</b>	– Fiber 0g
	– Maltitol 4g
	= Net Impact Carbs 0g

8131– dark chocolate

Nutrition Facts	
Serving Size: 1 square (7g)	
Servings per bar: 12	
Amount Per Serving	%DV
Calories	31
From Fat	20
Total Fat	2g 3%
Sat Fat	1.25g 6%
Cholesterol	0mg 0%
Sodium	0mg 0%
Potassium	65mg <1%
Total Carbohydrates	4g 1%
Fiber	.5g 0%
Sugars	0g
Maltitol	3.5g
Vitamin A <2% • Vitamin C <2% • Calcium <2% • Iron <2%	
* Percent Daily Values are based on a 2,000 calorie diet.	
** Daily Value (DV) not established.	

Other Ingredients: Maltitol, natural and dutched processed powder (chocolate), cocoa butter, chocolate liquor, butter oil, soya lecithin, natural flavors.

Carb Facts	
<b>0g</b>	Total Carbs 4g
<b>Net Impact CARBS</b>	– Fiber .5g
	– Maltitol 3.5g
	= Net Impact Carbs 0g

8146- Dark Choc. w/Almonds

Nutrition Facts	
Serving Size: 1 square (7g)	
Servings per bar: 12	
Amount Per Serving	%DV
Calories	33
From Fat	21
Total Fat	2.5g 4%
Sat Fat	1g 6%
Cholesterol	0mg 0%
Total Carbohydrates	4g 1%
Fiber	1g 0%
Sugars	0g
Maltitol	0g
Protein	0g 0%
Sodium	5mg <1%
Potassium	60mg 2%
Vitamin A <2% • Vitamin C <2% • Calcium <2% • Iron <2%	
* Percent Daily Values are based on a 2,000 calorie diet.	
** Daily Value (DV) not established.	

Other Ingredients: Maltitol, almonds, natural and dutch processed powder (chocolate), cocoa butter, chocolate liquor, butter oil, flaxseed oil, soya lecithin, natural flavors.

Carb Facts	
<b>0g</b>	Total Carbs 4g
<b>Net Impact CARBS</b>	– Fiber 1g
	– Maltitol 3g
	= Net Impact Carbs 0g

Dr. s CarbRite Diet Bar (Continued from Page 31)

103-Toasted Coconut

Nutrition Facts	
Serving Size: 1 bar (57g)	
Amount Per Serving	%DV
Calories	200
From Fat	60
Total Fat	7g 10%
Sat Fat	2g 10%
Trans Fat	0g 0%
Cholesterol	15mg 5%
Sodium	120mg 5%
Total Carbohydrates	24g 8%
Fiber	1g 4%
Sugars	0g
Sugar Alc	21g
Protein	18g 36%
Vitamin A <2% • Vitamin C <2% • Calcium 5% • Iron 12%	
* Percent Daily Values are based on a 2,000 calorie diet.	
** Daily Value (DV) not established.	

Other Ingredients: Isolated soy protein, maltitol, sugar-free chocolate flavored coating (cocoa butter, lactitol, maltitol, cocoa, chocolate liquor, milkfat, soya lecithin, natural flavors), glycerine, whey protein concentrate (milk), coconut, water, hydrolyzed protein, polydextrose, natural flavors and almonds.

Allergy Alert: This product may contain traces of nuts.\*All of our bars are Sugar-Free and Gluten-Free.

Carb Facts	
<b>2g</b>	Total Carbs 24g
<b>Net Impact CARBS</b>	– Fiber, Glycerine Lactitol & Maltitol 22g
	= Net Impact Carbs 2g

8129-Frosted Cinnamon Bun

Nutrition Facts	
Serving Size: 1 bar (57g)	
Amount Per Serving	%DV
Calories	200
From Fat	30
Total Fat	3.5g 5%
Sat Fat	1g 5%
Trans Fat	0g 0%
Cholesterol	15mg 6%
Sodium	140mg 6%
Total Carbohydrates	23g 7%
Fiber	<1g 2%
Sugars	0g
Sugar Alc	20g
Protein	21g 42%
Vitamin A <2% • Vitamin C <2% • Calcium 30% • Iron 10%	
* Percent Daily Values are based on a 2,000 calorie diet.	
** Daily Value (DV) not established.	

