



FORMOTIVA[®]
PHARMA NUTRITION












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FORMOTIVA PHARMA NUTRITION



Formotiva Pharma Nutrition products were developed thanks to the experienced and highly qualified staff, advanced pharmaceutical technologies and modern research background. It is a line of food supplements based on the highest quality standards and certified components which meet the expectations of the most demanding athletes.

According to the newest report of the European Commission, activity level of the Europeans is increasing along with awareness concerning healthy nutrition and proper supplementation. The Europeans realize that intensive physical effort is an enormous challenge not only for the muscles, but also for the whole body. They want to invest in their health and vitality but they cannot find products they would trust and that would help to achieve their goals. Listening to the voice of thousands of Europeans, we have created **Formotiva Pharma Nutrition** line where you will find only safe supplements of full value, manufactured in accordance with pharmaceutical standards.



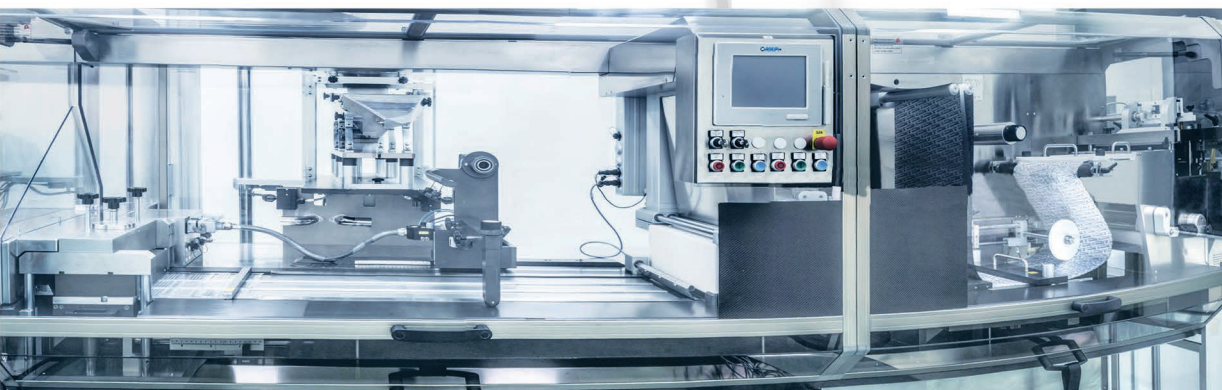


THE LEADER WITH A PASSION FOR INNOVATION

Aflofarm Farmacja Polska is a dynamically developing Polish pharma company that has been operating in the health care sector for over twenty years. Every year, we achieve the highest positions in rankings of pharmaceutical companies. Currently, **Aflofarm Farmacja Polska** is a leader in the OTC and food supplements segments, as well as in the field of modern pharmaceutical technologies in Poland.

Having the interest of Clients in mind, we introduce the most innovative and complex products on the market. Basing on research and, above all, direct contact with people, we try to respond immediately to the needs of our Clients.

We are the largest advertiser in the pharmaceutical industry. We invest in media promotion to raise health care awareness. The position of **Aflofarm Farmacja Polska** on the pharmaceutical market is an obvious reason to be proud, as well as a strong motivation to work on new projects every day.





MODERN R&D

Research & Development uses the most up-to-date laboratory equipment for designing various products in accordance with the latest trends, as well as effective implementation in the industrial environment.

The planning of product quality and its subsequent routine inspection is carried out with the use of analytical equipment meeting the highest global standards. Management, planning, and production processes, as well as product design and development, are supported by customized, innovative IT systems. The widespread use of modern technologies serves to ensure proper quality and constant improvement of products and services to best meet the needs of our Clients.

The process of designing new products is largely based on our own studies. Research & Development Department employs highly qualified staff, acting as a creative team, motivated to achieve their goals. The laboratory is equipped with a full range of modern technological equipment, which enables the development of high-tech products in solid, semi-solid, and liquid forms (tablets, coated tablets, dragées, hard gelatine capsules, granules, powders, creams, ointments, gels, suspensions, syrups, drops).





STRICT QUALITY CONTROL

Aflofarm has implemented Good Manufacturing Practice (GMP) System for medical products, which is a sectoral system for pharmaceutical industry, and all the factories (Pabianice, Ksawerów, Rzgów) are awarded with certificates of Main Pharmaceutical Inspectorate.

In order to maintain the trust and satisfaction of our Clients, we undertake to fulfill the demands, as well as improve and maintain efficiency of Quality Management System according to ISO 9001, Environment according to ISO 14001, Occupational Health & Safety Management according to PN-N 18001, food safety according to ISO 22000, Good Manufacturing Practice for cosmetics according to ISO 22716, Quality Management of medical devices according to ISO 13485 and pharmacovigilance standards for Safety Management System.

SAFETY AND ENVIRONMENT PROTECTION

In order to develop quality and safety of the products, we are constantly in contact with national institutions: Main Pharmaceutical Inspectorate, Office for Registration of Medicinal Products, Medical Devices and Biocidal Products, Chief Sanitary and Epidemiological Inspectorate, National Labour Inspectorate, Polish Committee for Standardization, and Polish Chamber of Pharmaceutical Industries, as well as with international institutions: TUV Nord, International Society for Pharmaceutical Engineering.

We are not indifferent to the natural environment. Therefore, for the sake of our future and our surroundings, we have prepared innovative solutions based on a world class Environmental Management System. Continuous monitoring of the company's impact on the environment and the rational management of resources and waste assures optimal performance in the changing ecosystem.





PROTEINS

Proteins are a diverse group of macronutrients consisting of the amino acids naturally occurring in all living bodies. It is the most important element of muscle building, therefore protein products are especially recommended for athletes and active people. Proteins comprise about 20% of human body weight, mostly in muscles.

Apart from being a building block, it also plays other important roles – regulatory, enzymatic, transport or buffering. Proteins contribute to the growth and maintenance of muscle mass, hence people who want to develop their muscle should receive a proper amount of proteins. Increased demand for proteins among active people can reach, in extreme cases, up to 2.5 grams per kg of body weight, which makes it difficult to provide it in regular meals. In such cases, concentrated protein supplements are very helpful. They contain up to 90% proteins of various origin in small dose of 25-35 g. Depending on our needs and the time of the day we can choose between highly absorbable whey proteins, hydrolysate beef proteins, compound protein complexes or slowly absorbable egg albumin and casein.



HUBERT KULCZYŃSKI



MUSCLE BRICK WHEY

Whey protein concentrate of 80% pure protein concentration

Excellent taste and texture

Growth and maintenance of muscle mass

Whey protein concentrate of high biological value (BV104) and perfect absorbance

Muscle Brick Whey is a high protein product of the highest quality containing whey protein concentrate of 80% of pure protein concentration, contributing to muscle mass growth and maintenance. Furthermore, the protein in **Muscle Brick Whey** is an excellent source of branch-chained amino acids (BCAA) and glutamic acid.

Whey protein concentrate is characterised by exceptionally high biological value (BV104) as well as perfect absorbance. **Muscle Brick Whey** was enriched in lactase – naturally occurring enzyme which hydrolyses lactose to monosaccharides.

The product has an excellent solubility and perfect creamy texture. **Muscle Brick Whey** is provided in 6 exquisite flavours which will satisfy even the most demanding Clients.

Recommended use:

1 dose (35 g = 1 scoop) 1-3 times a day. Dissolve the powder in 200 ml of water or skim milk.

Flavours:

- cookies & cream
- strawberry
- vanilla ice
- white chocolate & coconut
- chocolate

Packaging:

- 700 g
- 1000 g
- 2100 g

food supplement



6 GRAMS OF BCAA'S

K ONLY 131 KCAL

>86% WPC



HUBERT KULCZYŃSKI



MUSCLE BRICK ISOLATE

The highest quality whey protein isolate obtained at a low temperature microfiltration process

Ultra low in fat and carbohydrate

Enriched with L-glutamine and vitamin B₆, which support proper metabolism of protein

Muscle Brick Isolate is a high quality protein preparation. Whey protein isolate contained in the preparation is obtained in a multi-stage process of milk whey cross-flow microfiltration. It occurs at a low temperature and without chemical agents. As a result, whey proteins retain the full structure and functionality, and the final product is characterized by a very low content of sugar, fat and lactose.

Muscle Brick Isolate has been enriched with L-glutamine and vitamin B₆, which contribute to the normal metabolism of proteins. **Muscle Brick Isolate** is a specialistic supplement for people with an increased demand for full-value proteins, in particular the athletes.

