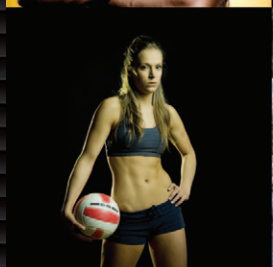
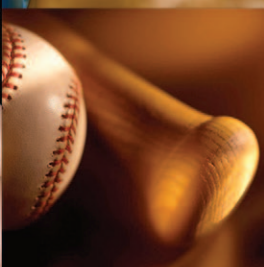




***FITNESS*PRO™**

**HEALTH AND SPORT NUTRITION  
CATALOG**

# ***FITNESSPRO™***



# SUPER WHEY



## Supplement Facts

Serving Size: 68 g (2 scoops)	Amount per serving	% Daily*
<b>Calories</b>	250	
Calories from Fat	30	
<b>Total Fat</b>	3 g	5%
Saturated Fat	0.5 g	3%
Trans Fat	0	
<b>Cholesterol</b>	11 mg	4%
<b>Sodium</b>	85 mg	4%
<b>Potassium</b>	255 mg	7%
<b>Total Carbohydrate</b>	5 g	2%
Sugars	0 g	
<b>Protein</b>	50 g	100%
Vitamin A	2500 IU	50%
Vitamin C	30 mg	50%
Vitamin D	200 IU	50%
Vitamin E	15 IU	50%
Vitamin K	40 mcg	50%
Vitamin B1	0.75 mg	50%
Vitamin B2	0.85 mg	50%
Niacin	10 mg	50%
Vitamin B6	1 mg	50%
Folic Acid	200 mcg	50%
Vitamin B12	3 mcg	50%
Biotin	150 mcg	50%
Panthenic Acid	5 mg	50%
Calcium	715 mg	72%
Iron	144 mg	8%
Phosphorous	500 mg	50%
Iodine	45 mcg	30%
Magnesium	200 mg	50%
Zinc	7.5 mg	50%
Selenium	35 mcg	50%
Copper	1 mg	50%
Manganese	1 mg	50%
Chromium	200 mcg	167%
Molybdenum	50 mcg	67%

\* % Daily Values are based on a 2000 calorie diet.

\*\* Daily Value not established

## TYPICAL AMINO ACID PROFILE PER SERVING (Obtained naturally from whey protein)

Alanine	2.6 g	Lysine	4.4 g
Arginine	1.3 g	Methionine	1.0 g
Aspartic Acid	5.5 g	Phenylalanine	1.2 g
Cystine	1.1 g	Proline	3.3 g
Glutamic Acid	8.4 g	Serine	2.7 g
Glycine	1.1 g	Theonine	3.5 g
Histidine	1.0 g	Tryptophan	1.1 g
Isoleucine	3.0 g	Tyrosine	1.4 g
Leucine	4.8 g	Valine	3.0 g

### Ingredients:

Whey protein isolate (milk), Whey protein concentrate (milk), Maltodextrin, Dicalcium Phosphate, Vanilla Flavor, Potassium chloride, Magnesium Oxide, Gum Gum, Sucralose, Ascorbic Acid, Tocopheryl Acetate, Chromium Amino Acid Chelate, Selenium Amino Acid Chelate, Niacin, Zinc Oxide, Copper Gluconate, Panthotenic Acid, Vitamin A Acetate, Ferrous Fumarate, Manganese Sulfate, Molybdenum Amino Acid Chelate, Cholecalciferol, Pyridoxine Hydrochloride, Riboflavin, Polysorbate, Thiamine Mononitrate, Folic Acid, Biotin, Potassium Iodide, Cyanocobalamin.

Super Whey is an advanced protein blend combined with amino acids, vitamins, and minerals that is used in order to work up to a maximum level of muscle performance. Giving your body the definition you want to obtain.

Available in Vanilla, Chocolate, and Strawberry.

Presentations in 2 Lbs, 3 Lbs, 5 Lbs, and 10 Lbs.

# RECOUP PRO

## Supplement Facts

Serving Size: 33g (1 scoop)	Servings per container: 40	
	Amount per serving	%DV*
<b>Calories</b>	120	
Calories from Fat	15	
<b>Total Fat</b>	2.0 g	3%
Saturated Fat	0.9 g	0%
Trans Fat	0	
<b>Cholesterol</b>	5 mg	2%
<b>Sodium</b>	55 mg	2%
<b>Potassium</b>	85 mg	2%
<b>Total Carbohydrate</b>	3 g	1%
Dietary Fiber	1 g	
Sugars	0 g	**
<b>Protein</b>	22g	44%
Vitamin A	2500 IU	50%
Vitamin C	30 mg	50%
Vitamin E	15 IU	50%
Vitamin K	40 mcg	50%
Vitamin B1	0.75 mg	50%
Vitamin B2	0.85 mg	50%
Niacin	10 mg	50%
Vitamin B6	1mg	50%
Folic Acid	200 mcg	50%
Vitamin B12	3 mcg	50%
Biotin	150 mcg	50%
Panthenic Acid	5 mg	50%
Calcium	250 mg	20%
Iron	1.44 mg	8%
Phosphorus	200 mg	20%
Iodine	45 mcg	30%
Magnesium	200 mg	50%
Zinc	7.5 mg	50%
Selenium	35 mcg	50%
Copper	1 mg	50%
Manganese	1 mg	50%
Proprietary Amino Acid Blend	880 mg	**
L-Glutamine		
L-Leucine		
L-Valine		
L-Isoleucine		
Proprietary Fatty Acids Blend	600 mg	**
Flax Seed Oil		
Borage Oil		
Sun Flower Oil		
Coconut Oil (60% Medium Chain Triglycerides)		
CLA Oil (Conjugated Linoleic Acid)		
Evening Primrose Oil		