Other Ingredients: Isolated soy protein, glycerine, whey protein concentrate (milk), sugar-free white coating (maltitol, lactitol, cocoa butter, calcium carbonate, milk fat, polydextrose, calcium caseinate, soya lecithin, white chocolate flavors), maltitol, water, hydrolyzed protein, polydextrose, cinnamon and natural flavors.

Allergy Alert: This product may contain traces of nuts.\*All of our bars are Sugar-Free and Gluten-Free.

Carb Facts	
<b>2.5g</b>	Total Carbs 23g
<b>Net Impact CARBS</b>	– Fiber, Glycerine and Maltitol 20.5g
	= Net Impact Carbs2.5g

8152-Chocolate Brownie

Nutrition Facts	
Serving Size: 1 bar (57g)	
Amount Per Serving	%DV
Calories	190
From Fat	30
Total Fat	3.5g 5%
Sat Fat	1g 5%
Trans Fat	0g 0%
Cholesterol	10mg 4%
Sodium	140mg 6%
Total Carbohydrates	23g 8%
Fiber	<1g 3%
Sugars	0g
Sugar Alc	20g
Protein	21g 41%
Vitamin A <2% • Vitamin C <2% • Calcium 5% • Iron 15%	
* Percent Daily Values are based on a 2,000 calorie diet.	
** Daily Value (DV) not established.	

Other Ingredients: Isolated soy protein, glycerine, whey protein concentrate (milk), sugar-free chocolate flavored coating (maltitol, lactitol, natural and dutch processed chocolate powder, cocoa butter, chocolate liquor, butter oil, soya lecithin, natural flavors), maltitol, water, hydrolyzed protein, polydextrose, cocoa, and natural flavor.

Allergy Alert: This product may contain traces of nuts.\*All of our bars are Sugar-Free and Gluten-Free.

Carb Facts	
<b>2.5g</b>	Total Carbs 23g
<b>Net Impact CARBS</b>	– Fiber, Glycerine and Maltitol 20.5g
	= Net Impact Carbs2.5g

8153-Chocolate Mint Cookie

Nutrition Facts	
Serving Size: 1 bar (57g)	
Amount Per Serving	%DV
Calories	190
From Fat	30
Total Fat	3.5g 5%
Sat Fat	1g 5%
Trans Fat	0g 0%
Cholesterol	10mg 4%
Sodium	140mg 6%
Total Carbohydrates	23g 8%
Fiber	<1g 2%
Sugars	0g
Sugar Alc	20g
Protein	21g 41%
Vitamin A <2% • Vitamin C <2% • Calcium 5% • Iron 15%	
* Percent Daily Values are based on a 2,000 calorie diet.	
** Daily Value (DV) not established.	

Other Ingredients: Isolated soy protein, glycerine, whey protein concentrate (milk), sugar-free chocolate flavored coating (maltitol, lactitol, natural and dutch processed chocolate powder, cocoa butter, chocolate liquor, butter oil, soya lecithin, natural flavors), maltitol, water, hydrolyzed protein, polydextrose, cocoa, and natural flavors.

Allergy Alert: This product may contain traces of nuts.\*All of our bars are Sugar-Free and Gluten-Free.

Carb Facts	
<b>2.5g</b>	Total Carbs 23g
<b>Net Impact CARBS</b>	– Fiber, Glycerine and Maltitol 20.5g
	= Net Impact Carbs2.5g

8154-Smores

Nutrition Facts	
Serving Size: 1 bar (57g)	
Amount Per Serving	%DV
Calories	190
From Fat	35
Total Fat	4g 6%
Sat Fat	2g 10%
Trans Fat	0g 0%
Cholesterol	15mg 5%
Sodium	140mg 6%
Total Carbohydrates	22g 7%
Fiber	<1g 2%
Sugars	0g
Sugar Alc	19g
Protein	21g 42%
Vitamin A <2% • Vitamin C <2% • Calcium 15% • Iron 5%	
* Percent Daily Values are based on a 2,000 calorie diet.	
** Daily Value (DV) not established.	