Recommended use:

1 dose (25 g = 2 scoops) 1-3 times a day. Dissolve the powder in 200 ml of water or skim milk. Drink right after preparation.

Flavours:

- cookies & cream
- chocolate
- strawberry
- vanilla ice

Packaging:

- 600 g
- 1000 g
- 2000 g

food supplement



OVER 86% WPI PER SERVING

4 GRAMS OF BCAA'S

0 GRAMS SUGAR AND FAT

K ONLY 93 KCAL



FIVE STARS PROTEIN BLEND

Perfect combination of fast- and slow absorbable proteins

Contains concentrate and isolate of whey protein, hydrolysed beef protein, micellar casein and egg protein

Constant and stable release of amino acids, low in fat and carbohydrates

Five Stars Protein Blend is a top quality multi-ingredient protein supplement. Combination of five full-value protein sources has resulted in the complex product with a very high nutritional value, diversified amino acid profile and low in fat and carbohydrates content.

Five Stars Protein Blend combines fast-acting concentrate and isolate of whey protein and hydrolysate of beef protein with slow absorbable micellar casein and advanced egg protein. Therefore, this product ensures a constant and stable supply of all essential amino acids.

Five Stars Protein Blend was enriched with vitamin B₆, which contributes to proper metabolism of proteins.

Recommended use:

1 dose (35 g = 1 scoop)
1-3 times a day. Dissolve the powder in 200 ml of water or skim milk. Drink right after preparation.

Flavours:

- strawberry
- chocolate
- mokka
- vanilla ice

Packaging:

- 1000 g
- 2100 g





BEEF PROTEIN ISOLATE

Contains beef protein isolate of concentration over 90% of pure protein

Very low in fat and carbohydrate

Incredible flavours and consistency

Formotiva Beef Protein Isolate is a specialist protein supplement designed for athletes looking for source of full-value animal proteins, with low fat and carbohydrates content.

Beef Protein Isolate contains the highest quality beef protein isolate, which contains up to 90% of protein. Additionally the formula provides easily absorbable amino acids, which are basic ingredients for building the muscle proteins and an ideal source of energy, especially after intense physical effort.

Furthermore, **Beef Protein Isolate** was enriched with vitamin B₆, which not only helps decrease the feeling of fatigue but also supports the proper metabolism of proteins and glycogen and normal energy-yielding metabolism.

Recommended use:

Adults: 1 dose (35 g = 2 scoops)
1-3 times a day. Dissolve the powder
in 200 ml of water or skim milk.

Flavours:

- vanilla & cinnamon
- coffee & caramel
- dark chocolate

Packaging:

- 700 g

OVER
82%
OF BPI

K
CAL ONLY
113 KCAL

<1,12
GRAMS
OF SUGAR

MUSCLE BRICK CASEIN

Pure micellar casein of prolonged absorption

Stable and phased in time supply for muscles with all the amino acids

Thick and filling texture, perfect for the night and during low-calorie diets

Muscle Brick Casein is the highest quality high-protein nutrient based entirely on micellar casein. This is a model source of proteins with prolonged absorption, perfect before sleep or between meals.

Muscle Brick Casein contains material obtained in a multi-step milk filtration process with use of special microporous membranes. This allows to keep native, fully functional casein micelles of outstanding nutritional value, with a maximum reduction of milk fat and lactose.

Muscle Brick Casein is a rich source of slow-release amino acids, including BCAA, recommended for intensively training athletes.

food supplement



SLOW DIGESTION

OVER 80% MICELLAR CASEIN

24 GRAMS OF PROTEIN

NIGHT TIME NOURISHMENT

Recommended use:

1 dose (35 g = 2 scoops) 1–3 times a day. Dissolve the powder in 200 ml of water or skim milk. Drink right after preparation.

Flavours:

- strawberry
- chocolate
- cookies & cream
- vanilla ice

Packaging:

- 900 g



GAINERS

CARBOHYDRATE-PROTEIN

Long-lasting increase in muscle mass should be based not only on intensive exercises, but also on properly balanced diet with caloric surplus. In this case not only the amount of food is important, but also its type and quality. Our meals should be rich in carbohydrates to provide the necessary energy, but also in protein comprising basic building block that contributes to the growth and maintenance of muscle mass.

Complete in terms of composition, carbohydrate-protein nutrients (gainers) can be an excellent support of our diet. They are high-energy supplements which help to maintain positive caloric balance and at the same time provide proteins to build muscle. They have a higher energy density and smaller volume than standard meals and at the same time they are easy to prepare and eat.

High-energetic gainers should not only contain complex of perfectly absorbable carbohydrates, but also wholesome protein components in volume no smaller than 20%, e.g. whey protein concentrate. These products, due to presence of proteins, contribute to the growth and maintenance of muscle mass, and due to the presence of carbohydrates, restore proper muscle functioning after intensive and long-lasting physical effort.*

*In total carbohydrate intake of 4 g per kg of body weight, the doses taken within the first 4 hours and no later than 6 hours after highly intensive or long-lasting physical effort leading to muscle fatigue and depletion of glycogen stores in skeletal muscle.

**BARTOSZ LEONIEWSKI**

MUSCLE MASS MAKER

High-energy gainer of carbohydrate-protein ratio 80% : 20%

Recommended for people aiming for a quick and lasting muscle growth

Contains a complex of easily absorbable carbohydrates of diversified glycaemic index

Contains high quality whey protein concentrate (WPC80)

Muscle Mass Maker is a high-energy carbohydrate-protein (80%:20%) supplement for people aiming for a quick and lasting muscle mass growth. **Muscle Mass Maker** contains a complex of easily absorbable carbohydrates of diversified glycaemic index which contribute to the restoration of proper muscle function after or during intensive and long-lasting physical effort leading to muscle fatigue and depletion of glycogen stores in skeletal muscles.¹

Easily absorbable whey protein concentrate included in the product (WPC80) contributes to the growth and maintenance of muscle mass. It is also an excellent source of branched-chain amino acids (BCAA) and glutamic acid. Moreover, **Muscle Mass Maker** was enriched with vitamin B₆ which helps maintain proper protein and glycogen metabolism and proper energy-yielding metabolism.

Recommended use:

1 dose (100 g = 2 scoops)
1-3 times a day. Dissolve the powder in 200 ml of water or skim milk. Drink right after preparation.

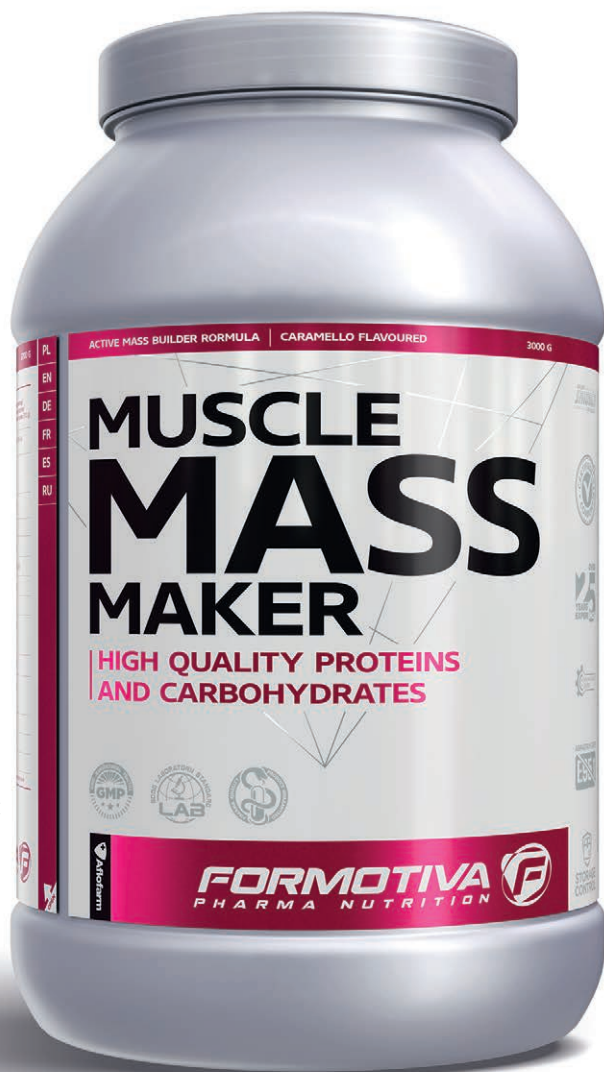
Flavours:

- cookies & cream
- strawberry
- caramello
- white chocolate
- chocolate

Packaging:

- 1000 g
- 1500 g
- 3000 g

food supplement



RATIO 20% : 80%
PROTEIN-CARB

K 360 **KCAL**

<0,1 **GRAM**
OF FAT



BARTOSZ LEONIEWSKI



CARBOHYDRATES

Carbohydrates – saccharides – the basic source of energy for all of our body cells, used to produce it in the first place. The muscles of the body store it as glycogen. Its stocks suffice, depending on the intensity and effort, for approx. 30–180 minutes of operation. That's why the right amount of carbohydrates in the daily diet of active people and athletes is so important. Well-balanced meals, rich in suitable sources of simple and complex saccharides, allow us to maintain the proper condition and performance.