\*% Daily Values are based on a 2000 calorie diet.

\*\* Daily Value not established

## TYPICAL AMINO ACID PROFILE PER SERVING (Obtained naturally from whey protein)

Alanine	1.1 g	Lysine	1.6 g
Arginine	0.5 g	Methionine	0.4 g
Aspartic Acid	2.3 g	Phenylalanine	0.5 g
Cysteine	0.5 g	Proline	1.4 g
Glutamic Acid	3.5 g	Serine	1.1 g
Glycine	0.5 g	Tyrosine	1.4 g
Histidine	0.4 g	Tryptophan	0.5 g
Isoleucine	1.4 g	Tyrosine	0.6 g
Leucine	2.2 g	Valine	1.5 g

### Ingredients:

Protein Blend [Whey Protein Concentrate (milk), Whey Protein Isolate (milk), Soy Protein (soy) and Egg protein (egg)], Strawberry Flavor, Dicalcium Phosphate, Magnesium Oxide, Branched Chain Amino Acids (BCAA) (L-Leucine, L-Valine, L-Isoleucine), L-Glutamine, Guar Gum, Flax Seed Powder, Sun Flower Oil, Flax Seed Oil, Borage Oil, Coconut Oil, CLA Oil, Evening Primrose Oil, Enzyme Blend, Sucralose, Ascorbic Acid, Tocopheryl Acetate, Selenium Amino Acid Chelate, Niacin, Zinc Oxide, Copper Gluconate, Panthenic Acid, Vitamin A Acetate, Ferrous Fumarate, Manganese Sulfate, Pyridoxine Hydrochloride, Riboflavin, Phytoladione, Thiamine Mononitrate, Folic Acid, Biotin, Potassium Iodide, Cyanocobalamin.

No added fructose, sucrose, fillers, maltodextrin, or aspartame.



BCAA), fiber and oils, therefore giving your body the recovery and muscle development that you will need during the day and night at leisure.

- Time release formula
- Sugar Free
- Protein blend (Concentrate, Isolate, Soy and Egg)

Available in Vanilla, Chocolate, and Strawberry.

Presentations in 3 Lbs, and 5 Lbs.

Recoup Pro is a new and advanced sugar free formula. This product is based on a mixture of proteins with prolonged deliberation. It has been designed to work through out your organism for 12 hours from the time of intake.

# ENDURANCE PRO

Supplement Facts		
Serving Size: 74 g (2 scoops)	Servings per container: 18	
	Amount per serving	% Daily*
Calories	280	
Calories from Fat	15	
Total Fat	2 g	3%
Saturated Fat	0.5 g	3%
Trans Fat	0	
Cholesterol	30 mg	10%
Sodium	114 mg	7%
Potassium	218 mg	6%
Total Carbohydrate	45 g	15%
Sugars	0 g	
Protein	50 g	40%
Vitamin C	50 mg	100%
Vitamin E	30 IU	100%
Calcium	178 mg	18%
Iron	0.35 mg	2%
Magnesium	180 mg	45%
* % Daily Values are based on a 2000 calorie diet. ** Daily Value not established		

TYPICAL AMINO ACID PROFILE PER SERVING (Obtained naturally from whey protein)			
Alanine	1.0 g	Lysine	1.8 g
Arginine	0.5 g	Methionine	0.4 g
Aspartic Acid	2.2 g	Phenylalanine	0.5 g
Cystine	0.4 g	Proline	1.3 g
Glutamic Acid	3.4 g	Serine	1.1 g
Glycine	0.4 g	Threonine	1.4 g
Histidine	0.4 g	Tryptophan	0.3 g
Isoleucine	1.2 g	Tyrosine	0.5 g
Leucine	1.9 g	Valine	1.2 g
<b>Ingredients:</b> Whey protein concentrate (milk), Whey protein isolate (milk), Maltodextrin, Strawberry Flavor, Magnesium Oxide, Guar Gum, Ascorbic Acid, Tocopheryl Acetate, Sucralose, Ferrous Fumarate.			



A combination of carbohydrates with proteins, amino acids, vitamins, and minerals. This complex is the best source of energy you will need to increase your performance during training.