Other Ingredients: Isolated soy protein, glycerine, whey protein concentrate (milk), sugar-free chocolate flavored coating (maltitol, lactitol, cocoa butter, chocolate liquor, calcium carbonate, dairy oil, calcium caseinate, soya lecithin, vanilla), maltitol, water, hydrolyzed protein, natural flavors, and polydextrose.

Allergy Alert: This product may contain traces of nuts.\*All of our bars are Sugar-Free and Gluten-Free.

Carb Facts	
<b>1g</b>	Total Carbs 24g
<b>Net Impact CARBS</b>	– Fiber, Glycerine and Maltitol 23g
	= Net Impact Carbs 1g
*For "carb conscious" dieters:	

8139-Chocolate Peanut Butter

Nutrition Facts	
Serving Size: 1 bar (57g)	
Amount Per Serving	%DV
Calories	190
From Fat	35
Total Fat	4g 6%
Sat Fat	2g 10%
Trans Fat	0g 0%
Cholesterol	15mg 5%
Sodium	140mg 6%
Total Carbohydrates	22g 7%
Fiber	<1g 2%
Sugars	0g
Sugar Alc	19g
Protein	21g 42%
Vitamin A <2% • Vitamin C <2% • Calcium 15% • Iron 12%	
* Percent Daily Values are based on a 2,000 calorie diet.	
** Daily Value (DV) not established.	

Other Ingredients: Isolated soy protein, glycerine, whey protein concentrate (milk), sugar-free chocolate flavored coating (maltitol, lactitol, cocoa butter, chocolate liquor, calcium carbonate, dairy oil, calcium caseinate, soya lecithin, vanilla), maltitol, water, hydrolyzed protein, polydextrose, peanut flour, natural flavors, and salt.

Allergy Alert: This product may contain traces of nuts.\*All of our bars are Sugar-Free and Gluten-Free.

Carb Facts	
<b>2.5g</b>	Total Carbs 22g
<b>Net Impact CARBS</b>	– Fiber, Glycerine and Maltitol 19.5g
	= Net Impact Carbs2.5g
*For "carb conscious" dieters:	

8155-Choc. Raspberry Truffle

Nutrition Facts	
Serving Size: 1 bar (57g)	
Amount Per Serving	%DV
Calories	195
From Fat	36
Total Fat	4g 6%
Sat Fat	2g 10%
Trans Fat	0g 0%
Cholesterol	16mg 5%
Sodium	141mg 6%
Total Carbohydrates	22g 7%
Fiber	0g 0%
Sugars	0g
Sugar Alc	20g
Protein	20.5g 41%
Vitamin A <2% • Vitamin C <2% • Calcium 15% • Iron 12%	
* Percent Daily Values are based on a 2,000 calorie diet.	
** Daily Value (DV) not established.	

Ingredients: Isolated soy protein, glycerine, whey protein concentrate (milk), sugar-free chocolate flavored coating (maltitol, lactitol, cocoa butter, chocolate liquor, calcium carbonate, dairy oil, calcium caseinate, soya lecithin, vanilla), maltitol, water, hydrolyzed protein, polydextrose, cocoa and natural flavors.

Allergy Alert: This product may contain traces of nuts.\*All of our bars are Sugar-Free and Gluten-Free.