An expert panel of the EFSA (European Food Safety Authority) confirmed that the ingestion of 4 g per kg of body weight, the doses taken within the first four hours after a strenuous or prolonged physical exercise, leads to muscle fatigue and depletion of glycogen stores and no later than 6 hours after the exercise, they contribute to the restoration of normal muscle function.

Electrolytic elements are involved in the absorption of carbohydrates, which complement the energy and contribute to the proper functioning of muscles after exercise.





DUO CARBO

Instantly hydrates and prevents body exhaustion

Recommended for people who pursue intensive training, especially endurance disciplines

Perfectly supplements lost minerals, providing carbohydrates which support proper muscle function

Quenches thirst very quickly

Duocarbo is a carefully selected formula of energy ingredients and electrolytes designed to quickly hydrate your body and provide an efficient protection against body exhaustion during and after physical effort. **Duocarbo** is recommended for people who pursue intensive training, especially those who train speed and endurance disciplines. Quickly quenches thirst and provides minerals lost with sweat.

Furthermore, **Duocarbo** contains easily absorbable carbohydrates of diversified glycaemic index, which contribute to the recovery of proper muscle functioning (contraction) after highly intensive or long-lasting physical effort leading to muscle fatigue and depletion of glycogen stores in skeleton muscles.*

Recommended use:

2–3 times a day. Dissolve a dose (70 g = 2 scoops) of powder in 500 ml of water.

Flavours:

- strawberry & pineapple
- lemon

Packaging:

- 1000 g



FAST HYDRATION



86% OF DIVERSIFIED CARBS



1000 MG OF ELECTROLYTES



ENERGY & CARB LOADING



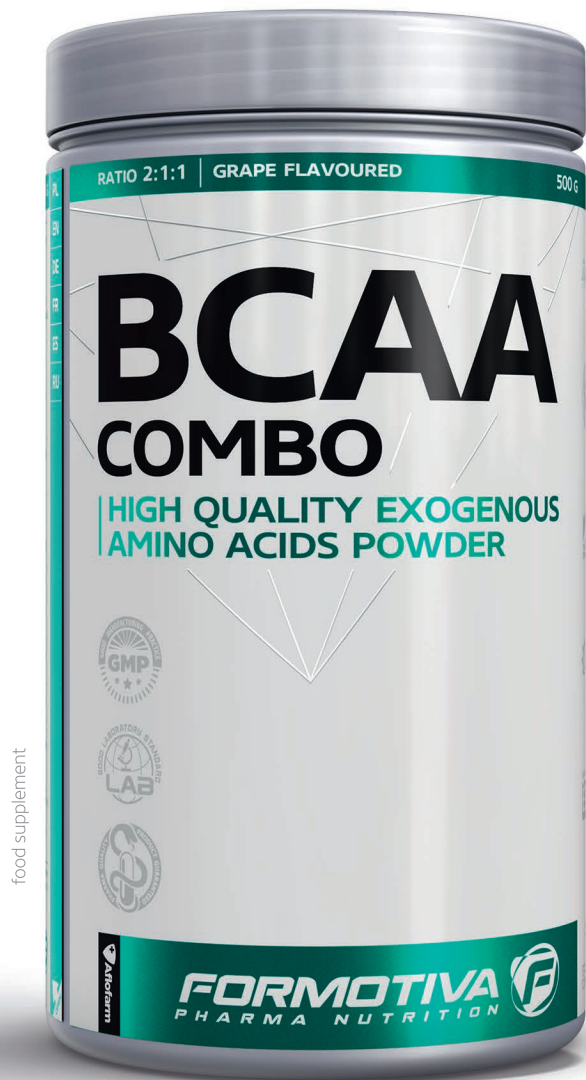
AMINO ACIDS

Amino acids are a group of nitrogenous organic compounds serving many different functions. Twenty of them are biogenic (protein) amino acids, which are the main structural element of human proteins. Some of them are produced by our bodies independently - then we talk about endogenous amino acids. Nine out of twenty amino acids are called exogenous amino acids that must be supplied externally, with food.

There is also a third group of amino acids called conditionally essential amino acids that are normally produced by the body, but in special situations, such as strenuous physical effort, the amounts produced are insufficient e.g., L-glutamine or L-arginine. Particularly important among the amino acids are amino acids with branched side chains – L-leucine, L-isoleucine and L-valine ie. BCAA (ang. Branched Chained Amino Acids), which are one of the basic ingredients that build muscle proteins. During intense exercise, they are metabolized and utilized as an alternative energy source.

In some cases, eg. before and after training, or between meals in the morning, an amino acids (in free form, unbound) intake is recommended, eg. pure amino acids BCAA, L-glutamine or hydrolysed proteins with a complete amino acid profile contains additional short and medium-chain peptides.





BCAA COMBO

Recommended during and after intensive physical effort

High quality branched-chain amino acids

Perfect solubility

Excellent taste

BCAA Combo is a perfect combination of branched-chain amino acids: L-leucine, L-isoleucine and L-valine, in the optimal ratio of 2:1:1 in 6 unique flavours.

The exogenous amino acids contained in **BCAA Combo** are one of the basic ingredients for building the muscle proteins. The demand for those amino acids is especially high during intense physical effort when they are metabolized in the muscles and used as a source of energy. Perfectly soluble formula was enriched with vitamin B₆, which not only helps to reduce the feeling of tiredness and fatigue, but also supports proper protein and glycogen metabolism and proper energy-yielding metabolism.

Recommended use:

On workout days: 1 dose (10 g = 1 scoop) before workout and 1 dose (10 g = 1 scoop) after workout. On non-workout days: 1 dose (10 g = 1 scoop) in the morning and 1 dose (10 g = 1 scoop) between the meals. Dissolve the powder in 200 ml of water.

Flavours:

- mandarine & grapefruit
- grape
- lemon
- blueberry
- tropical

Packaging:

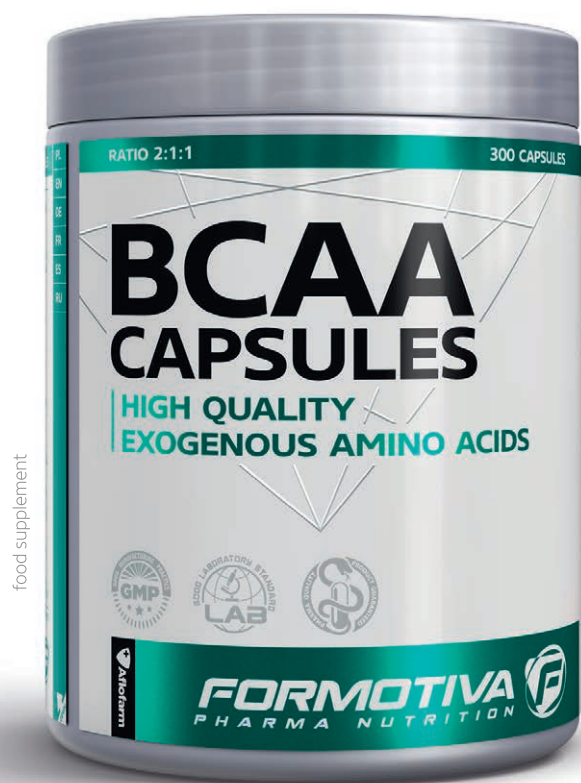
- 500 g

 **SUPER SOLUBLE FORMULA**

7000 MG OF BCAA'S

2:1:1 BEST BCAA RATIO





BCAA CAPSULES

Optimal ratio of BCAA amino acids 2:1:1

Recommended during and after intensive physical effort

High quality branched-chain amino acids

BCAA Capsules is a perfect combination of branched-chain amino acids: L-leucine, L-isoleucine and L-valine, in the optimal ratio of 2:1:1. The exogenous amino acids contained in **BCAA Capsules** are one of the basic ingredients for building the muscle proteins.

