

SEWAR

SEWAR CATALOG

www.sewargroup.com

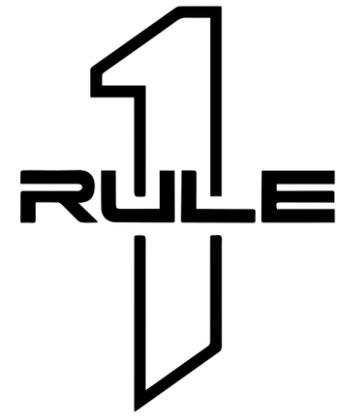




SEWAR

Since 2019, Sear Group has been Saudi Arabia's trusted leader in health and sports nutrition, delivering premium supplements and snacks from globally renowned brands to fuel active lifestyles and optimize performance. Our unique value lies in our SFDA expertise, robust logistics network, and curated portfolio, ensuring high-quality, compliant products for sports nutrition stores, pharmacies, supermarkets, gyms, and e-commerce platforms. Committed to forging strategic partnerships and expanding nationwide reach, Sear drives shared success by empowering healthier futures with exceptional service and market-leading solutions





Together in Success



Together in Success

1
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R1 Mass Gainer Chocolate Fudge

Supplement Facts

Serving Size About 2 Heaping Scoops (325g)

	Amount per Serving	% Daily Value
Calories	1260	
Total Fat	8g	10%*
Saturated Fat	4g	20%*
Cholesterol	160mg	53%
Total Carbohydrate	254g	92%*
Dietary Fiber	7g	25%*
Total Sugars	14g	**
Includes 10g Added Sugars		20%*
Protein	40g	80%*
Calcium	360mg	28%
Sodium	350mg	15%
Potassium	1240mg	26%
Creatine Monohydrate	1g	**

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

Nutrition facts may vary slightly depending on packaging.



Mass Gainer

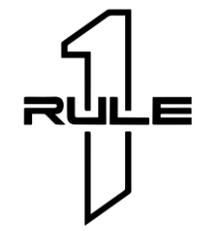
Bulk up the smart way not just the heavy way. Packed with premium whey protein, fast-absorbing carbs, and creatine to fuel recovery, spark energy, and help you grow real, quality muscle mass.

Supports muscle growth and recovery with **40g of high-quality whey protein**. Provides sustained energy and replenishes glycogen through **250g complex carbohydrates**. Enhances strength and performance with **1g creatine**. It also delivers **9g naturally occurring BCAAs** to boost protein synthesis and protect against muscle breakdown



MADE IN USA

Available Sizes:
5.73lb - 11.46lb



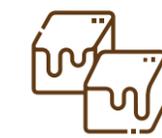
Chocolate peanut butter



Cookies Crème



Vanilla Crème



Chocolate fudge



Direction of use:
2 scoops + 20-24 oz of water or your favorite beverage.
Anytime

R1 Protein *Vanilla*

Nutrition Facts

Serving size About 1 Scoop (30g)

Amount per Serving
Calories 110

% Daily Value*

Total Fat 1g 1%

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 10mg 3%

Sodium 50mg 2%

Total Carbohydrate 1g <1%

Dietary Fiber 0g **0%**

Total Sugars 1g

Includes 0g Added Sugars **0%**

Protein 25g 50%

Vitamin D 0mcg 0%

Calcium 120mg 10%

Iron 0.3mg 2%

Potassium 150mg 4%

Nutrition facts may vary slightly depending on packaging.



Protein Isolate

Pure and complete ultra-pure whey isolate plus fast-absorbing hydrolyzed isolate designed to fuel your muscles quickly, support lean growth, and keep you feeling light.

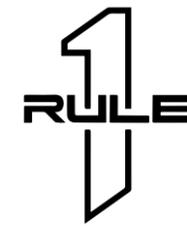
Designed for serious results, every scoop of R1 Protein Whey Isolate packs **25g** of high-quality protein and **6g** of muscle-supporting **BCAAs**, with minimal carbs and fat. It's clean, efficient fuel—no fillers, just the essentials to power your performance and recovery.



MADE IN USA

Available Sizes:

5lb - 0.99lb



Vanilla Crème



Chocolate peanut butter



Café mocha



Cookies & Crème



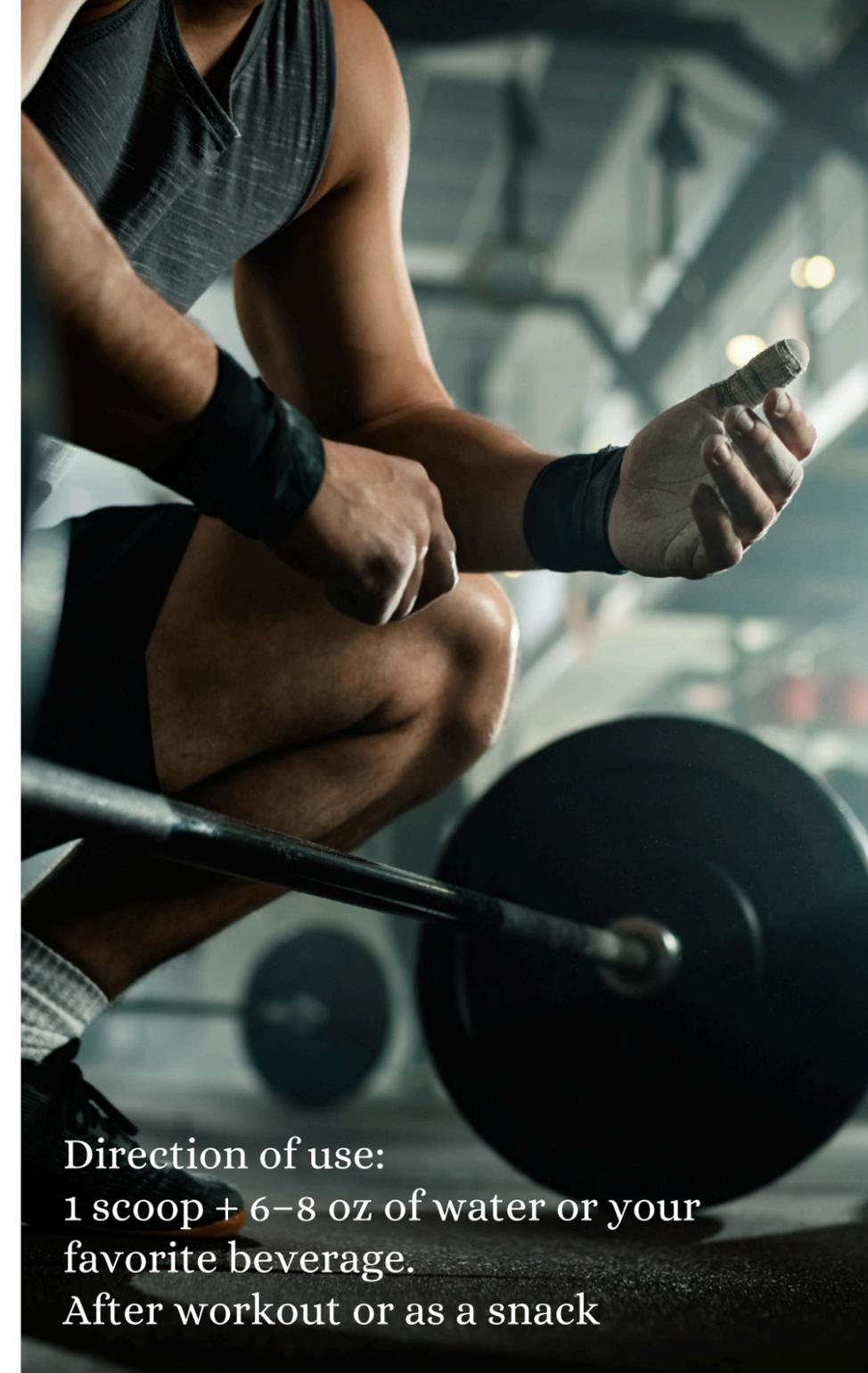
Chocolate



Frozen banana



Lightly salted caramel



Direction of use:

1 scoop + 6–8 oz of water or your favorite beverage.

After workout or as a snack

Whey Blend *Chocolate Fudge*

Nutrition Facts

Serving size About 1 Scoop (35g)

Amount per Serving
Calories 130

% Daily Value*

Total Fat 2.5g **3%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 80mg **27%**

Sodium 120mg **5%**

Total Carbohydrate 4g **1%**

Dietary Fiber 1g **4%**

Total Sugars 1g

Includes 0g Added Sugars **0%**

Protein 24g **48%**

Vitamin D 0mcg 0%

Calcium 170mg 15%

Iron 1mg 6%

Potassium 250mg 6%

Nutrition facts may vary slightly depending on packaging.



WHEY BLEND

Fuel your grind with a powerful whey blend that mixes smoothly and tastes amazing. Level up every scoop and every rep with bold flavors designed for performance

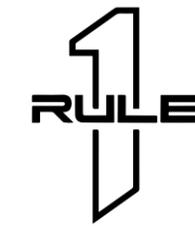
This advanced protein formula delivers **24g of high-quality whey protein** and **5g BCAAs**, offering a powerful blend for muscle growth, recovery, and performance. The combination of **concentrated, isolated, and partially hydrolyzed whey** ensures rapid absorption and sustained amino acid delivery, helping to fuel lean muscle development and reduce post-workout fatigue.



MADE IN USA

Available Sizes:

5lb - 1lb



Cookies & Crème



Vanilla Crème



Chocolate fudge



Chocolate peanut butter



Lightly salted caramel



Direction of use:
1 scoop + 6–8 oz of water or your favorite beverage.
Post-workout

R1 Plant Protein *Chocolate*

Nutrition Facts

20 servings per container

Serving size About 1 Scoop (33.5g)

Amount per Serving

Calories **130**

% Daily Value*

Total Fat 3g **4%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 310mg **13%**

Total Carbohydrate 3g **1%**

Dietary Fiber 1g **4%**

Total Sugars 0g

Includes 0g Added Sugars **0%**

Protein 20g **33%**

Vitamin D 0mcg 0%

Calcium 20mg 2%

Iron 2mg 10%

Potassium 160mg 4%

Nutrition facts may vary slightly depending on packaging.



PLANT PROTEIN

Go plant-powered with a smooth blend from four premium vegan sources perfect for clean, delicious, animal-free fuel.

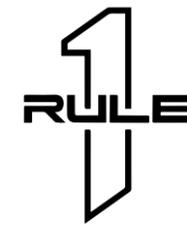
Plant Protein is a clean, plant-based option for those seeking high-quality protein without artificial additives. **Featuring a unique blend of multiple plant sources (pea, sunflower seed, pumpkin seed, and watermelon seed)** with a **20g of protein**. It provides **all nine essential amino acids** your body needs. Naturally flavored and sweetened with stevia leaf extract, it's free from artificial colors and perfectly suited for a healthy lifestyle.



MADE IN USA

Available Sizes:

1.37lb

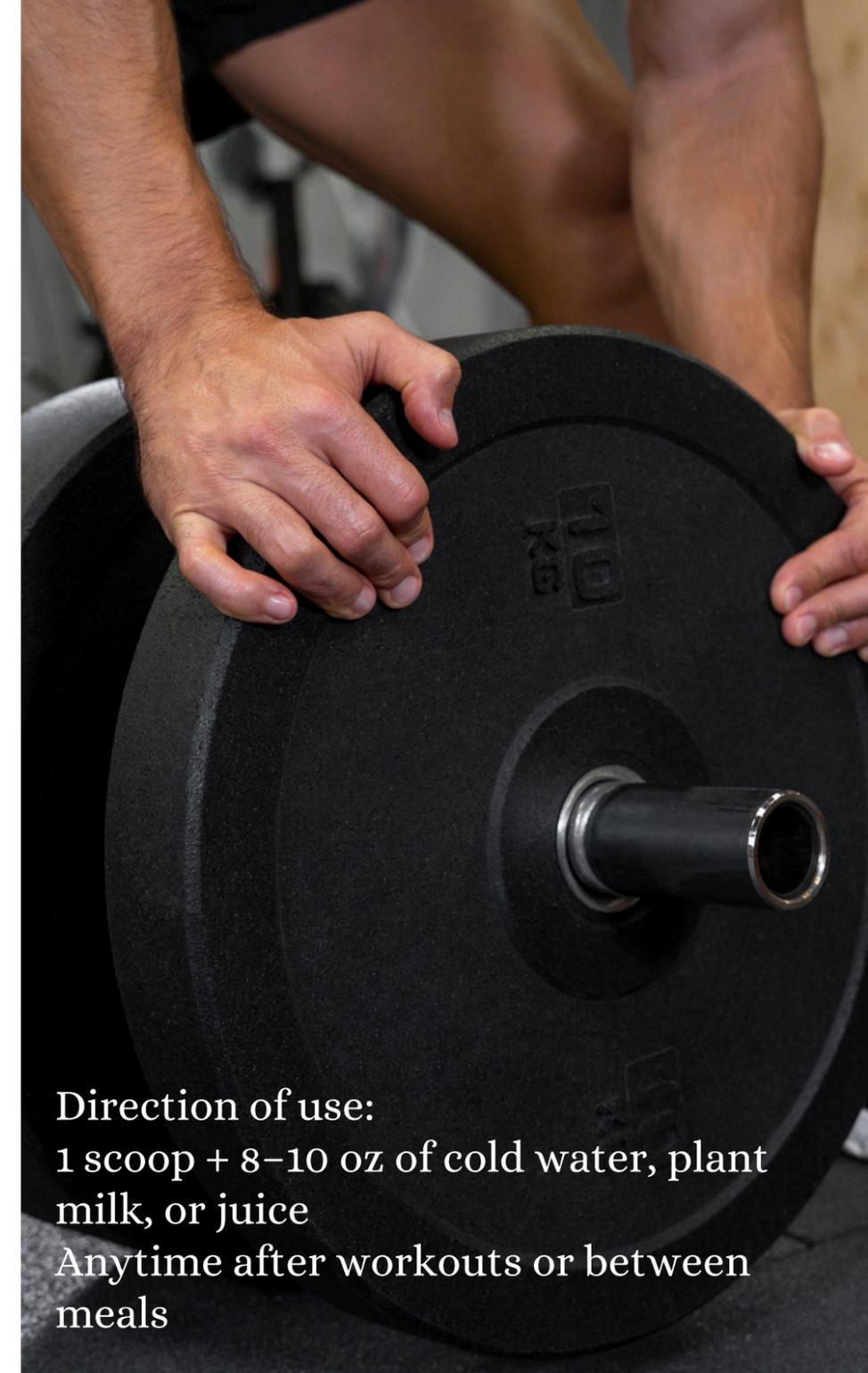


Vanilla Crème



Chocolate fudge

Direction of use:
1 scoop + 8–10 oz of cold water, plant milk, or juice
Anytime after workouts or between meals



R1 Casein *Chocolate Fudge*

Nutrition Facts

Serving Size 1 Scoop (34g)

Amount per Serving
Calories 120

% Daily Value*

Total Fat 1g **1%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 15mg **5%**

Sodium 260mg **11%**

Total Carbohydrate 3g **1%**

Dietary Fiber 1g **4%**

Total Sugars <1g

Includes 0g Added Sugars **0%**

Protein 25g **50%**

Vitamin D 0mcg 0% • Calcium 630mg 50%

Iron 1mg 6% • Potassium 260mg 6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Nutrition facts may vary slightly depending on packaging.



CASEIN PROTEIN

Give your body the lasting support it deserves—even during rest.

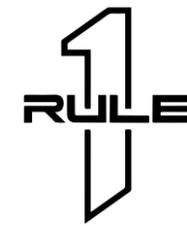
Support overnight recovery and prolonged satiety with **25 g of micellar casein protein**—a slow-digesting source that steadily releases **11 g of essential amino acids**. Its gradual absorption helps maintain a positive nitrogen balance and promotes sustained muscle protein synthesis, making it ideal for extended fasting periods or nighttime nutritional support.



MADE IN USA

Available Sizes:

4.01lb



Vanilla ice Crème



Cookies and Crème



strawberry and Crème



Chocolate Fudge



Direction of use:
1 scoop + 10–12 oz of cold water, milk, or your favorite beverage.
Nighttime to assist muscle recovery.
Diet plans especially (Intermittent fasting)

R1 Collagen Peach Mango

Supplement Facts

Serving Size About 1 Scoop (12.5g)

Amount Per Serving		% Daily Value
Calories	45	
Total Carbohydrate	1g	<1%*
Dietary Fiber	1g	4%*
Protein	9g	
Vitamin C (as Ascorbic Acid)	90mg	100%
Sodium	90mg	4%
Hydrolyzed Collagen (from Bovine Hide)	10g	†
Hyaluronic Acid (from Sodium Hyaluronate)	80mg	†

Nutrition facts may vary slightly depending on packaging.



Collagen Peptide

Nourish your natural beauty and well-being with every scoop. Designed to care for your skin, hair, nails, and joints.

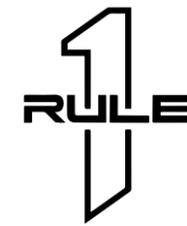
Rule1 Collagen Peptides offers **10g of hydrolyzed bovine collagen** to support skin elasticity, joint health, and overall structural integrity. Enhanced with **90 mg of vitamin C**, it promotes natural collagen synthesis and provides antioxidant protection, while **80 mg of hyaluronic acid** helps maintain skin hydration and joint lubrication. With **9g protein** this formula fits seamlessly into a wide range of dietary lifestyles, making it an ideal choice for those seeking beauty-from-within and functional wellness support.



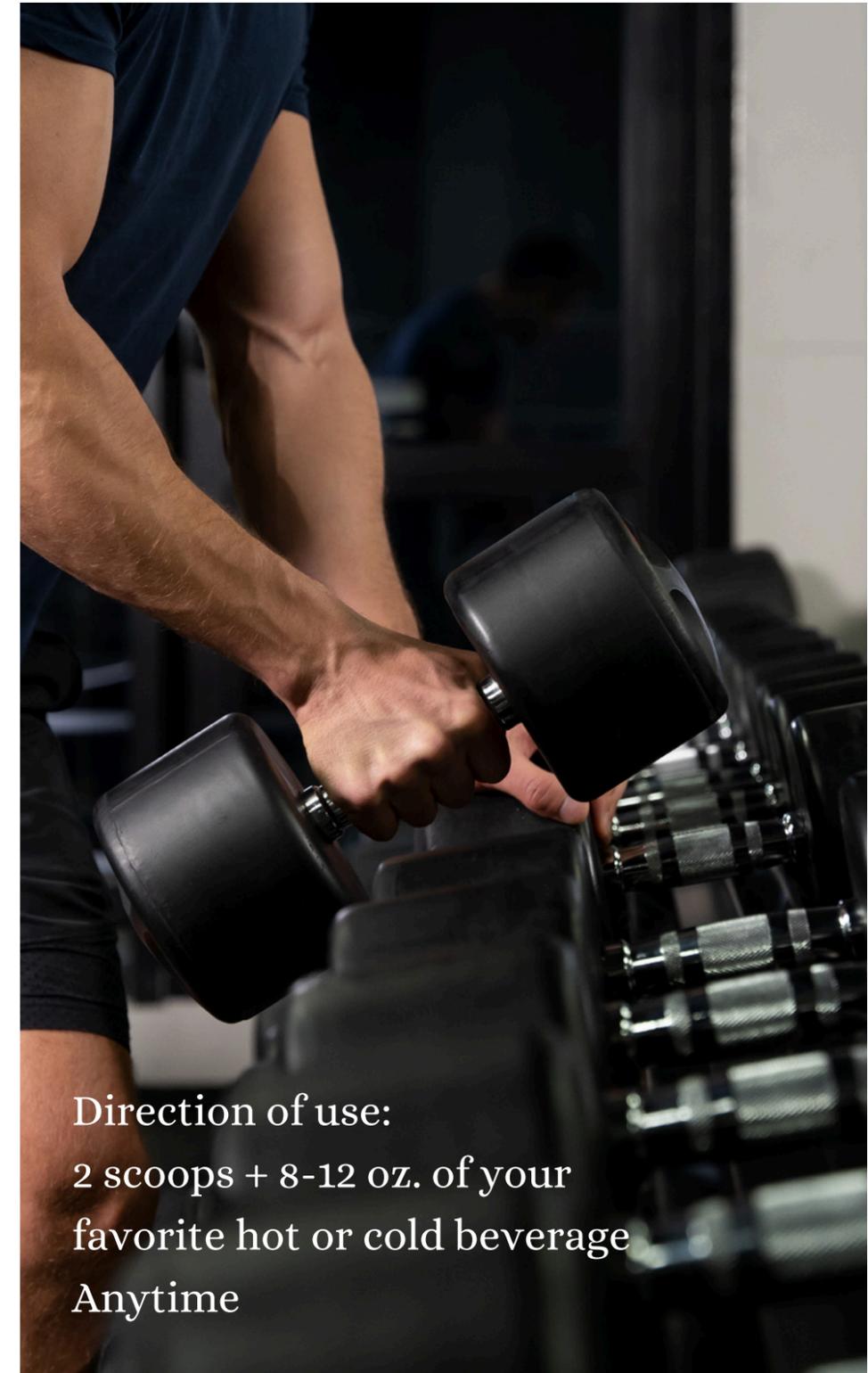
MADE IN USA

Available Sizes:

5kg



Peach mango



Direction of use:

2 scoops + 8-12 oz. of your favorite hot or cold beverage

Anytime

R1 CERATINE

Supplement Facts

Serving Size – 1 Scoop (5g)
Servings Per Container 75

Amount Per Serving	1 Scoop	%Daily Value*
Creatine Monohydrate	5g	†

*Percent Daily Values are based on a 2000 calorie diet.
†Daily Value not established.



CERATINE

Boost your workouts lift heavier, train harder, and recover faster! Pure, unflavored creatine monohydrate to power every rep and maximize your gains.

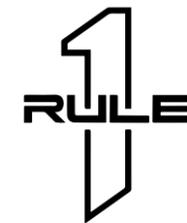
Pure **5g** Creatine monohydrate is designed to help support high-intensity training and lean mass building. The finer particles also help keep the creatine suspended longer for easier consumption.



MADE IN USA

Available Sizes:

390g



UNFLAVORED



Direction of use:
1 scoop + 6–12 oz. of your preferred cold drink—shake, juice after workouts and with meals

R1 Fruits & Greens Mixed Berry

Supplement Facts

Serving Size 1 Scoop (6.5g)

Amount per Serving	% Daily Value*	
Calories	15	
Total Carbohydrate	4g	1%*
Dietary Fiber	2g	7%
Total Sugars	2g	†
Protein	1g	
Vitamin A	210mcg	23%
Calcium	35mg	3%
Sodium	15mg	1%
Fruits & Greens Blend	4.25g	†
(Apple Powder, Cranberry Powder, Wild Blueberry Powder, Kale Powder, Beet Powder, Carrot Powder, Broccoli Powder, Spinach Powder, Sweet Potato Powder, Cauliflower Powder, Raspberry Powder, Cucumber Powder, Pomegranate Powder)		
Energizing Blend	150mg	†
(Green Coffee Bean Extract, Tea Leaf Extract, Guarana Seed Extract, Yerba Mate Leaf Extract)		

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

†Daily Value not established.

Other Ingredients: Natural Flavors, Citric Acid, Malic Acid, Inulin, Stevia Leaf Extract, Beet Root (color), Silicon Dioxide, Calcium Silicate, Monk Fruit Extract.

Nutrition facts may vary slightly depending on packaging.



Fruits and Greens

Supercharge your day with a vibrant blend of fruits, veggies. Naturally flavored and sweetened with stevia, it's the tasty, effortless way to boost your nutrition and antioxidant intake.

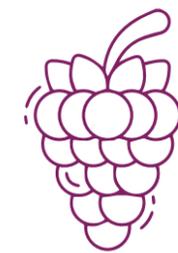
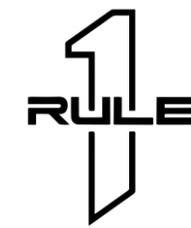
Fruits & Greens provides **4g** of a phytonutrient-rich blend, **2g** of fiber, and **850mg** of inulin to support digestion and gut health. With added **vitamins A and C** plus **digestive enzymes**, it boosts immunity and nutrient absorption—all without artificial flavors, stimulants, or added sugars.



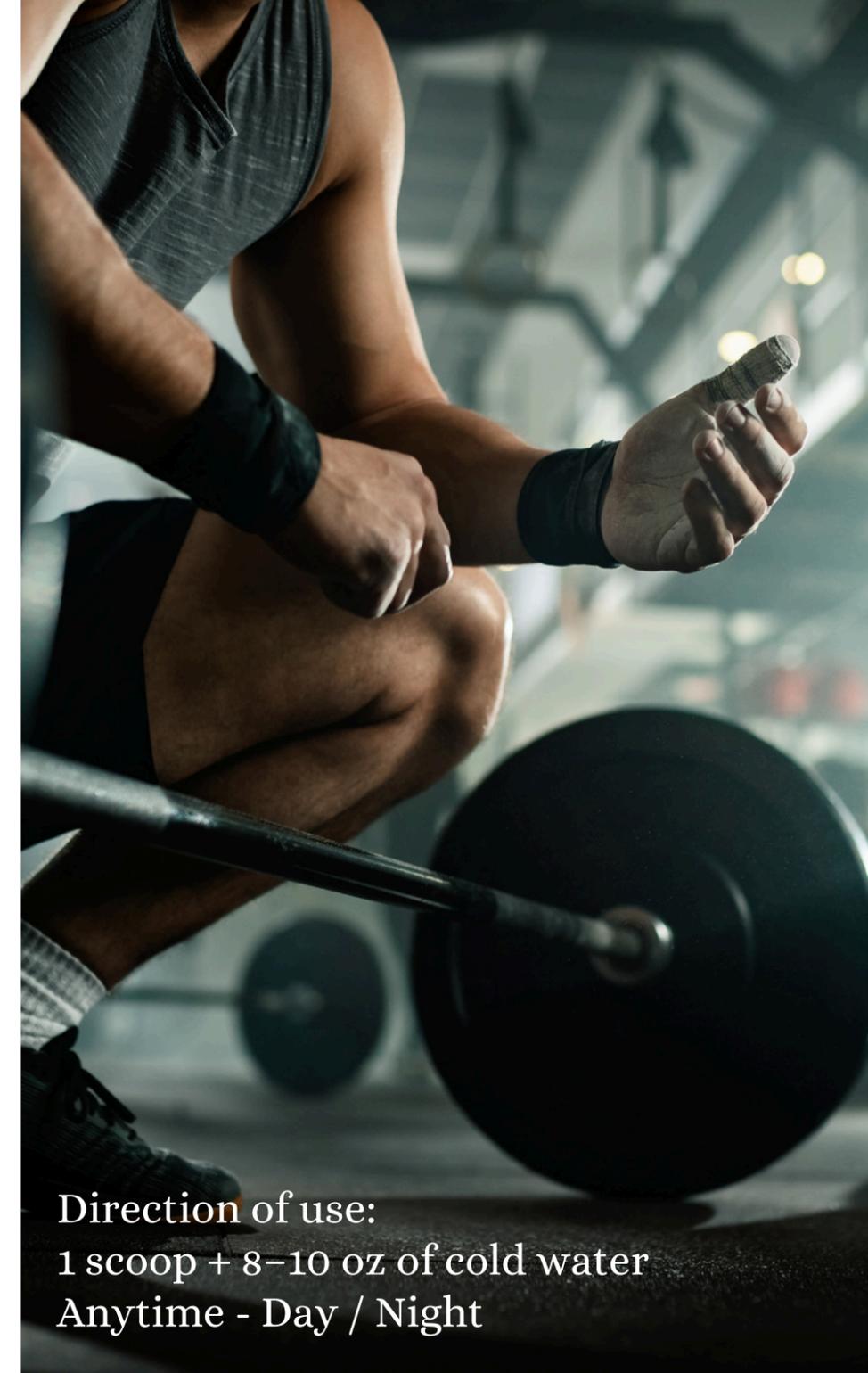
MADE IN USA

Available Sizes:

195g



Mixed berries



Direction of use:

1 scoop + 8-10 oz of cold water
Anytime - Day / Night

EAA9 Blue Razz Lemonade

Supplement Facts

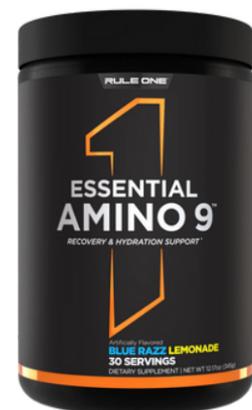
Serving Size About 1 Scoop (11.5g)

Amount Per Serving		% Daily Value
Calories	35	
Total Carbohydrate	1g	<1%*
Chloride	460mg	20%
Sodium	160mg	7%
L-Leucine	2.5g	†
L-Isoleucine	1.25g	†
L-Valine	1.25g	†
Lysine Hydrochloride	900mg	†
L-Threonine	850mg	†
R1 Electrolyte Blend (Sodium Chloride, Potassium Chloride, Magnesium Oxide)	500mg	†
L-Phenylalanine	450mg	†
L-Methionine	150mg	†
L-Histidine	100mg	†
L-Tryptophan	50mg	†

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

†Daily Value not established.

Nutrition facts may vary slightly depending on packaging.



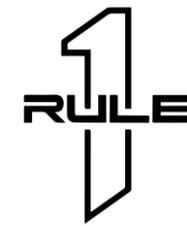
ESSENTIAL AMINO 9

Fuel muscle recovery and stay hydrated with essential amino acids plus electrolytes all without stimulants. Pure support to keep you performing at your best, every session.

Essential Amino 9 is a transparent formula designed to deliver **7.5 grams of essential amino acids (EAAs)**, including **5 grams of branched-chain amino acids (BCAAs)**, along with a **500 mg electrolyte** blend to support muscle recovery and hydration—all without the use of stimulants.



MADE IN USA



Rainbow candy



Grape



Mango



Blue Razz lemonade



Sour watermelon

Available Sizes:

345g

Direction of use:

1 scoop + 8–12 oz of cold water
Before / After Workout







GOLD OMEGA- 3



OLIMP Labs' Gold Omega 3 delivers premium EPA and DHA plus vitamin E for powerful support to your heart, brain, and overall wellness. Boost your daily health with pure, trusted Omega-3

Formulated with Omega-3 fatty acids, including **1000mg fish oil**, **330mg EPA** and **220mg DHA**, this supplement supports cardiovascular, cognitive, and visual function. Enhanced with **12mg vitamin E** to help protect cells from oxidative stress, each odorless, soft-gel capsule ensures efficient delivery without the common fishy aftertaste.