Carb Facts	
<b>2.0g</b>	Total Carbs 22g
<b>Net Impact CARBS</b>	– Fiber, Glycerine and Maltitol 20g
	= Net Impact Carbs2.0g
*For "carb conscious" dieters:	

8156-Chocolate Banana Nut

Nutrition Facts	
Serving Size: 1 bar (57g)	
Amount Per Serving	%DV
Calories	195
From Fat	36
Total Fat	4g 6%
Sat Fat	2g 10%
Trans Fat	0g 0%
Cholesterol	15mg 5%
Sodium	166mg 7%
Total Carbohydrates	22g 7%
Fiber	0g 0%
Sugars	0g
Sugar Alc	20g
Protein	21g 42%
Vitamin A <2% • Vitamin C <2% • Calcium 15% • Iron 12%	
* Percent Daily Values are based on a 2,000 calorie diet.	
** Daily Value (DV) not established.	

Other Ingredients: Isolated soy protein, glycerine, whey protein concentrate (milk), sugar-free chocolate flavored coating (maltitol, lactitol, cocoa butter, chocolate liquor, calcium carbonate, dairy oil, calcium caseinate, soya lecithin, vanilla), maltitol, water, hydrolyzed protein, soy nuts, polydextrose, natural flavors, and salt.

Allergy Alert: This product may contain traces of nuts.\*All of our bars are Sugar-Free and Gluten-Free.

Carb Facts	
<b>2.0g</b>	Total Carbs 22g
<b>Net Impact CARBS</b>	– Fiber, Glycerine and Maltitol 20g
	= Net Impact Carbs2.0g
*For "carb conscious" dieters:	

8157-Blueberry Cheesecake

Nutrition Facts	
Serving Size: 1 bar (57g)	
Amount Per Serving	%DV
Calories	200
From Fat	30
Total Fat	3.5g 5%
Sat Fat	1g 5%
Trans Fat	0g 0%
Cholesterol	15mg 6%
Sodium	140mg 6%
Total Carbohydrates	23g 8%
Fiber	<1g 2%
Sugars	0g
Sugar Alc	20g
Protein	21g 42%
Vitamin A <2% • Vitamin C <2% • Calcium 30% • Iron 12%	
* Percent Daily Values are based on a 2,000 calorie diet.	
** Daily Value (DV) not established.	

Other Ingredients: Isolated soy protein, glycerine, whey protein concentrate (milk), sugar-free white coating (maltitol, lactitol, cocoa butter, calcium carbonate, milkfat, polydextrose, calcium caseinate, soya lecithin, white chocolate flavors), maltitol, water, hydrolyzed protein, polydextrose and natural flavors.

Allergy Alert: This product may contain traces of nuts.\*All of our bars are Sugar-Free and Gluten-Free.

Carb Facts	
<b>2.5g</b>	Total Carbs 23g
<b>Net Impact CARBS</b>	– Fiber, Glycerine and Maltitol 20.5g
	= Net Impact Carbs2.5g
*For "carb conscious" dieters:	

8159-Lemon Meringue

Nutrition Facts	
Serving Size: 1 bar (57g)	
Amount Per Serving	%DV
Calories	190
From Fat	36
Total Fat	4g 6%
Sat Fat	1.5g 8%
Trans Fat	0g 0%
Cholesterol	15mg 5%
Sodium	140mg 6%
Total Carbohydrates	23g 8%
Fiber	3g 12%
Sugars	0g
Sugar Alc	19g
Protein	20g 40%
Vitamin A <2% • Vitamin C <2% • Calcium 15% • Iron 5%	

\* Percent Daily Values are based on a 2,000 calorie diet.  
† Daily Value (DV) not established.





## PROMOTIONAL ITEMS



### MIXBOY SHAKER BOTTLE

Convenient & Secure

5095-20 ounces

Our Logo Mixboy Shaker Bottle can be used to mix your protein or meal replacement shakes. It comes with a special mesh insert under the cap which breaks up those annoying powder clumps.



### SLEEVELESS LOGO T

100% Beefy Cotton

8073-M

8075-XL

8074-L

8079-2XL

100% super heavyweight cotton sleeveless t-shirt with the classic Universal logo on the front and the Universal Nutrition red swirl logo on the back.