The demand for those amino acids is especially high during intense physical effort when they are metabolized in the muscles and used as a source of energy. The formula was enriched with vitamin B₆, which not only helps to reduce the feeling of tiredness and fatigue, but also supports proper protein and glycogen metabolism and proper energy-yielding metabolism.

Each **BCAA Capsules** contains 1100 mg of the highest quality branched-chain amino acids, which facilitate precise supplementation and increase convenience of use. The product is recommended for both bodybuilders and endurance sportsmen who require increased amount of branched-chain amino acids in their diet.

Recommended use:

5 capsules 2 times a day. On workout days: 5 capsules before and after the workout taken with a large amount of water (at least 250 ml). On non-workout days: 5 capsules twice a day, about 30 minutes before meals, taken with a large amount of water (at least 250 ml).

Packaging:

- 120 capsules
- 300 capsules

**MAXIMUM
DOSAGE**

5500 **MG OF
BCAA'S**

2:1:1 **BEST BCAA
RATIO**

BETA-ALANINE CAPSULES

Recommended for athletes training endurance and strength sports intensively

Beta-alanine is a precursor of carnosine – a dipeptide, natural muscle component of buffering properties

Product contains 1000 mg of pure beta-alanine in each capsule

Beta-Alanine Capsules is a food supplement containing beta-alanine in the form of capsules. It is an amino acid, L-isomer of alanine, which occurs naturally in the body proteins. Beta-alanine is one of the components of carnosine – a dipeptide of buffering properties, formed as the body's response to the drop in pH.

Beta-Alanine Capsules contains up to 1000 mg of pure beta-alanine in each capsule. The product is recommended for athletes training endurance and strength sports intensively.



food supplement

Recommended use:

2 capsules 2 times a day taken with a large amount of water (at least 250 ml). On workout days: 4 capsules before workout. On non-workout days: 2 capsules in the morning after waking up and 2 capsules before sleep.

Packaging:

- 120 capsules
- 300 capsules

2000 MG OF BETA-ALANINE

MAXIMUM DOSAGE

PREMIUM QUALITY BETA-ALANINE



AAKG CAPSULES

The highest quality AAKG in the form of capsules

Combination of L-arginine and alpha-ketoglutarate in one molecule

Each capsule contains up to 1000 mg of alpha-ketoglutarate of L-arginine

AAKG Capsules is a high quality product supplementing the diet with L-arginine in the form of alpha-ketoglutarate (AAKG) in capsules. L-Arginine is one of 20 amino acids building all protein structures in the human body. Alpha-ketoglutarate takes part in the tricarboxylic acids pathway, one of the final stages of energy production from carbohydrates, fats and proteins.

AAKG Capsules contains 1000 mg of AAKG in each capsule, the supplement is dedicated to people practicing strength sports and bodybuilding.

Recommended use:

2 capsules 2 times a day taken with a large amount of water (at least 250 ml). On workout days: 2 capsules before and 2 capsules after workout. On non-workout days: 2 capsules in the morning after waking up and 2 capsules between meals.

Packaging:

- 120 capsules



2000 MG OF AAKG PER SERVING

MAXIMUM DOSAGE

60 SERVINGS





GLUTAMINE POWDER

High quality raw material, excellent solubility and great taste

Supplements the diet with fast absorbable L-glutamine

High concentration – up to 5 g of L-glutamine in 6 g dose

Glutamine Powder is a product designed to supplement the diet with L-glutamine for both professional and amateur sportsmen. Glutamine is one of the most common amino acids in the body, natural structural element of skeletal muscle protein. Additionally, in physiological conditions, it plays an important role in the metabolism of nitrogen.

Glutamine Powder has an excellent solubility and great taste. Each 6 g dose provides up to 5 g of highest-quality L-glutamine.

Recommended use:

1 dose (6 g = 1 scoop) 2 times a day. On workout days: 1 dose (6 g) before and 1 dose (6 g) after workout. On non-workout days: 1 dose (6 g) in the morning (fasting) and 1 dose (6 g) between meals. Dissolve the powder in 200 ml of water.

Flavours:

- grape
- mango & melon

Packaging:

- 510 g

food supplement



 **SUPER SOLUBLE FORMULA**

 **INCREDIBLE FLAVOURS**

5000 MG OF GLUTAMINE

85 SERVINGS

PURE GLUTAMINE CAPSULES

Excellent source of fast absorbable L-glutamine

Convenient form of capsules

Each capsule provides 1000 mg of pure L-glutamine

Pure Glutamine Capsules is a product designed to supplement the diet with L-glutamine for both professional and amateur sportsmen. Glutamine is one of the most common amino acids in the body, natural structural element of skeletal muscle protein. Additionally, in physiological conditions, it plays an important role in the metabolism of nitrogen.

Pure Glutamine Capsules has the convenient form of capsules, each serving providing up to 5 g of the highest-quality L-glutamine.



Recommended use:

5 capsules 2 times a day taken with a large amount of water (at least 250 ml). On workout days: 5 capsules before and 5 capsules after workout. On non-workout days: 5 capsules in the morning (fasting) and 5 capsules between meals.

Packaging:

- 300 capsules

 **MAXIMUM DOSAGE**

60 SERVINGS

5000 MG OF GLUTAMINE



CREATINES

Creatine is a fixed component of muscle tissue, having an important function in the biochemical processes, causing contraction of muscle fibres. Because of the documented impact on the performance of the body, creatine supplements are readily used by both professional athletes and amateurs.

Its beneficial effects can be especially felt in the case of short, very intense physical exercise, eg. in strength sports, sculpting, functional training or athletics. It has been proven that the consumption of 3 grams of creatine per day increases physical performance, which is especially important for people seeking significant improvements/gains in lean muscle mass and strength.

The simplest, yet most common form of creatine is the monohydrate, which is the object of numerous scientific publications, highlighting the safety and efficacy of supplementation. More advanced athletes reach for complex creatine formulas, based on such of its forms as malate, citrate, hydrochloride, or ethyl ester. Thanks to the combination of creatine with other molecules, its solubility and bioavailability increases, which allows to obtain high efficiency at a lower dose supplementation.





MARIUSZ BAŁAZIŃSKI



PURE CREATINE CAPSULES

Crystal clear creatine monohydrate in capsules

Recommended for people who want to increase their strength and muscles

Best studied form of creatine with excellent bioavailability

Pure Creatine Capsules is a food supplement containing crystal clear form of creatine - creatine monohydrate, characterised by very good tolerance. **Pure Creatine Capsules** is an excellent product for people performing physical exercises of high intensity.

Creatine is a fixed component of muscle tissue and plays an important role in the chemical reactions leading to the contractions of muscle fibres. Additionally, creatine increases physical efficiency in successive, short-term, high intensity exercises.¹

Pure Creatine Capsules contains 1000 mg of clear creatine monohydrate in each capsule. It is a very convenient creatine supplement, recommended especially for people performing bodybuilding, strength and endurance sports.

Recommended use:

5 capsules once a day, in the morning (fasting), before or after the workout, taken with water with dextrose or juice.

Packaging:

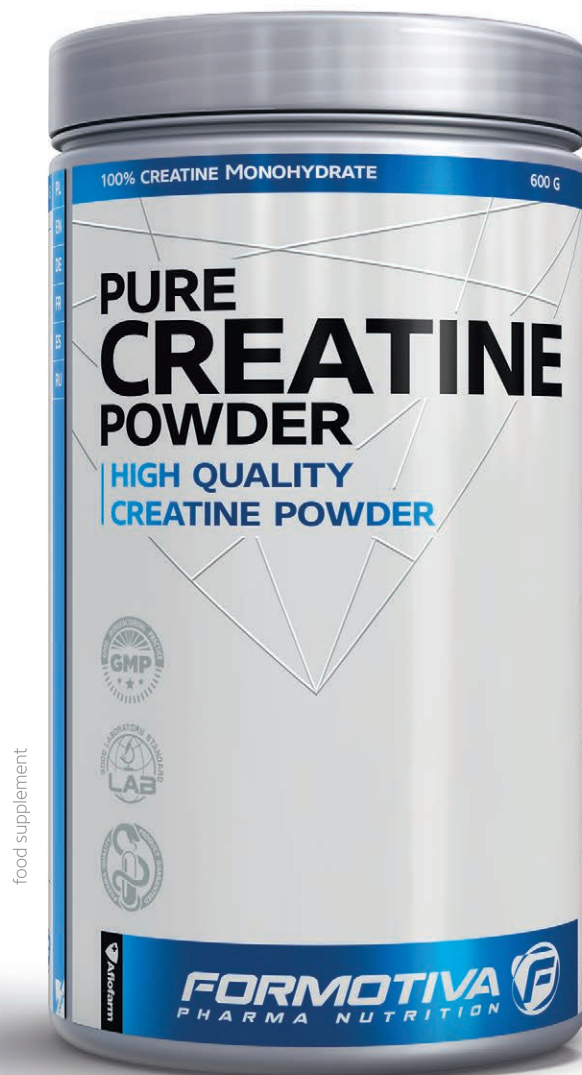
- 120 capsules
- 300 capsules



5000 MG CREATINE MONOHYDRATE

MAXIMUM DOSAGE

5 CAPS PER SERVING



PURE CREATINE POWDER

Crystal clear, best studied form of creatine - creatine monohydrate

Recommended for people who want to increase their strength and muscles

Excellent bioavailability (approximating 100%)

Pure Creatine Powder is a food supplement containing crystal clear form of creatine - creatine monohydrate, characterised by very good tolerance.