MADE IN POLAND

Available Sizes:

120 Capsules

Direction of use:
1 Capsule daily



GOLD Omega 3

Supplement Facts

Serving Size: 1 capsule
Servings Per Container: 60

	Amount Per Serving	% Daily Value
Calories	10	
Total fat	1 g	1%*
Polyunsaturated Fat	0.5 g	†
Vitamin E (as d-alpha-tocopherol)	12 mg	80%
Fish Oil	1000 mg	†
Omega-3 Fatty Acids:		
Eicosapentaenoic Acid (EPA)	330 mg	†
Docosahexaenoic Acid (DHA)	220 mg	†
Other Omega-3 Fatty Acids	100 mg	†

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

† Daily Value not established.

Carbonox Pineapple

Supplement Facts		
Serving Size: 50 g		
Servings Per Container: 20		
	Amount Per 100 g	Per Serving (50 g)
Calories	1592.5 kJ / 381 kcal	794.2 kJ / 190 kcal
Protein	0 g	0 g
Carbohydrates	95 g	47.5 g
of which sugars	25 g	12.5 g
Fat	< 0.1 g	0 g
of which saturated fatty acids	0 g	0 g
Fiber	0 g	0 g
Sodium	< 0.1 g	0 g
L-arginine HCl	1 g	500 mg
Vitamins		
Vit. C	32 mg	16 mg (20%*)
Niacin	6.4 mg	3.2 mg (20%*)
Vit. E	4.8 mg	2.4 mg (20%*)
Pantothenic acid	2.4 mg	1.2 mg (20%*)
Vit. B6	0.6 mg	0.3 mg (20%*)
Vit. B2	0.6 mg	0.3 mg (20%*)
Vit. B1	0.4 mg	0.2 mg (20%*)
Biotin	20 µg	10 µg (20%*)
Vit. A	320 µg	160 µg (20%*)
Folic acid	80 µg	40 µg (20%*)
Vit. D	2 µg	1 µg (20%*)
Vit. B12	1 µg	0.5 µg (20%*)
Minerals		
Calcium	175 mg	87.5 mg (11%*)
Magnesium	80 mg	40 mg (11%*)
Iron	12 mg	6 mg (43%*)
Manganese	2 mg	1 mg (50%*)
Iodine	75 µg	37.5 µg (25%*)
Chromium	75 µg	37.5 µg (94%*)
Molybdenum	7.5 µg	3.7 µg (7.5%*)
Selenium	7.5 µg	3.7 µg (6.8%*)

Nutrition facts may vary slightly depending on packaging.



INSTANT CARBONOX

Boost energy and speed up muscle recovery after your toughest workouts. The perfect powder to recharge and keep you moving stronger, longer.

A composition of **47.5g carbohydrate complex (maltodextrins, glucose and isomaltulose)** with differentiated particle size, enriched with a complex of minerals, vitamins and **500mg L-arginine**. L-arginine is an amino acid, which plays role in creating active biological nutrients such as nitric oxide (NO).



MADE IN POLAND



watermelon



pineapple



Orange



Blue Raspberry



lemon



Cherry cola

Natural

Available Sizes:

3.5kg - 1kg

Direction of use:

1 scoop + 100 ml of water

2-3 scoops a day

30 min before training

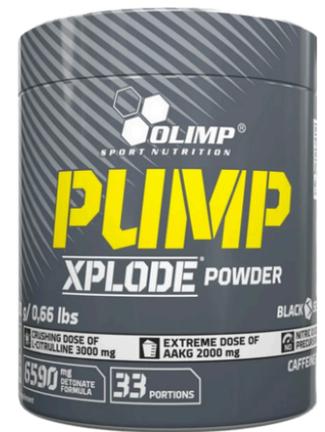
Not suitable for diabetics

Pump Explode Cola

Nutrition information	1 portion (9 g)
L-citrulline	3000 mg
L-arginine alpha-ketoglutarate	2000 mg
of which L-arginine	1300 mg
Beta-alanine	1000 mg
Sodium citrate	566 mg
of which sodium	133 mg
Niacin (mg NE)	16 mg (100%*)
Black pepper extract (<i>Piper nigrum</i> L.)	5 mg
of which piperine (95%)	4,75 mg
Vitamin B6	1,4 mg (100%*)
Thiamin (vit. B1)	1,1 mg (100%*)
Vitamin B12	2,5 µg (100%*)

*NRVs – nutrient reference values.

Nutrition facts may vary slightly depending on packaging.



PUMP XPLODE

Ignite your energy, crush fatigue, and boost your metabolism for unstoppable performance. Power through every workout and recover faster with every explosive scoop.

A pre-workout blend combines **3000mg of L-citrulline** and **1300mg of L-arginine** to boost nitric oxide production and enhance blood flow for better pumps and endurance. With **800mg of beta-alanine** to buffer fatigue, plus energizing **B vitamins, niacin, and black pepper extract** for improved absorption, it delivers sustained intensity and performance.



Cola



Direction of use:
2 ½ scoops+ 250 ml water.
30 min before training



MADE IN POLAND

Available Sizes:
0.66lb

Pure Whey Isolate 95 Vanilla

Supplement Facts

Serving Size: Approx. 1 Scoop (36.1g)
Servings Per Container: 30

	Amount per Serving	%DV*
Calories	136	**
Total Fat	2g	3%*
Saturated Fat	<1g	2%*
Trans Fat	0g	**
Cholesterol	2mg	1%*
Total Carbohydrate	3.5g	1%*
Dietary Fiber	<1g	2%*
Total Sugars	2g	**
Includes 0g of Added Sugars		0%*
Protein	26g	**
Vitamin D	0mcg	0%
Calcium	121.7mg	9%
Iron	0mg	0%
Sodium (as Sodium Chloride)	98mg	4%
Potassium	157.8mg	3%
Velositol® (Amylopectin/Chromium Complex)	2000mg	**

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

Nutrition facts may vary slightly depending on packaging.



PURE WHEY ISOLATE 95

Designed to fuel muscle growth and support maintenance. Fast-absorbing and ultra-pure, perfect for maximizing your gains and recovery anytime.

provides **26.1g** of premium whey protein isolate and **5.9g** of BCAAs to support lean muscle growth, faster recovery, and reduced fatigue.

Enriched with essential vitamins, it also promotes energy metabolism and overall wellness



MADE IN POLAND

Available Sizes:

5lb - 1.2lb



Strawberries



vanilla



Chocolate



Direction of use:

1-3 portions to 115 ml water

Daily - upon awakening, between meals, after training, or before sleep

WHEY PROTEIN COMPLEX Banana flavor

Supplement Facts

Serving size: 1 scoop (35 g)
Servings per container: About 64

	Amount Per Serving	% Daily Value
Calories	130	
Total Fat	2 g	2%*
Saturated Fat	1 g	5%*
Cholesterol	70 mg	23%
Total Carbohydrate	4 g	1%*
Dietary Fiber	1 g	3%*
Total Sugars	2 g	**
Protein	26 g	52%*
Calcium	133 mg	10%
Iron	1 mg	8%
Sodium	170 mg	7%
Potassium	264 mg	6%

Nutrition facts may vary slightly depending on packaging.



WHEY PROTEIN COMPLEX

A premium blend of ultrafiltrate whey concentrate and isolate designed to fuel muscle growth and support recovery. Whey Protein Complex delivers quality protein for lean gains and lasting performance

Whey Protein Complex delivers **26g of 100% high-quality protein from both concentrate and isolate forms**, supporting muscle growth and maintenance with varied digestion rates for sustained amino acid release. Fortified with essential minerals like calcium, sodium, and potassium, it also helps maintain hydration, muscle function, and overall metabolic balance.



MADE IN POLAND

Available Sizes:

5lb - 35g



Cookies Caramel



vanilla



Double Chocolate



Cookies cream

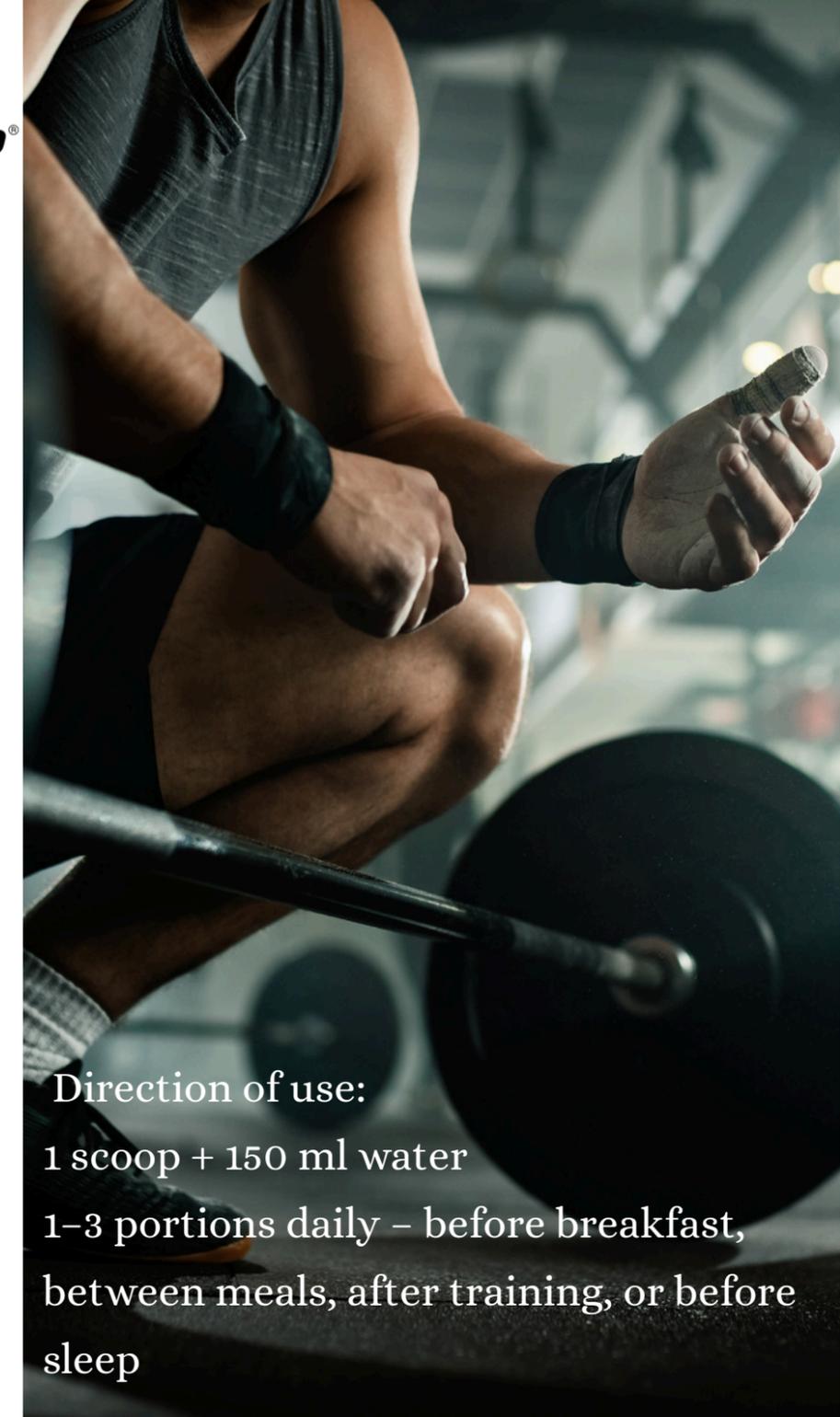


Chocolate

Direction of use:

1 scoop + 150 ml water

1-3 portions daily – before breakfast,
between meals, after training, or before
sleep



CREATINE MONOHYDRATE

SUPPLEMENT FACTS

Nutrition declaration	Per portion (3,4 g)
Energy	52 kJ/ 12 kcal
Fat	0 g
of which Saturates	0 g
Carbohydrates	0 g
of which Sugars	0 g
Protein	0 g
Salt	0 g
Creatine monohydrate	3,4 g
of which Creatine	3,0 mg

Nutrition facts may vary slightly depending on packaging.



CREATINE MONOHYDRATE

Boost your power and performance in intense, high-impact workouts.

With a **3.4g of creatine monohydrate** for boosting strength, power, and endurance during high-intensity training. It helps replenish cellular energy (ATP), allowing you to push harder, recover faster, and build lean muscle more efficiently. Trusted by athletes, creatine is a proven ally for peak performance.



MADE IN POLAND



UNFLAVORED

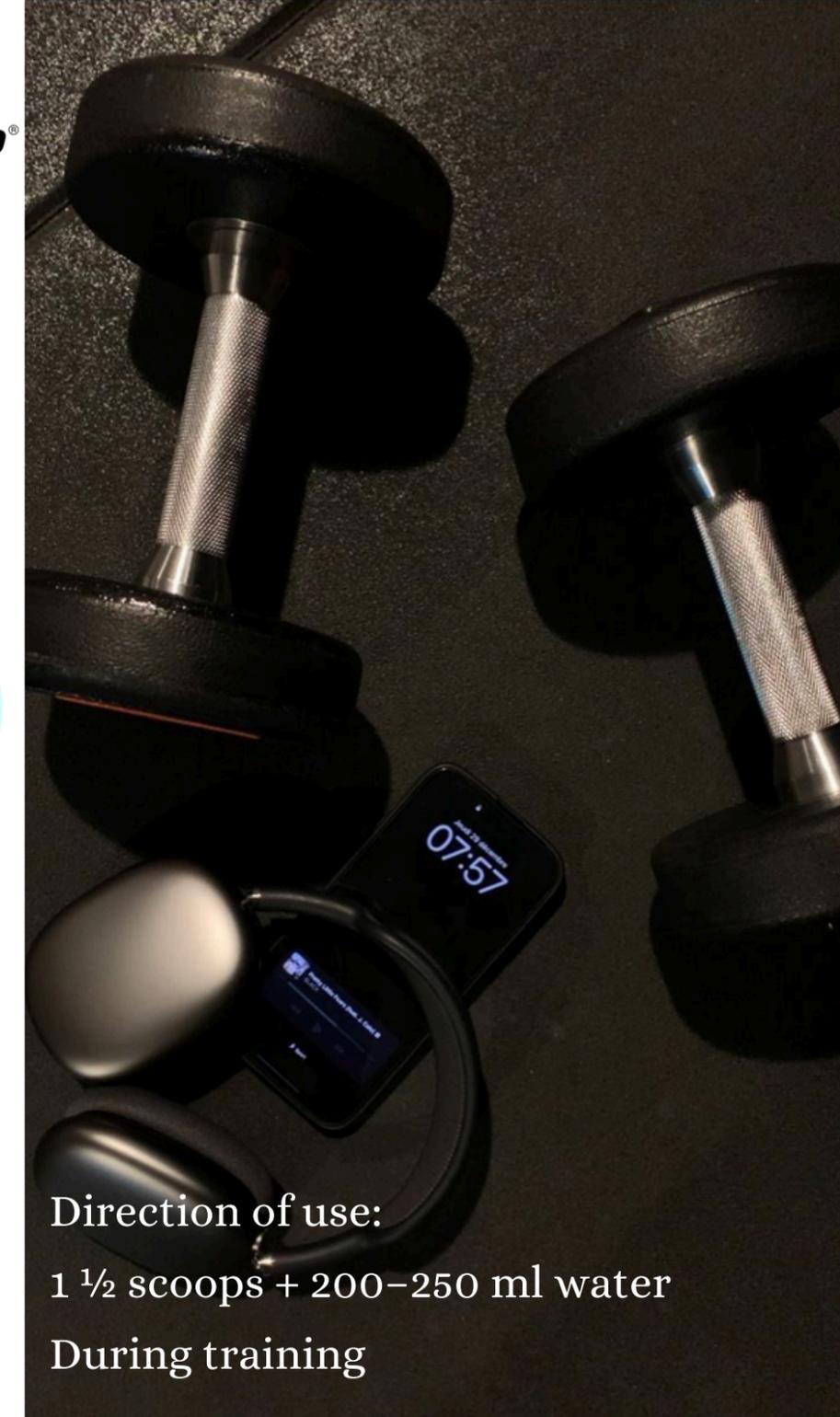
Available Sizes:

250g - 550g

Direction of use:

1 ½ scoops + 200–250 ml water

During training

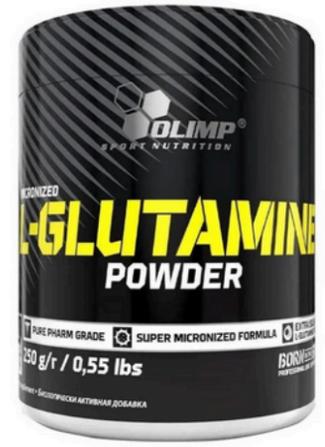




L-GLUTAMINE POWDER

Ingredients	100 g	1 portion (4g = 1 ½ merice)
Energy value	1699 kJ/ 406 kcal	68 kJ/ 16 kcal
Fat	0 g	0 g
Protein	0 g	0 g
Carbohydrates	0 g	0 g
L-glutamine	100 g	4 g

Nutrition facts may vary slightly depending on packaging.



L-GLUTAMINE POWDER

Elevate your recovery and unlock peak performance.

The product contains excellent quality, highly micronised **4g L-Glutamine** powder, a key amino acid that supports muscle recovery, immune health, and gut integrity. Ideal for athletes and active individuals, it helps reduce post-workout soreness, promotes faster healing, and strengthens the digestive lining for overall wellness.

UNFLAVORED



MADE IN POLAND

Available Sizes:
250g

Direction of use:
1 ½ scoops + 100 ml water
2-3 times daily – before breakfast, after training & before sleep



PROTEIN SHOT



Power up anytime with a high-protein liquid boost in a convenient ampoule.

20g Protein Shot is a mixture of high-quality **hydrolyzed whey protein and type I collagen**. This Advanced Hydrolyzed Whey Protein and Collagen to Support Muscle Maintenance, Recovery, and Joint and Skin Health



Orange



MADE IN POLAND

Available Sizes:

60ml / ampule

Box of 9 ampules

Direction of use:

1 ampoule (1 to 3 daily)

On empty stomach, between meals, or before and after training

Protein Shot Orange

SUPPLEMENT FACTS

Nutrition declaration	Per portion (60 ml -
Energy	345 kJ/ 82 kcal
Fat	0 g
of which Saturates	0 g
Carbohydrates	1,3 g
of which Sugars	1,2 g
Protein	20 g
Salt	0,42 g

Nutrition facts may vary slightly depending on packaging.



R-WEILER SHOT



The legendary pre-workout shot that crushes fatigue and ignites energy. Boost your focus and muscle gains with powerful support in every ampoule.

This fast-acting performance formula combines **1600mg of beta-alanine** to buffer fatigue, **193mg of caffeine** for heightened energy and focus, **667mg of taurine** to support endurance and hydration, and **2.8mg of cayenne pepper extract** for thermogenic boost —delivering the stamina, intensity, and mental sharpness athletes need to train harder and last longer.



Cola

Available Sizes:

60ml / ampule

Box of 9 ampules



MADE IN POLAND

Direction of use:
20 ml (1/3 of the ampoule), about 30 minutes before training.

R-WELER Shot Cola

SUPPLEMENT FACTS

Nutrition declaration	Per portion
Beta-alanine	1600 mg
Taurine	667 mg
Caffeine	193 mg
Choline bitartrate	100 mg
of which Choline	40 mg
Cayenne pepper extract	2,8 mg
of which Capsaicin	0,22 mg

Nutrition facts may vary slightly depending on packaging.



L-CARNITINE 3000 EXTREME SHOT

Fuel fat burning and boost energy with orange-flavored liquid L-Carnitine shot. Convenient ampoules, perfectly sweetened for a quick, effective boost anytime.



Orange

1500mg L-carnitine in liquid form and additional with **1.4mg vitamin B6** that contributes to normal protein and glycogen metabolism as well as to normal energy-yielding metabolism.



MADE IN POLAND

Available Sizes:

25ml / ampule

Box of 20 ampules

Direction of use:

1/2 ampoule two times a day
30 min before meal

L-Carnitine Shot Orange

Olimp Nutrition
L-Carnitine 3000 Extreme Shot

Nutrition Facts

Serving Size: 12.5 ml.

Servings Per Container: 40

	Amount Per Serving	%RI*
L-Carnitine	1500 mg	0%
Vit. B6	1.4 mg	0%

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

Nutrition facts may vary slightly depending on packaging.



PROSUPPS

Hydro BCAA Blue Raspberry

Supplement Facts

Serving Size: 1 Scoop (14.0g)
Servings Per Container: 30

	Amount Per Serving	%DV
Calories	0	
Total Carbohydrate	0g	0%
Total Sugars	0g	
Includes 0g Added Sugars		
Sodium (as Sodium Citrate)	50mg	2%
Potassium (as Potassium Chloride)	100mg	2%
2:1:1 BCAA Matrix	7g	
L-Leucine	3.5g	*
L-Isoleucine	1.75g	*
L-Valine	1.75g	*
Full-Spectrum EAA Matrix	3g	
L-Lysine, L-Threonine, L-Phenylalanine, L-Methionine, L-Histidine, L-Tryptophan		*

* Daily Value not Established.

Nutrition facts may vary slightly depending on packaging.



HYDRO BCAA

Hydrate, repair, and power through every workout with clean, effective support.

Fuel your body with **10g of essential amino acids** and **7g of BCAAs** in a clinically backed **2:1:1 ratio**—designed to optimize protein synthesis, preserve lean muscle, and support energy during intense training. With **150mg of electrolytes** for hydration and endurance, this formula keeps you performing at your peak.



MADE IN USA

Available Sizes:

414g



Blackberry lemonade



Watermelon



Blue Raspberry



Mango



Grape

Direction of use:
1 scoop + 8–10 oz cold water
Before, during, or after training



HYDRO BCAA + EAA

Active Ingredients

Daily dose 13 g
Servings per container 32

	In 1 daily dose	NRV*%
L-Leucine	3000 mg	-
L-Lysine	1600 mg	-
L-Isoleucine	1500 mg	-
L-Valine	1500 mg	-
L-Threonine	300 mg	-
L-Phenylalanine	300 mg	-
L-Histidine	100 mg	-
L-Methionine	100 mg	-
L-Tryptophan	75 mg	-

*NRV: Nutrient Reference Value for adults per saving.

Nutrition facts may vary slightly depending on packaging.



HYDRO EAA

Support your muscles from start to finish. Enhance endurance, speed up recovery, and help your body build and preserve strength with every session.

This advanced amino acid blend delivers **3000mg of L-leucine** alongside a full spectrum of **EAA's and BCAAs** to fuel intra-workout performance and accelerate post-workout recovery. With key aminos like **lysine, isoleucine, valine, and tryptophan**, it supports cellular energy, muscle repair, and protein synthesis while helping prevent muscle breakdown and maintain glycogen stores—essential for endurance, strength, and lean muscle preservation.



MADE IN USA



Green Apple



Blue Raspberry

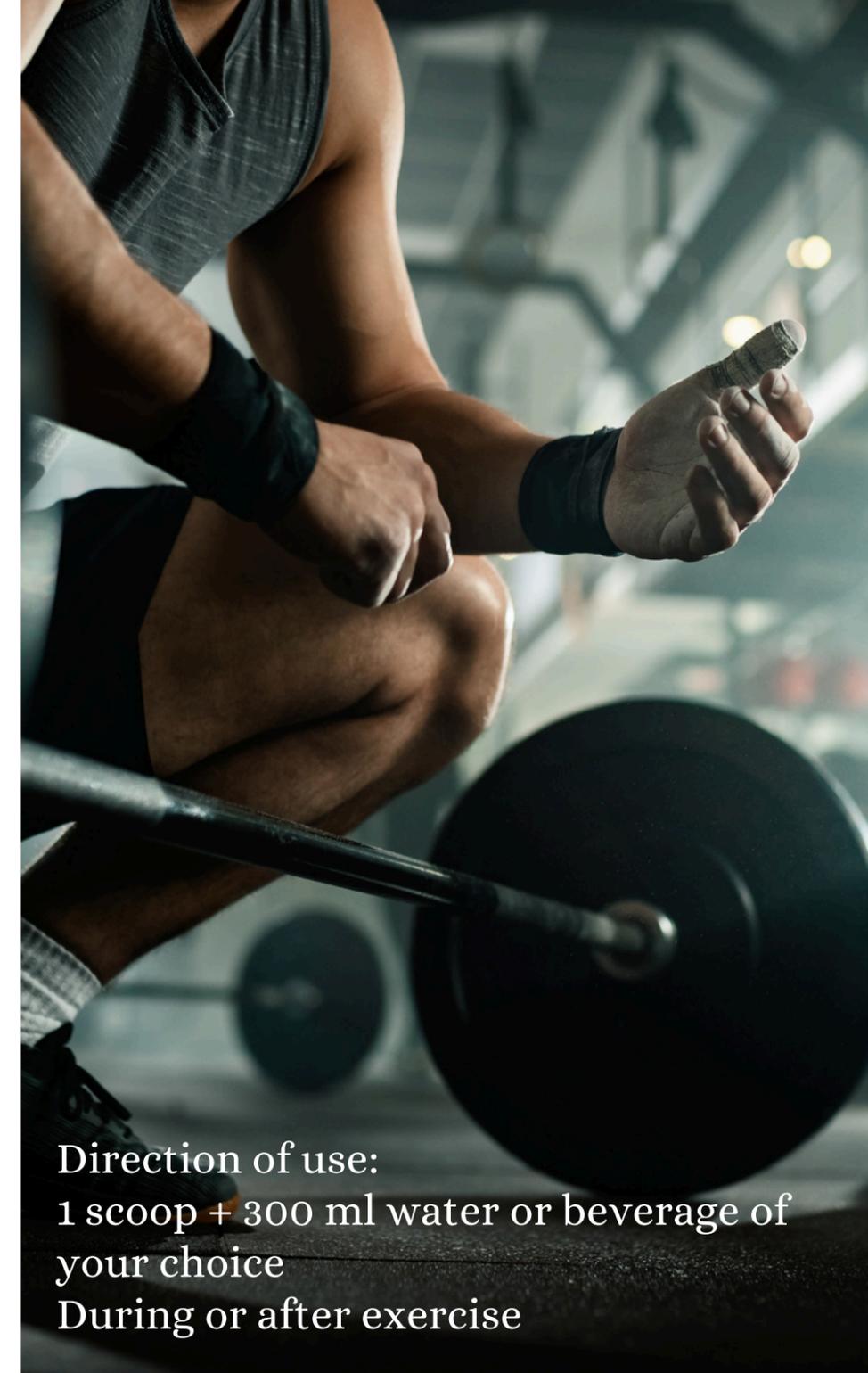


Mango

Available Sizes:

420g

Direction of use:
1 scoop + 300 ml water or beverage of your choice
During or after exercise



Hyde Extreme Blue Raspberry

Supplement Facts

Serving Size: 1 Scoop (7.0g)
Servings Per Container: 30

	Amount Per Serving	%DV
Niacin	25mg	156%
Strength Matrix†	3.75g	
Beta Alanine	2.5g	*
Arginine Silicate Inositol (Nitrosigine®)	500mg	*
L-Citrulline Aspartate	500mg	*
Creatine HCl	250mg	*
Intensity Matrix†	653mg	
Choline Bitartrate	500mg	*
L-Theanine	50mg	*
N-Acetyl Tyrosine	50mg	*
Theacrine (as TeaCrine®)	25mg	*
Gamma-aminobutyric Acid (GABA)	25mg	*
Pausinystalia Yohimbe Bark Extract (Standardized for 8% Yohimbe)	3mg	*
Caffeine Matrix†‡	420mg	
Caffeine Anhydrous	300mg	*
Di-Caffeine Malate	70mg	*
Caffeine Citric Acid Blend	50mg	*
Citric Acid		

Nutrition facts may vary slightly depending on packaging.



HYDE XTREME

Unleash explosive energy and razor-sharp focus with intense pre-workout formula. Push past limits, crush every set, and elevate your training to the next level.

Hyde Extreme is designed for high-intensity performance, delivering **420mg of caffeine anhydrous** for explosive energy and laser-sharp focus. With **2.5g beta-alanine** to delay fatigue, **500mg each of arginine silicate inositol and L-citrulline** to boost nitric oxide and blood flow, and **250mg creatine HCL** for enhanced strength, it fuels peak power output. Added **choline, N-acetyl tyrosine, and GABA** support cognitive clarity and mental drive, making this formula a complete pre-workout powerhouse.



MADE IN USA



Watermelon Ruch



Blue Raspberry



Pixie dust

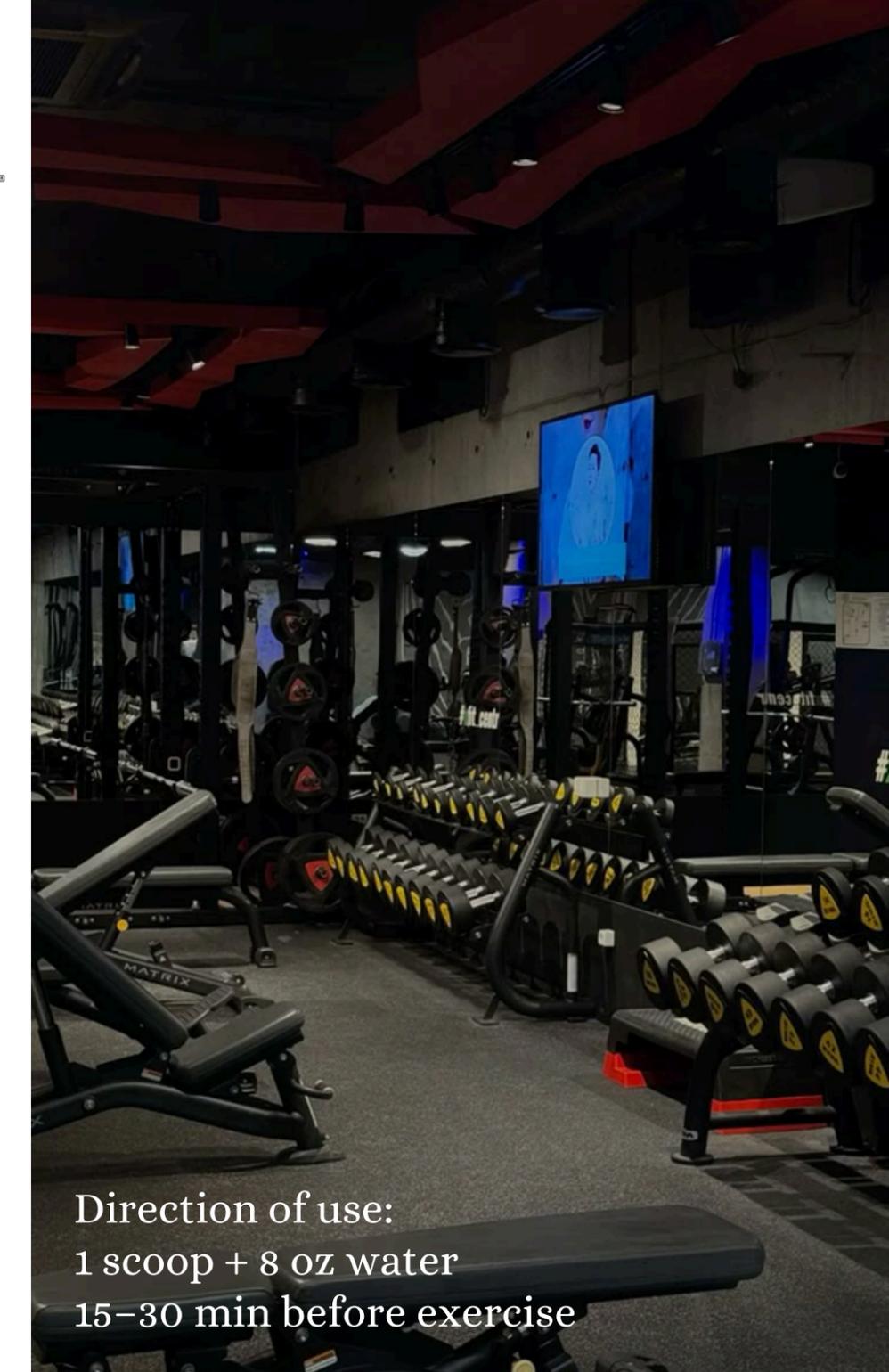
Available Sizes:

195g

Direction of use:

1 scoop + 8 oz water

15-30 min before exercise



Hyde Nightmare Blood Berry

Supplement Facts

Serving Size: 1 Scoop (13.56g)
 Servings Per Container: 30

	Amount Per Serving	%DV
Sodium (from Himalayan Rock Salt)	80mg	3%
Vaso-Endure Matrix	9,200mg	
L-Citrulline	6,000mg	*
Beta-Alanine	3,200mg	*
Mental Resilience Intensifier	450mg	
Acetyl L-Carnitine HCl	250mg	*
Alpha-GPC (Alpha-Glycerol Phosphoryl Choline)	100mg	*
L-Theanine	100mg	*
3-FEINE Stim Matrix	300mg	
Natural Caffeine (from <i>Camellia sinensis</i> Extract)	125mg	*
Caffeine Anhydrous	100mg	*
Natural Caffeine (from <i>Coffea arabica</i> Extract)	75mg	*
Hydration & Replenishment Matrix	250mg	
Himalayan Rock Salt (Providing Electrolytes, Trace Minerals & Elements)	250mg	*

*Daily Value not established.