### WHITE LOGO T-SHIRT

100% Beefy Cotton

8065-M

8067-XL

8066-L

8068-2XL

White, 100% super heavyweight cotton t-shirt with the classic Universal logo on the front and the Universal Nutrition red swirl logo on the back.



### BLACK LOGO T-SHIRT

100% Beefy Cotton

8060-M

8062-XL

8061-L

8063-2XL

Black, 100% super heavyweight cotton t-shirt with the classic Universal logo on the front and the Universal Nutrition red swirl logo on the back.



### GYM BAG

Versatile & Spacious

0640 - Black

The Universal Logo Gym Bag is a great bag that will handle all your needs. It is made out of a rugged nylon material that will withstand whatever you can dish out.



## ANIMAL TEES

100% Beefy Cotton

Color: Black/White

Sizes: M-XXXL

Rugged 100% super heavyweight cotton t-shirts displaying each of the hardcore Animal sayings including, "Shut Up And Train"; "Go Hard Or Go Home"; "I Pay My Dues"; "I'm Not Here To Talk"; and "Squat Til You Puke". Limited styles are available in white.

For all other styles, call **(800) 872-0101** or visit "the shop" at [animalpak.com](http://animalpak.com).



## ANIMAL TANKS

100% Ribbed Cotton

Color: Black/White

Sizes: L-XL

Classic 100% ribbed cotton tank top with a plain front, and the Animal "A" logo embroidered on the back. Available in both black and white.

For all other styles, call **(800) 872-0101** or visit "the shop" at [animalpak.com](http://animalpak.com).



## BLACK ANIMAL LOGO SWEAT SHIRT

100% Beefy Cotton

8092-Large

8093-X-Large

8097-XX-Large

Black, 100% super heavyweight cotton/poly blend crew neck sweatshirt with the Animal "A" logo embroidered on the front upper left. Also available in a zip-up hooded style.

For all other styles, call **(800) 872-0101** or visit "the shop" at [animalpak.com](http://animalpak.com).



## ANIMAL CAPS

100% Beefy Cotton

Beanie Caps

Size: One size fits all

This durable, warm cap that can be worn when the weather turns cool, or if the hardcore gym you happen to train in doesn't have heat. All black with the classic Animal "A" logo embroidered on the front.

For all other styles, call **(800) 872-0101** or visit "the shop" at [animalpak.com](http://animalpak.com).



## ANIMAL POSTERS

Glossy Black and White Posters

Color: Black & White

Sizes: 24" x 36" or 16" x 22"

Available in two styles:

**Glossy large 24" x 36" inch**  
- "Shut Up And Train" poster

**Glossy Small 16" x 22" inch**

(available in 6 styles reflecting each of the 6 Animal ads):

1. "Shut The F... Up And Train"
2. "Go Hard Or Go Home"
3. "Get Out Of My Face"
4. "I Pay My Dues"
5. "Suck It Up"
6. "I'm Not Here To Talk"
7. "Squat Til You Puke"



## ANIMAL OWNER'S MANUAL

Lifting routines, and plenty more.

0651

The 103-page owner's manual for Animals everywhere. The AOM contains training routines, lifting tips, dieting articles, product info, training/dieting/nutrition logs, and everything you need to get started on the road to freakdom.



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All Universal Nutrition products come with an ironclad 100% guarantee. We want you to be completely satisfied with every one of our products. Please contact us for more details.

Universal Nutrition manufactures many different types of nutritional supplements for a wide range of applications – from hardcore bodybuilding to low carb dieting. As such, not every product or nutritional ingredient is ideal for every person. If you have a question about whether a product is right for you, do not hesitate to call us at 1-800-872-0101. We always recommend that you consult your physician before you start any new nutritional supplement program. Most of our products are designed for persons over the age of 18. Please call to check if a product is suitable for those individuals under 18. Before using any products, please carefully read all of the labeling and recommended use.

**\*The statements in this product guide have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.**

## NOTES:

[illegible]



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**[www.universalnutrition.com](http://www.universalnutrition.com)**

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*Every Body Is Different. Good Nutrition Is Universal.*