Pure Creatine Powder is an excellent product for people performing physical exercises of high intensity. Creatine is a fixed component of muscle tissue and plays an important role in the chemical reactions leading to the contractions of muscle fibres. Additionally, creatine increases physical efficiency in successive, short-term, high intensity exercises.¹

Pure Creatine Powder is a clear creatine monohydrate in the form of a powder, without any flavour or technological additives. It is a basic creatine supplement recommended especially for people performing bodybuilding and strength sports.

Recommended use:

1 dose (5 g = 1 scoop) in the morning (fasting), before and after the workout. Dissolve the powder in 100-200 ml of water with dextrose or juice.

Flavours:

- no taste

Packaging:

- 250 g
- 600 g

5000 MG CREATINE MONOHYDRATE

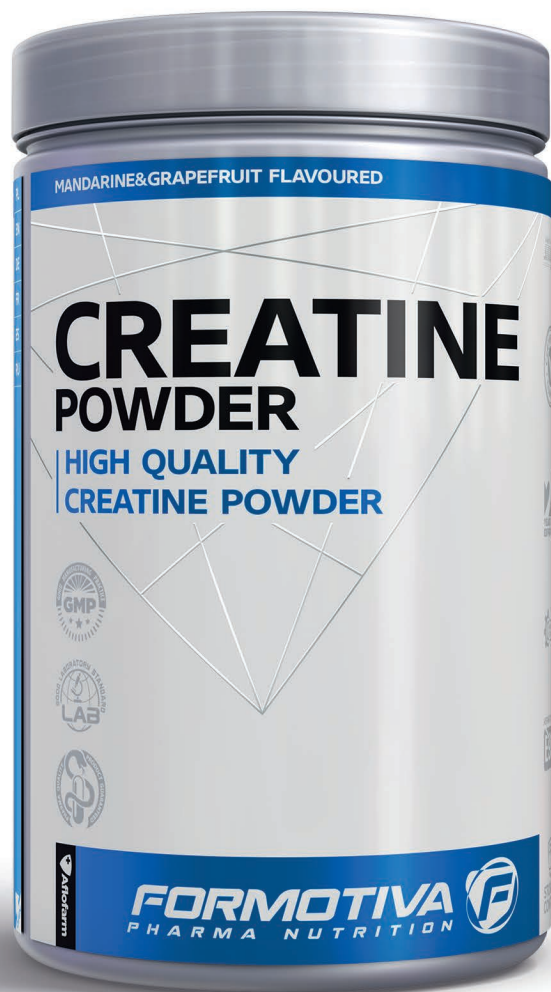
100 SERVINGS

NO ADDITIVES

¹ Beneficial effect is obtained with a daily intake of 3 g of creatine.



food supplement



CREATINE POWDER

Crystal clear, best studied form of creatine - creatine monohydrate

Recommended for people who want to increase their strength and muscles

Excellent bioavailability (approximating 100%)

Great taste and perfect solubility

Creatine Powder is a food supplement for people who pay attention to the flavour while choosing the product. Fresh fruit flavours and perfect solubility are without a doubt advantages distinguishing **Creatine Powder** among other products in this category. **Creatine Powder** contains crystal clear form of creatine - creatine monohydrate, characterised by very good tolerance. **Creatine Powder** is an excellent product for people performing physical exercises of high intensity.

Creatine is a fixed component of muscle tissue and plays an important role in the chemical reactions leading to the contractions of muscle fibres. Additionally, creatine increases physical efficiency in successive short-term, high intensive exercises.¹

Recommended use:

1 dose (6 g = 2 scoops) in the morning (fasting), before and after the workout. Dissolve the powder in 200 ml of water.

Flavours:

- lemon
- mandarine & grapefruit

Packaging:

- 480 g

 **SUPER SOLUBLE FORMULA**

5000 **MG CREATINE MONOHYDRATE**

 **INCREDIBLE FLAVOURS**





food supplement

80 SERVINGS**SUPER SOLUBLE FORMULA****! INCREDIBLE FLAVOURS****5000 MG OF TRI-CREATINE MALATE**

TRI-CREATINE MALATE POWDER

Combination of creatine and malate in one stable molecule in a form of a tasty drink

Well tolerated and safe form of creatine

Up to 3,35 g of creatine malate in each 5 g dose

Tri-Creatine Malate Powder is a food supplement containing crystal clear creatine malate in a form of a powder to prepare tasty drinks. Its particles are formed as a combination of malic acid taking part in the Krebs cycle and creatine restoring ATP resources in phosphagen pathway, which helps to increase physical efficiency during successive, short-term, high intensity exercises.¹

Creatine malate included in the **Tri-Creatine Malate Powder** is very well tolerated and safe.

Recommended use:

1 dose (5 g = 1 scoop) 2 times a day. On workout days: 1 dose (5 g) before workout and 1 dose (5 g) after workout. On non-workout days: 1 dose (5 g) in the morning (fasting) and 1 dose (5 g) between meals. Dissolve the powder in 200 ml of water.

Flavours:

- blackcurrant

Packaging:

- 400 g

TRI-CREATINE MALATE CAPSULES

Combination of creatine and malate in one stable molecule in form of capsules

Well tolerated and safe form of creatine

Up to 1000 mg of creatine malate in each capsule



Tri-Creatine Malate Capsules is a food supplement containing crystal clear creatine malate in a form of capsules. Its particles are formed as a combination of malic acid taking part in the Krebs cycle and creatine restoring ATP resources in phosphagen pathway, which helps to increase physical efficiency during successive, short-term, high intensity exercises.¹

Creatine malate included in the **Tri-Creatine Malate Capsules** is very well tolerated and safe.

Recommended use:

3 capsules 2 times a day taken with a large amount of water (at least 250 ml). On workout days: 2 capsules before and 2 capsules after workout. On non-workout days: 2 capsules in the morning after waking up and 2 capsules before sleep.

Packaging:

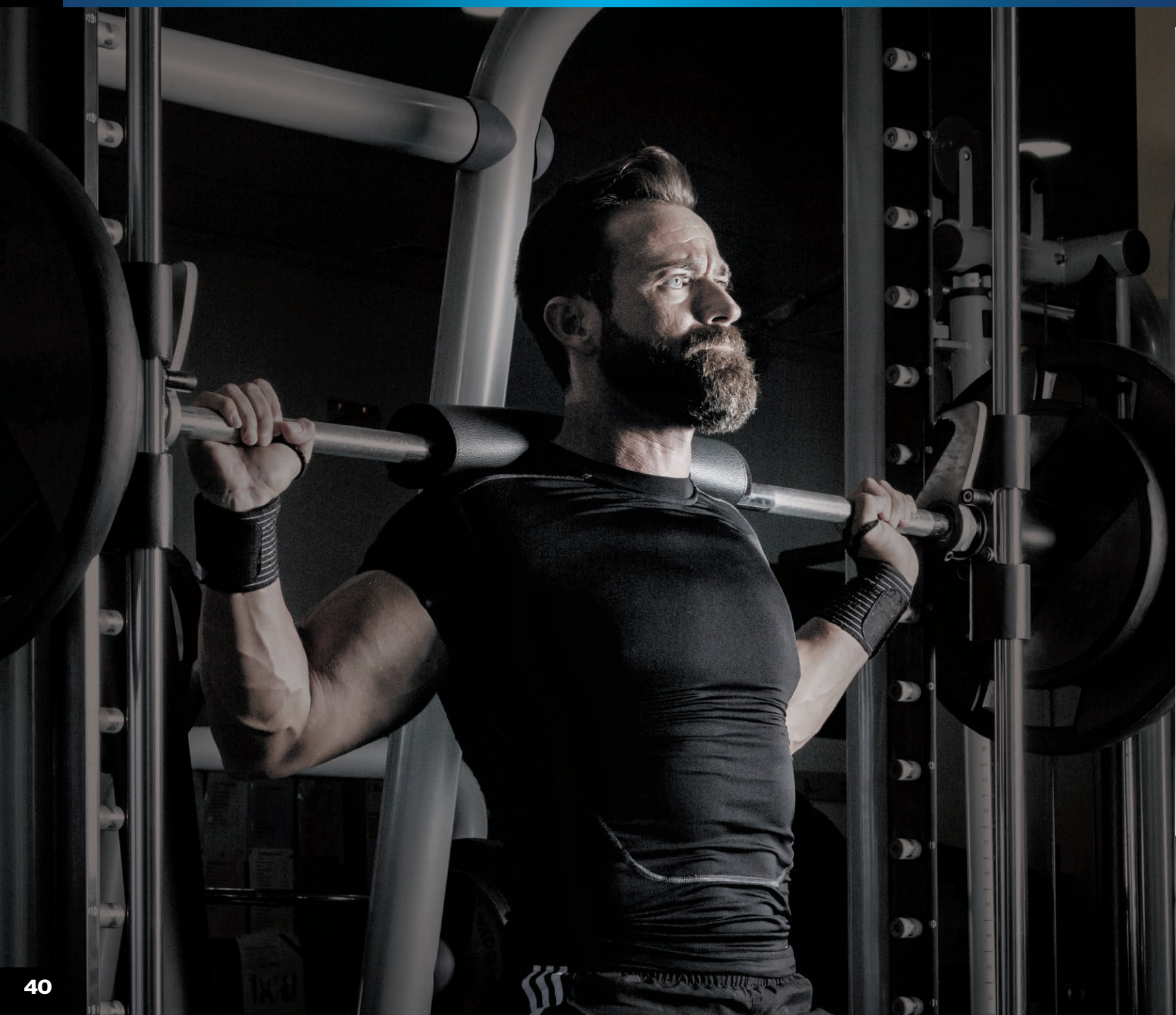
- 300 capsules

 **MAXIMUM DOSAGE**

3000 MG OF TRI-CREATINE MALATE

3 CAPS PER SERVING

¹ Beneficial effect is obtained with a daily intake of 3 g of creatine.



PURE HCL CREATINE CAPSULES

Highly concentrated and soluble form of creatine

Excellent creatine supplement for demanding athletes

Pure creatine hydrochloride – 1000 mg in one capsule



Pure HCL Creatine Capsules is a food supplement in the form of capsules containing creatine hydrochloride. This highly efficient form of creatine helps to increase physical performance in successive, short-term, high intensity exercises.¹. **Pure HCL Creatine Capsules** is a concentrated source of creatine of very high solubility. Each capsule contains 1000 mg of pure HCL creatine.

Pure HCL Creatine Capsules are recommended for athletes and active people looking for an effective creatine supplement during the building of physical shape, which can be used immediately, even before the competition.

Recommended use:

2 capsules 2 times a day taken with a large amount of water (at least 250 ml). On workout days: 2 capsules before and 2 capsules after workout. On non-workout days: 2 capsules in the morning after waking up and 2 capsules before sleep.

Packaging:

- 120 capsules
- 300 capsules

 **MAXIMUM DOSAGE**

2 CAPS PER SERVING

150 SERVINGS

2000 MG OF CREATINE HCL

¹ Beneficial effect is obtained with a daily intake of 3 g of creatine.



CREATINE STACK

Concentrated, soluble creatine stack

Combination of malate, citrate and creatine hydrochloride in optimal ratios

Each dose provides 2,5 g of pure creatine, which increases physical efficiency during intense strength workouts¹

Creatine Stack is a concentrated, soluble creatine stack designed for intensively training during strength and muscle mass building. The product combines high doses of 3 effective forms of creatine: malate, citrate and hydrochloride. Creatine is a fixed component of muscle tissue and plays an important role in the chemical reactions leading to the contractions of muscle fibres.

Each dose of **Creatine Stack** provides 2,5 g of pure, easy absorbable creatine, which increases physical performance during successive, short-term, high intensity exercises.¹

Recommended use:

1 dose (5 g = 1 scoop) 2 times a day. On workout days: 1 dose (5 g) before and 1 dose (5 g) after workout. On non-workout days: 1 dose (5 g) in the morning (fasting) and 1 dose (5 g) between meals. Dissolve the powder in 200 ml of water.

Flavours:

- apple & lemon

Packaging:

- 250 g
- 500 g

food supplement



! INCREDIBLE FLAVOUR

3 CREATINE FORMS

2500 MG PURE CREATINE





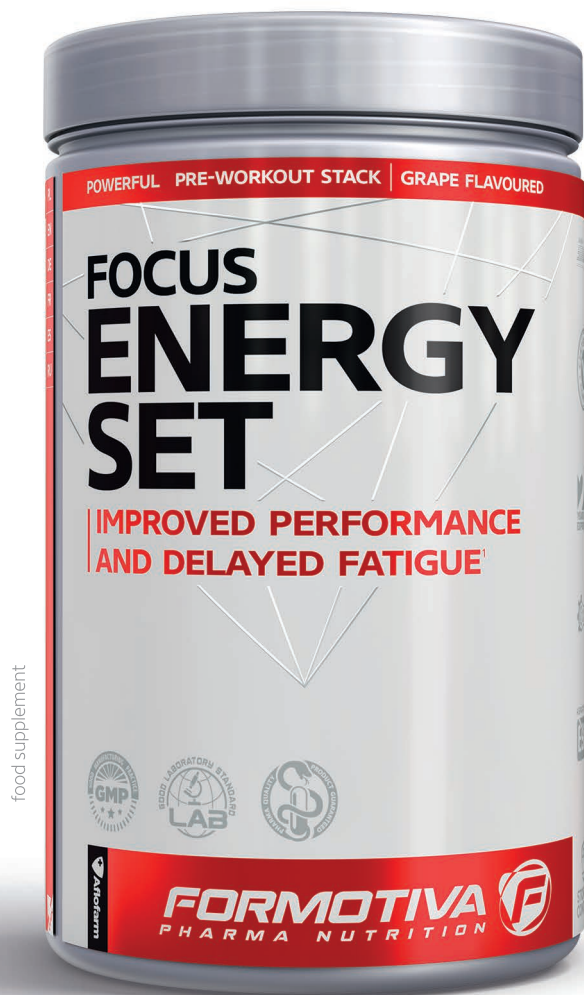
PRE-WORKOUTS SUPPLEMENTS

Intensive training is a huge challenge for the whole organism. Just a few moments after the start of exertion followed by rapid changes in metabolism, our body mobilizes all its power – stimulating the nervous, respiratory and muscular systems to act - maximizing energy production. All this in order to meet the growing demand of muscles and keep them working for as long as possible.

No matter the kind of discipline, a high level of focus and stimulation is important for any athlete, not only prior, but also during the exercise. Using pre-workout supplements allows us to train longer and achieve the expected progress quicker.

Pre-workouts supplements are a group of complex food supplements, intended for athletes seeking to improve their cardipulmonary abilities during the toughest workouts. They contain active substances that improve concentration (caffeine), increase performance during training (extract of *Rhodiola rosea*), but also help to reduce feelings of tiredness and fatigue and help maintain proper energy metabolism (pantothenic acid, vitamin B₆ and B₁₂).





food supplement



FOCUS ENERGY SET

Highly concentrated pre-workout product

Outstanding concentration* and physical efficiency during workout**

High doses of beta-alanine, citrulline malate and AAKG

Excellent taste

Focus Energy Set is a high quality pre-workout formula for professional and amateur sportsmen. **Focus Energy Set** contains a unique complex of citrulline malate, beta-alanine, AAKG, taurine with *Rodiola rosea* extract which support physical efficiency during intensive workout. The product was enriched with caffeine that enhances concentration and with a complex of vitamins that reduce tiredness and fatigue, as well as help to maintain proper energy-yielding metabolism (panthotenic acid, vitamin B₆ and B₁₂).

Focus Energy Set contains over 88% active ingredients, without unnecessary fillers and sweeteners, so it can be used even during restrictive diet.