Available in Vanilla, Chocolate, and Strawberry.

Presentations in 3 Lbs, and 5 Lbs.



# VOLUME PRO

## Supplement Facts

Serving Size: 140 g (4 scoops)	Servings per container: 10	Amount per serving	%DV*
<b>Calories</b>	500		
Calories from Fat	40		
<b>Total Fat</b>	4 g		6%
Saturated Fat	1 g		5%
Trans Fat	0		
Cholesterol	30 mg		27%
Sodium	474 mg		20%
Potassium	595 mg		17%
<b>Total Carbohydrate</b>	12 g		21%
Sugars	0 g		**
<b>Protein</b>	55g		110%
Vitamin A	5000 IU		100%
Vitamin C	60 mg		100%
Vitamin B1	1.5 mg		100%
Vitamin B2	1.7 mg		100%
Niacin	20 mg		100%
Vitamin B6	2 mg		100%
Folic Acid	400 mcg		100%
Vitamin B12	6 mcg		100%
Biotin	300 mcg		100%
Pantothenic Acid	10 mg		100%
Calcium	847 mg		85%
Iron	8 mg		50%
Phosphorus	390 mg		35%
Iodine	75 mcg		50%
Magnesium	200 mg		50%
Zinc	7.5 mg		50%
Selenium	50 mcg		71%
Copper	1 mg		50%
Manganese	2 mg		100%
Chromium	200 mcg		100%
Molybdenum	50 mcg		67%
Creatine Monohydrate	1000 mg		**
Proprietary Amino Acid Blend	1500 mg		**
L-Glutamine			
L-Leucine			
L-Valine			
L-Isoleucine			
Glutamine Peptides			
L-Carnitine Tartrate			
PABA			
Proprietary Fatty Acids Blend	600 mg		**
Flax Seed Oil			
Borage Oil			
Sun Flower Oil			
Coconut Oil (80% Medium Chain Triglycerides)			
CLA Oil (Conjugated Linoleic Acid)			
Evening Primrose Oil			
OKG	250 mg		**
Choline	200 mg		**
Inositol	200 mg		**
Boron	3 mg		**

\* % Daily Values are based on a 2000 calorie diet. \*\* Daily Value not established

## TYPICAL AMINO ACID PROFILE PER SERVING (Obtained naturally from whey protein)

Alanine	2.9 g	Lysine	4.8 g
Arginine	1.4 g	Methionine	1.0 g
Aspartic Acid	6.0 g	Phenylalanine	1.3 g
Cystine	1.2 g	Proline	3.6 g
Glutamic Acid	9.2 g	Serine	3.0 g
Glycine	1.2 g	Threonine	3.6 g
Isoleucine	1.1 g	Tryptophan	1.2 g
Isoleucine	3.3 g	Tyrosine	1.5 g
Leucine	5.2 g	Valine	3.3 g

### Ingredients:

Whey Protein Concentrate (milk), Whey Protein Isolate (milk), Strawberry Flavor, Maltodextrin, Amino Acid Blend (L-Glutamine, L-Leucine, L-Valine, L-Isoleucine, Glutamine Peptides, L-Carnitine Tartrate, PABA), Fatty Acids Blend (Flax Seed Oil, Borage Oil, Sun Flower Oil, Coconut Oil, Conjugated Linoleic Acid Oil, Evening Primrose Oil), Calcium Phosphate, Magnesium Oxide, Creatine Monohydrate, OKG, Choline, Inositol, Flax Seed Powder, Guar Gum, Enzyme Blend, Sucralose, Ascorbic Acid, Ferrous Fumarate, Selenium Amino Acid Chelate, Niacin, Chromium Amino Acid Chelate, Panthothenic Acid, Vitamin A Acetate, Zinc Oxide, Copper Gluconate, Manganese Sulfate, Boron Amino Acid Chelate, Molybdenum Amino Acid Chelate, Pyridoxine Hydrochloride, Riboflavin, Thiamine Mononitrate, Folic Acid, Biotin, Cyanocobalamin, Potassium Iodide.

Great-tasting formula designed for people who want to increase their muscle mass in a healthy way. Combining the best protein with complex and simple carbohydrates, we have created Volume Pro.

Available in Vanilla, Chocolate, and Strawberry.

Presentations in 3 Lbs, 5 Lbs, and 10 Lbs.



# CREATINE



## Supplement Facts

Serving Size: 2 Capsules  
Servings per Container: 50

Amount per Serving		% DV*
Creatine Monohydrate	1200 mg	**
*Daily Value		**Daily Value not Established.

**Other Ingredients:** White Rice Flour, Gelatin from Capsule, Magnesium Stearate.

Creatine is popular among weight lifters and other athletes desirous of fueling muscle glutamine and cell volume.