Nutrition facts may vary slightly depending on packaging.



HYDE NIGHTMARE

Experience next-level intensity and unstoppable focus with hardcore pre-workout. Crush fatigue and dominate every training session like never before.

Built for elite performance, this high-stimulant pre-workout delivers **300mg of caffeine** for explosive energy and mental focus, **3200mg of beta-alanine** to delay fatigue, and **6000mg of L-citrulline** to maximize blood flow and muscle pumps. With **250mg of Himalayan rock salt** for essential electrolytes, it's the ultimate formula for athletes pushing through extreme physical and mental stress.



MADE IN USA

Available Sizes:

405.8g



Blood Berry



Black and Blueberry Lemonade



Direction of use:

1 scoop + 6-8 oz water
 Pre-workout

Mr. Hyde Signature Mixed Berry

Active Ingredients

Daily dose 10 g
Servings per container 30

	In daily dose	NRV**%
L-Citrulline	4000 mg	-
Beta Alanine	2000 mg	-
L-Tyrosine	1000 mg	-
Himalayan Pink salt	200 mg	-
Caffeine anhydrous	200 mg	-
Betaine	100 mg	-
Vitamin B3	50 mg	312,5%
Total Caffeine	200 mg	-

*NRV%: Nutrient Reference Value for adults per serving.

Nutrition facts may vary slightly depending on packaging.



MR. HYDE SIGNATURE

Begin your training with sustained energy, heightened concentration, and the stamina to exceed physical boundaries.

This high-performance formula delivers **200mg of caffeine** for sustained energy and focus, **4000mg of L-citrulline** to boost nitric oxide and blood flow, and **2000mg of beta-alanine** to delay fatigue and enhance endurance. With **1000mg of L-tyrosine** to tackle excessive energy outburst, **100mg of betaine** for strength support, and **50mg of vitamin B3** to aid energy metabolism, it's built to power you through physically and mentally demanding workouts. Enhanced with **200mg of Himalayan pink salt**, it also helps support hydration and electrolyte balance for optimal performance.



MADE IN HUNGARY



Green Apple



Blue Raspberry



Mixed Berry

Available Sizes:

300g

Direction of use:
1 scoop + 300 ml water or beverage
of choice
30 min before training



DR. JEKYLL SIGNATURE

Supplement Facts

Serving Size: 1 Scoop (9.4 g)
Servings Per Container: 30

	Amount Per Serving	%DV	RI%***
Calories	17		0.9%
Total Carbohydrate	0.9 g	<1%*	0.3%
Calcium	0 mg	**	
Sodium (as Salt)	20 mg	1%	0.3%
Beta Alanine	3200 mg	**	
Creatine Monohydrate	1500 mg	**	
-of which Creatine	1320 mg	**	
L-Choline Bitartrate	1000 mg	**	
L-Tyrosine	1000 mg	**	
KSM-66® Ashwagandha Root Extract (5% withanolides)(root)	125 mg	**	
Ginseng (Panax ginseng ca meyer) (root) 4:1 Extract	50 mg	**	
Cayenne Pepper (Capsicum Annuum) (fruit) 8:1 Extract	50 mg	**	
Bioperine® Black Pepper (Piper nigrum) (fruits) 50:1 Extract	5 mg	**	

*Percent Daily Values are based on a 2,000 calorie diet.
 **Daily Value not established.
 ***RI%: Reference intake for an average adult per serving (8400 kJ/2000 kcal)
 ****NRV%: Dietary reference intakes for adults per serving

Nutrition facts may vary slightly depending on packaging.



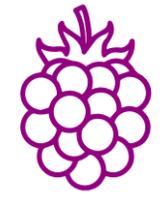
DR. JEKYLL SIGNATURE

Elevate every workout with a formula designed to sharpen focus, boost strength, enhance stamina, and optimize your body's natural performance. Experience training on a whole new level.

This all-in-one pre-workout formula is designed to elevate every aspect of performance—combining **1500mg creatine monohydrate** for strength and power, **3200mg beta-alanine** to delay fatigue, and **1000mg of L-tyrosine** to tackle excessive energy outburst with **1100mg choline** for enhanced cognitive focus. **Adaptogenic** support from **ashwagandha and ginseng** helps manage stress, while **cayenne pepper and black pepper extracts** boost thermogenesis and nutrient absorption. It's a complete solution for athletes seeking peak endurance, mental clarity, and physical intensity.



MADE IN HUNGARY



Blue Raspberry



Mixed Berry

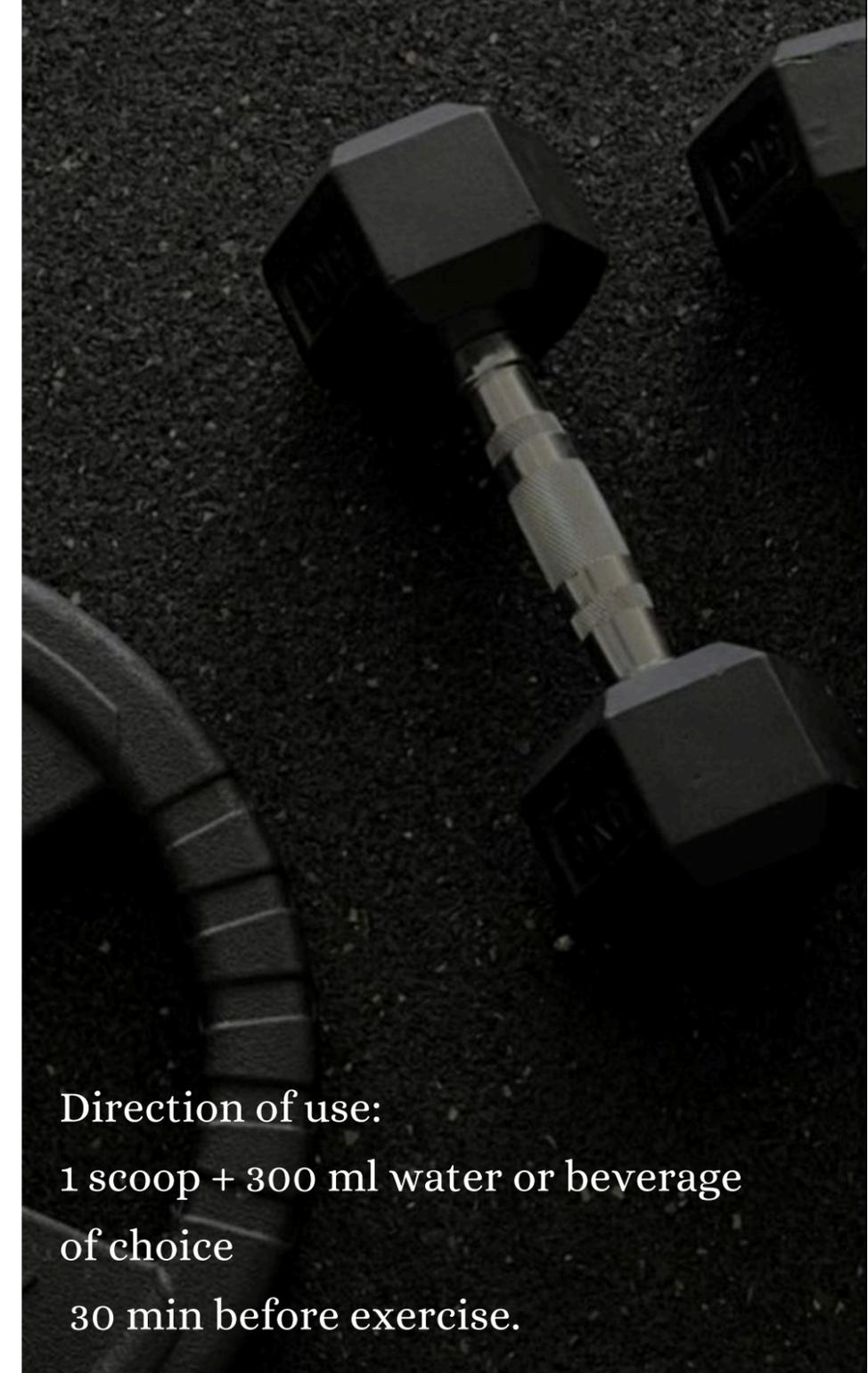
Available Sizes:

282g

Direction of use:

1 scoop + 300 ml water or beverage of choice

30 min before exercise.



L-Carnitine 3000 Shot Blue Razz

Supplement Facts

Serving Size: 1 Tablespoon (15mL)
Servings Per Container: 31

	Amount Per Serving	%Daily Value
Calories	0	
Total Carbohydrate	0g	0%*
Total Sugars	0g	**
Includes 0g Added Sugars		0%*
Pantothenic Acid	10mg	200%
L-Carnitine	3000mg	**

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

** Daily Value not established

Nutrition facts may vary slightly depending on packaging.



L - CARNITINE 3000 SHOT

Ignite fat burning and boost energy fast with convenient, tasty, and ready to fuel your active lifestyle anytime, anywhere.

A formula contains **3000mg L-Carnitine** and **10mg Pantothenic Acid** to promote thermogenesis, boost natural energy production, energize metabolism, and deliver fast absorption for efficient performance support.



MADE IN USA

Available Sizes:

437 ml



Berry



Green Apple



Blue razz

Direction of use:
One tbsp daily
One tbsp = 15 ml





GLUTAMINE

Fuel your body's repair process so you can train harder and bounce back faster.

Glutamine is responsible for playing a major role in nitrogen transportation and muscle tissue maintenance. Glutamine also acts as a primary fuel source to help naturally boost the cells of immune and digestive system. Supplementing with **5g L-Glutamine** allows your muscles to fight and push a bit further, boosting your strength and helping repair your skeletal muscles

UNFLAVORED

Available Sizes:

300 g



MADE IN POLAND

GLUTAMINE 300

NUTRITIONAL INFORMATION (Approx.)

Serving Size: 1 Scoop (5g)
Servings Per Container: 60 Approx.

	Amount Per 100g	Amount Per Serving	*%RDA Per Serving
Energy	0 Kcal	0 Kcal	0%
Protein	0 g	0 g	0%
Total Carbohydrate	0 g	0 g	**
Total Sugar	0 g	0 g	**
Added Sugar	0 g	0 g	0%
Fat	0 g	0 g	0%
Sodium ¹	0 mg	0 mg	0%
L-Glutamine ¹	100 g	5 g	**

Nutrition facts may vary slightly depending on packaging.

Direction of use:
1 scoop with your favorite beverage
Post - workout





Creatine Monohydrate

Fuel your intense workouts and speed up recovery for maximum gains.

3000mg pure Creatine Monohydrate — designed to increase strength and power output, enhance training performance, and support muscle growth and recovery. Fast-absorbing and clinically backed for results you can feel, rep after rep.

UNFLAVORED



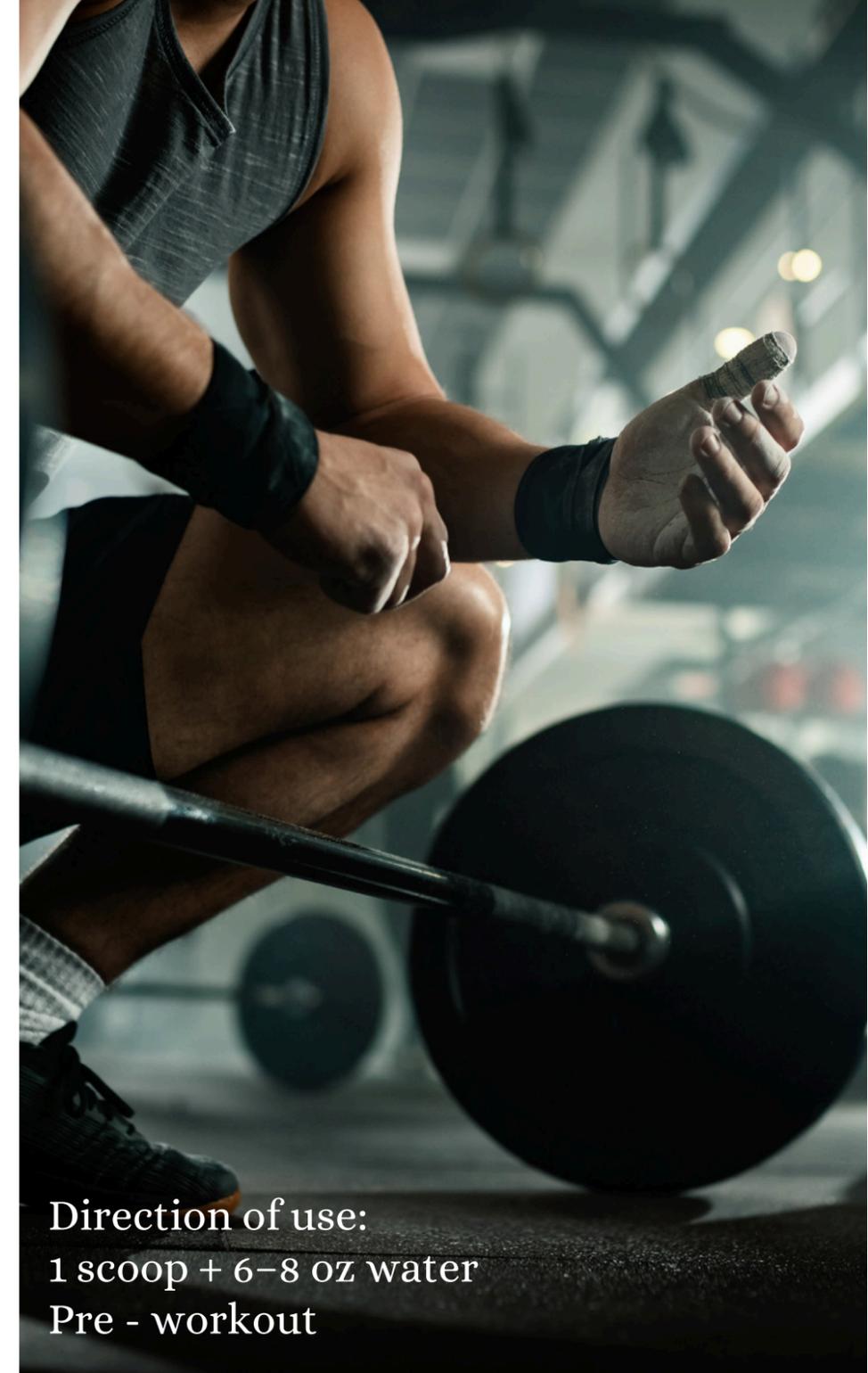
MADE IN POLAND

Available Sizes:

300g

Direction of use:

1 scoop + 6-8 oz water
Pre - workout



Creatine Monohydrate

Active Ingredients

Daily Dose: 3,41 g

Servings per container: 87

	In 1 Daily Dose	NRV*%
Creatine Monohydrate	3410 mg	-
-of which Creatine	3000 mg	-

*NRV: Nutrient Reference Value for adults per serving.

Ingredients: Creatine Monohydrate

Nutrition facts may vary slightly depending on packaging.

JNX
SPORTS®





THE SHADOW

Unleash relentless energy and focus with this potent pre-workout formula. Step into the zone, crush your limits, and own every workout session.

This high-impact formula combines **350mg of caffeine** for sharp energy and focus, **2000mg of L-citrulline** to enhance blood flow and pumps, and **2000mg of beta-alanine** to delay fatigue and boost endurance. With **1000mg taurine** for hydration, **600mg betaine anhydrous** for power output, and **750mg L-leucine** to stimulate protein synthesis and muscle repair, it's built to fuel peak performance from start to finish.



Green Apple



Blue Razz



Fruit punch



MADE IN USA

Available Sizes:

270g

Direction of use:
1 scoop + 200-300 ml of cold water
15-30 min before exercise

The Shadow Blue Razz

Supplement Facts

Serving size: 1 scoop

Amount Per Serving	%Daily Value
Vitamin B6 (as Pyridoxine Hydrochloride) 0.5mg	29%
Folate 425mcg DFE (255mcg Folic Acid)	106%
Vitamin B12 (as Methylcobalamin) 8mcg	333%
Muscle Power Matrix 3750mg	†
Beta-Alanine 2000mg, Taurine 1000mg, L-Leucine 750mg	
Muscle Pump Fusion 2600mg	†
L-Citrulline 2000mg, Betaine Anhydrous 600mg	
Mental Focus Mind Lock 855mg	†
L-Tyrosine 500mg, Caffeine Anhydrous 350mg, Olive Leaf Extract (<i>Olea europaea</i>) (40% Oleuropein) 5mg	

Nutrition facts may vary slightly depending on packaging.



THE RIPPER

Power through every workout with energy, focus, and endurance you can feel.

This dynamic formula blends **1106mg of taurine, acetyl L-carnitine, and plant-based extracts** to support clean energy, hydration, and antioxidant defense, while promoting fat metabolism and balanced blood sugar. With **2051mg of beta-alanine, caffeine, and guarana** for endurance and mental focus, plus essential micronutrients like **vitamin C, B12, chromium, and pantothenic acid**, it fuels immunity, mood, and overall metabolic health.



MADE IN USA

Available Sizes:

150g



Peach Mango



Blue Razz



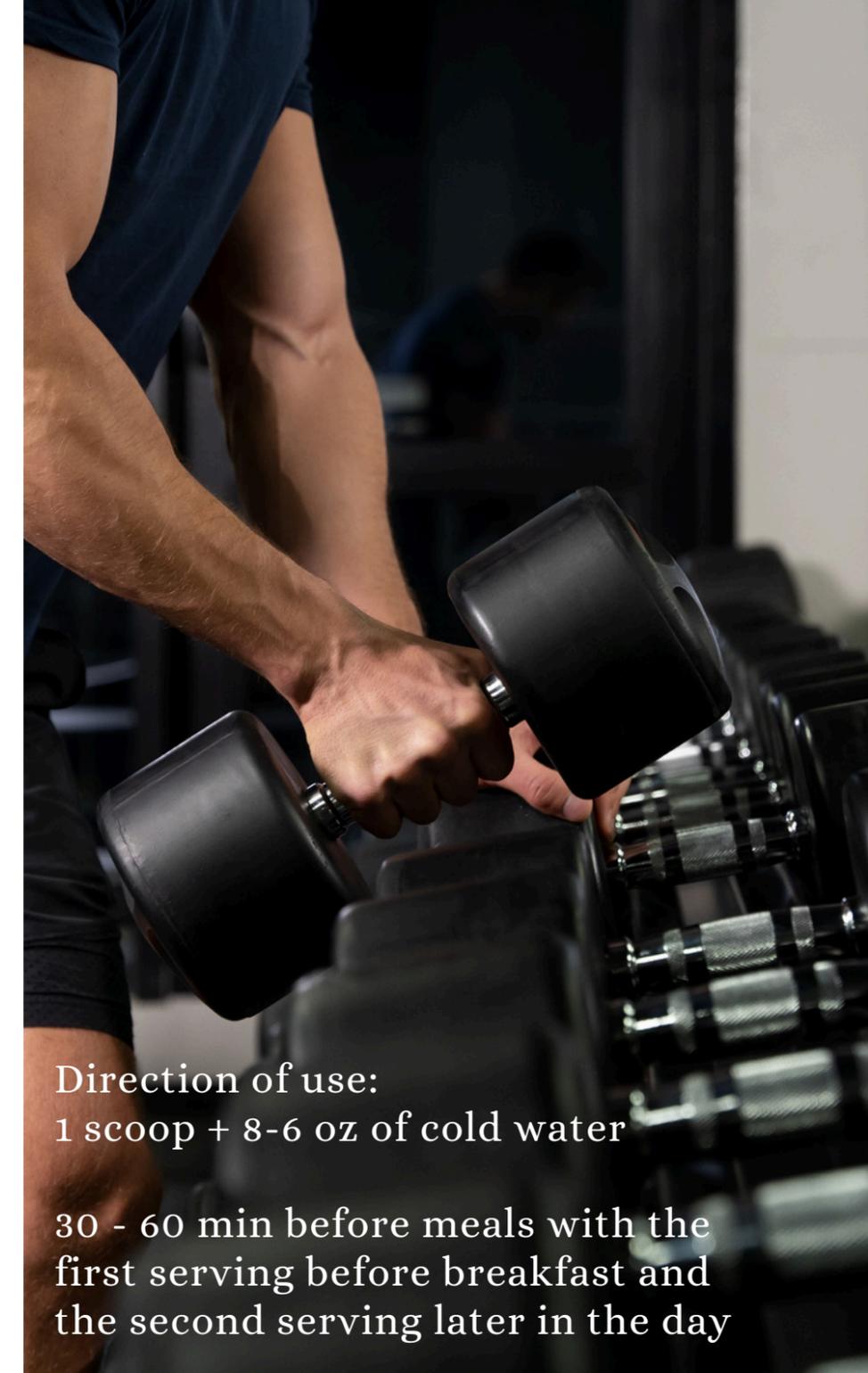
Watermelon candy



Pineapple Sherd

Direction of use:
1 scoop + 8-6 oz of cold water

30 - 60 min before meals with the first serving before breakfast and the second serving later in the day



The Ripper Watermelon Candy

Supplement Facts

Serving size: 1 scoop

Amount Per Serving	%Daily Value
Vitamin C (as Ascorbic Acid) 45mg	50%
Vitamin B12 (as Methylcobalamin) 25mcg	1042%
Pantothenic Acid (as Calcium Pantothenate) 4mg	80%
Chromium (as Chromium Picolinate) 100mcg	286%

Muscle and Focus Matrix* 2051mg †
 Beta-Alanine, Guarana Extract (*Paullinia cupana*) (seed) (47% Caffeine), Raspberry Ketones, Caffeine Anhydrous

Shred and Mood Enhancer Matrix* 1106mg †
 Taurine, Acetyl L-Carnitine HCl, Green Coffee Bean Extract (*Coffea robusta*) (fruit), Green Tea Extract (*Camellia sinensis*) (leaf), Cinnamon Bark (*Cinnamomum cassia*) (bark) (10:1) Extract, Olive Leaf Extract (*Olea europaea*) (40% Oleuropein)

Nutrition facts may vary slightly depending on packaging.

The Curse Blue Razz

Supplement Facts

Serving size: 1 scoop (5g)

Amount Per Serving	% Daily Value
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Energizing Muscle Fuel Blend 3000mg	†
Beta-alanine, Creatine Monohydrate, Citric Acid	

Amplifier Blend 900mg	†
L-Citrulline, L-arginine alpha-ketoglutarate (AKG)	

Mind Control Matrix 157mg	†
Caffeine Anhydrous 155mg	
Olive Leaf Extract (40% Oleuropein)	

Nutrition facts may vary slightly depending on packaging.



THE CURSE

Fuel your training with the strength to grow, recover faster, and push beyond limits — Every workout brings you closer to your goals.

This supplement combines **3000 mg of beta-alanine and creatine monohydrate** to enhance endurance and strength via lactic acid buffering and ATP regeneration. A **900 mg blend of L-citrulline and L-arginine** supports nitric oxide production for improved blood flow. The **157mg** Mind Control Matrix delivers **155 mg of caffeine** for energy and olive leaf extract for antioxidant protection.



MADE IN USA



Blue Razz



Fruit punch



Watermelon

Available Sizes:

250g

Direction of use:
1 scoop + 150-250 ml of cold water
prior to exercise





Classic Allwhey Vanilla

Supplement Facts

Serving Size 1 Scoop (46 g†)
Servings Per Container ~ 49

Amount Per Serving		% Daily Value
Calories	190	
Total Fat	2 g	3%^Δ
Saturated Fat	1.5 g	8% ^Δ
Trans Fat	0 g	‡
Cholesterol	60 mg	20%
Total Carbohydrate	11 g	4%^Δ
Dietary Fiber	0 g	0% ^Δ
Total Sugars	6 g	‡
Includes 0g Added Sugars		0% ^Δ
Protein	30 g	
Calcium	170 mg	13%
Iron	0 mg	0%
Sodium	150 mg	7%
Potassium	270 mg	6%

^Δ Percent Daily Values are based on a 2,000 calorie diet.
[‡] Daily Value not established.

Nutrition facts may vary slightly depending on packaging.



ALLWHEY CLASSIC

Premium whey protein blend crafted for daily recovery, growth, and active living.

30g of high-quality whey protein in a low-sugar blend designed for maximum absorption and lean muscle support. Featuring whey protein isolate for fast delivery and sustained recovery, this formula helps you build strength, repair muscle, and stay energized



MADE IN USA

Available Sizes:

5lb



vanilla



Chocolate



Cookies and Crème



Strawberry



Peanut Butter



Direction of use:
1 scoop + 250 ml water or low-fat milk

Isoflex Chocolate Peanut Butter

Nutrition Facts	
30 Servings Per Container	
Serving Size	1 Scoop (30g[†])
Amount per Serving	
Calories	120
	% Daily Value^Δ
Total Fat 0.5g	<1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 60mg	3%
Total Carbohydrate 2g	<1%
Dietary Fiber <1g	3%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 27g	54%
Vitamin D 0mcg	0%
Calcium 120mg	9%
Iron 0.9mg	5%
Potassium 240mg	5%

Nutrition facts may vary slightly depending on packaging.



ISO FLEX

ALLMAX ISO FLEX Ultra-pure whey protein isolate for fast absorption and clean muscle fuel. Support lean gains and speedy recovery with every scoop.

A new standard in protein purity and performance. Using exclusive Hybrid-Ratio Ion Filtration (HRI) technology, Isoflex delivers **27g** of an ultra-pure whey protein isolate that drive muscle growth and recovery with **120mg calcium, 240mg potassium** for bone support and electrolyte balance.



MADE IN USA



Vanilla



Chocolate



Birthday
Cake



Chocolate
peanut
butter



Cookies and
Crème

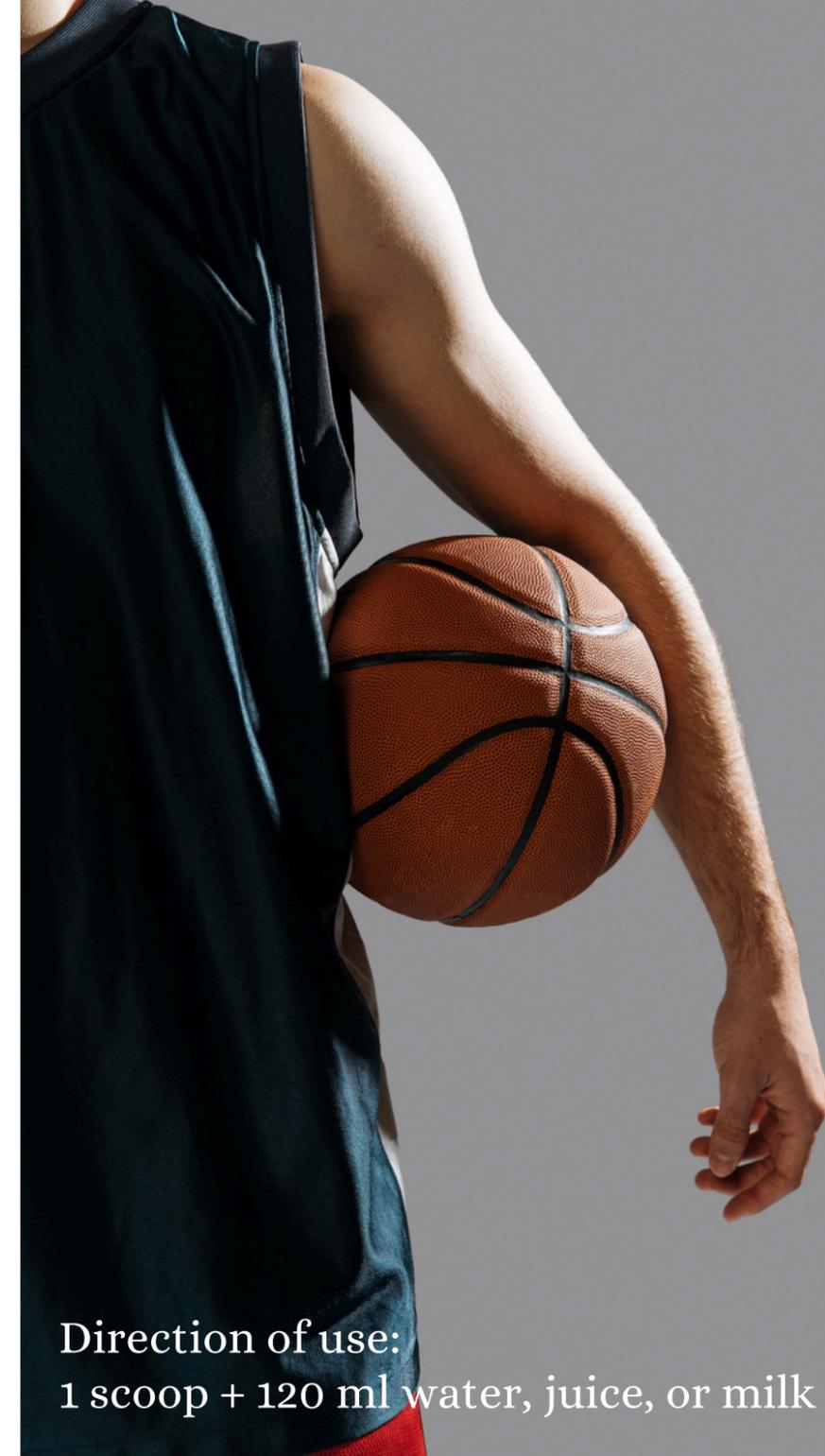


Strawberry

Available Sizes:

1lb - 2lb - 5lb

Direction of use:
1 scoop + 120 ml water, juice, or milk





CREATINE

Fuel your workouts and push past limits with trusted performance support.