Recommended use:

1 dose daily (6 g = 1 scoop) before workout. Dissolve the powder in 200 ml of water.

Flavours:

- grape

Packaging:

- 240 g
- 480 g

CAFFEINE CAPSULES

Pure anhydrous caffeine in capsules

Increases concentration, reduces the feeling of sleepiness, prevents from tiredness

Improves physical abilities

Caffeine Capsules is a concentrated source of high quality anhydrous caffeine, which supports body during increased physical and mental activity. Caffeine contained in the product supports concentration, reduces fatigue and sleepiness and, due to energizing properties, helps stimulate the body and improves physical abilities.



Recommended use:

1 capsule 1–2 times a day. Do not exceed the recommended daily dose. The food supplement must not be used as a substitute for a balanced diet. Varied diet and healthy lifestyle are important for your health.

Packaging:

- 60 capsules



FAT REDUCERS

Adipose tissue is the body's energy storage. When the supply exceeds the demand, fat cells (adipocytes) lipogenesis process takes place – the synthesis of triglycerides from other nutrients. In case of increased demand for energy, it is released from the fat reserves in the process of lipolysis, counter to lipogenesis.

The content of fat in the human body varies depending on the age or gender. In adults is in the 20–35% for women and for men, 10–20% of total body weight. Maintaining an appropriate level of body fat requires a well-balanced diet and a healthy, active lifestyle.

In weight control, some minerals, plant compounds or vitamins can also be helpful, as their mechanism of action may be based on both supporting fat metabolism (Yerba mate), and carbohydrates (zinc), and as well as inhibiting the process of synthesis and fat storage (HCA present in Garcinia Cambogia). Some active ingredients may also assist in the process of thermogenesis, heat production from fat (green tea) or decreasing the appetite (opuntia ficus-indica).





LIPO KILLER CAPSULES

Recommended for people who want to reduce fat tissue

Product ingredients support carbohydrates metabolism and body mass control*

Supports thermogenesis**

Lipo Killer is a product designed for people who want to reduce fat tissue and later control their body mass.

High-quality product ingredients significantly stimulate fat metabolism (Yerba mate leaf extract, *Coleus forskohlii* extract) and support carbohydrates metabolism (standardised bitter orange extract, zinc). Additionally, they support body thermogenesis (green tea extract) and inhibit fat formation and storage (HCA hydroxycytric acid included in *Garcinia cambogia* extract). Furthermore, **Lipo Killer** contributes to body weight control (Cayenne pepper extract standardised for capsaicin) and reduces appetite (Opuntia ficus-indica fruit).

Recommended use:

1 capsule 2 times a day. Best taken with breakfast and about 30-60 minutes before workout.

Packaging:

- 120 capsules

food supplement



 **ADVANCED WEIGHT CONTROL COMPLEX**

200 **MG CAFFEINE PER SERVING**

14 **LIPOLYTIC ACTIVATORS**



SPECIAL PRODUCTS

In sports supplementation, we can also identify products that, due to their very broad spectrum of action or the complexity of their composition, are difficult to classify in a simple way. They do not provide large amounts of the main macronutrients, meaning they do not have a high nutritional value. Frequently, they also contain components from several main product groups – amino acids and their derivatives, vitamins, minerals, combined with other substances, for example of vegetable origin.

In them, we can include supplements that maintain proper levels of testosterone, selective amino acid preparations, special herbal products, or multi-component antioxidant complexes. We use them, albeit in small doses – from 1 to a few capsules or tablets a day – but often their constituents affect the functioning of the whole body. For example, they support physical fitness and performance of the body (an extract of maca root), help to maintain proper muscle tone (extract of Tribulus terrestris), or assist in maintaining the natural sexual activity (extract from the ginseng root).





TESTO BOOSTER

Product dedicated to men who practise sports intensively

Supports physical efficiency*

Proper testosterone level in blood**

Testo Booster is a complex product composed of plant extracts which enhance libido (*Saffron extract*), and help maintain natural sexual activity (*Ginseng Root extract*). Moreover, they support physical efficiency (*Maca Root extract*), as well as help maintain proper muscle tonus (*Tribulus Terrestris extract*). Additionally, fenugreek seed extract contained in the product supports proper lipid metabolism and zinc assists in the proper synthesis of proteins and helps maintain proper testosterone level in blood.

Testo Booster is a food supplement dedicated to active men of all ages who want to improve their sexual performance. Recommended especially for sportsmen who practise sports intensively and want to maintain proper testosterone level in blood.

food supplement



400 MG TRIBULUS EXTRACT

100 MG MACA ROOT

200 MG FENUGREEK EXTRACT

6 ACTIVE INGREDIENTS

Recommended use:

1 tablet 2 times a day.

Packaging:

- 60 tablets
- 120 tablets





SUPPORTING PRODUCTS

Both athletes as well as physically active individuals should consider supplementing their diet not only with basic products such as proteins, carbohydrates and amino acids, but also important supplements to support the proper functioning of the body.

Intensive training is not only a great challenge for the muscles, but also for the joints and the immune system. On the other hand, high energy, high protein and high fat sports diet, which should help the achievement of rapid progress in training, is also a heavy burden to the digestive system. It is therefore particularly important to the proper functioning of the liver for these macronutrients to be metabolized properly.

Supporting products contain carefully selected and tested active substances whose task is to support the functioning of athletes' organisms. Among these products you can find specialized formulas and complexes of active ingredients such as *Boswellia serrata*, which helps maintain proper joint mobility, support the proper functioning of the immune system during and after intense exercise (vitamin C), support the maintenance of proper liver function (milk thistle), and detoxify the body (artichoke, chlorella).





JOINT CARE

- Dedicated to people exposed to considerable joint strain
- Supports proper joint mobility even during intensive workouts*
- Contains natural cartilage components
- Excellent taste

Joint Care is a product designed to support joints exposed to strain, especially for people practising bodybuilding, fitness, functional training, athletics or weightlifting both at professional and amateur level.

Joint Care is a specialized combination of glucosamine sulfate and natural cartilage components: hyaluronic acid and chondroitin sulfate enriched with vitamin C which supports the production of collagen to ensure proper cartilage function. The composition was also enriched with *Boswellia serrata* extract which helps maintain proper joint mobility and promotes joint health.

Recommended use:

Once a day with a meal. Dissolve a dose of powder (15 g = 1 scoop) in 200 ml of water.

Flavours:

- strawberry

Packaging:

- 450 g

7000 MG COLLAGEN HYDROLYSATE

500 MG GLUCOSAMINE SULPHATE KCl

20 MG HYALURONIC ACID

200 MG CHONDROITIN SULPHATE

* due to presence of *Boswellia serrata* extract

LIVER SUPPORT

Dedicated to people on sport diet rich in protein and fat

Supporting proper liver functions*

Supporting body detoxication**

Maintaining proper gallbladder function***

Liver Support is a product designed for people, especially sportsmen, who want to take care of their liver. When on a high-energy diet, rich in protein and fats, one should not forget about the importance of proper functioning of the whole body, including the liver.

Liver Support contains top quality ingredients that help to maintain proper liver function (*Silybum Marianum* seed extract), support body detoxication (*Andrographis paniculata* leaf extract, artichoke leaf extract, chlorella) and inhibit hepatic fat accumulation (turmeric extract). Product ingredients also help to maintain proper gallbladder function (*Brahmi* leaf extract and chlorella).



food supplement

400 MG SOY PHOSPHO-LIPIDES

80 MG ARTICHOKE

LIVER PROTECTION MATRIX

7 ACTIVE INGREDIENTS

Recommended use:

1 capsule 2 times a day.

Packaging:

- 60 capsules

* due to presence of *Silybum Marianum* seed extract

** due to presence of *Andrographis paniculata* leaf extract, artichoke leaf extract, chlorella

*** due to presence of *Brahmi* leaf extract and chlorella



VITAMINS & MINERALS

Vitamins and minerals are exogenous nutrients needed daily in small amounts in order to ensure the proper functioning of the body. 13 vitamins have been identified, divided into fat-soluble and water soluble groups. On the other hand, minerals can be divided into two main groups: macro – needed in amounts of a few grams to several hundred milligrams - and trace elements – the daily requirement of which varies from a few micrograms to tens of milligrams.

Appropriate, balanced diet provides all the vitamins and minerals in proper doses. Sometimes, for example after intense exercise, whether as a result of regular consumption of low-calorie, high-protein meals, the demand for these key nutrients is increased. Therefore, for physically active people and athletes, it is beneficial to supplement them by using appropriately selected preparations.