This is an advanced creatine formula scientifically designed to provide muscles with energy and enhanced performance. \*

**A dietary supplement that athletes and many bodybuilders use to increase intensity, performance, strength and have fuller looking muscles. Creatine increases lean mass and post workout muscle recovery. It helps to promote lean muscle mass. Creatine also increases muscle endurance capacity.**







***FITNESSPRO***<sup>™</sup>  
[www.fitnessprolab.com](http://www.fitnessprolab.com)

# FAT BURNER

## Supplement Facts

Serving Size: 1 Tablespoonful (15g)		Servings per container: 33
	Amount per serving	%DV*
Folic Acid	400 mcg	100%
Chromium (as Chromium polynicotinate)	200 mcg	167%
L-Carnitine Tartrate	5000 mg	**
Glucosamannan	1000 mg	**
* % Daily Value		** Daily Value not established

Other Ingredients: Maltodextrin, Lemon flavor, Sucralose.

This is a Weight Loss product, designed specifically for women. With a lower intensity formula, but just as effective in burning fat. The lemon testing flavor will delight you with no bad after taste.



# SOY-ISO

## Supplement Facts

Serving Size: 47 g (1 scoop)	Servings per container: 29	
	Amount per Serving	%DV*
<b>Calories</b>	135	
Calories from Fat	11	
Total Fat	1 g	2%
Saturated Fat	0 g	0%
Trans Fat	0	
Cholesterol	0 mg	0%
Sodium	4 mg	<1%
Total Carbohydrate	8 g	3%
Dietary Fiber	8 g	
Sugars	0 g	**
<b>Protein</b>	29g	46%
Vitamin A	2500 IU	50%
Vitamin C	30 mg	50%
Vitamin D	200 IU	50%
Vitamin E	15 IU	50%
Vitamin B1	0.75 mg	50%
Vitamin B2	0.85 mg	50%
Niacin	40 mg	50%
Vitamin B6	1 mg	50%
Folic Acid	400 mcg	100%
Vitamin B12	3 mcg	50%
Calcium	500 mg	50%
Proprietary Amino Acid Blend	550 mg	50%
L-Glutamine		
L-Leucine		
L-Valine		
L-Isoleucine		

\*% Daily Values are based on a 2000 calorie diet.

\*\* Daily Value not established

## TYPICAL AMINO ACID PROFILE PER SERVING (Obtained naturally from soy protein)

Alanine	1.1 g	Lysine	1.6 g
Arginine	1.8 g	Methionine	0.3 g
Aspartic Acid	2.8 g	Phenylalanine	1.2 g
Cystine	0.3 g	Proline	1.3 g
Glutamic Acid	3.9 g	Serine	1.2 g
Glycine	1.1 g	Threonine	1.6 g
Histidine	0.6 g	Tryptophan	0.9 g
Isoleucine	1.2 g	Tyrosine	0.9 g
Leucine	1.7 g	Valine	1.2 g

### Ingredients:

Protein blend (Soy Protein Concentrate (soy), Soy Protein Isolate (soy)), Vanilla flavor, Calcium Carbonate, Branched Chain Amino Acids (BCAA's)-L-Leucine, L-Valine, L-Isoleucine), L-Glutamine, Guar Gum, Enzyme Blend, Sucralose, Ascorbic Acid, Tocopherol Acetate, Niacin, Vitamin A Acetate, Cholecalciferol, Pyridoxine Hydrochloride, Riboflavin, Thiamine Mononitrate, Folic Acid, Cyanocobalamin.



Soy protein isolate is a dry powder food ingredient that has been separated or isolated from the other components of the soybean, making it 90 to 95 percent protein and nearly carbohydrate and fat-free.

With a combination of natural and nutritional vitamins, this product also helps keep a strong immune system and speed up your metabolism.

This product has been made specifically to provide lean muscle tone for the female physic.

Available in Vanilla, Chocolate, and Strawberry.

Presentations in 3 Lbs.

# L-CARNITINE

## Supplement Facts

Serving Size: 2 Capsules

Servings per Container: 50

Amount per Serving	% DV*
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L-Carnitine	500 mg	**
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(L-Carnitine L-Tartrate)

\*Daily Value \*\*Daily Value not Established.

**Other Ingredients:** White Rice Flour, Gelatin from Capsule, Magnesium Stearate.

L-Carnitine, is an amino acid produced by the body and used in extracting energy from fat in the metabolism.

## L-Carnitine health benefits:

- Carnitine will give you an energy boost, and also helps you to convert body fat into fuel. This product elevates certain enzymes needed to metabolize sugars, starches, and other carbohydrates.

- Athletes can benefit from carnitine supplementation because it reduces the accumulation of lactic acid, which is responsible for muscle ache after an intense workout.

- Carnitine helps to prevent muscle atrophy. Anyone suffering from a severe degenerative disease, such as cancer or AIDS, may benefit from carnitine supplementation.



- It has been suggested that taking 2 grams of carnitine per day for four weeks can cut the number of complications from heart attack, including angina (chest pain) and heart rhythm disturbances.