UNFLAVORED

5g of Creatine monohydrate can lead to a gain in lean muscle mass, improve workout performance, and significant enhancement in strength and power. Creatine Monohydrate also offers therapeutic benefits, including the prevention of ATP depletion, stimulation of protein synthesis and cell volumization.



MADE IN USA

Available Sizes:

400g



Direction of use:
1 scoop + water/juice
Start with loading phase of 5-7 days
and follow with a maintenance
phase.

CREATINE

Supplement Facts

Serving Size (1 scoop):	5 g
Servings Per Container:	200
Amount Per Serving	
Creatine Monohydrate	5 g

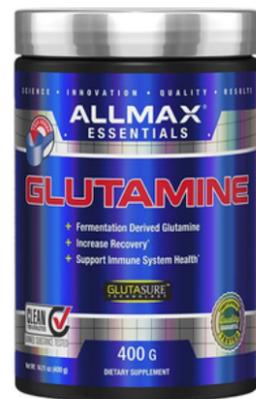
Nutrition facts may vary slightly depending on packaging.

GLUTAMINE

Supplement Facts

Serving Size	1 Scoop (5 g)
Servings Per Container	80
<hr/>	
Amount Per Serving	% Daily Value
<hr/>	
L-Glutamine (Free-Form)	5 g †

Nutrition facts may vary slightly depending on packaging.



GLUTAMINE

The ultimate recovery support—helping you build muscle, fight post-workout fatigue, and maintain a healthy gut. Designed for those who push their limits, it ensures faster bounce-back and keeps you ready for every challenge ahead.

Delivering **5g of glutamine**, this formula supports protein synthesis, nitrogen balance, and glycogen replenishment—key for muscle recovery and endurance. As a conditionally essential amino acid, glutamine also fuels immune and intestinal cells, helping maintain gut integrity and overall health during intense physical stress.



MADE IN USA

Available Sizes:

400g



UNFLAVORED

Direction of use:

1 scoop + water/juice

30 minutes prior to training or immediately after training



BETA - ALANINE

Supplement Facts

Serving Size: 1 scoop	3.2 g
Servings Per Container:	125
Amount Per Serving	% Daily Value
Beta-Alanine (as BetaSynth™)	3.2 g †

Nutrition facts may vary slightly depending on packaging.



BETA - ALANINE

Push past limits with unstoppable energy, greater endurance, and the strength to power through every workout.

3.2g of Beta-alanine is designed to boost intramuscular carnosine, helping to buffer lactic acid, delay fatigue, and support higher-intensity training. This enhances muscular endurance, overall performance, and recovery during repeated or prolonged exercise sessions.



MADE IN USA

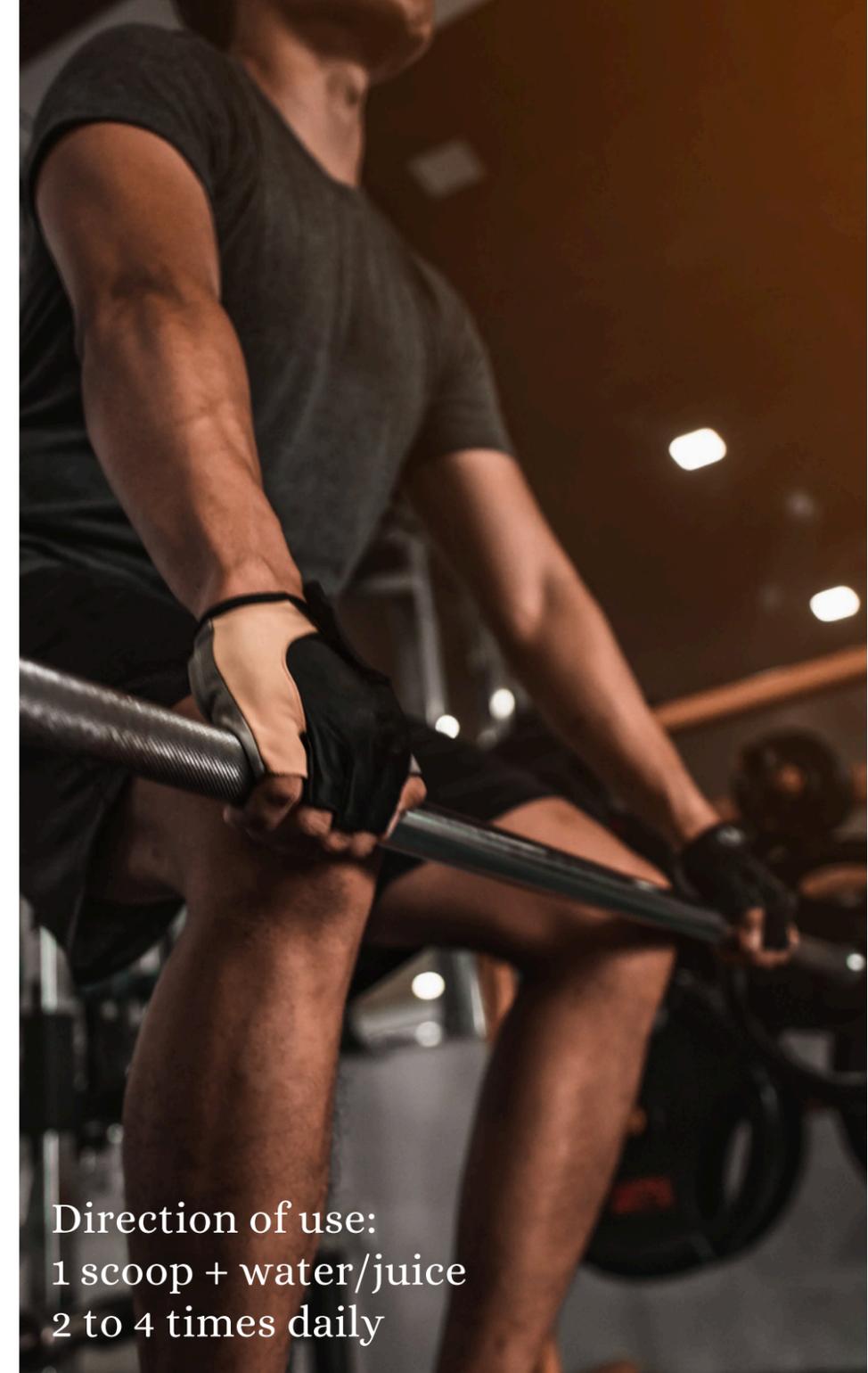
Available Sizes:

400g



UNFLAVORED

Direction of use:
1 scoop + water/juice
2 to 4 times daily



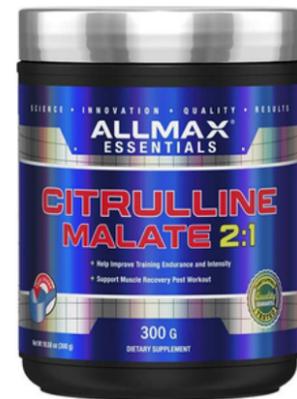
CITRULLINE MALATE

Supplement Facts

Serving Size	1 Scoop (2 g)
Servings Per Container	150
Amount Per Serving	% Daily Value
Citrulline Malate 2:1	2 g †

† Daily Value not established.

Nutrition facts may vary slightly depending on packaging.



CITRULLINE MALATE

Unlock your full potential and power through every workout with strength, stamina, and speed.

2g of Citrulline Malate improves training intensity, endurance, and speed of recovery by performing five main functions: it increases blood arginine and nitric oxide levels to enhance vascular function and blood flow, improves kidney bicarbonate reabsorption to buffer muscle acidity, detoxifies fatigued muscles by removing ammonia, and rapidly replenishes phosphocreatine stores to support high-intensity performance.



MADE IN USA

Available Sizes:

300g



UNFLAVORED

Direction of use:
1 scoop + water/juice
Up to 3 times daily

ARGINIE HCL

Supplement Facts

Serving Size	1 Scoop (5 g)
Servings Per Container	80
Amount Per Serving	% Daily Value
L-Arginine HCl	5 g †

† Daily Value not established.

Nutrition facts may vary slightly depending on packaging.



ARGINIE HCL

Ignite your workouts, boost circulation, and recover faster—train harder and reach your peak potential.

5g of Arginine HCL supports nitric oxide production to enhance blood flow and circulation, promotes muscle growth and recovery, and boosts overall performance. It also contributes to cardiovascular health, aids natural creatine synthesis, supports growth hormone levels, and improves oxygen utilization.



MADE IN USA

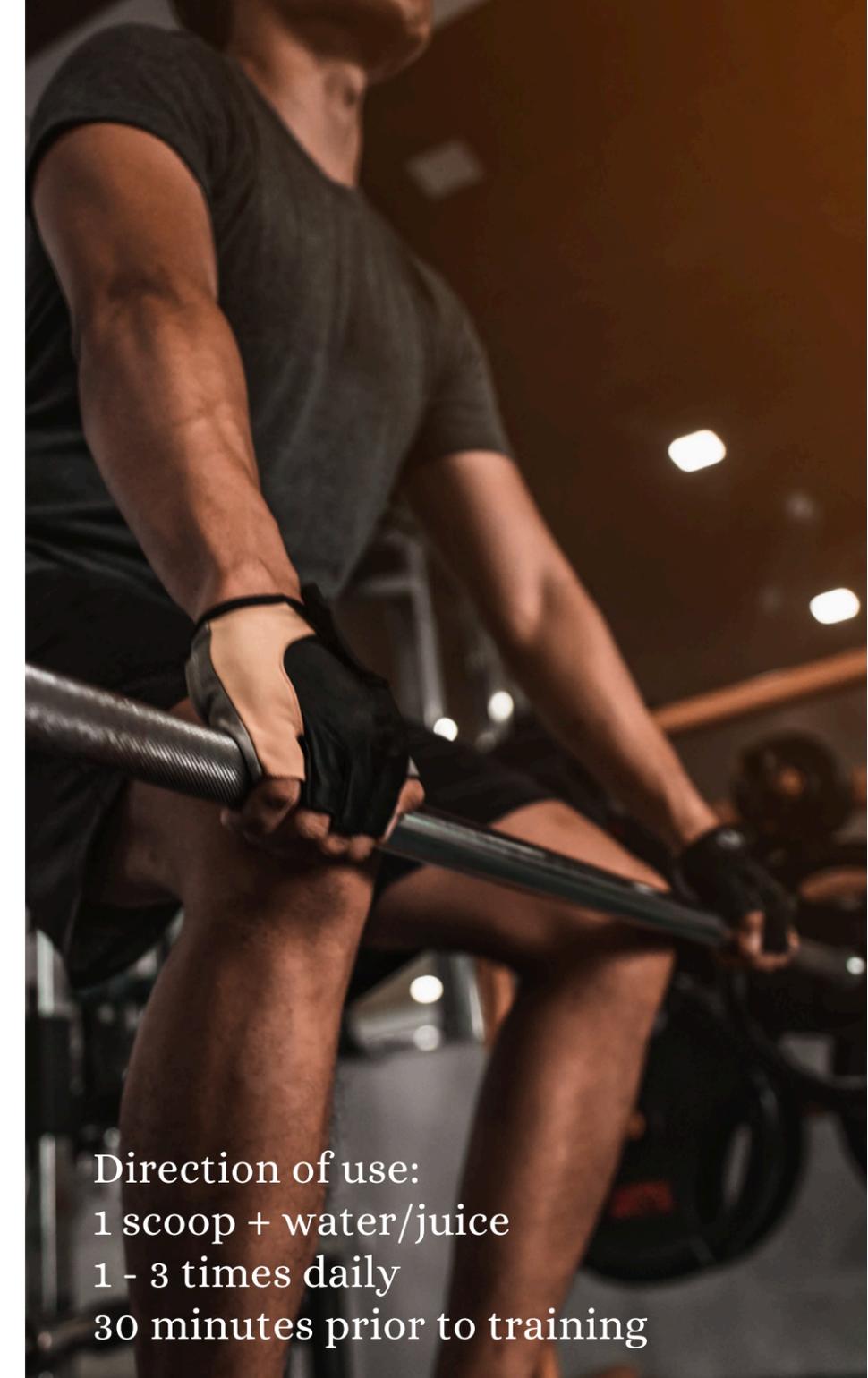
Available Sizes:

400g



UNFLAVORED

Direction of use:
1 scoop + water/juice
1 - 3 times daily
30 minutes prior to training



GHOST



Ghost Whey Protein Milk Chocolate

NUTRITION FACTS

Approx. 26 Servings per Container
Serving Size: 1 Rounded Scoop (35 grams)

Amount Per Serving
CALORIES 130

	% Daily Value**
Total Fat 1.5g	2%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 160mg	7%
Total Carbohydrate 4g	1%
Dietary Fiber 1g	4%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 25g	50%
Vitamin D 0mcg	0%
Calcium 135mg	10%
Iron 1mg	6%
Potassium 110mg	2%

Nutrition facts may vary slightly depending on packaging.



Whey Protein

Fast-absorbing and crafted for serious results—every scoop powers your muscle growth and recovery.

It delivers **25g of high-quality whey protein blend**, comprising fast-absorbing whey isolate and concentrate—designed to support muscle protein synthesis, recovery, and lean mass development. Fortified with essential minerals including **calcium** to promote bone strength and muscular function, **potassium** to aid in hydration and prevent muscle cramps, and **iron** to support oxygen transport and energy metabolism.



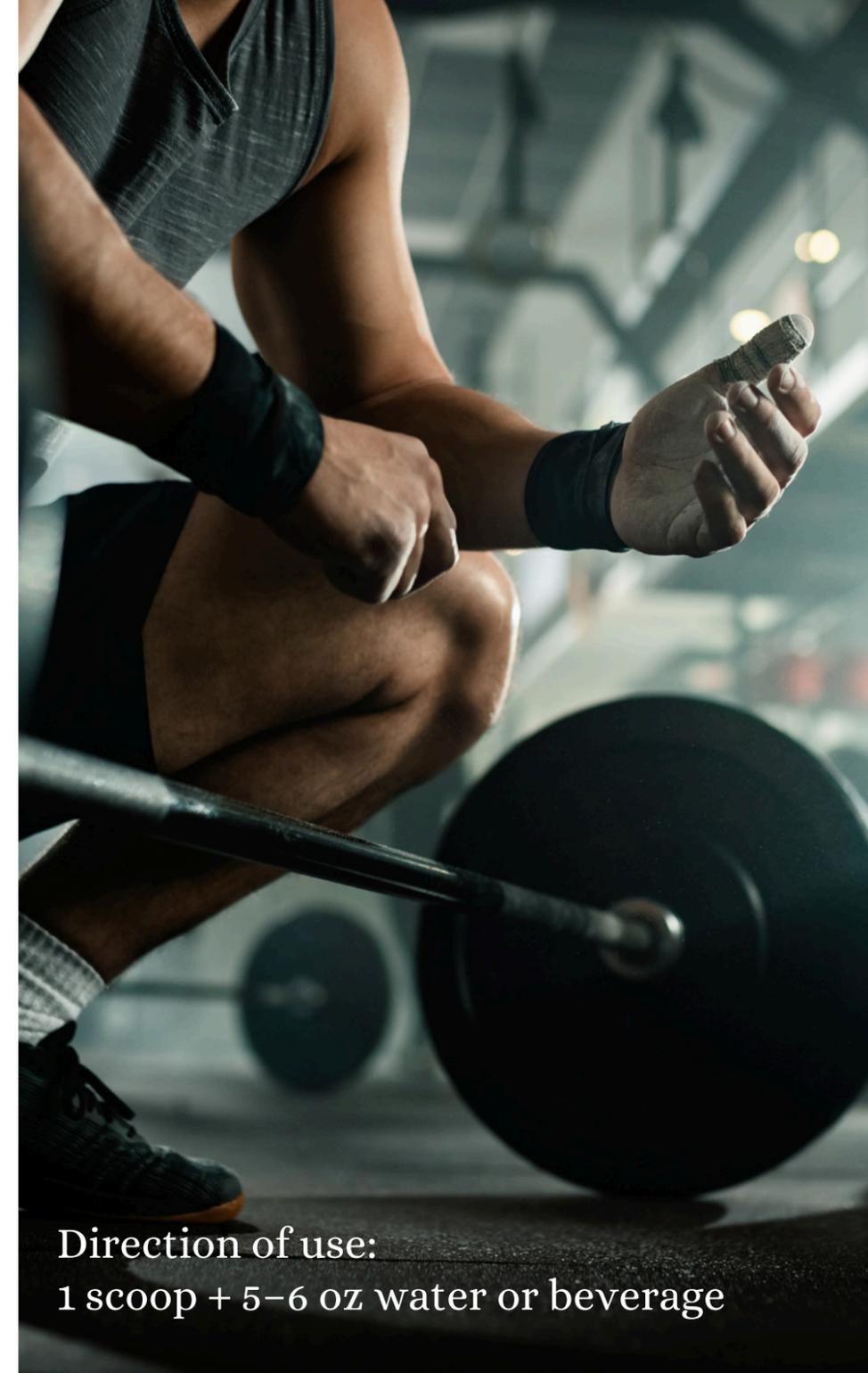
MADE IN USA



-  Coffee Ice cream
-  cereal milk
-  Peanut butter cereal milk
-  Cinnabon
-  Chocolate cereal milk
-  Marshmallow cereal milk
-  Coconut Ice cream
-  Fruity cereal milk
-  Milk Chocolate

Available Sizes:

2lb



Direction of use:
 1 scoop + 5–6 oz water or beverage

Ghost Vegan Peanut Butter C. Milk

NUTRITION FACTS

Approx. 28 Servings per Container

Serving Size: 1 Rounded Scoop (35.3 grams)

Amount Per Serving
CALORIES **120**

% Daily Value**

Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 380mg	17%
Total Carbohydrate 6g	2%
Dietary Fiber 1g	4%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 21g	42%
Vitamin D 0mcg	0%
Calcium 34mg	2%
Iron 4mg	20%
Potassium 171mg	4%

** The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Nutrition facts may vary slightly depending on packaging.



Ghost Vegan

Plant-based goodness. Easy to drink, easy to digest.

Easy to become obsessed with. Enjoy legends

This precision-crafted formula delivers **21g of high-quality vegan protein** to support muscle repair and growth, alongside **34 milligrams of calcium** essential for bone health and neuromuscular function. It also provides **4 milligrams of iron** to aid oxygen transport and energy metabolism, and **171 milligrams of potassium** to maintain electrolyte balance and optimize muscular performance.



MADE IN USA



Peanut butter
cereal milk



Chocolate
cereal milk



Direction of use:
1 scoop + 8-10 oz water or beverage

Available Sizes:

2.2lb

Ghost Legend Blue Raspberry

SUPPLEMENT FACTS

Serving Size: 1 Scoop (22 g)
Servings Per Container: 30

	Amount Per Serving	%DV
Calories	10	
Total Carbohydrate	2 g	<1%**
Total Sugars	0 g	†
Includes 0g Added Sugars		0%**
Vitamin C (as Ascorbic Acid) (PureWay-C™)	135 mg	150%
Choline (from VitaCholine® Choline L(+) Bitartrate)	400 mg	73%

GHOST LEGEND®		
L-Citrulline (Vegan Fermented)	6000 mg	†
Beta-Alanine	3200 mg	†
Betaine Anhydrous	2500 mg	†
Senactiv® <i>Panax notoginseng</i> Root extract, <i>Rosa canina</i> Fruit extract	100 mg	†

GHOST® SMART ENERGY		
L-Tyrosine (Vegan Fermented)	2000 mg	†
Taurine	1000 mg	†
VitaCholine® Choline L(+) Bitartrate	1000 mg	†
Natural Caffeine	300 mg	†
PureWay-C™ (Ascorbic Acid and Citrus Bioflavonoids)	195 mg	†
Theobromine	100 mg	†
NeuroFactor™ Coffee (<i>Coffea arabica</i>) Fruit extract	100 mg	†
AstraGin® <i>Astragalus membranaceus</i> Root extract, <i>Panax notoginseng</i> Root extract	50 mg	†

Nutrition facts may vary slightly depending on packaging.



Ghost Legend

Elevate your workouts with a powerful pre-workout packed with energy, focus, and endurance. Designed to push your limits and help you crush every session with unstoppable intensity.

This scientifically formulated pre-workout combines **300mg of caffeine** for heightened energy and focus, **2000mg of L-tyrosine** to support neurotransmitter production and cognitive resilience under stress, **2500mg of betaine anhydrous** to enhance power output and cellular hydration, **3200mg of beta-alanine** to buffer lactic acid and delay fatigue, and **6000mg of L-citrulline** to boost nitric oxide levels for improved blood flow and muscular endurance.



MADE IN USA

Available Sizes:

660g



Warheads sour watermelon



Warheads Grape



Bule Raspberry



Direction of use:
1 scoop + 8-10 oz water or beverage
Pre - workout

Ghost Greens Guava Berry

SUPPLEMENT FACTS

Serving Size: 1 Scoop (10.5 g)
Servings Per Container: 30

	Amount Per Serving	%DV
Calories	30	
Total Carbohydrate	7 g	3%**
Dietary Fiber	3 g	11%**
Total Sugars	1 g	†
Includes 0g Added Sugars		0%**
Iron	1 mg	6%
GHOST® FRUITS x VEGETABLES	6640 MG	
Super Greens	4340 mg	†
<small>Kale Powder (1390mg), Organic Matcha (500mg), Organic Wheat Grass (500mg), Organic Spirulina (500mg), Organic Cracked Cell Wall Chlorella (500mg), Organic Barley Grass (250mg), Organic Oat Grass (250mg), Organic Alfalfa Grass (250mg), Broccoli Powder (100mg), Organic Astragalus 10:1 (100mg)</small>		
Antioxidant Reds	2200 mg	†
<small>Açaí Juice Powder (500mg), Pomegranate Juice Powder (500mg), Blueberry Juice Powder (350mg), Cranberry Powder (350mg), Jaboticaba Powder (100mg), Camu Camu Juice Powder (100mg), Aronia Fruit Powder (100mg), Organic Noni 5:1 (100mg), Organic Goji Berry Powder (100mg)</small>		
Spectra™ Total ORAC Blend	100 mg	†
<small>Coffea arabica Extract, Green Tea Extract, Broccoli Sprout Concentrate, Onion Extract, Apple Extract, Quercetin, Tomato Concentrate, Broccoli Concentrate, Camu Camu Concentrate, Maltodextrin, Acerola Extract, Açaí Concentrate, Turmeric Concentrate, Garlic Concentrate, Basil Concentrate, Oregano Concentrate, Cinnamon Concentrate, Carrot Concentrate, Elderberry Concentrate, Mangosteen Concentrate, Blackcurrant Extract, Blueberry Extract, Sweet Cherry Concentrate, Raspberry Concentrate, Spinach Concentrate, Chokeberry Concentrate, Kale Concentrate, Blackberry Concentrate, Silicon Dioxide, Bilberry Extract, Brussels Sprout Concentrate</small>		
GHOST® GUT HEALTH	2225 MG	
Inulin (Prebiotic from Chicory Root)	2000 mg	†
GHOST® Probiotic (providing 10 billion CFUs)	115 mg	†
<small>B. subtilis DE111® (5 billion CFUs), L. acidophilus (2.5 billion CFUs), S. boulardii (250 million CFUs), B. coagulans (1 billion CFUs), B. lactis (1.25 billion CFUs)</small>		
BioCore® Optimum Complete	110 mg	†
<small>Amylase (from A. oryzae) 3500 DU, Protease (from A. oryzae) 21,000 HUT, Protease (from A. oryzae) 4000 PC, Alpha-Galactosidase (from A. niger) 150 GalU, Glucoamylase (from A. niger) 9 AGU, Lactase (from A. oryzae) 1000 ALU, Protease (from A. niger) 50 SAPU, Invertase (from S. cerevisiae) 400 SU, Lipase (from C. rugosa, A. niger and R. oryzae) 500 FIP, Acid Maltase (from R. oryzae) 14 MaltU, Peptidase (from A. oryzae) 2 AP</small>		

Nutrition facts may vary slightly depending on packaging.



Ghost Greens

Boost your daily nutrition with a potent blend of superfoods, veggies, and antioxidants. Clean, convenient, and designed to support your energy, immunity, and overall wellness.

This scientifically grounded formula delivers **6640mg** of fruit and vegetable extracts rich in dietary fiber and polyphenols, which act as natural prebiotics to nourish beneficial gut bacteria and promote microbial diversity. Combined with **2225mg** of probiotics and prebiotics, it supports a balanced gut microbiome, enhances digestive enzyme activity, and improves nutrient absorption.



MADE IN USA



Guava berry

Available Sizes:

315g



Direction of use:
1 scoop + 8–10 oz water or beverage

Ghost Hydration Kiwi Strawberry

SUPPLEMENT FACTS

Serving Size: 1 Scoop (8.5 g)
Servings Per Container: 40

	Amount Per Serving	%DV
Calories	5	
Total Carbohydrate	2 g	1%**
Dietary Fiber	1 g	4%**
Total Sugars	0 g	†
Includes 0g Added Sugars		0%**
Vitamin C (as PureWay-C™)	135 mg	150%
Calcium	60 mg	5%
Magnesium	83 mg	20%
Chloride	117 mg	5%
Sodium	150 mg	7%
Potassium	375 mg	8%
GHOST® HYDRATION		
Taurine	1500 mg	†
Potassium Citrate	1036 mg	†
Magnesium Citrate	565 mg	†
Aquamin™ (trace minerals derived from Red Marine Algae)	500 mg	†
Sodium Citrate	323 mg	†
PureWay-C™ (Ascorbic Acid and Citrus Bioflavonoids)	195 mg	†
Himalayan Pink Sea Salt	192 mg	†
Senactiv® (Panax notoginseng (root) and Rosa canina (fruit)) extracts	50 mg	†

Nutrition facts may vary slightly depending on packaging.



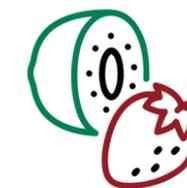
Ghost Hydration

Replenish fast, reduce fatigue, and keep your energy flowing during every workout.

This formula harnesses essential salts and minerals—such as **sodium, potassium, calcium, and magnesium**—to effectively replenish electrolytes lost through sweat, support optimal muscle contraction, and maintain fluid balance. These electrically charged nutrients are vital for nerve signaling, hydration, and endurance. With **antioxidant, 1500mg of taurine,** and **Himalayan pink sea salt** for trace minerals, it's ideal for athletes during intense training prolonged physical exertion.



MADE IN USA



Kiwi strawberry

Available Sizes:

340g

Direction of use:

1 scoop + 12–14 oz water or beverage
During or after exercise



C4[®]

C4 Hershey's Milk Chocolate

Nutrition Facts

28 servings per container

Serving size 36g (Approx. 1 Scoop)

Amount per serving

Calories **130**

% Daily Value*

Total Fat 2g **3%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 80mg **27%**

Sodium 180mg **8%**

Total Carbohydrate 3g **1%**

Dietary Fiber <1g **2%**

Total Sugars 1g

Includes 0g Added Sugars **0%**

Protein 25g **50%**

Vitamin D 0mcg 0%

Calcium 140mg 10%

Iron 1mg 6%

Potassium 220mg 4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Nutrition facts may vary slightly depending on packaging.



WHEY PROTEIN

Turn hitting your daily protein goal into a treat — not a chore.

Supports muscle growth and helps preserve lean tissue with **25g Protein** while keeping sugar intake at zero with a premium flavors. Promotes faster post-workout recovery, helping you maintain strength and get ready for your next training session.



MADE IN THE UK

C4

Available Sizes:

814g - 1.13 kg

Direction of use:

1 scoop + 8 oz of water or beverage
Before or after exercise



C4 Reese's

C4



WHEY PROTEIN

Turn hitting your daily protein goal into a treat — not a chore.

Supports muscle growth and helps preserve lean tissue with **25g Protein** while keeping sugar intake at zero with a premium flavors. Promotes faster post-workout recovery, helping you maintain strength and get ready for your next training session.