Thanks to its ingredients, vitamin complexes and minerals help in proper functioning of muscles (due to the presence of magnesium, calcium or vitamin D), proper protein synthesis (due to the presence of magnesium and zinc), helping to reduce fatigue and fatigue (because of the presence of pantothenic acid, niacin and vitamins B₆), and to maintain proper metabolism of macronutrients (due to the presence of zinc).





VITAMIN ELITE

Essential vitamin and mineral complex designed for sportsmen and physically active people

Supporting proper muscle function¹

Reduction of tiredness and fatigue²

Intensive and regular training significantly increases the demand for micro and macroelements. Therefore, it is necessary to supplement the ingredients important for our health. **Vitamin Elite** was designed for professional and amateur sportsmen.

Vitamin Elite is a carefully selected vitamin and mineral complex dedicated to sportsmen and physically active people.

Vitamin Elite ingredients:

- support proper muscle function (magnesium, calcium, vitamin D);
- contribute to the reduction of tiredness and fatigue (folates, pantothenic acid, magnesium, niacin, riboflavin, vitamin B₁₂, B₆, C, iron);
- help to maintain healthy bones (zinc, phosphorus, magnesium, manganese, calcium, vitamin D and K);
- support proper oxygen transport (iron);
- support proper energy-yielding metabolism (phosphorus, iodine, pantothenic acid, magnesium, manganese, copper, niacin, riboflavin, thiamine, calcium, vitamin B₁₂, B₆, C, iron, biotin);

Recommended use:

1 capsule of each type once a day.

Packaging:

- 60 capsules

food supplement



2 PHASE FORMULA

13 VITAMINS

MAXIMUM DOSAGE

11 MINERALS

¹ due to presence of magnesium, calcium, vitamin D

² due to presence of folates, pantothenic acid, magnesium, niacin, riboflavin, vitamin B₁₂, B₆, C, iron

VITAMIN ELITE + DHA

Essential vitamin and mineral complex designed for sportsmen and physically active people, enriched with high-quality DHA and EPA acids

Supporting proper muscle function¹

Reduction of tiredness and fatigue²

Intensive and regular training significantly increases demand for micro and macroelements. Therefore, it is necessary to supplement the ingredients important for our health. **Vitamin Elite + DHA** was designed for professional and amateur sportsmen. **Vitamin Elite + DHA** is a carefully selected vitamin and mineral complex enriched in valuable omega-3 fat acids, dedicated to sportsmen and physically active people.

Vitamin Elite + DHA ingredients:

- support proper muscle function (magnesium, calcium, vitamin D);
- contribute to the reduction of tiredness and fatigue (folates, pantothenic acid, magnesium, niacin, riboflavin, vitamin B₁₂, B₆, C, iron);
- help to maintain healthy bones (zinc, phosphorus, magnesium, manganese, calcium, vitamin D and K);
- support proper energy-yielding metabolism (phosphorus, iodine, pantothenic acid, magnesium, manganese, copper, niacin, riboflavin, thiamine, calcium, vitamin B₁₂, B₆, C, iron, biotin);
- contribute to proper heart function (thiamine, EPA and DHA acids*)

Recommended use:

1 capsule of each type once a day.

Packaging:

- 90 capsules



food supplement

3 PHASE FORMULA

13 VITAMINS

528 MG DHA+EPA

11 MINERALS

¹ due to presence of magnesium, calcium, vitamin D

² due to presence of folates, pantothenic acid, magnesium, niacin, riboflavin, vitamin B₁₂, B₆, C, iron

* beneficial effect is obtained with a daily intake of 250 mg EPA and DHA.



HEALTHY OIL

Supports the proper functioning of the heart*

Supports the proper functioning of the immune system**

Contributes to the maintenance of healthy bones**

Healthy Oil - a supplement containing up to 1100 mg of high quality cod oil, vitamins A and D and unsaturated Omega-3 fatty acids in one capsule. Healthy Oil is a specialized preparation dedicated to physically active people and athletes who want to take care of their body's health.

Healthy Oil ingredients:

- help to maintain proper vision and functioning of the immune system (vitamin A);
- support proper functions of the immune system help to maintain healthy bones (vitamin D);
- contribute to maintaining proper brain functions and correct vision* (docosahexaenoic acid (DHA));
- support proper heart functions** (eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA))

Recommended use:

4 capsules daily, 2 in the morning and 2 in the evening with a meal and plenty of water.

Packaging:

- 50 capsules

food supplement



1100 MG OF COD OIL







IMPULSE PRODUCTS

Numerous responsibilities, active professional career, constant rush and an excess of duties make it so that we often forget about the preparation of wholesome meals. However, even then, we are not left with just sweets or fast food. There are snacks available on the market which can very often provide concentrated nutrients and the necessary energy. Thanks to them, it is possible to quickly supplement protein, carbohydrates and healthy fats whenever it is needed.





PROTEIN BAR

High protein bar (up to 33% of protein)

Contains whey protein concentrate, vitamin B₁₂ and vitamin E

One bar is 17 g of carbohydrates, including only 2,1 g of sugars

Formotiva - Protein Bar is a high-protein bar with a delicious chocolate caramel flavour with the addition of peanuts. It contains whey protein concentrate, which contributes to the growth and maintenance of muscle mass, as well as vitamin E and vitamin B₁₂, which contributes to the maintenance of proper energy metabolism.

Protein Bar is a tasty option for athletes and physically active people which will not affect the caloric balance significantly. One 55 g bar contains only 2,1 g of sugars and only 224 kcal!



Recommended use:

- during the day (between meals)
- during the training period (immediately after training)

Packaging:

24 pcs. x 55 g

K
CAL ONLY
244 KCAL

18 GRAMS
OF BCAA'S

2,1 ONLY
GRAMS OF SUGAR

BCAA SHOT

Optimal ratio of BCAA amino acids 2:1:1

High quality branched chain amino acids

Convenient and handy packaging

It is an ideal composition of branched chain amino acids (Branched Chain Amino Acids: L-leucine, L-isoleucine and L-valine) in an optimal ratio of 2:1:1, in the form of a ready-to-drink shot. Exogenous amino acids contained in **BCAA SHOT** are one of the basic ingredients building muscle proteins. The particular high demand for these amino acids occurs during intense exercise, when they are metabolized in the muscles and used as a source of energy.

BCAA SHOT is available in a convenient and handy packaging, in two original flavours of mandarine & grapefruit and blueberry.



food supplement

Recommended use:

- during the training period
- immediately before, during or after training

Flavours:

- blueberry
- mandarine & grapefruit

3000MG OF BCAA'S

PREMIUM QUALITY

INCREDIBLE FLAVOURS

Packaging:

20 pcs x 60 ml



FOCUS ENERGY SHOT

Improved concentration* and support of endurance during intensive training**

High doses of beta-alanine, citrulline malate and AAKG

Convenient and handy packaging

Focus Energy Shot is a high quality pre-workout composition for professionals and amateur practitioners. **Focus Energy Shot** contains a unique complex of citrulline malate, beta-alanine, AAKG, taurine with the addition of extract from *Rhodiola rosea*, which helps the body's efficiency during intensive training. The product has been enriched with caffeine, which improves concentration, and a set of vitamins that contribute to reducing tiredness and fatigue of the body, as well as maintaining the proper energy metabolism (pantothenic acid, vitamin B₆ and B₁₂).

Focus Energy Shot is available in a convenient and handy packaging, in two original flavours: bubble gum and grape.

Recommended use:

- during the training period -
immediately before training

Flavours:

- grape

food supplement



1500 MG CITRULLINE MALATE

2000 MG BETA ALANINE

200 MG OF PURE CAFFEINE

Packaging:

20 pcs x 60 ml

L-CARNITINE SHOT

3000 mg of high quality L-carnitine in a shot

Convenient and handy packaging

Excellent taste qualities

L-CARNITINE SHOT is a high quality food supplement containing a maximum dose of 3000 mg of L-carnitine in a 60 ml shot. L-carnitine is an essential element of lipid metabolism, which enables the effective burning of long-chain fatty acids.

L-CARNITINE SHOT is available in a convenient and handy packaging, in two original flavours of orange and blueberry.



food supplement

Recommended use:

- during the training period
- immediately before or during training

Flavours:

- blueberry
- orange

3000 MG L-CARNITINE
IN 1 BOTTLE

**PREMIUM
QUALITY**

**INCREDIBLE
FLAVOURS**

Packaging:

20 pcs x 60 ml

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