# CLA

## Supplement Facts

Serving Size: 2 Softgels

Servings per Container: 50

Amount per Serving	% DV*
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Calories	20
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Calories from Fat	20
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Total Fat	2 g	3%
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Polyunsaturated Fat	1.5 g
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Protein	0.5 g	*
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Safflower Oil	2.000 mg	**
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(Carthamus tinctorius seed)

### Contains

80% Conjugated Linoleic Acid (CLA)	**
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\*Daily Value \*\*Daily Value not Established.

**Other Ingredients:** Gelatin, Glycerin, Purified Water, Caramel Color, Titanium Dioxide Color.

Conjugated Linoleic Acid is an essential fatty acid, very common in vegetable oils and animal fat.

This product helps you reduce body fat and balance blood sugar levels.

Other benefits of CLA include the following:

- Helps to reduce fat mass and decreases abdominal fat. These benefits could also be quite helpful in thyroid patients, whom often suffer adrenal imbalance, and hormonal shifts that cause rapid accumulation of abdominal fats.



- Increases lean muscle mass, and the metabolism, which is useful in weight loss and management.
- Helps reduce cholesterol (LDL and HDL) and triglyceride levels, condition that is very common in thyroid patients even with treatment.

# GARCINIA CAMBOGIA

## Supplement Facts

Serving Size: 1 Capsule

Servings per Container: 100

Amount per Serving	% DV*
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Garcinia Cambogia Fruit Extract 500mg	**
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\*Daily Value \*\*Daily Value not Established.

**Other Ingredients:** White Rice Flour, Gelatin from Capsule, Magnesium Stearate.

Garcinia Cambogia is a versatile botanical weight loss supplement with the following benefits:

- Blocks starches and sugars (Excess of Carbohydrates) that are stored in the body and increases our weight.
- Promotes the oxidation of lipids and spares carbohydrates. This action will result in lower blood levels of cholesterol and lipids for a better lipid profile.
- Excess of glucose is spared from conversion to fat, this excess glucose is mediated by gluconeogenesis pathway to form glycogen.
- Glycogen signals the brain satiety center that enough food has been taken. So glycogen production with this herb further suppresses appetite.



- Another of its action is on Central Nervous System. It raises the levels of Serotonin like brain neurotransmitters that has role in regulation of appetite.
- This herb promotes thermogenesis (process body's production of heat). This burns more calories and excess of stored fat.

# SUPER RIPPED

## Supplement Facts

Serving Size: 2 Capsules

Servings per Container: 50

Amount per Serving		% DV*
Vitamin B6 (as Pyridoxine HCL)	2 mg	100%
Iodine (as Kelp)	150 mcg	100%
Chromium (as Chromium Picolinate)	120 mcg	100%
Choline Bitartrate	150 mg	**
Inositol	75 mg	**
Uva Ursi Leaves	12.5 mg	**
Kola Nut Extract	12.5 mg	**
Hops Flower	12.5 mg	**
Buchu Leaves	12.5 mg	**
L-Carnitine	6.25 mg	**
DL-Methionine	6.25 mg	**
Beta-Sitosterol	6.25 mg	**
Betaine HCL	6.25 mg	**
Daily Value	**Daily Value not Established.	

**Other Ingredients:** White Rice Flour, Gelatin from Capsule, Silica, Magnesium Stearate, Titanium Dioxide.



What really separates a well-trained physique from a hardcore bodybuilder physique is a hard, rippling midsection stacked with deeply-etched abs.

Abs are all the rage these days, and for good reason. Nothing perfects the human body like a mean set of framed abs, no doubt about it.

In order to obtain the muscular definition that you are looking for, you need to eliminate most of the fat that hides under skin and the natural striation of muscles which makes you look out of shape. You will observe a better definition as the separation between each fiber is deepened and the muscles start to grow.



***FITNESSPRO™***



# MAXIMUM AMINO

## Supplement Facts

Serving Size: 2 Capsules

Servings per Container: 50

Amount per Serving	% DV*	
<b>Calories</b>	5 kcal	
Total Fat	0 g	0%
Saturated Fat	0 g	0%
<b>Cholesterol</b>	0 g	0%
<b>Total carbohydrate</b>	0 g	0%
Dietary Fiber	0 g	0%
Sugars	0 g	0%
<b>Protein</b>	1 g	1.8%
Alanine	38 g	**
Arginine	68 mg	**
Aspartic Acid	104 mg	**
Cystine	12 mg	**
Glutamic Acid	171 mg	**
Glycine	37 mg	**
Histidine	23 mg	**
Isoleucine	44 mg	**
Leucine	73 mg	**
Lysine	56 mg	**
Methionine	12 mg	**
Phenylalanine	47 mg	**
Proline	46 mg	**
Serine	47 mg	**
Threonine	35 mg	**
Tryptophan	12 mg	**
Tyrosine	35 mg	**
Valine	45 mg	**

\*Daily Value \*\*Daily Value not established

**Ingredients:** Soy Protein Isolate,  
White Rice Flour, Gelatin from  
Capsule, Magnesium Stearate.



This nutritional supplement is formulated with suitable amounts of essential amino acids, that are a good protein source. Giving you the balance adapted to the same amino acids already existing in the organism. It is recommended for people who work hard labor and to athletes, since the consumption of this product offers greater energy force, resistance, and aid to conserve the muscular tone. Acts in the prevention of ruptures to muscles during excessive days of exercise.