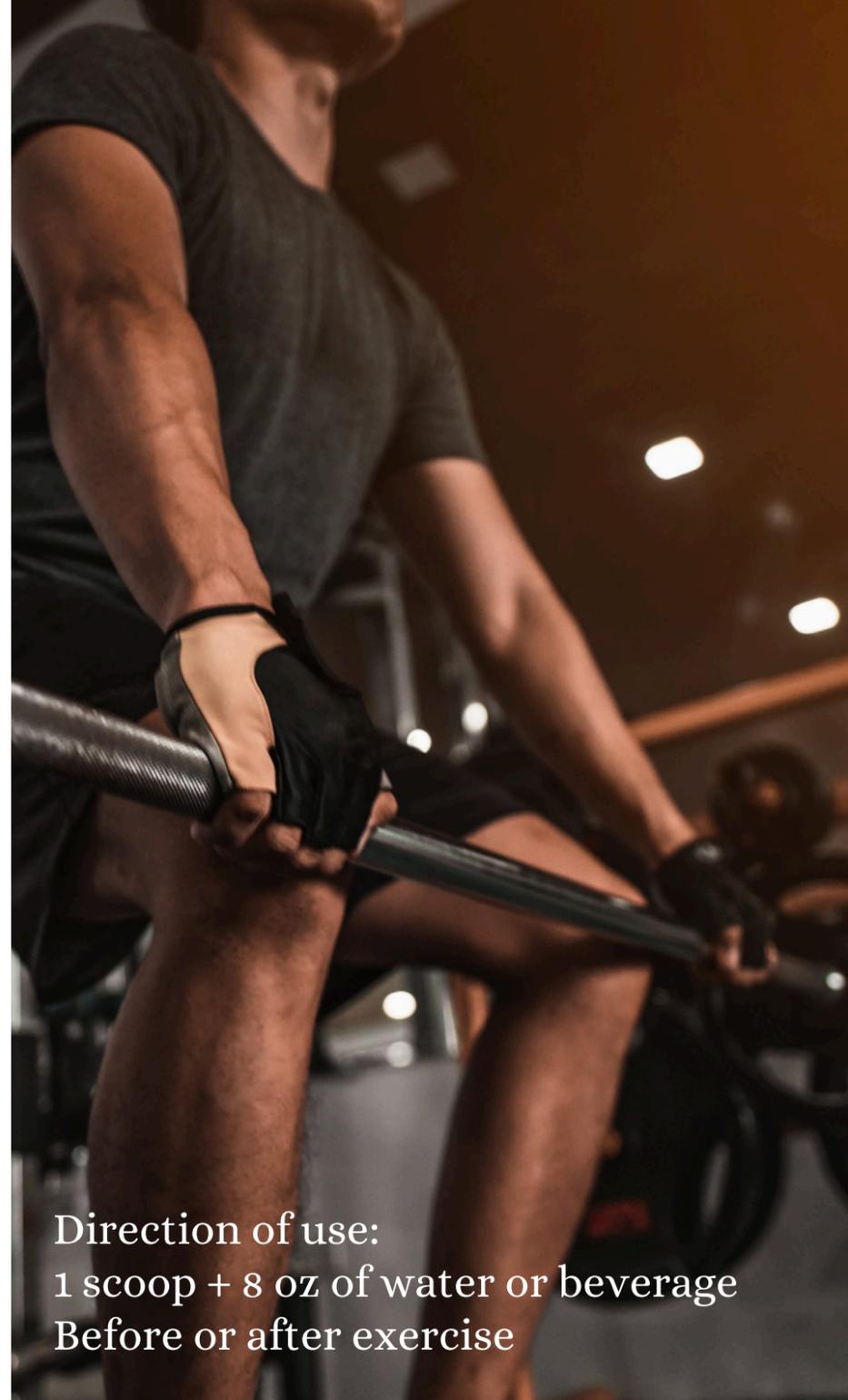


MADE IN THE UK

Available Sizes:

814g - 1.13 kg

Direction of use:
1 scoop + 8 oz of water or beverage
Before or after exercise



Nutrition Facts

28 servings per container

Serving size 40.2g (Approx. 1 Scoop)

Amount per serving

Calories **140**

% Daily Value*

Total Fat 2.5g **3%**

Saturated Fat 2g **10%**

Trans Fat 0g

Cholesterol 80mg **27%**

Sodium 190mg **8%**

Total Carbohydrate 4g **1%**

Dietary Fiber 1g **4%**

Total Sugars 2g

Includes 0g Added Sugars **0%**

Protein 25g **50%**

Vitamin D 0mcg 0%

Calcium 140mg 10%

Iron 1mg 6%

Potassium 490mg 10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Nutrition facts may vary slightly depending on packaging.

C4 Vanilla Bean

Nutrition Facts

28 servings per container

Serving size 34.5g (Approx. 1 Scoop)

Amount per serving

Calories **130**

% Daily Value*

Total Fat 2g **3%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 80mg **27%**

Sodium 180mg **8%**

Total Carbohydrate 2g **<1%**

Dietary Fiber 0g **0%**

Total Sugars 1g

Includes 0g Added Sugars **0%**

Protein 25g **50%**

Vitamin D 0mcg 0%

Calcium 140mg 10%

Iron 0mg 0%

Potassium 170mg 4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Nutrition facts may vary slightly depending on packaging.



C4

WHEY PROTEIN

Turn hitting your daily protein goal into a treat — not a chore.

Supports muscle growth and helps preserve lean tissue with **25g Protein** while keeping sugar intake at zero with a premium flavors. Promotes faster post-workout recovery, helping you maintain strength and get ready for your next training session.



MADE IN THE UK

Available Sizes:

814g - 1.13 kg

Direction of use:

1 scoop + 8 oz of water or beverage
Before or after exercise



ANIMAL



Animal Cuts

Supplement Facts

Serving Size 1 Pack

Amount Per Pack	%DV
Stimulant Complex 750mg **	
Caffeine Anhydrous, Kola Nut (seed), Guarana (seed), Yerba Mate (leaf), Raspberry Ketones, <i>Coleus forskohlii</i> Extract (root)	
Metabolic Complex 750mg **	
Green Tea Leaf Extract (polyphenols/EGCG), Oolong Tea Leaf Extract (polyphenols), Black Tea Leaf Extract (polyphenols), Coffee Bean Extract (polyphenols)	
Thyroid Complex 350mg **	
L-Tyrosine, Olive Leaf Extract, <i>Salvia officinalis</i> (leaf)	
Water Shedding Complex 750mg **	
Dandelion Root (taraxol, taraxerol), Uva Ursi Leaf (arbutin, methyl-arbutin), Juniper Berry Fruit, Celery Seed	
Servings Per Container 42	

Amount Per Pack	%DV
Nootropic Complex 500mg **	
Cocoa Powder (bean), DMAE (dimethylaminoethanol) bitartrate, Huperzine A (<i>Huperzia serrata</i> extract) (whole grass)	
Cortisol Inhibiting Complex 300mg **	
Ashwagandha Extract (leaf and/or root) (withanolides), <i>Eleutherococcus senticosus</i> (root)	
CCK Boosting Complex 300mg **	
Cha-de-bugre (aerial parts), Apple Cider Vinegar Powder	
Bioavailability Complex 30mg **	
Astragin™ (<i>Panax notoginseng</i> Extract (root)), <i>Astragalus membranaceus</i> Extract (root), Black Pepper Extract (fruit) (as BioPerine®)	

Nutrition facts may vary slightly depending on packaging.



ANIMAL CUTS

Level up your grind. Stay locked in. Dominate every rep.

This advanced fat-burning formula combines natural **thermogenic agents like green tea, black tea, coffee bean extract, caffeine, guarana, and yerba mate** to ignite metabolism and accelerate fat loss. It reduces stress through powerful **nootropics such as Huperzine A and Ashwagandha**. To preserve muscle fullness during cutting phases, it includes potassium-sparing herbs that help preserve hydration and muscle volume. Appetite control is enhanced with **CCK boosters** and **Bioperine**. *Coleus Forskohlii* promotes fat breakdown at the cellular level. Altogether, this formula empowers both men and women to push harder in training, recover faster, stay focused, and achieve their fitness goals with greater efficiency.



MADE IN USA

ANIMAL

Available Sizes:

42 packs

Direction of use:
2 packs a day for 3 straight weeks.
1 pack on waking & the others 4 -6 hours later

Animal Pump

Supplement Facts

Serving Size 1 Pack Servings Per Container 30

Amount Per Pack		%DV
Foundational Creatine Matrix	3000mg	**
Creatine Monohydrate, DCreatine Malate		
NO Blast Complex	2000mg	**
Arginine Alpha-Ketoglutarate (Arginine-AKG), Citrulline Malate, L-Arginine HCl, Beta Alanine, L-Norvaline		
Energy Rush Complex	700mg	**
Methylxanthine Complex [caffeine anhydrous, kola nut (seed), guarana (seed)], L-Tyrosine, Huperzine A 1% (<i>Huperzia serrata</i> extract) (whole grass)		
Antioxidant Complex	500mg	**
Beet (root), Grape Seed Extract (polyphenols), Green Tea Leaf Extract (EGCG), Alpha Lipoic Acid (ALA)		
Pump Transport Complex	700mg	**
L-Taurine, Ginger Root (gingerols, shogaols), AstraGin™ (<i>Panax notoginseng</i> Extract (root)), <i>Astragalus membranaceus</i> Extract (root), Fenugreek Seed Extract (4-hydroxyisoleucine), Black Pepper Extract (fruit) (as Bioperine®)		

Nutrition facts may vary slightly depending on packaging.



ANIMAL PUMP

Push harder. Stay focused. Break limits.

Animal Pump delivers **3000mg of creatine** to support muscle strength and size, while **L-arginine** promotes nitric oxide production for enhanced blood flow and performance. **Taurine and Fenugreek** work together to elevate endurance and physical output, and the combination of **tyrosine and 200mg of caffeine** helps boost energy levels and sharpen mental focus—keeping you powered up from start to finish.



MADE IN USA

ANIMAL

Available Sizes:

30 packs



Direction of use:
Single packet 30 - 45 minutes prior
training

MMT

NUTRITION

Beef Isolate Pineapple Cooler

Typical values / Valores Típicos / Typische Werte /
Typische Waarden

Per / Por / Pro / Per	30g
Energy / Energia / Engerie / Energie	452Kj/110kcal
Fat / Grasa / Fett / Dik	0g
of which saturates / saturas / Gesattigt / Verzadigd	0g
mono - unsaturates / monoinsaturado / Einfach Ungesattigt / Enkelvoudig Onverzadigd	
poly unsaturates / poliinsaturado / Mehrfach Ungesattigt Meervoudig Onverzadigd	0g
Carbohydrates / carbohidratos / Kohlenhydrate / Koolhydraten	0.26g
of which sugars / azucars / Zucker / Sukker	0g
polyols / polioles / Polyole / Polyolen	0g
starch / almidon / Starke / Zetmeel	0.26g
Fibre / Fibra / Ballastoff / Vezel	0g
Protein / Proteina / Protein / Eiwit	27g
Salt / Sal / Salz / Zout	0g

Nutrition facts may vary slightly depending on
packaging.



BEEF ISOLATE

Fuel your strength. Boost your performance.

Stay clean and Paleo-friendly.

It contains **27g of beef protein** that enhances the strength and performance. packed with essential amino acids like leucine, glutamine and other critical amino acids necessary for tissue building and repair. With **zero dairy content**, it's suitable for individuals with **lactose intolerance**, and its clean, animal-based formulation makes it ideal for people who follows PALEO diet.



MADE IN THE UK

NXT
NUTRITION



Pineapple
cooler



Cola

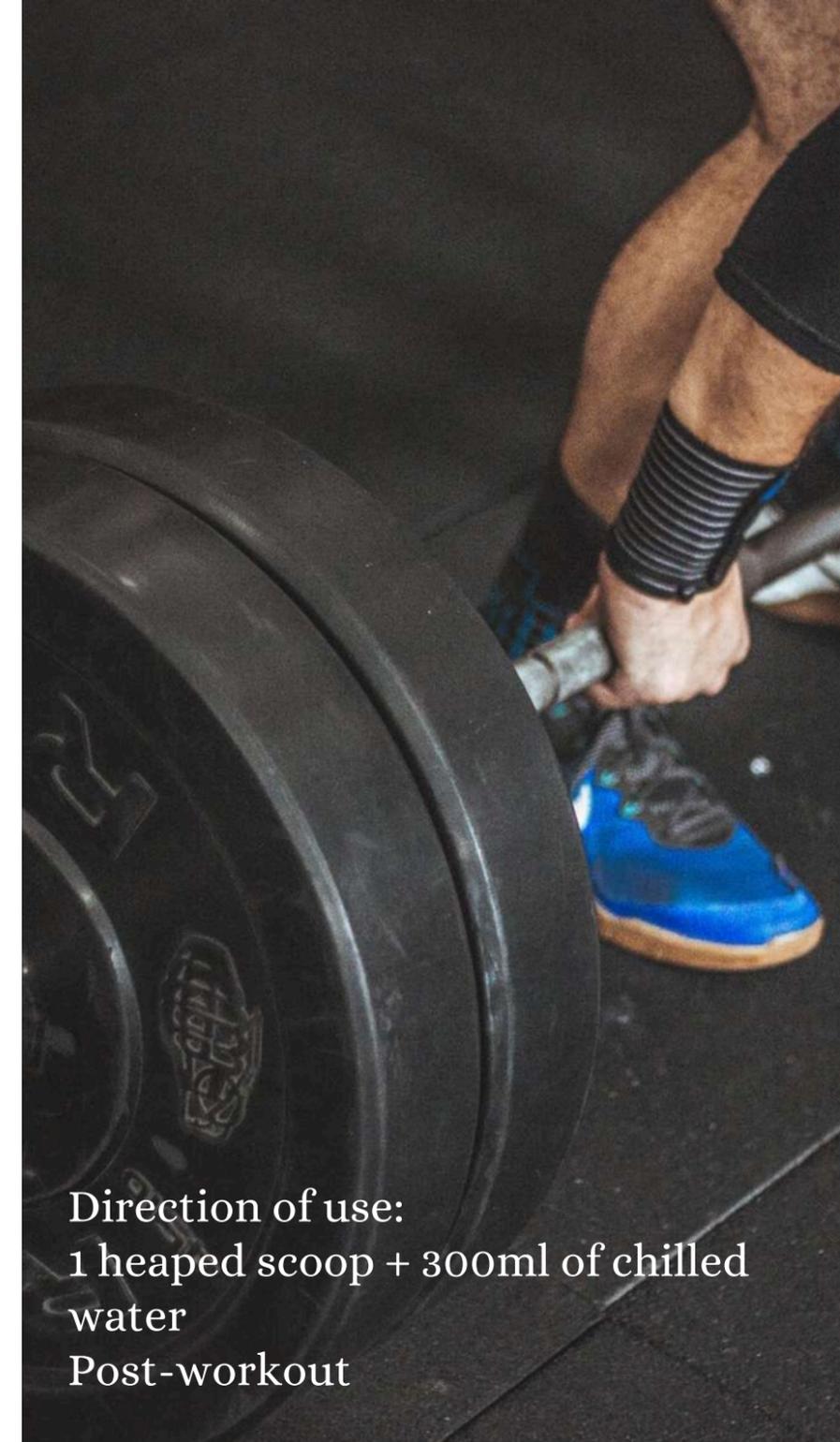


Vimto

Available Sizes:

540g - 1.8kg

Direction of use:
1 heaped scoop + 300ml of chilled
water
Post-workout



REDCON1

Isotope Chocolate

Serving Size 1 Scoop
(34.1g)
Servings Per Container 71

Amount Per Serving

Calories	130	
	Amount Per Serving	% Daily Value*
Total Fat	1g	1%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	230mg	10%
Total Carbohydrate	4g	1%
Dietary Fiber	1g	4%
Total Sugars	1g	
Includes 0g Added Sugars		0%
Protein	25g	50%
Vitamin D	0 mcg	0%
Calcium	123mg	10%
Iron	1mg	6%
Potassium	232mg	4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Nutrition facts may vary slightly depending on packaging.



REDCON1

ISOTOPE

Elevate your workout. Elevate your Recovery.

A formula delivering **25g of Whey Protein Isolate and Hydrolyzed Isolate** to maximize muscle growth and rapid recovery. It supports a lean physique with only **4g of carbohydrates** and is fortified with essential electrolytes (including Sodium, Potassium, and Calcium) to replenish minerals and support robust muscle function post-workout.



Chocolate



MADE IN USA

Available Sizes:

5 lb

Direction of use:

1 scoop + 4-6 Ounces of Water or Your Preferred Beverage



SNACKS and DRINKS

C4[®]

C4 Millions Strawberry

NUTRITION INFORMATION

Serving size: 60 ml
Servings Per Container: 1

	Per 60 ml	%RDI
Niacin	2.4 mg	15%
Vitamin B6	0.50 mg	36%
Folic Acid	100 µg	50%
Vitamin B12	1.3 µg	52%
CarnoSyn® Beta-Alanine	1600 mg	**
L-Arginine	1000 mg	**
N-Acetyl-L-Tyrosine	200 mg	**
Caffeine	150 mg	**

Nutrition facts may vary slightly depending on Flavor.



ORIGINAL PRE-WORKOUT SHOT

A powerful formula that delivers instant energy and sharp focus to push beyond your limits.

This scientifically formulated blend delivers targeted support for both physical and cognitive performance. It includes **150mg caffeine and 1600mg beta-alanine** to support endurance and reducing the perception of fatigue during training and it also contains **1000mg L-Arginine** that contributes to improve blood flow and nutrients delivery through nitric oxide support. while **200 mg of N-Acetyl-L-Tyrosine** supports mental focus under stress. The addition of **folic acid and essential B vitamins (B3, B6, B12)** contributes to efficient energy metabolism and helps maintain optimal nervous system function.



MADE IN THE UK

Available Sizes:

60ml / Shot
Pack of 12 shots

C4



citrus
berry



millions
strawberry



Sour peach
bros

Direction of use:
1 shot 20–30 min prior workout



ULTIMATE PRE-WORKOUT SHOT

The ultimate surge of energy and focus before your workout, designed for unmatched performance and unstoppable drive.

Packed with **2000mg of beta-alanine** to fight fatigue, **2000mg of betaine anhydrous** to enhance strength and hydration, and **1000mg of L-citrulline** to improve circulation, this formula prepares your body for peak performance. A fast-acting dose of **200mg caffeine anhydrous** boosts energy and focus, while **choline** supports mental clarity. With added **vitamin B3 and B12**, it promotes efficient energy use and helps maintain a healthy nervous system



Tutti fruit



Millions Apple



MADE IN THE UK

Available Sizes:

60ml / Shot

Pack of 12 shots

Direction of use:
1 shot 20-30 min prior workout

C4 Tutti Frutti

NUTRITIONAL INFORMATION

Serving Size: 60 ml

	Per 60ml
Vitamin B6	2.8 mg
Vitamin B12	1.7 µg
CarnoSyn® Beta-Alanine	2000 mg
L-Arginine	2000 mg
L-Citrulline	2000 mg
BetaPower® Betaine	800 mg
Caffeine	200 mg
Choline	150 mg

Nutrition facts may vary slightly depending on Flavor.

C4 Peach Mango

NUTRITION FACTS

Serving Size 1 Can (16fl. oz.)

Amount Per Serving

CALORIES

0

% Daily Value*

Total Fat 0g 0%

Sodium 0mg 0%

Total Carbohydrate 0g 0%

Total Sugars 0g

Includes 0g added sugars 0%

Protein 0g 0%

Niacin 30mg 190%

Vitamin B₁₂ 6mcg 250%

Not a significant source of saturated fat, trans fat, cholesterol, dietary fiber, vitamin D, calcium, iron and potassium.

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Nutrition facts may vary slightly depending on Flavor.



SMART ENERGY

A refreshing boost of energy that fuels your power and focus to reach your goals. Supports physical performance and keeps you energized all day long.

This pre-workout formula is designed to boost metabolism, sharpen mental focus, and support fat loss through key ingredients including **200 mg of caffeine from green coffee beans** for thermogenesis and alertness, **Cognizin** to enhance focus, attention, and recall, and **N-Acetyl Tyrosine** to support dopamine and noradrenaline levels during stress. It also delivers **6 mcg of Vitamin B12**, **30 mg of Niacin**, and **240 mg of Potassium** to aid energy metabolism and electrolyte balance, while **Beta Alanine** buffers lactic acid to improve muscular endurance.



MADE IN USA

Available Sizes:

330 ml / Can

Pack of 12 Can

C4



Peach mango



Blue Raspberry



Direction of use:
prior workout

C4 Ice Blue Razz

Nutrition Facts

Serving size 1 Bottle (12 fl. oz.)

Amount Per Serving

Calories

0

% Daily Value*

Total Fat 0g 0%

Sodium 25mg 1%

Total Carbohydrate 0g 0%

Total Sugars 0g

Includes 0g added sugars 0%

Protein 0g 0%

Niacin 30mg 190%

Vitamin B₁₂ 6mcg 250%

Not a significant source of saturated fat, trans fat, cholesterol, dietary fiber, vitamin D, calcium, iron, and potassium.

Nutrition facts may vary slightly depending on Flavor.



ENERGY NON-CARBONATED

Unstoppable energy all day long, with a refreshing, non-carbonated energy drink that boosts your performance.

A performance-focused blend that delays fatigue and amplifies power output through **Beta Alanine**, enhancing endurance and muscular efficiency. **200mg of Caffeine** elevates alertness and stamina, while **Niacin 30mg** and **6mcg of vitamin B6** support energy metabolism and brain function. Together, these ingredients aid muscle hydration, optimize nitric oxide levels, and sustain focus and performance under physical or mental stress.



MADE IN USA

Available Sizes:

355 ml / Can

Pack of 12 can

C4



Fruit punch



blue razz



Blue Raspberry



Direction of use:
1 bottle 20–30 min before workout

C4 Frozen Bombsicle

Nutrition Facts

Serving Size 1 Can (16 fl oz)

Amount Per Serving

Calories **5**

% Daily Value*

Total Fat 0g **0%**

Sodium 45mg **2%**

Total Carbohydrate 0g **0%**

Total Sugars 0g

Includes 0g Added Sugars **0%**

Protein 0g

Potassium 90mg **2%**

Vitamin B₁₂ 6mcg **250%**

Not a significant source of saturated fat, *trans* fat, cholesterol, dietary fiber, vitamin D, calcium, and iron.

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Nutrition facts may vary slightly depending on Flavor.



PERFORMANCE ENERGY

Charge your energy fast and unleash unstoppable power to conquer your goals

C4 Performance energy is designed to help sustain energy, reduce muscle fatigue, and support endurance during extended physical activity. With **200 mg of caffeine** for alertness, **6 mcg of Vitamin B12** to aid energy metabolism, **85 mg of potassium** for hydration and muscle function, and **Beta Alanine** to delay fatigue, it promotes consistent performance throughout intense effort.



MADE IN USA

Available Sizes:

473 ml / Can

Pack of 12 can

C4



cosmic rainbow



strawberry watermelon ice



millions strawberry



cherry limeade



Mango foxtrot



sour gummy



orange slice



Frozen bombsicle



Millions bubblegum



strawberry blast

Direction of use:
Before workout

GHOST



Ghost Energy Cherry Limeade

Ghost ENERGY

1

SERVING

CARNIPURE®
L-CARNITINE
1 G

TAURINE
1 G

NATURAL CAFFEINE
200 MG

ALPHA-GPC
150 MG

NEUROFACTOR™
100 MG

ASTRAGIN®
25 MG



GHOST ENERGY

Crush fatigue. Elevate focus. Stay unstoppable !

This energy drink delivers a scientifically formulated blend designed to enhance physical performance, mental focus, and overall vitality. With **200mg of natural caffeine from Coffee Arabica fruit extract**, it boosts alertness without the crash, while **1000mg of taurine and 1000mg of L-carnitine L-tartrate** support endurance and fat metabolism. **150mg of Alpha-GPC** sharpens cognitive function. **Adaptogenic herbs like *astragalus membranaceus* and *panax notoginseng* (25mg)** help combat stress and support immune health. Added **90mg of vitamins C, 1.7mg B6 , 2.4mcg B12, and 16mg niacin** contribute to energy production and cellular recovery.



MADE IN USA

Ghost



cherry
limeade



Mango
foxtrot



Sour
watermelon

Available Sizes:

473 ml / Can

Pack of 12 can



Direction of use:
Before workout





COLLAGEN BAR



A delicious snack packed with collagen to enjoy great taste with real benefits!

This nutrient-dense snack bar combines **5 g of easily absorbable marine collagen with 8 g of high-quality vegetable protein** and a blend of essential vitamins and minerals including; **40 mg of Vitamin C, 25 mcg of Biotin, 2.5 mcg of Vitamin D, 1mg of Manganese, and 400 mcg of Vitamin A** to support overall wellness. It promotes healthy skin and hair through Vitamin A and Biotin, contributes to bone and muscle function, and helps protect cells from oxidative stress. High in protein and fiber, it's crafted to nourish the body from the inside out and sustain vitality throughout the day.



Chocolate



MADE IN POLAND

Available Sizes:

44g

Direction of use:
1-2 Bar / day

Olimp Collagen Bar Chocolate

SUPPLEMENT FACTS

Nutrition declaration	Per portion (44 g bar)
Energy	717 kJ/ 172 kcal
Fat	8,4 g
of which Saturates	2,9 g
Carbohydrates	9,6 g
of which Sugars	0,97 g
of which Polyols	8,1 g
Fibre	8 g
Protein	8 g
Salt	0,13 g
Vitamin C	40 mg (50%*)
Vitamin D	2,5 µg (50%*)
Vitamin A (µg RE)	400 µg (50%*)
Biotin	25 µg (50%*)
Manganese	1 mg (50%*)
Collagen	5 g

Olimp I'm Pro Coffee Delight

SUPPLEMENT FACTS

Nutrition declaration (Peanut Butter flavour)	Per portion (40 g bar)
Energy	715 kJ/ 169 kcal
Fat	7,9 g
of which Saturates	3,8 g
Carbohydrates	12 g
of which Sugars	1,4 g
of which Polyols	10 g
Fibre	2,8 g
Protein	13 g
Salt	0,15 g
Vitamin D	0,75 µg (15%*)
Magnesium	56,25 mg (15%*)
Zinc (Albion™)	1,5 mg (15%*)



I'M PRO PROTEIN BAR

Power up your day with I'M PRO Protein Bar — loaded with premium protein to fuel your muscles and keep you energized. Low in sugar, rich in flavor, and perfect for on-the-go, it's the smart snack your body deserves. Taste the strength in every bite!

This protein bar delivers **13g of high-quality protein** to support muscle growth and maintenance, along with **fiber** to aid digestive health. It's enriched with **0.75 mcg of Vitamin D** for bone strength, **56.25 mg of Magnesium** to support energy metabolism, and **1.5 mg of Zinc** to help maintain immune function—making it a balanced, functional snack for active lifestyles.



MADE IN POLAND

Available Sizes:

40g



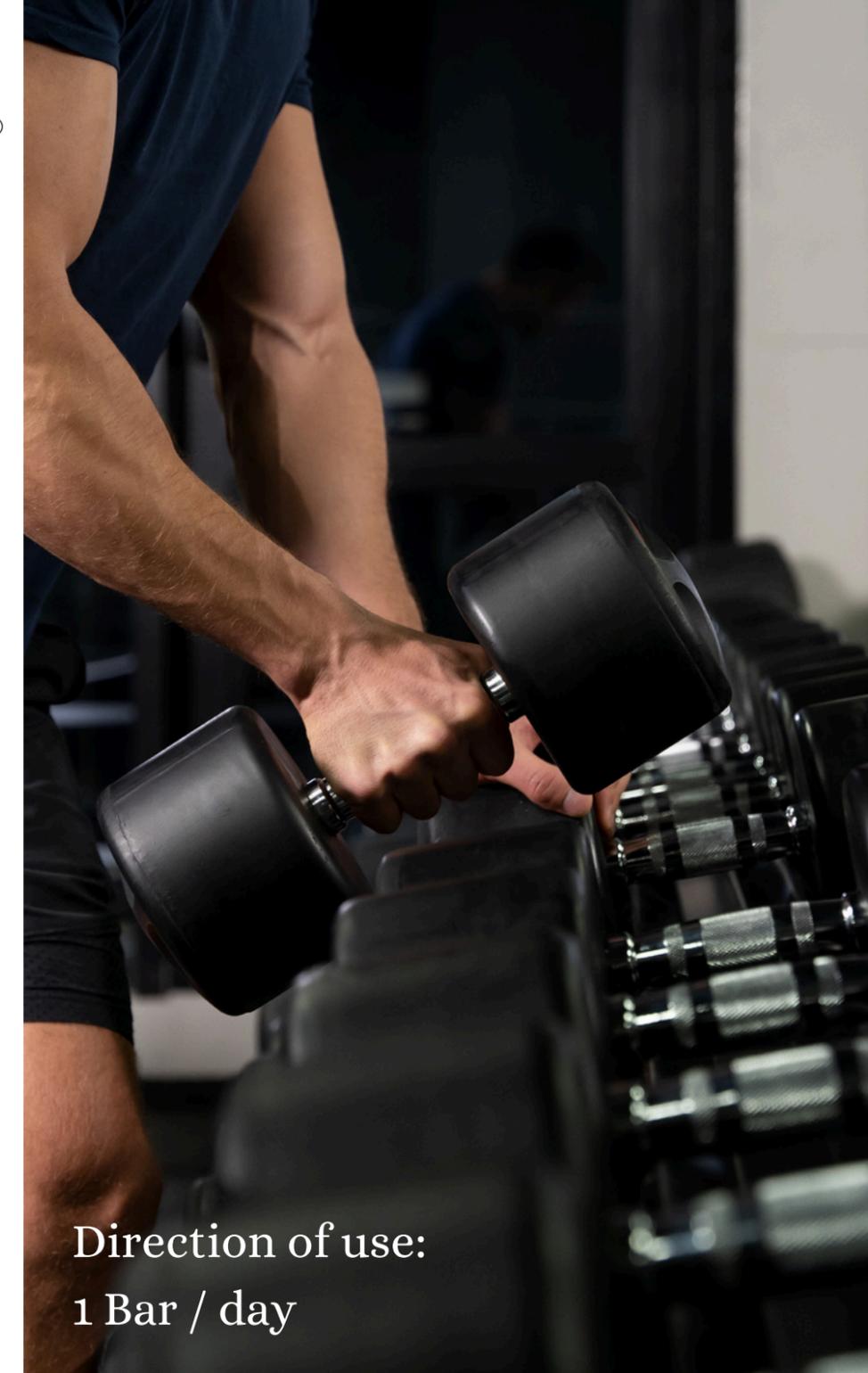
Coffee delight



Yummy cookie



Peanut Butter



Direction of use:
1 Bar / day

Nutramil Cookie

Active Ingredients	1 bar		
Energy Value	965 kJ / 231 kcal	Thiamin	0.4 mg
Fat	10.2 g	Riboflavin	0.52 mg
of which Saturated Fatty Acids	3.2 g	Vitamin B6	0.52 mg
Carbohydrates	12.6 g	Niacin	4.2 mg
of which Sugars	8.4 g	Folic Acid	49.2 ug
Dietary Fiber	8.4 g	Pantothenic Acid	1.6 mg
Protein	18 g	Biotin	11.4 ug
L-leucine	3 g	Vitamin E	4.2 mg
Sodium	0.25 g	Sodium	99.6 mg
Vitamin A	164.4 ug	Chlorides	78.6 mg
Vitamin D	5.2 ug	Potassium	186 mg
Vitamin K	15.6 ug	Calcium	328.8 mg
Vitamin C	42 mg	Phosphorus	151.2 mg
Magnesium			39.6 mg
Zinc			2.3 mg
Iodine			23.4 ug
Selenium			7.8 ug
Manganese			0.4 mg
Chromium			6 ug
Molybdenum			31.2 ug



NUTRAMIL COMPLEX DIABETIC

A high-protein, high-energy and high-fiber protein bar

A nutritionally complete formula containing essential nutrients, including **proteins, carbohydrates, fats, fibre, vitamins, and minerals** with highly absorbable Albion™ chelates. It features dual protein sources (whey and caseinate), maltodextrins for balanced energy release, and healthy fats (LCT, MCT, and essential fatty acids). Designed for managing or preventing malnutrition, **it supports individuals with diabetes, glucose metabolism disorders, cancer, or increased protein needs, as well as those in recovery or rehabilitation.**



MADE IN POLAND

Available Sizes:

60g



Cookie



Chocolate Raspberry



Direction of use
1 -2 bars Daily

Alasature

Healthy Food Revolution

Alasature Chocolate Protein Doughnut

Nutrition Facts

	75g
Calories	257
Energy	1074,75kj/ 257,25kcal
Fat	10,73g
Saturated Fat	0g
Carbohydrates	29,55g
Sugar	0,38g
Polyols	9,30g
Fiber	2,33g
Protein	16,50g
Salt	0,10g

Nutrition facts may vary slightly depending on Flavor.



PROTEIN DOUGHNUTS

Indulge without the guilt and high in satisfaction, It is the perfect treat for your fitness lifestyle. Dessert just got a healthy upgrade!

A delicious baked doughnut with **16.50g of protein and 1.95 g of fiber** to support muscle recovery, aid digestion, and keep you energized. Made with no added sugar, it satisfies your cravings while helping you stay on track with your nutrition goals



MADE IN SPAIN



Chocolate



Cookies cream



Pistachio



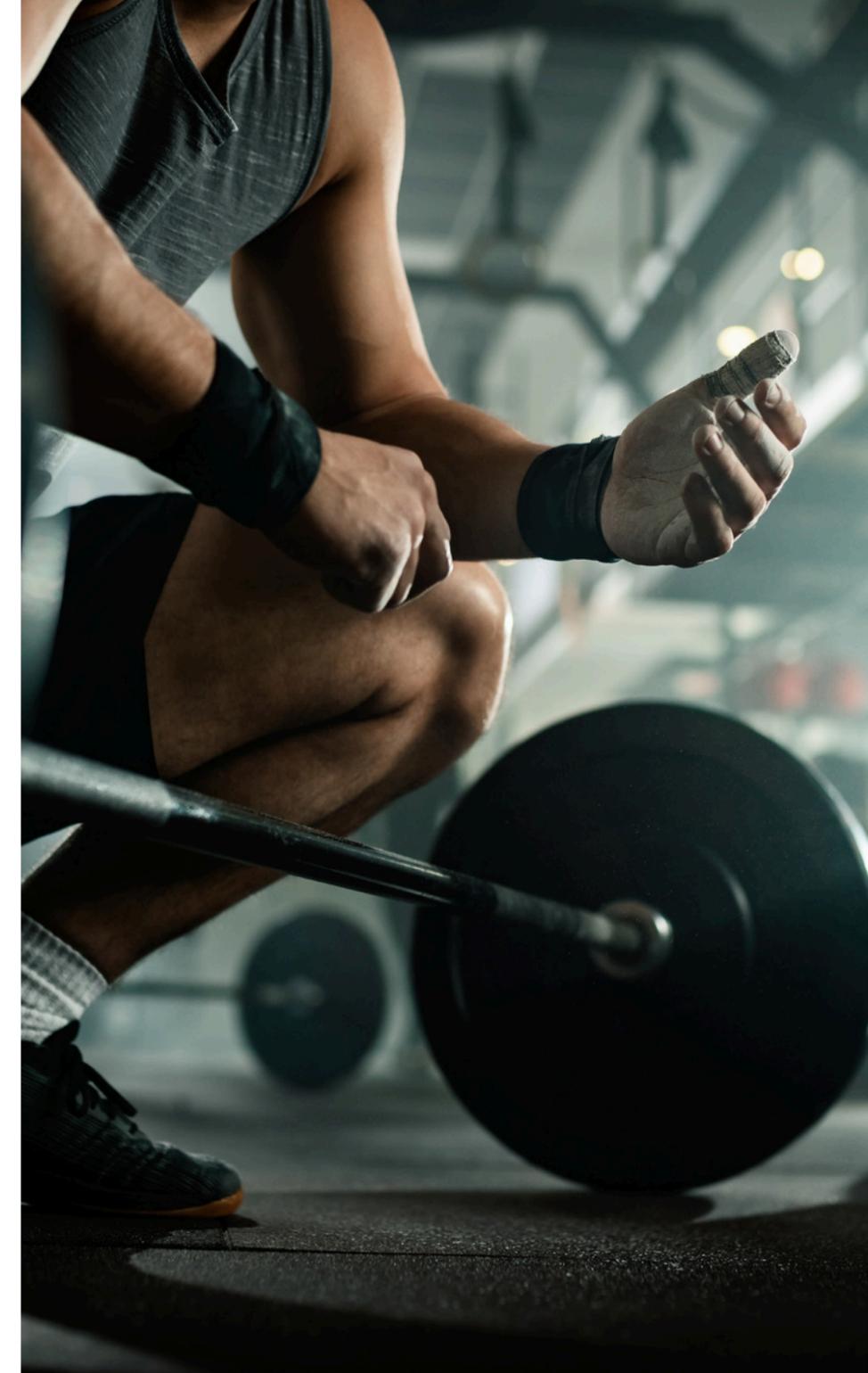
Triple Chocolate



Kinder

Available Sizes:

75g



Alasature Chocolate Caramel Protein Muffin

Nutrition Facts

	50g
Calories	360
Energy	1005kj / 240,2kcal
Fat	11,5g
Saturated Fat	1,3g
Carbohydrates	15g
Sugar	0,2g
Polyols	6,2g
Fiber	0,9g
Protein	6,2g
Salt	0,07g

Nutrition facts may vary slightly depending on Flavor.



PROTEIN MUFFIN

Start your day the tasty, healthy way. Snack smart, stay strong!

A freshly baked muffin with **6.2g of protein** to support muscle recovery and keep you energized. Made with **0.9g of fiber** and no added sugar, it satisfies your cravings with delicious flavors.



MADE IN SPAIN

Alasature
Healthy Food Revolution



louts cream



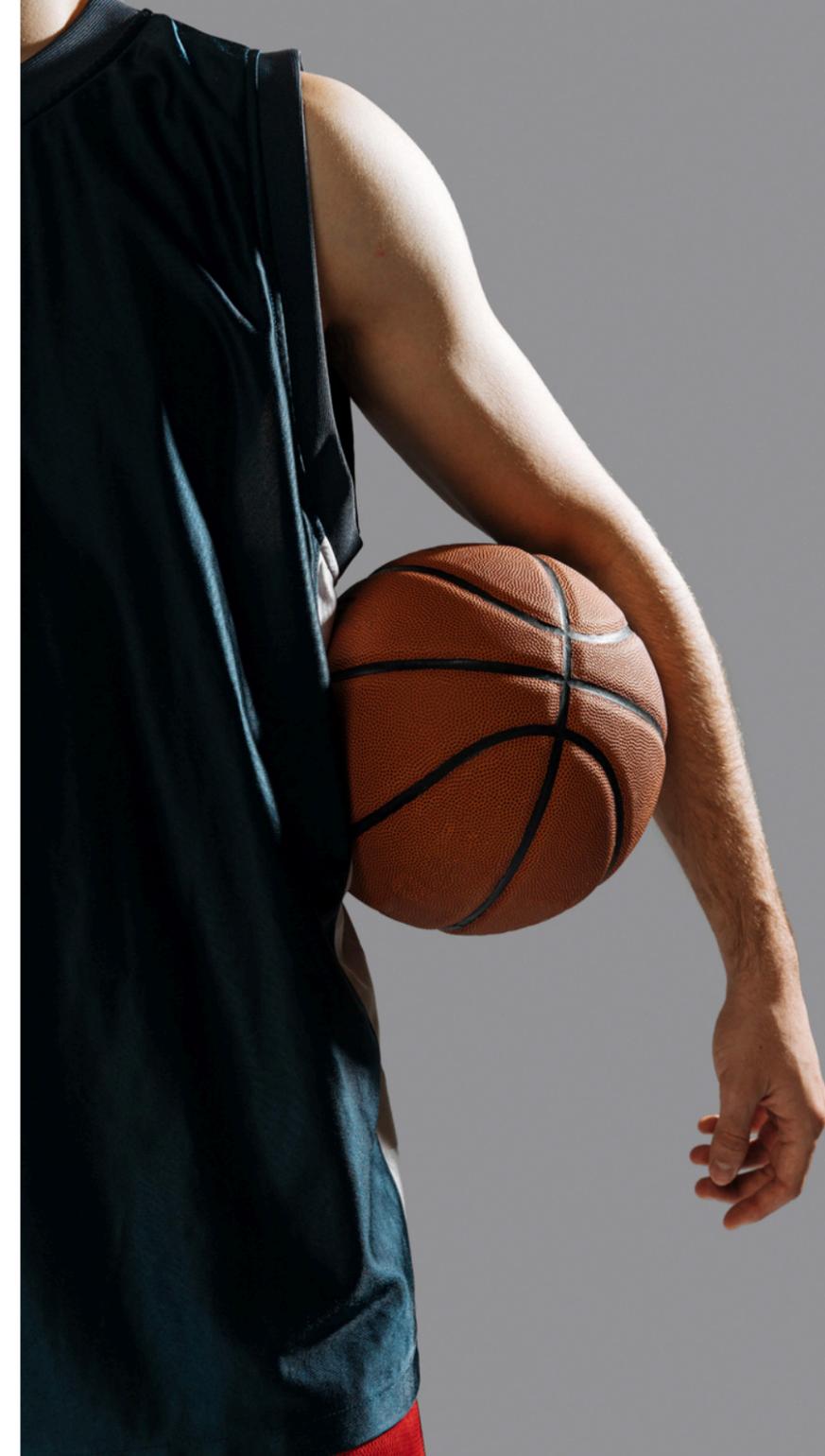
Chocolate
caramel



kinder
proteino

Available Sizes:

50g



Alasature Protein Sponies Chocolate

INFORMACIÓN NUTRICIONAL	
Cantidad por 1 sponie (50gr) Chocolate	
Calorías	221
Energía	773,00Kj / 184,83Kcal
Grasas totales	15,98g
Grasa saturada	6,00g
Grasa trans	0g
Colesterol	0g
Carbohidratos	11,91g
Azúcar	1,08g
Polioles	6,00g
Fibra	4,84g
Proteína	6,67g
Sal	0,14g



PROTEIN SPONIES

A rich, chocolatey bite with a soft center and crunchy top—your keto-friendly indulgence, redefined

This brownie-style Alasture Sponie delivers **7 grams** of high-quality protein in a rich, indulgent format designed to support muscle maintenance and satiety. Its **keto-friendly** formulation makes it suitable for low-carb lifestyles, offering a guilt-free treat that satisfies sweet cravings without compromising metabolic goals.



MADE IN SPAIN



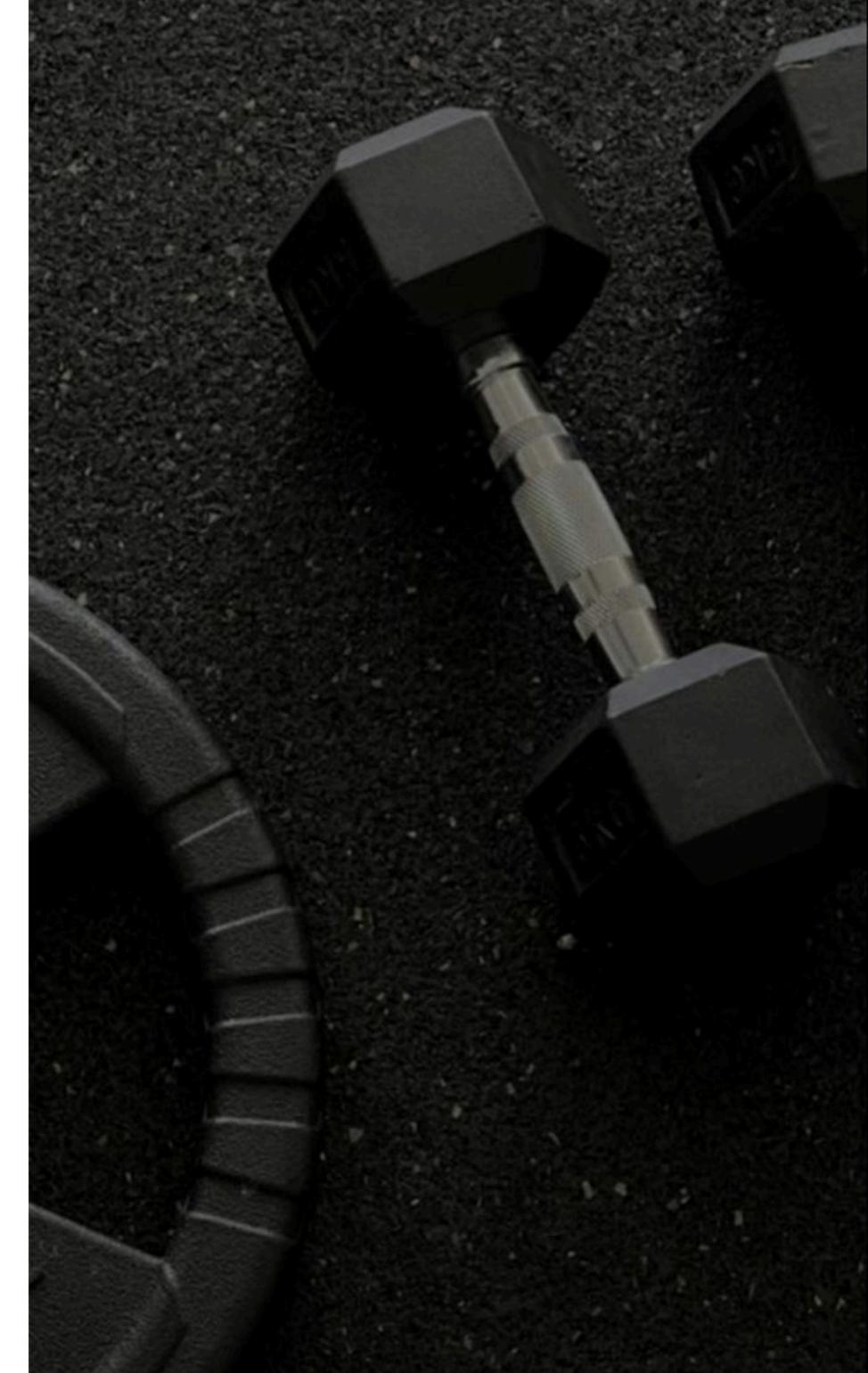
Chocolate



White
Chocolate

Available Sizes:

50g



Jöns

Jons Protein Puff Nacho Cheese

Typical Values	per 60g	% daily value
Protein	12g	20%
Fat	7g	9%
Carbohydrates	10g	16%
Sugars	1g	
Dietary fiber	1.2g	5%
Kcal	160	

Nutrition facts may vary slightly depending on Flavor.



PROTEIN PUFFS

Crunch your cravings away with Jons Protein Puffs — light, crispy, perfect for guilt-free snacking anytime. Healthy never tasted this good!

Jon's Protein Puffs deliver **12g of high-quality protein and 1.2g of fiber**, helping to curb cravings, support muscles, and promote digestive health—all in a light, satisfying snack.



MADE IN EGYPT



HONEY & MUSTARD



YOGURT & CUCUMBER



PIZZA



TOMATO & BASIL



BARBECUE



SHRIMP



GREEK CHEESE



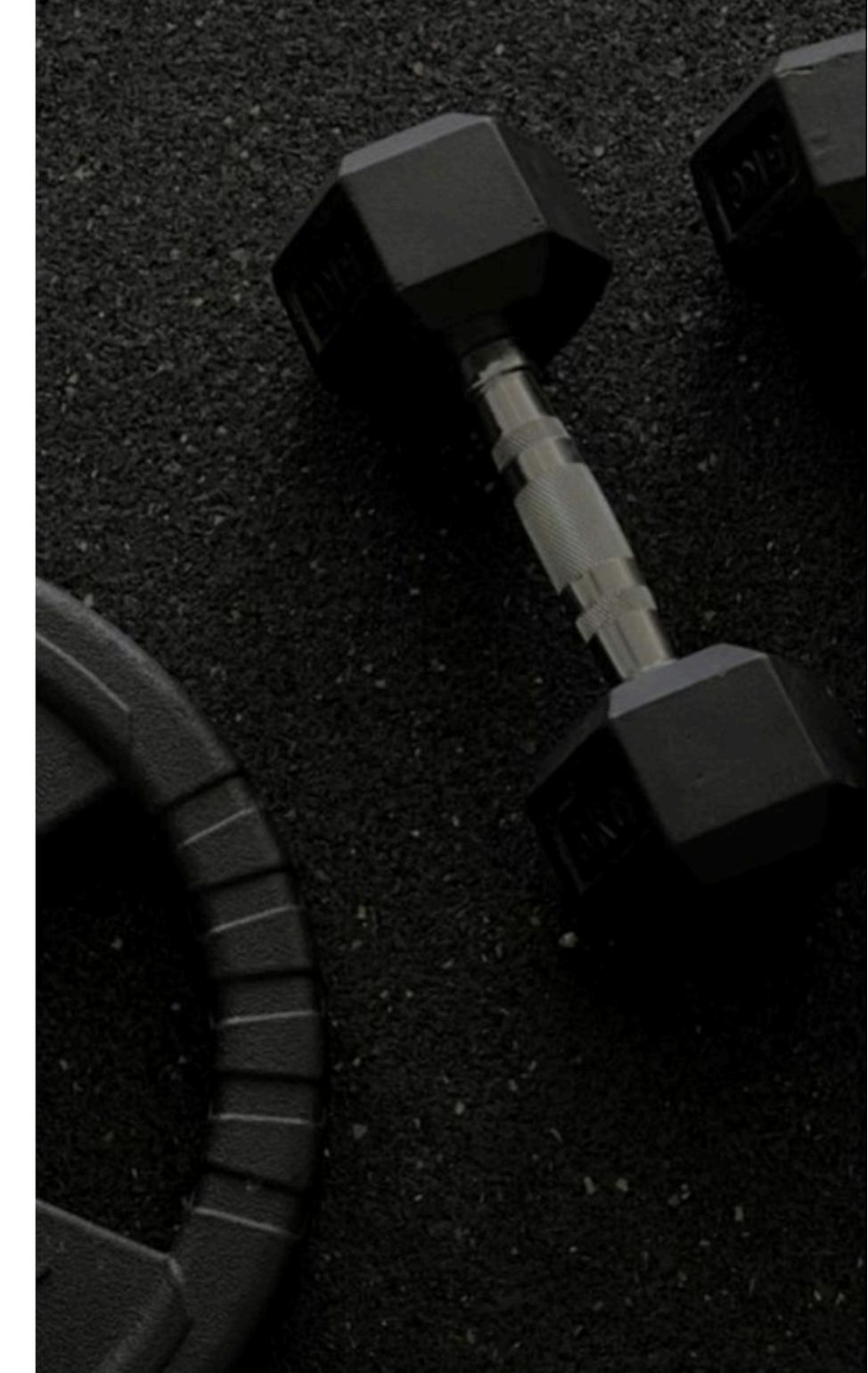
CHILI & LEMON



NACHO CHEESE

Available Sizes:

60g



Jons Protein **PILLOW CHOCOLATE**

Nutrition Facts

Serving Size 1.06 oz. (30g)
Servings Per Container about 1

Amount Per Serving

	% RDA
Energy 140kcal	6%*
Calories from Fat 50	
Total Fat 6g	9%
Saturated Fat 3g	15%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 65mg	3%
Total Carbohydrate 21g	7%
Dietary Fiber 0g	0%
Sugars 6g	
Protein 2g	3%*
Vitamin A 35% • Vitamin C 0%	
Calcium 0% • Iron 0%	

*Based on RENI 2002 Male 19-29 yrs. old.
RENI (Recommended Energy & Nutrient Intakes)
Percent Daily Values are based on a 2,000 calorie diet.



PROTEIN PILLOWS

Snack smart with Jons Protein Pillows. Crave-worthy bites packed with protein. Perfect for fueling your day without the guilt.

Jons Protein Pillows deliver **2g of high-quality protein** in a light, crunchy snack. Perfect for fueling your day, curbing cravings, and supporting muscle recovery.



MADE IN EGYPT

Jons



Chocolate



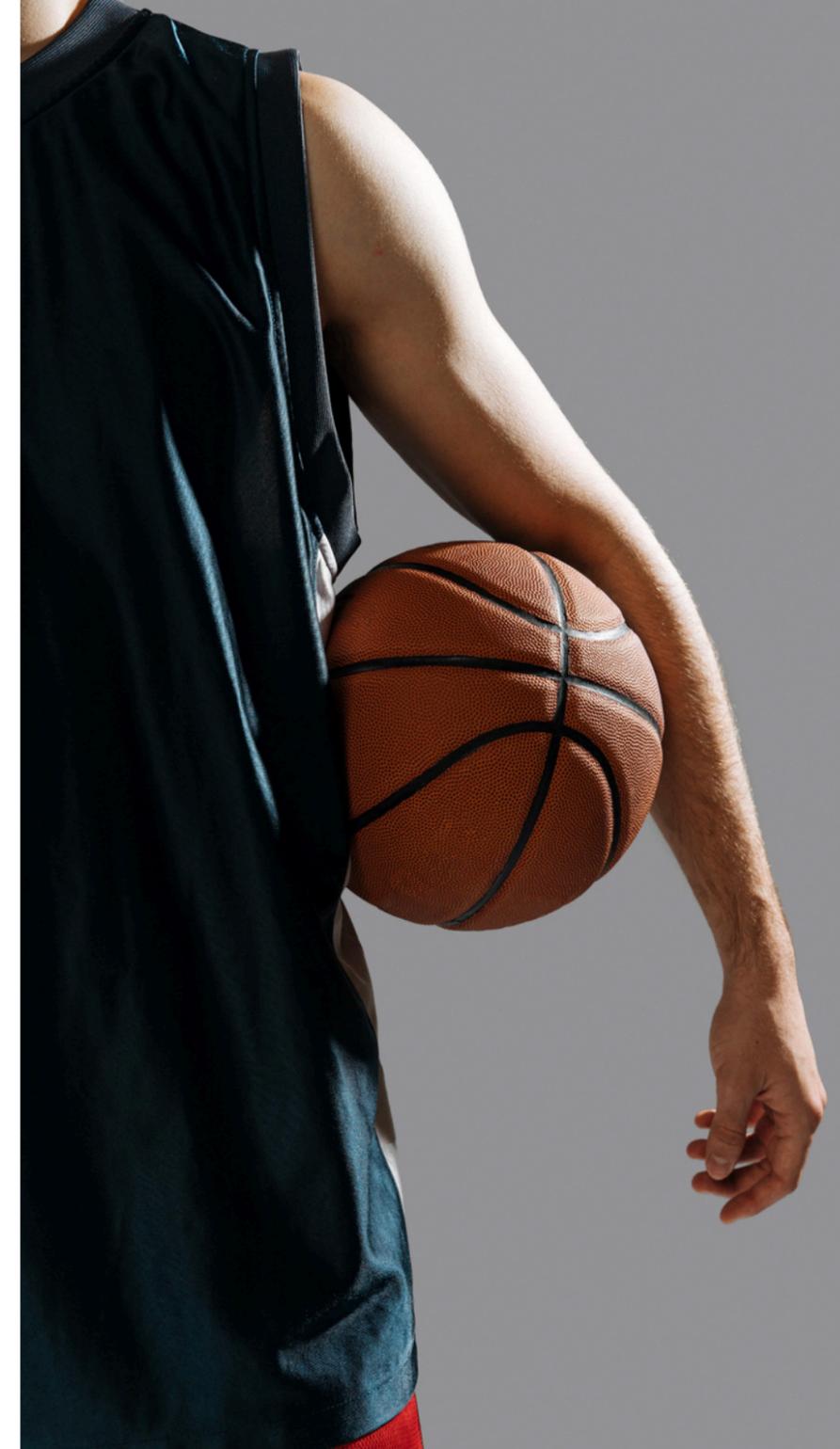
Cookie butter



Peanut Butter

Available Sizes:

60g





RYS E

Ryse Fuel Sour Punch Green Apple

Nutrition Facts

Serving Size 1 Can

Amount Per Serving
Calories 5

%Daily Value*

Total Fat	0g	0%
Sodium	20mg	1%
Total Carbohydrate	1g	0%
Total Sugars	0g	
Includes 0g Added Sugars		0%
Protein	0g	0%
Potassium	90mg	2%
Choline	200mg	37%

Not a significant source of saturated fat, trans fat, cholesterol, dietary fiber, vitamin D, calcium, or iron.

* The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



RYSE FUEL

Stay sharp, move fast, and crush your day with no limits

Ryse Fuel Energy Drink delivers a powerful blend designed to energize both mind and body. With **200 mg of caffeine** for a clean energy boost, **200 mg of choline** to sharpen mental focus, and **500 mg of taurine** to support hydration and stamina, this performance-driven formula keeps you alert, focused, and ready to take on any challenge.



MADE IN USA

Available Sizes:

473 ml / Can

Pack of 12 can



Ring pop
berry blast



Fruit punch



Sour punch
green apple



Sour punch
blue
raspberry



Pink splash



Direction of use:
1 Can / day
Before workout and/or life



Ryse Fuel Melon Apple Shock

Nutrition Facts

Serving Size: 1 Can (16 fl oz)
 Servings Per Container: 1

Amount Per Serving		
Calories	0	Calories from Fat 0
		% Daily Value
Total Fat	0g	0%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	15mg	1%
Potassium	55mg	2%
Total Carbohydrate	0g	0%
Dietary Fiber	0g	0%
Sugars	0g	
Protein	0g	

▫ Daily Value Not Established

Ingredients: Carbonated Water, Citric Acid, reFRESH Performance Complex (Betaine Anhydrous, Caffeine Anhydrous, Taurine, Potassium Citrate, L-Tyrosine, Choline Bitartrate, BCAA Aminos (L-Leucine, L-Isoleucine, L-Valine), Carnitine L-Tartrate, Alpha GPC, Caffeine Citrate), Natural and Artificial Flavors, Sucralose, Potassium Sorbate (preserves freshness), Sodium Benzoate (preserves freshness), Acesulfame Potassium



RAZE ENERGY

Ignite your performance with RAZE energy. Raze to every challenge!

This powerful formula delivers explosive energy and optimal hydration, helping you recover faster and perform at your peak. It contains hydrating electrolytes. Also enhances endurance and stamina while sharpening your mental focus with **300mg of caffeine and BCAAs** to support muscle recovery and growth.



blue shock



grape bubblegum



rainbow



strawberry colada



Guava mango



melon apple shock



MADE IN USA

Available Sizes:

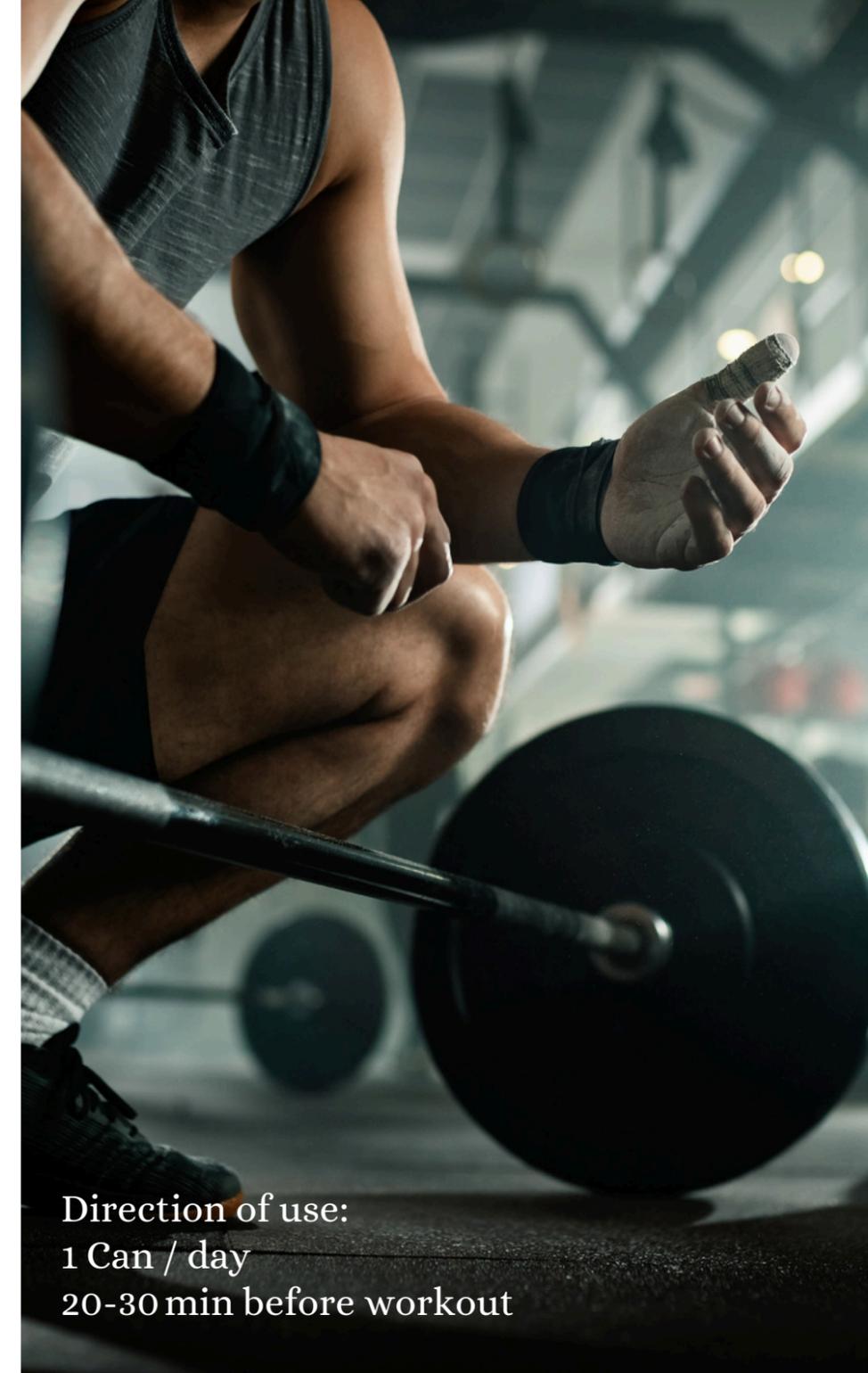
473 ml / Can

Pack of 12 can

Direction of use:

1 Can / day

20-30 min before workout





Moose Juice Green Apple

Nutritional Breakdown Per 500ml Serving	
Energy	63kJ/15kcal
Fat	0g
of which:	
Saturates	0g
Carbohydrate	1.67g
of which:	
Sugars	0g
Protein	2.2g
Salt	0g
Vitamins	
Folic Acid	400µg
Niacin	30mg
Vitamin B6**	40mg
Vitamin B12	500µg



MOOSE JUICE

Clean energy. Zero sugar. Pure focus. Every sip powers your hustle—no crash, just clarity.

A low-calorie sparkling energy drink scientifically formulated with Caffeine, and **key B-vitamins—30mg Niacin, 40mg Vitamin B6, 500mcg Vitamin B12, and 400mcg Folic Acid**—to support energy metabolism and promote mental focus.



MADE IN THE UK

Available Sizes:

500 ml / Can
Pack of 12 can



green apple



blue raspberry



Berry

Direction of use:
1 Can / day

SPARKLING
ICE.®

Classic Sparkling Ice Kiwi Strawberry



Nutrition Facts

Serving size **1 Bottle**

Amount per serving
Calories 5

% Daily Value

Total Fat 0g 0%

Sodium 0mg 0%

Total Carbohydrate 0g 0%

Protein 0g

Vitamin A 15% Vitamin D 3mcg 15%

Niacin 15% Vitamin B6 15%

Biotin 15% Vitamin B12 15%

Pantothenic acid 15%

CLASSIC SPARKLING ICE

Classic Sparkling Ice bold fruit flavor, zero sugar, and just the right sparkle to refresh your day. Pure taste, guilt-free pleasure!