# BCAA

## Supplement Facts

Serving Size: 2 Capsules

Servings per Container: 50

Amount per Serving		% DV*
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L-Leucine	500 mg	**
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L-Isoleucine	320 mg	**
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L-Valine	440 mg	**
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\*Daily Value    \*\*Daily Value not Established.

**Other Ingredients:** Gelatin from Capsule, White Rice Flour, Magnesium Stearate.

Branched chain amino acids (BCAA) consists of three amino acids, Isoleucine, Leucine and Valine. The body uses these amino acids to promote healing of injured tissues, speed recovery and protects against catabolism (muscle tissue breakdown). BCAA account for one third of all the protein in muscle tissue, this makes them highly important in helping to build muscle and provide energy to muscle cells.

BCAA are particularly present in muscle tissue. They play critical roles relevant to exercise performance and the maintenance and growth of skeletal muscle tissues. BCAA furnish major sources of constituents for the biosynthesis of other amino acids, such as L-glutamine and L-alanine, which are important carbohydrate precursors and fuel for the gut.



## BCAA Benefits:

- Muscle Building.
- Prevents muscle loss.
- Important for protein synthesis.
- Isoleucine is needed in the formation of hemoglobin
- Leucine is necessary for wound recovery in skin and bones, helps protect muscle tissue.
- Valine aids in balancing nitrogen content in our bodies.

# L-ARGININE

## Supplement Facts

Serving Size: 2 Capsules

Servings per Container: 50

Amount per Serving	% DV*
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L-Arginine (as L-Arginine Hydrochloride)	1000 mg **
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\*Daily Value    \*\*Daily Value not Established.

**Other Ingredients:** White Rice Flour, Gelatin from Capsule, Magnesium Stearate.

L-Arginine is a protein amino acid that is present in all life forms on the earth. It is an essential amino acid that is needed for normal body function and healing.

L-arginine is used to make nitric oxide, a compound in the body that relaxes blood vessels. Preliminary studies have found that L-arginine may help with conditions that improve when blood vessels are relaxed (called vasodilation).

L-arginine can be used to improve and prevent the following conditions:

- Erectile dysfunction (Impotence).
- Congestive heart failure.
- Angina (Chest pain)
- Hypertension (High blood pressure).
- Intermittent claudication (leg pain associated with peripheral artery disease).



- The common cold
- Male and Female infertility
- Pre eclampsia in pregnancy
- Migraine headaches
- Interstitial cystitis (a painful bladder condition).



# BI-AMINO

## Supplement Facts

Serving Size: 2 Capsules

Servings per Container: 30

Amount per Serving	% DV*
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Chromium (as Chromium Picolinate)	6 mcg 5%
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L-Arginine (as L-Arginine Hydrochloride)	1000 mg **
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L-Ornithine (as L-Ornithine Hydrochloride)	500 mg **
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\*Daily Value \*\*Daily Value not Established.

**Other Ingredients:** Gelatin from Capsule, White Rice Flour, Magnesium Stearate.

The Combination of certain amino acids, such as L-Arginine and L-Ornithine, can stimulate the release of growth hormone when infused intravenously or administered orally. Some individuals ingest amino acids before strength training workouts, because this enhances exercise, induced growth hormone release, thereby promoting greater gains in muscle mass and strength.



Other benefits include the following:

Several supplement studies have shown that both amino acids promote growth hormone and insulin secretion with anabolic effects in postoperative patients. It also helps to improve results of strength training when combined with arginine, support healthy pituitary gland function, and burns fat.



# L-GLUTAMINE



## Supplement Facts

Serving Size: 2 Capsules

Servings per Container: 50

Amount per Serving	% DV*
L-Glutamine 1000 mg	**
*Daily Value **Daily Value not Established.	

**Other Ingredients:** White Rice Flour, Gelatin from Capsule, Magnesium Stearate.

L-GLUTAMINE is one of the most abundant amino acids found in the skeletal muscles. L-GLUTAMINE plays a pivotal role in the Nitrogen balance in the body. \*

Are you supplementing L-Glutamine ? If not, maybe you should consider it after reading the following benefits:

- is the most important component of muscle protein, and helps repair and build muscle.

- Research has shown Glutamine can help you produce growth hormone levels.
- A study has shown that 2 grams of L-Glutamine daily can increase growth hormones by over 400%.
- For bodybuilders, this is important since heavy workouts tend to greatly deplete Glutamine levels.
- Glutamine is a primary energy source for your immune system. Bet you didn't know that it can even cure ulcers! Studies have found that 1.6 grams of Glutamine a day had a 92% cure rate in 4 weeks.