This formula provides **15%** of key vitamins including **vitamin E, B6, B12, Niacin, Biotin, and Pantothenic Acid** supporting energy metabolism, cognitive health, and cellular antioxidant defense.



MADE IN USA

SPARKLING ICE®



black raspberry



Grape raspberry



classic lemonade



coconut pineapple



orange mango



peach nectarine



kiwi strawberry



Fruit punch



Strawberry Watermelon

Available Sizes:
502.8 ml / Bottle
Pack of 12 can



Direction of use:
1 Bottle /Day



High Protein Bar Chocolate Almond Caramel

Nutrition Facts		
Serving size:	1 bar (48g)	
Servings per container:	4	
Amount per serving		
Calories	190	
	% Daily Value*	
Total Fat	9g	12%
Saturated Fat	5g	25%
Trans Fat	0g	
Cholesterol	5mg	2%
Sodium	230mg	10%
Total Carbohydrate	18g	7%
Dietary Fiber	10g	36%
Total Sugars	1g	
Protein	15g	30%
Vitamin D	0mcg	0%
Calcium	100mg	8%
Iron	1.8mg	10%
Potassium	100mg	2%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Nutrition facts may vary slightly depending on Flavor.



HIGH PROTEIN BAR

A high-protein formula that provides lasting energy and supports healthy muscle growth with great taste.

High protein bar delivering **15g of protein, 10g fiber, 4g net carbs, and just 1g sugar**, this formulation supports digestive health and satiety while contributing to stable glycemic response making it well-suited for carbohydrate-conscious dietary patterns.



MADE IN USA



Brownie delight



Chocolate Almond Caramel



Chocolate almond caramel



Strawberry shortcake



Peanut butter pretzel



Chocolate peanut butter



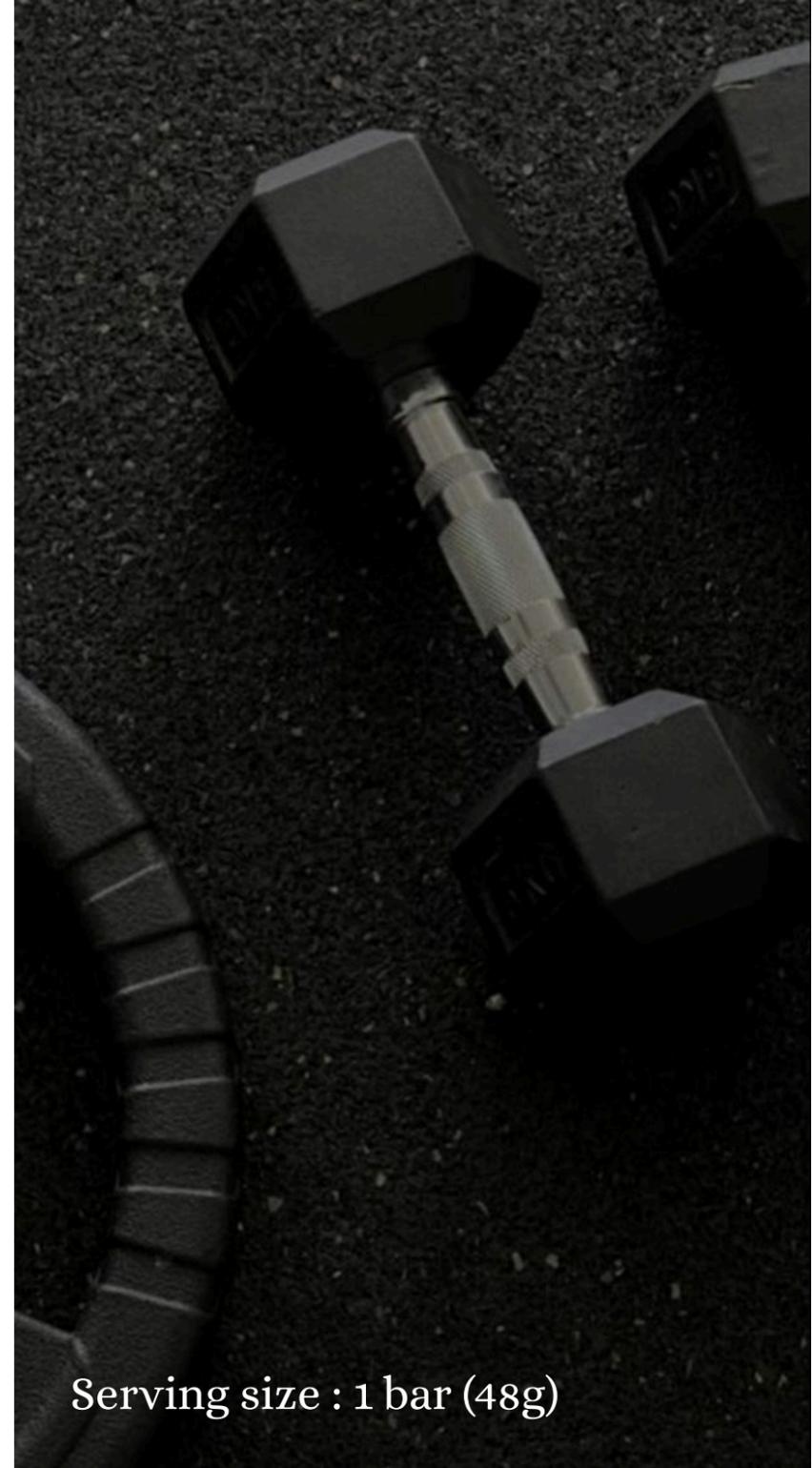
Peanut butter granola



Chocolate chip granola



Cookie fusion



Serving size : 1 bar (48g)

Strong High Protein Bar Birthday Cake

Nutrition Facts	
Serving size:	1 bar (60g)
Servings per container:	4
Amount per serving	
Calories	230
	% Daily Value*
Total Fat	12g 15%
Saturated Fat	4.5g 23%
Trans Fat	0g
Cholesterol	0mg 0%
Sodium	290mg 13%
Total Carbohydrate	21g 8%
Dietary Fiber	8g 29%
Total Sugars	2g
Protein	20g 40%
Vitamin D	0mcg 0%
Calcium	80mg 6%
Iron	2.1mg 10%
Potassium	110mg 2%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



STRONG HIGH PROTEIN BAR

High Protein Bar delivers focused energy and muscle support with every bite.

Strong high protein bar delivering **20g of protein and 8g of prebiotic fiber**, this product supports sustained muscle function and gut health, while its low net carbs and sugar content help maintain satiety and consistent energy throughout the day.



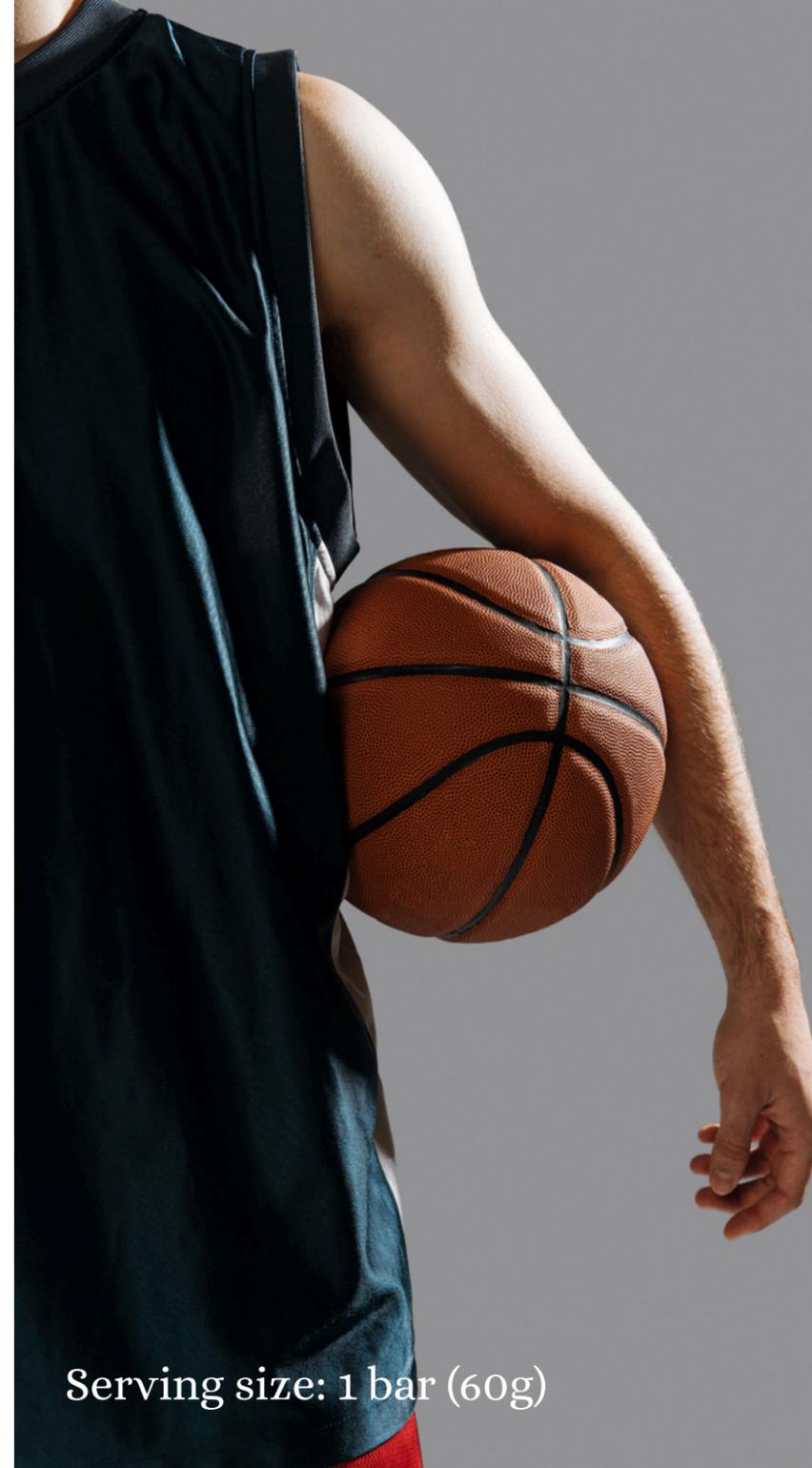
MADE IN USA



Chocolate chip cookie dough



Birthday Cake



Serving size: 1 bar (60g)

Protein Meal Bar Blueberry Greek Yogurt

Nutrition Facts		
Serving size:	1 bar (48g)	
Servings per container:	4	
Amount per serving		
Calories	190	
	% Daily Value*	
Total Fat	9g	12%
Saturated Fat	4g	20%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	220mg	10%
Total Carbohydrate	21g	8%
Dietary Fiber	8g	29%
Total Sugars	3g	
Protein	15g	23%
Vitamin D	0mcg	0%
Calcium	150mg	10%
Iron	1.5mg	8%
Potassium	90mg	2%



PROTEIN MEAL BAR

A protein-packed meal bar that provides sustained energy and keeps you feeling full longer with balanced, wholesome ingredients

Protein meal bar snack delivers **15g of protein and fibers** to support muscle health and digestion, while its moderate carbohydrate profile (**5g net carbs and 3g sugar**) makes it a fitting choice for diets focused on controlled energy and blood sugar management.



MADE IN USA



-  Vanilla caramel pretzel
-  Chocolate chip cookie dough
-  Peanut butter pretzel
-  Blue berry Greek yogurt
-  Vanilla pecan crisp
-  Double fudge brownie
-  Peanut butter granola
-  Chocolate chip granola
-  Strawberry shortcake



Serving size: 1 bar (48g)

Keto Cluster Caramel

Nutrition Facts	
Serving size:	1 cluster (26g)
Servings per container:	8
Amount per serving	
Calories	160
	% Daily Value*
Total Fat	14g 18%
Saturated Fat	9g 45%
Trans Fat	0g
Cholesterol	0mg 0%
Sodium	60mg 3%
Total Carbohydrate	12g 4%
Dietary Fiber	6g 21%
Total Sugars	<1g
Protein	3g 6%
Vitamin D	0mcg 0%
Calcium	10mg 2%
Iron	0.3mg 2%
Potassium	50mg 2%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



KETO CLUSTER

Atkins KETO Cluster combines delicious taste with health benefits, featuring low carbs and rich healthy fats.

This keto cluster provides **6g of fiber, 2g of protein, and under 1g of sugar**, supporting digestive health and satiety. With just **2g net carbs**, plus **50mg calcium and 40mg potassium**, it also contributes to electrolyte balance and blood sugar stability.



MADE IN USA



Caramel almond



Serving size : 1 cluster (26g)

Keto Cups Peanut Butter

Nutrition Facts

Serving size:	1 cluster (26g)	
Servings per container:	8	
Amount per serving		
Calories	160	
	% Daily Value*	
Total Fat	14g	18%
Saturated Fat	9g	45%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	60mg	3%
Total Carbohydrate	12g	4%
Dietary Fiber	6g	21%
Total Sugars	<1g	
Protein	3g	6%
Vitamin D	0mcg	0%
Calcium	10mg	2%
Iron	0.3mg	2%
Potassium	50mg	2%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



KETO CUPS

A delicious flavor combination with low carbs that fuels your keto lifestyle and boosts your energy—without the guilt.

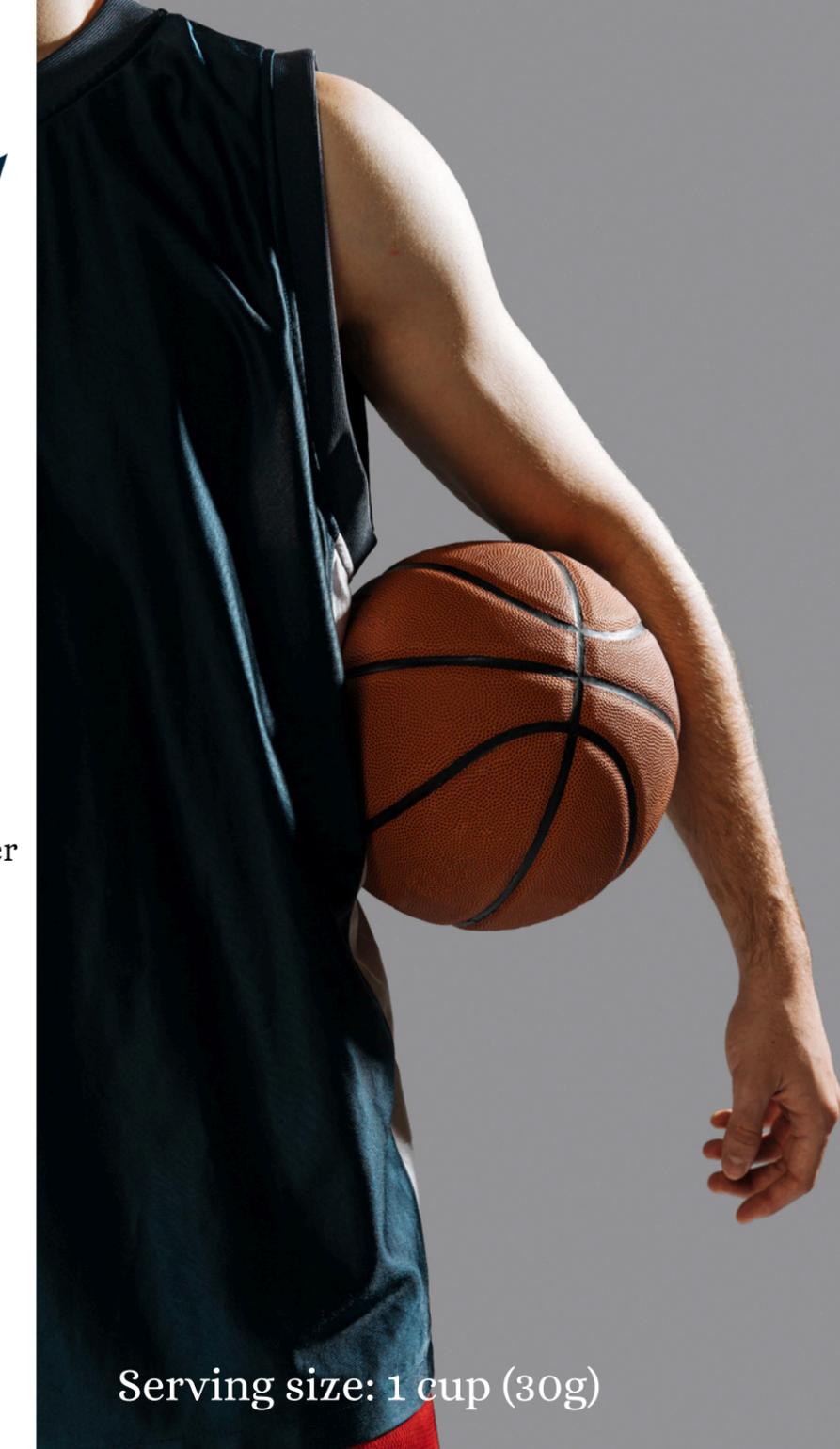
Formulated to align with ketogenic dietary principles, this keto cups provides **6g of dietary fiber and 3g of protein** to promote digestive function and muscle maintenance. Its low carbohydrate profile and less than 1g sugar supports glycemic stability and controlled energy intake.



MADE IN USA



Peanut butter



Serving size: 1 cup (30g)

Caramel Nut Chew Bar

Nutrition Facts

Serving size:	1 Bar (34g)	
Servings per container:	5	
Amount per serving		
Calories	130	
	% Daily Value*	
Total Fat	8g	10%
Saturated Fat	4g	20%
Trans Fat	0g	
Cholesterol	5mg	2%
Sodium	50mg	2%
Total Carbohydrate	16g	6%
Dietary Fiber	5g	18%
Total Sugars	1g	
Protein	5g	8%
Vitamin D	0mcg	0%
Calcium	20mg	2%
Iron	0.6mg	4%
Potassium	80mg	2%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



ENDULGE CHEW BAR

Delivers rich flavors with low-carb benefits to support your healthy lifestyle.

This formulation delivers **5g of dietary fiber, 2g protein**, and low levels of sugar and net carbohydrates (**1g and 2g**, respectively), supporting gastrointestinal function and satiety, while complementing low-carbohydrate dietary approaches aimed at glycemic regulation.



MADE IN USA



Almond
Chocolate



chocolate
Caramel



Coconut
Chocolate



Crunchalicious



Chocolate
Covered
Almond



Chocolate



peanut
butter cup



Caramel nut

Serving size: 1 bar (34g)

Snack Bar caramel chocolate nut

Nutrition Facts

Serving size:	1 bar (44g)	
Servings per container:	5	
Amount per serving		
Calories	180	
	% Daily Value*	
Total Fat	12g	15%
Saturated Fat	6g	30%
Trans Fat	0g	
Cholesterol	5mg	2%
Sodium	135mg	6%
Total Carbohydrate	20g	7%
Dietary Fiber	7g	25%
Total Sugars	2g	
Protein	7g	13%
Vitamin D	0mcg	0%
Calcium	40mg	4%
Iron	0.7mg	4%
Potassium	160mg	4%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



SNACK BAR

Enjoy a tasty treat that fits seamlessly into your lifestyle, offering satisfaction. Perfectly crafted for mindful eating anytime, anywhere.

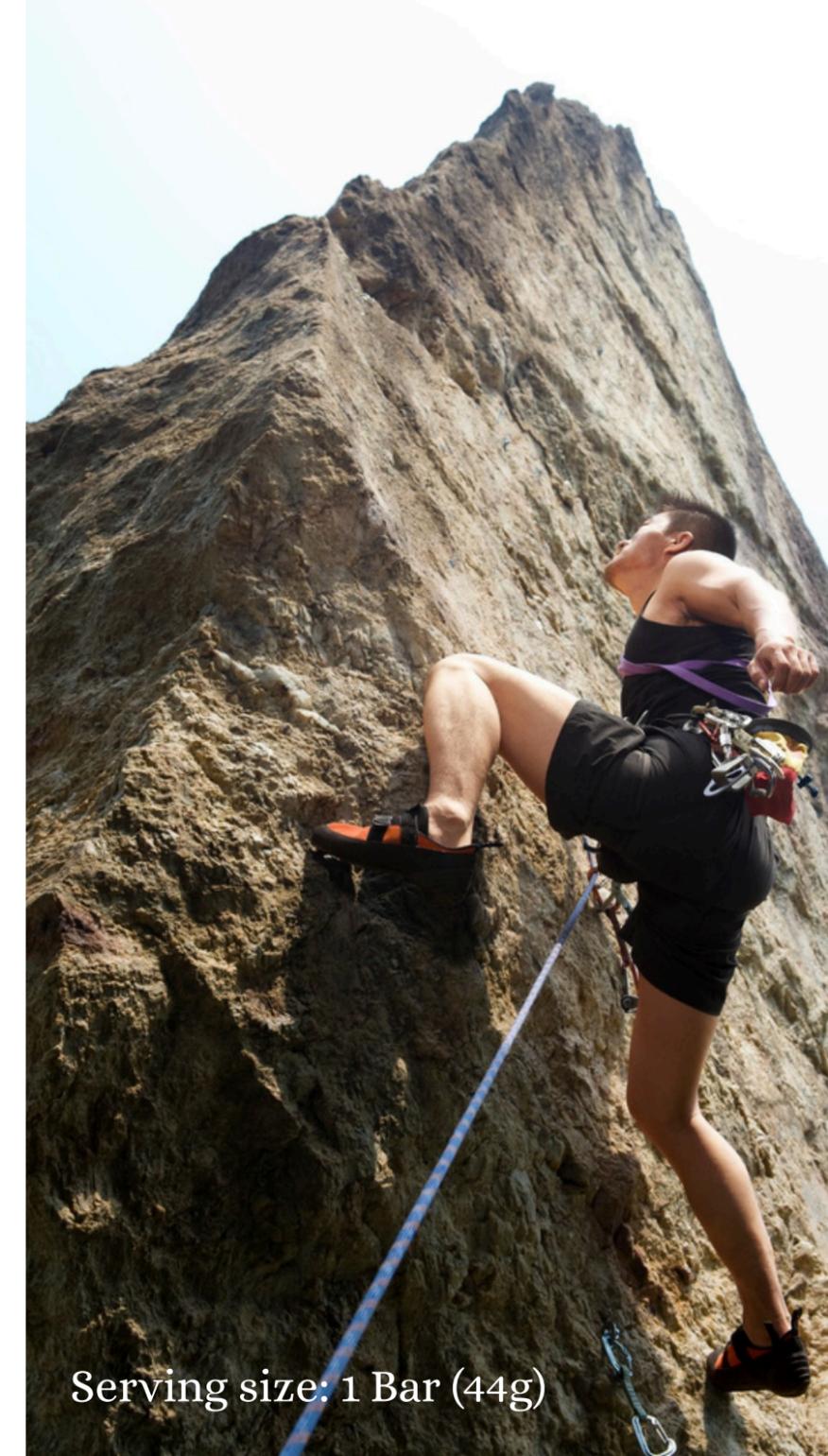
This snack bar offers **7g protein and 3g net carbs**, making it suitable for restricted dietary plans and potentially minimizing postprandial glycemic response. It also rich fibers



MADE IN USA



Caramel
chocolate
nut



Serving size: 1 Bar (44g)

Protein Wafer Crisps Peanut Butter

Nutrition Facts

Serving size: 1 bar (36g)

Servings per container: 5

Amount per serving

Calories 190

% Daily Value*

Total Fat 15g **19%**

Saturated Fat 8g **40%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 90mg **4%**

Total Carbohydrate 9g **3%**

Dietary Fiber 5g **18%**

Total Sugars 1g

Protein 10g **20%**

Vitamin D 0mcg **0%**

Calcium 160mg **10%**

Iron 0.3mg **2%**

Potassium 60mg **2%**

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



PROTEIN WAFER CRISPS

Treat yourself without worrying about your carb count !

Protein wafer crisps deliver **10g of protein and 5g of fiber**, supporting satiety and digestive health, while the low net carb (**4g**) and sugar (**1g**) content make it suitable for low-glycemic and reduced-carbohydrate dietary patterns.



MADE IN USA



Peanut butter



Serving size: 1 bar (36g)

Peanut Butter Candies

Nutrition Facts

Serving size: 1 pack (28g)

Servings per container: 5

Amount per serving

Calories 110

		% Daily Value*
Total Fat	8g	10%
Saturated Fat	5g	25%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	70mg	3%
Total Carbohydrate	14g	5%
Dietary Fiber	1g	4%
Total Sugars	2g	
Protein	3g	0%
Vitamin D	0mcg	0%
Calcium	50mg	4%
Iron	0.2mg	2%
Potassium	110mg	2%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



ENDULGE CANDIES

Savor the natural sweetness of Endulge Candies, crafted with protein and healthy fats to fuel your energy and keep you going all day long.

With **3g protein, 2g net carbs, and 2g sugar**, this product supports satiety and muscle maintenance while helping manage blood glucose—ideal for low-carb diets.



MADE IN USA



Peanut Butter



Serving size : 1 pack (28g)

Blue Berry Baked Energy Bar

Nutrition Facts

Serving size: 1 bar (50g)

Servings per container: 4

Amount per serving

Calories 190

		% Daily Value*
Total Fat	8g	10%
Saturated Fat	3.5g	18%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	230mg	10%
Total Carbohydrate	19g	7%
Dietary Fiber	10g	36%
Total Sugars	2g	
Protein	15g	29%
Vitamin D	0mcg	0%
Calcium	130mg	10%
Iron	1.9mg	10%
Potassium	130mg	2%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



BAKED ENERGY BAR

A savory energy bar that balances carbs and protein perfectly to deliver lasting stamina and mental focus.

Designed to complement low-glycemic dietary patterns, this baked energy bar delivers **15g of protein** for muscle support, **10g of fiber** to aid digestion, and just **4g net carbs with 2g sugar**—offering balanced nutritional support for sustained energy and metabolic control.



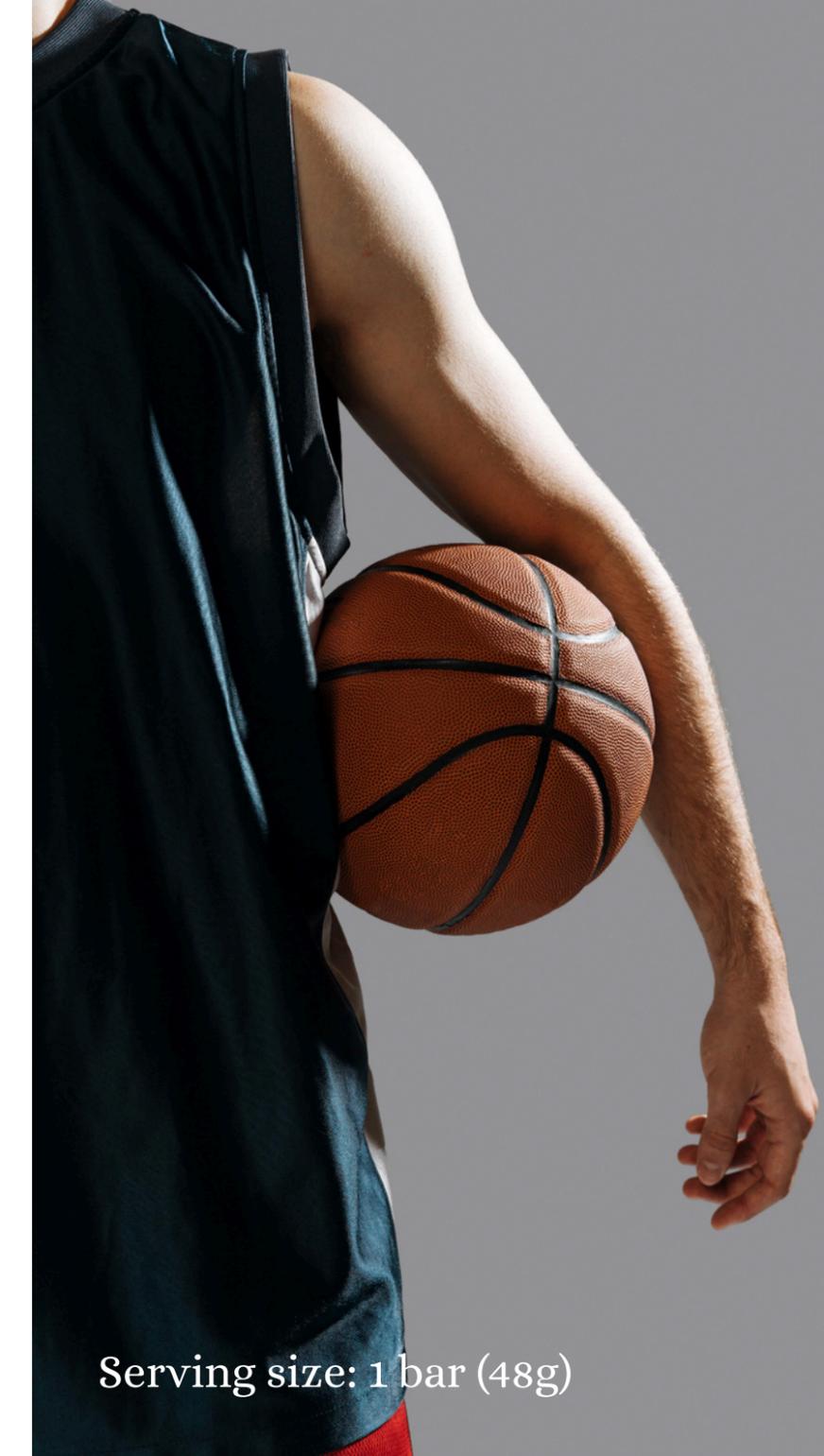
MADE IN USA



Blue berry



vanilla
macadamia
nut



Serving size: 1 bar (48g)

Milk Chocolate Truffles

Nutrition Facts

Serving size: **1 cookie (39g)**

Servings per container: **4**

Amount per serving

Calories 160

% Daily Value*

Total Fat 11g **14%**

Saturated Fat 7g **35%**

Trans Fat 0g

Cholesterol 30mg **10%**

Sodium 135mg **6%**

Total Carbohydrate 13g **5%**

Dietary Fiber 7g **25%**

Total Sugars 1g

Protein 10g **20%**

Vitamin D 0mcg **0%**

Calcium 110mg **8%**

Iron 0.1mg **0%**

Potassium 50mg **2%**

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



TREAT TRUFFLES

Decadent truffles with rich flavor, combining indulgence and low carbs to support your healthy lifestyle without sacrificing pleasure.

This truffles contains **6g of dietary fiber and 2g of protein**, contributing to gastrointestinal function and maintenance of lean body mass. With **2g net carbohydrates and 2g sugar**, it aligns with nutritional protocols aimed at moderating glycemic response and supporting metabolic efficiency.



MADE IN USA



Milk
Chocolate

Serving size: 3 truffles (30g)

Protein Cookies Chocolate Chips

Nutrition Facts	
Serving size:	1 cookie (39g)
Servings per container:	4
Amount per serving	
Calories	160
% Daily Value*	
Total Fat	11g 14%
Saturated Fat	7g 35%
Trans Fat	0g
Cholesterol	30mg 10%
Sodium	135mg 6%
Total Carbohydrate	13g 5%
Dietary Fiber	7g 25%
Total Sugars	1g
Protein	10g 20%
Vitamin D	0mcg 0%
Calcium	110mg 8%
Iron	0.1mg 0%
Potassium	50mg 2%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



PROTEIN COOKIES

Protein-rich cookies that offer a healthy and tasty snack, helping to boost muscles and keep you full longer

With **10g protein**, **7g dietary fiber**, **3g net carbs**, and **1g sugar** supports muscle maintenance and promotes gastrointestinal function, while contributing to prolonged satiety. Its macronutrient balance aligns with dietary strategies focused on metabolic regulation and controlled carbohydrate intake.



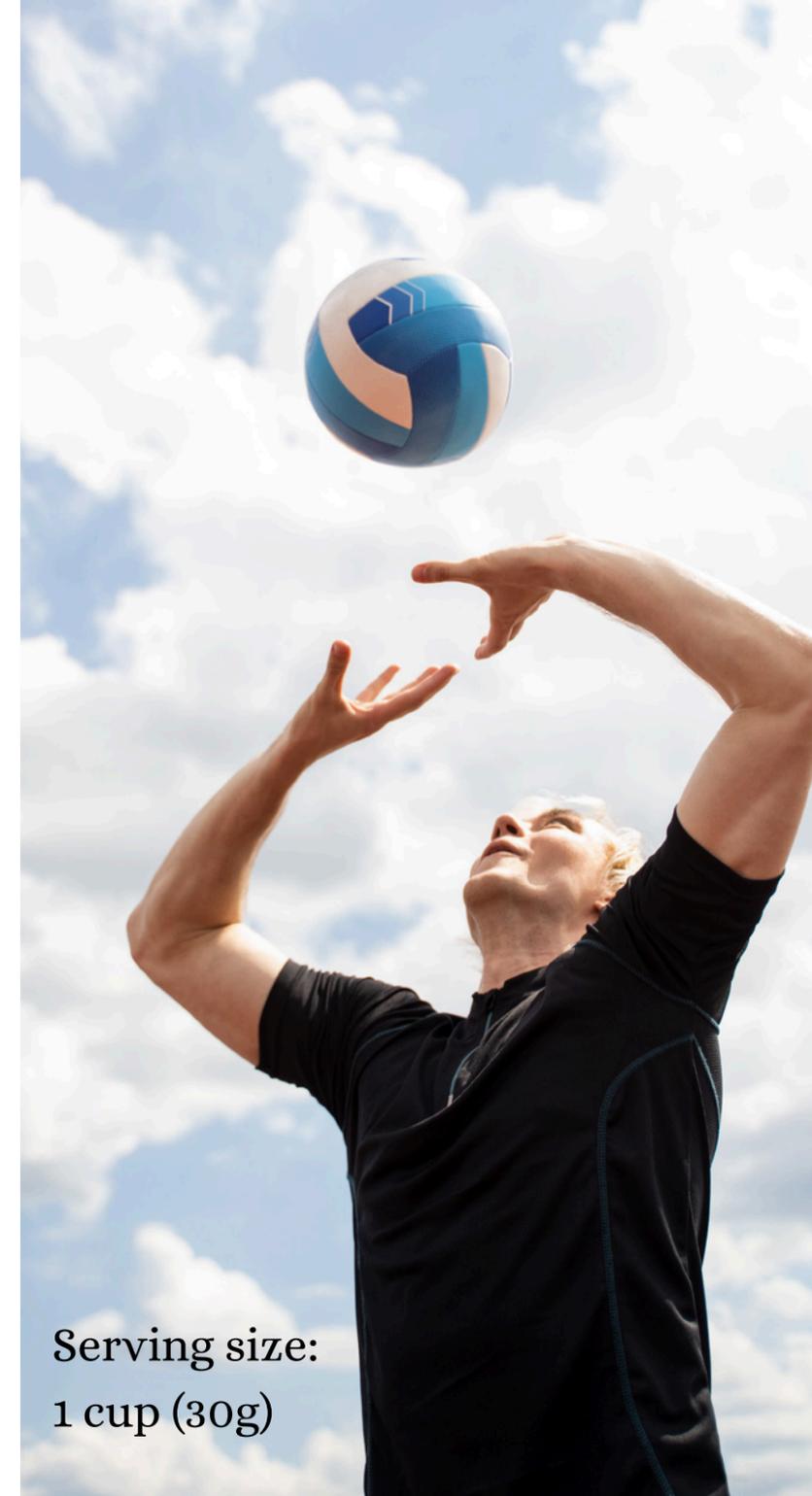
MADE IN USA



Chocolate chip



Peanut butter



Serving size:
1 cup (30g)

Protein Rich Shake Creamy Chocolate Coconut

Nutrition Facts

Serving size:	1 shake (325mL)	
Servings per container:	4	
Amount per serving		
Calories	160	
	% Daily Value*	
Total Fat	10g	13%
Saturated Fat	1.5g	8%
Trans Fat	0g	
Cholesterol	5mg	2%
Sodium	240mg	10%
Total Carbohydrate	6g	2%
Dietary Fiber	4g	14%
Total Sugars	1g	
Protein	15g	30%
Vitamin D	4mcg	20%
Calcium	370mg	30%
Iron	2.5mg	15%
Potassium	500mg	10%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



PROTEIN - RICH SHAKE

A protein-rich shake that delivers quick energy, and keeps you feeling full anytime

It provides **15g of protein** to support muscle maintenance, along with **4g of fiber** to promote satiety and digestive health. With just **2g net carbs and 1g sugar**, it helps sustain balanced energy levels throughout the day while fitting into controlled carbohydrate dietary plans.



MADE IN USA



Mocha latte



Creamy chocolate coconut



Creamy chocolate



Vanilla Cream



Creamy cinnamon swirl



Drak chocolate royale



Creamy caramel



Creamy vanilla



Milk chocolate delight

Serving size: 1 shake (352ml)

Strong Protein Shake Vanilla

Nutrition Facts

Serving size: 1 shake (325mL)

Servings per container: 4

Amount per serving

Calories 190

% Daily Value*

Total Fat 5g 6%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 10mg 3%

Sodium 190mg 8%

Total Carbohydrate 9g 3%

Dietary Fiber 7g 25%

Total Sugars 1g

Protein 30g 60%

Vitamin D 4.2mcg 20%

Calcium 720mg 60%

Iron 2.4mg 15%

Potassium 450mg 10%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



STRONG PROTEIN SHAKE

Fuel your day with power and flavor while boosting muscle recovery and supporting gut health.

With **30g of protein, 7g of prebiotic fiber, just 2g net carbs, and 1g sugar**, this formulation delivers targeted nutrition for strength, digestion, and sustained energy.



MADE IN USA



Vanilla



Chocolate
peanut butter



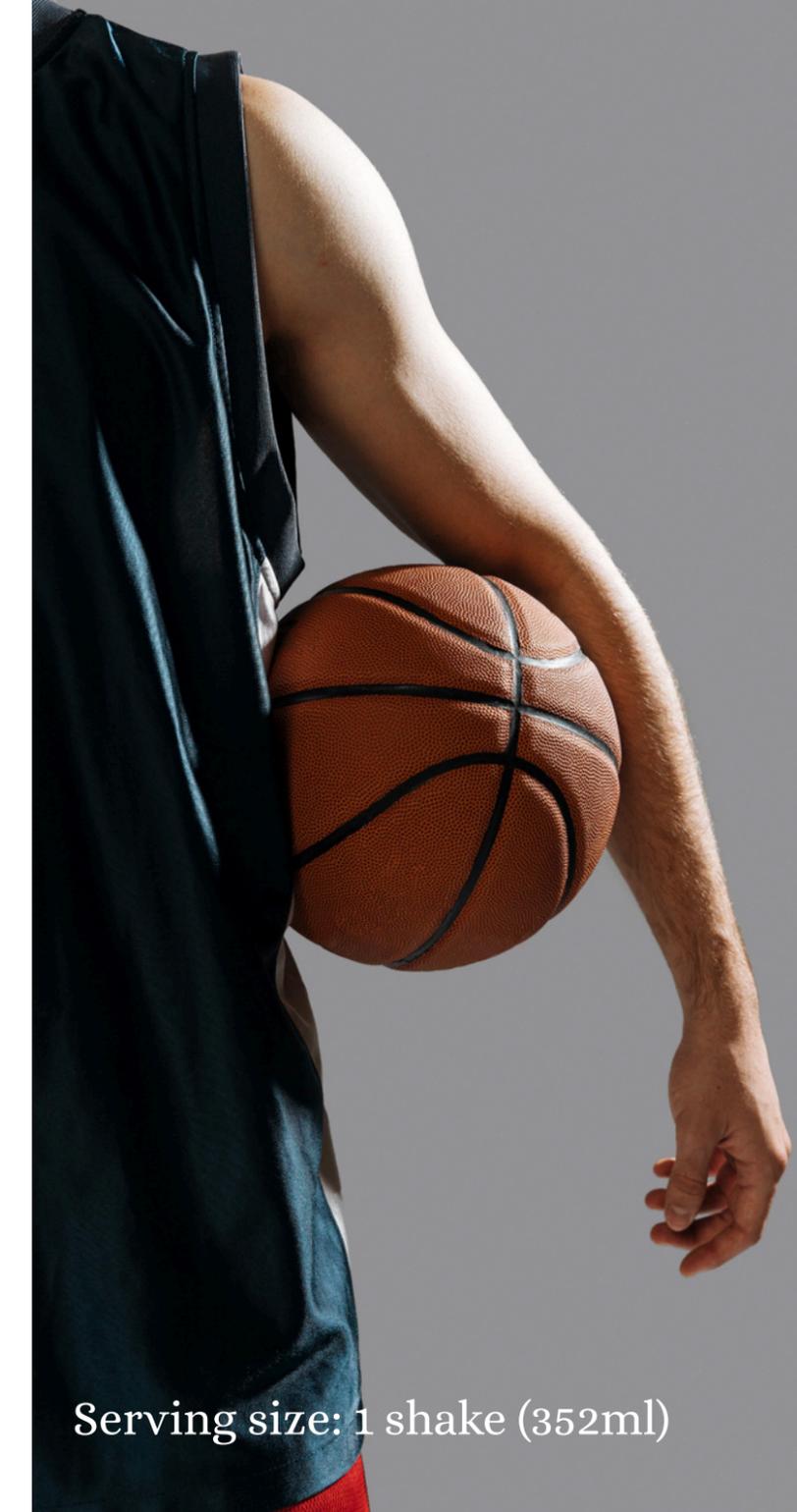
Cafe latte



Chocolate



Strawberry



Serving size: 1 shake (352ml)

Ice Coffee Vanilla Latte

Nutrition Facts		
Serving size:	1 shake (325mL)	
Servings per container:	4	
Amount per serving		
Calories	170	
		% Daily Value*
Total Fat	9g	12%
Saturated Fat	1.5g	8%
Trans Fat	0g	
Cholesterol	5mg	2%
Sodium	230mg	10%
Total Carbohydrate	7g	3%
Dietary Fiber	3g	11%
Total Sugars	1g	
Protein	15g	30%
Vitamin D	4.1mcg	20%
Calcium	360mg	30%
Iron	1.4mg	8%
Potassium	440mg	10%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



ICE Coffee - PROTEIN SHAKE

Iced coffee protein shake that delivers the refreshing taste of coffee with the power of protein to boost energy and keep you active

Powered by **real coffee**, this shake delivers a natural caffeine kick that boosts metabolism, sharpens focus, and supports fat burning. With **15g of protein and 3g of fiber**, it fuels muscle maintenance and digestive health, while just **4g net carbs and 1g sugar** help sustain energy and keep blood sugar levels in check.



MADE IN USA



Vanilla latte



Cafe caramel



Cafe au lait

Serving size: 1 shake (352ml)

Ice Chai Tea Latte Protein Shake

Nutrition Facts

Serving size: 1 shake (325mL)

Servings per container: 4

Amount per serving

Calories 160

% Daily Value*

Total Fat 9g **12%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 240mg **10%**

Total Carbohydrate 6g **2%**

Dietary Fiber 3g **11%**

Total Sugars 1g

Protein 15g **30%**

Vitamin D 4mcg **20%**

Calcium 360mg **30%**

Iron 1.3mg **8%**

Potassium 510mg **10%**

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



ICE CHAI - PROTEIN SHAKE

Iced chai protein shake that combines refreshing flavor with the benefits of protein to fuel your energy and health goals

Made with **real tea**, this refreshing shake delivers **15g of protein and 3g of digestion-friendly fiber** to support muscle health and satiety. With minimal sugar and just a few net carbs, it helps maintain balanced energy and steady blood glucose. Ideal for mindful, low-carb lifestyles.



MADE IN USA



Ice tea latte



Serving size: 1 shake (352ml)

per4m

Protein Pancakes Chocolate Chip

Nutrition Information

Serving size: 2 scoops (75g)
Servings per container: 16

Typical values for:	100g	75g
Energy	1605kJ 384kcal	1203kJ 230kcal
Fat	8g	6.0g
of which saturates	1.9g	1.4g
Carbohydrate	50g	38g
of which sugars	4.9g	3.7g
Fibre	2.2g	1.7g
Protein	27g	20g
Salt	0.21g	0.16g



PROTEIN PANCAKES

Forget boring pancakes! With Per4m Protein Pancakes, the perfect balance of indulgence and performance, in a high-protein breakfast you'll actually look forward to.

Protein Pancakes delivers **20g of protein** to help in your muscles repair and growth after a workout. It is low in sugar and offering a delicious and nutritious option that satisfies your cravings without compromising your fitness goals.



MADE IN THE UK

Available Sizes:

1.2kg



Chocolate
Chip



Blueberry
muffin



Cookies and
cream

2 scoops with 100ml of cold
water and mix

Creme Rice Chocolate Peanut Butter

Nutrition Information/Informazioni Nutrizionali Informations Nutritionnelles/Información nutricional

Serving size: 1 scoop (30g) / Porzione: 1 misurino (30g) / Portion: 1 mesure (30g) / Porción: 1 cucharada (30g)
Servings per container / Porzioni per confezione / Portions par pot / Porciones por envase: 66

Typical values for / Valori medi per / Valeurs moyennes par / Valores médio por:	100g	30g	%RI/AR/IR*
Energy / Energia / Énergie / Valor energético	1430kJ 342kcal	429kJ 103kcal	5%
Fat / Grassi / Matières grasses / Grassas	1.4g	0.4g	1%
of which saturates/di cui acidi grassi saturi/dont saturés dont acides gras saturés / de las cuales saturadas	0.6g	0.2g	1%
Carbohydrate / Carboidrati / Glucides / Hidratos de carbono	74g	22g	9%
of which sugars / di cui zuccheri / dont sucres / de los cuales azúcares	0.2g	0.1g	0%
Fibre / Fibre / Fibres Alimentaires / Fibra Alimentaria	2.7g	0.8g	
Protein / Proteine / Protéines / Proteínas	7.2g	2.2g	4%
Salt / Sale / Sel / Sal	0.0g	0.0g	0%

*RI/AR/IR = Reference intake of an average adult (8400 kJ / 2000 kcal) / Assunzioni di riferimento per un adulto medio / Apport de référence pour un adulte-type / Ingesta de referencia de un adulto medio (8400 kJ / 2000 kcal)



CREAM OF RICE

Fuel your day with our Cream of Rice—a delicious, easy-to-digest porridge that powers your performance.

Cream of rice is a great complex carbohydrate source making it easily digestible. A typical **30g serving provides 103 kcal, predominantly from 22g of carbohydrates, with 2.2g of protein and minimal fiber (0.8g)**. Its simple composition makes it suitable for quick energy replenishment and for those with gluten intolerance.



MADE IN THE UK

Available Sizes:

2kg



Red velvet cake



Chocolate Peanut butter



Chocolate brownie batter



Banana cream



Caramel biscuit



Blueberry muffin



Carrot cake



White chocolate hazelnut



Cinnamon donut



Chocolate orange



1 scoop to 150-200mls of hot or cold water until you achieve your desired consistency.

White Chocolate Rice Cake

Nutrition Information/ Nährwertangaben / Informations Nutritionnelles /

Typical values for / Typische Werte für / Valeurs typiques pour:	100g	Per 32g Cake	Per 64g Pack
Energy / Energie / Énergie	1976kJ 474kcal	632kJ 152kcal	1265kJ 303kcal
Fat / Fet / Gras of which saturates/davon gesättigt / dont saturé	26g 17g	8.4g 5.3g	17g 11g
Carbohydrate / Kohlenhydrat / Glucides of which sugars / davon Zucker / dont sucres	51g 9.3g	16g 3.0g	33g 6.0g
Fibre / Faser / Fibre	1.4g	0.4g	0.9g
Protein / Protein / Protéin	16g	5g	10g
Salt / Salz / Sel	0.22g	0.07g	0.14g



RICE CAKE

Delicately crisp with a purposeful punch—this snack delivers more than just texture; it fuels your day with intention.

Crafted to complement active lifestyles, this protein rice cake delivers **10g of protein** per pack—supporting muscle repair and lean body maintenance. With a **low sugar content**, it helps promote stable energy throughout the day. It is a smart choice for **post-training recovery or a satisfying snack between meals.**



MADE IN THE UK

Available Sizes:

32g

per4m



Dark
chocolate



White
chocolate



Dubai Chocolate Protein Bar

Nutritional Information (FR) Informations nutritionnelles / (GER) Nährwerte / المعلومات الغذائية 62g bar	
Energy kJ/Valeur énergétique en kJ/Nährwert kJ / الطاقة ك جول	842
Energy kcal/Calories en kcal/Nährwert kcal / الطاقة ك كالوري	201
Fat/Lipides/Fett / الدهون	5.0g
of which saturates/dont saturés/davon gesättigt / الدهون المشبعة منها	3.1g
Carbohydrate/Glucides/Kohlenhydrate / الكربوهيدرات	24g
of which sugar/dont des sucres/davon Zucker / السكريات منها	1.9g
Fibre/Fibres/Ballaststoffe / الفايبر	5.3g
Protein/Protéines/Eiweiß / البروتين	20g
Salt/Sel/Salz / ملح	0.37g

Nutrition facts may vary slightly depending on Flavor.



PROTEIN BAR

Elevate your everyday with a bar that blends indulgence and performance.

Designed for strength and simplicity, this bar delivers **20 grams of protein** to support muscles and lean body maintenance. Its **low sugar content** makes it a smart choice for those managing energy levels and avoiding unnecessary spikes in blood glucose. Additionally, it contains **5.3 grams of fiber** to support digestive health and help you feel fuller longer.



MADE IN THE UK

Available Sizes:

62g



Cookies and
Creme



Caramel
biscuit



Chocolate
Brownie



Cookie
dough



Chocolate Peanut
butter



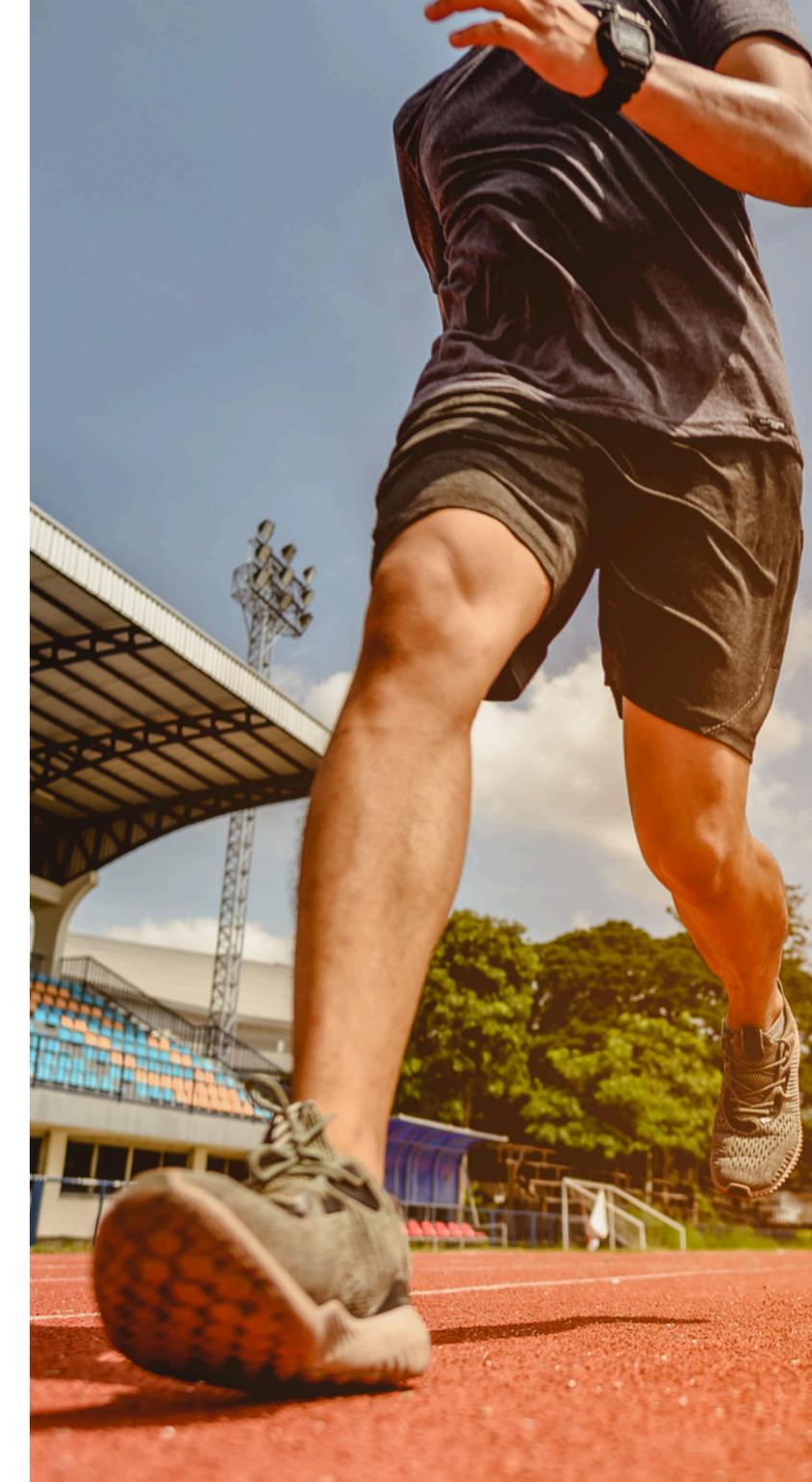
Chocotella



Dubai
Chocolate



Salted
Caramel



*Into
Snax*



PUFF'D UP PROTEIN PUFF

**Into
Snax**

Craving a savory, protein-packed snack? Crunchy, flavorful, and fueling your day, one puff at a time!

Packed with **12g of protein** to keep you feeling full. Low in carbs and baked, not fried, making it a healthier, guilt-free alternative to traditional chips.



BBQ



Cheese



Onion Sour
Cream



CHILI Lime



Chili Cheese



Buffalo
Sauce



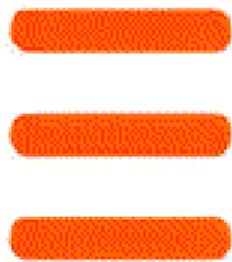
MADE IN EGYPT

Available Sizes:

60g

Onion Sour Cream

Serving Size	حجم الحصة	60g	100g
Energy	السعرات الحرارية	275 Kcal	458.33 Kcal
Total Fats	مجموع الدهون	11.3g	18.83g
Saturated Fat	دهون مشبعة	0.4g	0.67g
Trans Fat	دهون متحولة	0g	0g
Total Carbohydrates	إجمالي الكربوهيدرات	31.5g	52.5g
Dietary Fiber	ألياف غذائية	1.2g	2g
Total Sugar	السكريات	1g	1.67g
Protein	بروتين	12g	20g
Cholesterol	كوليستيرول	0.4mg	0.67mg
Sodium	صوديوم	0.23mg	0.38mg
Iron	حديد	5.7mg	9.5mg
Calcium	كالسيوم	350mg	583.33mg

power  crunch

Triple Chocolate Protein Bar

Nutrition Facts

12 servings per container

Serving size 1 cookie (40g)

Amount per serving

Calories 220

% Daily Value

Total Fat 13g **17%**

Saturated Fat 7g **35%**

Trans Fat 0g

Cholesterol 15mg **5%**

Sodium 120mg **5%**

Total Carbohydrate 11g **4%**

Dietary Fiber 1g **4%**

Total Sugars 5g

Includes 5g Added Sugars **10%**

Sugar Alcohol 0g

Protein 13g **26%**

Vit. D 0mcg 0% • Calcium 60mg 4%

Iron 1.6mg 8% • Potas. 160mg 4%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



WAFER PROTEIN BAR

Protein Worth Craving !!

Fuel your day the smart way with **13g** of signature Whey Protein. Featuring, **high-DH hydrolyzed whey for rapid absorption and maximum results**, this delicious treat contains just **5g of sugar**. Enjoy sustained energy, deep satisfaction, and lasting fullness that keeps you going, all day long



**MADE IN
CANADA**

power crunch



French vanilla
creme



Triple
chocolate



Strawberry
creme



Peanut butter
creme



Cookies and
creme



Chocolate
Chip cheese
cake



Peanut butter
fudge

Available Sizes:

40g

NUTRACEUTICALS

NATURE'S TRUTH[®]

TRIPLE OMEGA 3-6-9

Supplement Facts

Serving Size: 3 Quick Release Softgels
Servings Per Container: 66

Amount Per Serving		%Daily Value
Calories	40	
Total Fat	3.5 g	4%**
Saturated Fat	0.5 g	3%**
Polyunsaturated Fat	2 g	*
Monounsaturated Fat	1 g	*
Cholesterol	10 mg	3%
Triple Omega 3-6-9 Complex	3,600 mg (3.6 g)	*
Purified Fish Oil		
Flaxseed Oil		
Borage Oil		
Typical Fatty Acid Profile:		
Total Omega-3	33-46%	*
Eicosapentaenoic Acid (EPA)		
Docosahexaenoic Acid (DHA)		
Alpha-Linolenic Acid (ALA)		
Total Omega-6	8-17%	*
Linoleic Acid (LA)		
Gamma-Linolenic Acid (GLA)		
Total Omega-9	6-25%	*
Oleic Acid (OA)		

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

200
QUICK RELEASE
SOFTGELS



OTHER INGREDIENTS: Gelatin, Vegetable Glycerin.
Contains fish (anchovy, mackerel, sardine) ingredients.



TRIPLE OMEGA 3-6-9

Fuel your wellness with a powerful blend of essential fatty acids!

High-potency formula that delivers a scientifically balanced **3600 mg** dose of essential fatty acids sourced from purified **fish oil (rich in EPA and DHA)**, **flaxseed oil (providing ALA and LA)**, and **borage oil (containing GLA and oleic acid)**. This synergistic blend supports cardiovascular health, cognitive function, and skin integrity. The oils undergo molecular distillation to effectively remove elemental mercury and other contaminants, ensuring high purity, safety, and bioavailability in every softgel.



MADE IN USA

Available Sizes:

200 Quick Release Softgels

NATURE'S TRUTH®

Direction of Use:
3 Quick release softgels daily.
Preferably with a meal

VITAMIN E

Supplement Facts

Serving Size: 1 Quick Release Softgel
Servings Per Container: 100

Amount Per Serving	%Daily Value	
Vitamin E (as d-Alpha Tocopherol)	268 mg	1,787%

100
QUICK RELEASE
SOFTGELS



OTHER INGREDIENTS: Gelatin, Vegetable Glycerin.

This product contains 268 mg of Vitamin E per softgel, which is equivalent to 400 IU.



VITAMIN E

Vitamin E supports everyday wellness by protecting cells, boosting immunity, and promoting overall vitality.

With 268mg of d-Alpha Tocopherol the most potent and biologically active form of Vitamin E, this formula delivers targeted **antioxidant** support for both **skin vitality and cardiovascular health**. Known for its ability to combat oxidative stress, Vitamin E helps protect skin cells from damage caused by free radicals—reducing signs of aging, improving elasticity, and restoring a radiant, even-toned complexion. It also contributes to **cholesterol regulation**, assisting in the reduction of total and LDL cholesterol while supporting healthy HDL levels. Additionally, Vitamin E plays a supportive role in **reproductive health**, helping enhance fertility by protecting reproductive cells from oxidative damage.



MADE IN USA

NATURE'S TRUTH®

Available Sizes:

100 Softgels

Direction of Use:

1 Quick release soft-gel daily.
Preferably with a meal



B-COMPLEX + VITAMIN C

Supplement Facts

Serving Size: 1 Coated Caplet
Servings Per Container: 100

Amount Per Serving		%Daily Value
Vitamin C (as Ascorbic Acid)	120 mg	133%
Thiamin (Vitamin B-1) (as Thiamin Mononitrate)	5 mg	417%
Riboflavin (Vitamin B-2)	5 mg	385%
Niacin (as Niacinamide)	25 mg	156%
Vitamin B-6 (as Pyridoxine Hydrochloride)	5 mg	294%
Folate	666 mcg DFE (400 mcg Folic Acid)	167%
Vitamin B-12 (as Cyanocobalamin)	250 mcg	10,417%
Biotin (as d-Biotin)	300 mcg	1,000%
Pantothenic Acid (as d-Calcium Pantothenate)	10 mg	200%

100
COATED
CAPLETS

5/8"



OTHER INGREDIENTS: Calcium Carbonate, Cellulose (Plant Origin), Croscarmellose, Crospovidone, Starch, Vegetable Magnesium Stearate, Silica, Cellulose Coating, Dicalcium Phosphate, Vegetable Stearic Acid.



B-COMPLEX + VITAMIN C

Comprehensive daily support for energy, immunity, and overall wellness

This formula delivers **120 mg of Vitamin C** alongside a full spectrum of essential B-complex vitamins, including **Thiamin (B1) 5 mg, Riboflavin (B2) 5 mg, Niacin (25 mg), Vitamin B6 (5 mg), Folic Acid (400 mcg), Folate (666 mcg DFE), Vitamin B12 (250 mcg), Biotin (300 mcg), and Pantothenic Acid (10 mg)**. Vitamin C provides potent antioxidant protection, supports immune function, and enhances iron absorption. The B vitamins play critical roles in energy metabolism, nervous system support, red blood cell formation, and cognitive performance. It also offers targeted support for individuals with **diabetes** by promoting nerve health, combating oxidative stress, and helping correct B12 deficiencies commonly linked to prolonged metformin use.



MADE IN USA

NATURE'S TRUTH®

Available Sizes:

100 Coated Caplets

Direction of Use:
1 Coated caplet daily
Preferably with a meal



SEWAR

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