# ENERGY PRO

## Supplement Facts

Serving Size: 2 Capsules

Servings per Container: 50

Amount per Serving		% DV*
Iron (Ferrous Fumarate)	25 mg	138%
Eleuthero Root	300 mg	**
Green Tea Leaves	200 mg	**
Korean Ginseng	100 mg	**
Yohimbe Bark	100 mg	**
Suma Root Powder	50 mg	**
Muira Puama Bark	50 mg	**
DHEA	20 mg	**

\*Daily Value \*\*Daily Value not Established.

**Other Ingredients:** White Rice Flour, Gelatin from Capsule, Magnesium Stearate.

Is a ground-breaking formula that energizes your body thus maximizing your performance, with the aim to motivate your life.

This explosive formula helps to maintain vitality, energy, concentration, memory, sexual balance, fight anemia, fatigue, nervous attacks, the lack of spirit, stress, helps metabolism using fats, circulation disorders, elimination of cholesterol, stimulates sexual desire, elevates the longevity and acts like an antioxidant. Ideal for people who feel tired fast and for those who want to increase their energy levels.



We have selected several of the best natural products that increase energy production such as DHEA, Siberian Ginseng, Muira Puama, Green Tea, Suma, and Iron.

# SUPER MULTI FOR MEN

## Supplement Facts

Serving Size: 1 Tablet

Servings per Container: 100

	Amount per Serving	% DV*
Vitamin A (50% as Betacarotene and 50% as Acetate)	10,000 IU	200%
Vitamin C (as Ascorbic Acid)	60 mg	100%
Vitamin D (as Cholecalciferol)	400 IU	100%
Vitamin E (as di-Alpha Tocopheryl Acetate)	30 IU	100%
Vitamin K (as Phytionadione)	80 mcg	100%
Vitamin B1 (as Thiamine Mononitrate)	25 mg	1666%
Vitamin B2 (as Riboflavin)	25 mg	1470%
Vitamin B3 (as Niacinamide)	25 mg	125%
Vitamin B6 (as Pyridoxine Hydrochloride)	25 mg	1250%
Folic Acid	400 mcg	100%
Vitamin B12 (as Cyanocobalamin)	30 mcg	500%
Biotin	300 mcg	100%
Pantothenic Acid (as D-Calcium Pantothenate)	25 mg	250%
Calcium (as Calcium Carbonate and Dicalcium Phosphate)	120 mg	12%
Iron (as Ferrous Fumarate)	9 mg	50%
Phosphorus (as Dicalcium Phosphate)	54.5 mg	5%
Iodine (as Potassium Iodine)	150 mcg	100%
Magnesium (as Magnesium Oxide)	25 mg	8%
Zinc (as Zinc Oxide)	15 mg	100%
Selenium (as A.A. Chelate)	70 mcg	100%
Copper (as Copper Gluconate)	2 mg	100%
Manganese (as Manganese Sulfate)	2 mg	100%
Chromium (as Chromium Picolinate)	120 mcg	100%
Molybdenum (as A.A. Chelate)	75 mcg	100%
Chloride (as Potassium Chloride)	12 mg	<1%
Potassium (as Potassium Chloride and Potassium Iodine)	13 mg	<1%
Alpha-Lipoic Acid	12.5 mg	**
Choline (as Choline Bitartrate)	5 mg	**
Inositol	5 mg	**
Silicon (as Silicon Dioxide)	2 mg	**
Boron (as A.A. Chelate)	1 mg	**
Lutein (as Lutein esters)	250 mcg	**
Lycopene	250 mcg	**
Male Herbal Blend (Saw Palmetto Extract, Maca Extract, Ginkgo Biloba Extract & Oyster Extract)	50 mg	**
Amino Acid Blend (Arginine, Histidine, Leucine, Isoleucine, Lysine, Methionine, Valine, Alanine, Taurine and Others)	25 mg	**
Fatty Acid Blend (Omega 3 as Linoleic, Omega 6 as Linoleic, Omega 9 as Oleic, Palmitic and Stearic)	25 mg	**
Digestive Aids Blend (Alfalfa, Psyllium Husk, Papaya Fruit and Lecithin)	20 mg	**
% Daily Value		** Daily Value not established

**Other Ingredients:** Microcrystalline Cellulose, Stearic Acid, Magnesium Stearate, Hypromellose, Sodium Croscarmellose, Titanium Dioxide, Triacetin, Talc, FD&C Blue #1 Lake, FD&C Blue #2 Lake.



Vitamins are essentials to life, and act as catalysts in vital body processes. Miss out on any of them, and you risk contracting diseases. Vitamins contribute to a good health by regulating metabolism, and helping processes, that release energy. Super Multi for men is a complete nutritional supplement that aids to fortify the organism and improves the blood circulation. It also increases energy, vitality and sexual desire.

# SUPER MULTI FOR WOMEN

## Supplement Facts

Serving Size: 1 Tablet  
Servings per Container: 100

	Amount per Serving	% DV*
Vitamin A (50% as Beta-carotene and 50% as Acetate)	10,000 IU	200%
Vitamin C (as Ascorbic Acid)	60 mg	100%
Vitamin D (as Cholecalciferol)	400 IU	100%
Vitamin E (as dl-Alpha Tocopheryl Acetate)	30 IU	100%
Vitamin K (as Phyttonadione)	80 mcg	100%
Vitamin B1 (as Thiamine Mononitrate)	25 mg	1666%
Vitamin B2 (as Riboflavin)	25 mg	1470%
Vitamin B3 (as Niacinamide)	25 mg	125%
Vitamin B6 (as Pyridoxine Hydrochloride)	25 mg	1250%
Folic Acid	800 mcg	200%
Vitamin B12 (as Cyanocobalamin)	30 mcg	500%
Biotin	300 mcg	100%
Panthenotic Acid (as D-Calcium Pantothenate)	25 mg	250%
Calcium (as Calcium Carbonate and Dicalcium Phosphate)	120 mg	12%
Iron (as Ferrous Fumarate)	9 mg	50%
Phosphorus (as Dicalcium Phosphate)	54.5 mg	5%
Iodine (as Potassium Iodine)	150 mcg	100%
Magnesium (as Magnesium Oxide)	25 mg	6%
Zinc (as Zinc Oxide)	15 mg	100%
Selenium (as A.A Chelate)	70 mcg	100%
Copper (as Copper Gluconate)	2 mg	100%
Manganese (as Manganese Sulfate)	2 mg	100%
Chromium (as Chromium Picolinate)	120 mcg	100%
Molybdenum (as A.A Chelate)	75 mcg	100%
Chloride (as Potassium Chloride)	12 mg	<1%
Potassium (as Potassium Chloride and Potassium Iodine)	13 mg	<1%
Alpha-Lipoic Acid	12.5 mg	**
Choline (as Choline Bitartrate)	5 mg	**
Inositol	5 mg	**
Silicon (as Silicon Dioxide)	2 mg	**
Boron (as A.A. Chelate)	1 mg	**
Lutein (as Lutein esters)	250 mcg	**
Lycopene	250 mcg	**
<b>Female Herbal Blend</b>	50 mg	**
(Damiana, Dong Quai, Rosemary and Gotu Kola)		
<b>Amino Acid Blend</b>	25 mg	**
(Arginine, Histidine, Leucine, Isoleucine, Lysine, Methionine, Valine, Alanine, Taurine and Others)		
<b>Fatty Acid Blend</b>	25 mg	**
(Omega 3 as Linoleic, Omega 6 as Linoleic, Omega 9 as Oleic, Palmitic and Stearic)		
<b>Digestive Aids Blend</b>	20 mg	**
(Alfalfa, Psyllium Husk, Papaya Fruit and Lecithin)		
*% Daily Value	** Daily Value not established	

**Other Ingredients:** Microcrystalline Cellulose,  
Stearic Acid, Magnesium Stearate, Hypromellose,  
Sodium Croscarmellose, Titanium Dioxide, Triacetin,  
Talc, FD&C Red #40 Lake, FD&C Yellow #6 Lake,  
FD&C Blue # 1 Lake.



Super Multi for Women has all the vitamins, minerals, amino acids, enzymes, antioxidants and energetics, essentials for life. It raises the immune system defenses, helping the growth and the blood circulation. In fact, this product is the most complete nutritional supplement designed for woman in the market today. All ingredients necessary for a complete nutrition and a healthy living are concentrated in a single daily dose.

# JOINT SUPPORT

## Supplement Facts

Serving Size: 3 Capsules

Servings per Container: 40

Amount per Serving		% DV*
Glucosamine Sulfate	1500 mg	**
Chondroitin Sulfate	750 mg	**
MSM (Methyl Sulfonyl Methane)	300 mg	**
Collagen	300 mg	**
*Daily Value    **Daily Value not Established.		

**Other Ingredients:** Gelatin from Capsule, White Rice Flour, Magnesium Stearate.

WARNING: Glucosamine may increase insulin resistance and consequently affect glucose tolerance. Those with type 2 diabetes and those who are overweight, have to have their blood sugars carefully monitored if they use GLUCOSAMINE SUPPLEMENTS. Because of insufficient safety data, children, pregnant women and nursing mothers should avoid using GLUCOSAMINE.

This new strength formula made with Glucosamine Sulfate, Chondroitin Sulfate, MSM (Methyl Sulfonyl Methane), and Collagen helps to protect joints and support post-workout recovery. Joint Support strengthen cartilage, maintain joint flexibility and comfort. It also protects against wear and tear from aging. Scientific studies indicate that Glucosamine provides improvement of the building blocks for supporting cartilage. chondroitin helps to maintain joint cartilage. MSM is an organic source of sulfur and synergistically enhances the benefits of Glucosamine and Chondroitin to support cartilage health.



Collagen is the main component of cartilage, ligaments, tendons and is the main protein in the formation of bones and teeth. It is found in all the support tissues of the body.







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