



Supplement Guide

October 2009





Hydroxyburn Pro

HydroxyBurn PRO smashes diet plateaus with a potent full spectrum fat burning matrix. This breakthrough formula simultaneously triggers extreme muscle growth while activating a powerful fat stripping reaction. HydroxyBurn Pro combines various "get ripped" compounds including Carnitine, Phaseolus vulgaris, Hydroxy citric acid, Guarana, Green tea extract, Chromium picolinate, choline, Inositol and Vitamins & Minerals, for the most powerful, extreme fat burning "all in one" revolutionary ripped formula! Compare the fat burners in this formula.

- *HIGH PROTEIN + LOW CARB*
- *CONTROL RELEASE FORMULA*
- *OPTIMISE METABOLIC RATE*
- *HIGH PROTEIN*
- *LOW CARBOHYDRATE*
- *FAST RESULTS*

Notes

- Designed to strip a lot of weight
- Whey Protein – Contains thermogenic fat burners (plant, herbal)
- Converts body fat into energy (optimizes the use of fat metabolism)
- Beta blockers – helps to resist temptation to consume more carbs
- Not a meal substitute but is advised to be taken with balanced diet
- Men to develop lean muscle mass
- Women look more defined



Lipoburn hardcore

LipoBurn Hardcore has been specifically formulated to enhance fat loss and help you achieve your weight loss goals faster, when used in conjunction with a calorie controlled eating plan and regular exercise.

Weight loss can be achieved by reducing your energy intake (what you eat) and / or increasing your energy expenditure (what you burn off). Lipoburn Hardcore is designed to help you do both more effectively. It contains therapeutic doses of herbal extracts that can help:

- *Stimulate thermogenesis (ability of body to create heat by burning calories)*
- *Enhance fat oxidation (fat burning).*
- *Facilitate the cellular breakdown of stored fats*
- *Suppress appetite to manage caloric intake.*
- *Increase metabolic rate and assist metabolism of fat, protein, sugar and other carbohydrates.*
- *Used as directed, LipoBurn Hardcore helps maximize energy expenditure 'around the clock'.*
- *Use in conjunction with a calorie controlled eating plan and regular exercise*

Notes

- Is good for those who cannot be bothered mixing protein, sick of protein or want a low protein diet
- **2X Potency** when taken with hydroxyburn pro, good nutrition and training regularly – Recommended for the bigger people who want to lose weight
- Not for breastfeeding mothers within 8 weeks post pregnancy
- Suppresses appetite
- Max 4 capsules per training day and 2 capsules non-training (max 6 for consistently training male)



WPI

High quality Whey Protein Isolate contains very low fat, low sugar and low lactose levels.

- *High quality WPI helps to increase & maintain lean muscle mass.*
- *Highly bio available Whey Protein Isolate provides high protein levels per serve.*
- *Wide range of lifestyle & sporting applications.*
- *Suits high protein, low carbohydrate diets.*
- *Good solubility.*
- *Amazing taste.*

Notes

- Pure Whey Protein Isolate and thermogenic fat burners
- For maintenance or to moderate current body size
- No carbs, No fat
- Recommended protein for the average person



Rapid Growth

Rapid Growth is a proprietary blend of High Quality Carbohydrates and Whey Protein Concentrate designed for individuals who want to maximise muscle nutrition and weight gain.

- *Ingestion of Whey Protein results in a rapid increase in Plasma Amino Acid concentrations.*
- *Ingestion of High Glycaemic Index Carbohydrates stimulates the release of the hormone Insulin.*
- *Designed to reduce muscle breakdown whilst stimulating muscle Protein synthesis.*
- *Designed to simultaneously increase blood Glucose, Insulin and Amino Acid concentrations.*
- *Amazing taste.*

Notes

- Weigh protein concentrate – WPC
- Protein with high amounts of quality carbs
- Increase mass fast (for those who don't mind getting a gut)
- Contains L-Glutamine which promotes recovery
- Recommended for thin people who want to put on bulk



Mass monster

Formulated to stimulate muscle anabolism. Dual purpose formula rapidly increases blood amino acid concentrations and simultaneously has anticatabolic effects via the more gradual digestion and absorption of its slow protein components. Low fat, low sugar, low GI. Amazing taste.

- *Helps stimulate muscle anabolism.*
- *Designed to be anti-catabolic formula by combining fast and slow Protein components.*

- *A single serve of Mass Monster provides 300 calories which are principally from quality Protein and Carbohydrate sources, not fat.*
- *Highly bio available Whey Protein Isolate provides high level of protein per serve.*
- *Highly nutritious, versatile, and multi-functional Protein with a wide range of bodybuilding and sporting applications.*
- *Good solubility.*

Amazing taste.

Notes

- Lean muscle gain – only a couple of kilos
- Not explosive amounts of mass but for definition
- High in protein, low carb, low GI, low fat
- Contains L-Glutamine
 - Can combine with creatine
 - Can combine with lipoburn hardcore capsules to lose some fat



Tornado

TORNADO was designed to provide the nutrients that the body needs to produce maximum amounts of intramuscular Carnosine.

- *Helps slow development of Muscular Fatigue, which helps increase overall strength, power, endurance and performance*
- *Less Burn = Harder Workouts + More Growth*

PRECAUTIONS: This product is not a sole source of nutrition and should be used in conjunction with an appropriate physical training or exercise programme. Not suitable for children under 15 years of age or pregnant women. Should only be used under medical or dietetic supervision. If you have an adverse reaction to this product, discontinue use and seek medical attention.

Notes

- Pre-workout creatine transport system
- Boost of energy before workout
- Like 'no-explode' but less sugar
- Beta alanine/ creatine



Beta Blast

Anabolic agent for strength gains and muscle growth. Beta alanine is considered the most effective sports supplement.

- *For maximum muscular endurance*
- *Explosive muscular force in fast twitch muscle fibers*

Notes

- Beta alanine (Amino acid which boosts strength and power)
- Creatine
- Like 'tornado' but capsule version



Myocytin

Independent scientific research has shown Myocytin to be superior to standard creatine (Rogerson and co-workers, 2003). In fact after only six days of supplementation with Myocytin athletes increased their performance on a strength based performance test significantly more than athletes taking regular creatine. Likewise, athletes using Myocytin gained over twice as much body mass (minimum 5kg) v's standard creatine and increased their upper arm girth by over 200% more than standard creatine. (Results of this study were presented at the prestigious 2003 Australian Conference of Science and Medicine in Sport).

In an independant university research study, every single athlete using Myocytin increased their bench press performance, upper arm girth and body mass.

- *Results also suggest that an athlete ingesting Myocytin has a higher likelihood of experiencing gains in body mass and athletic performance than an athlete ingesting standard Creatine.*

- *Helps improve maximal power/strength, work performed during sets of maximal effort muscle contractions, single-effort sprint performance and work performed during repetitive sprint performance.*
- *Myocytin was not associated with muscle cramping, which is a common complaint amongst athletes ingesting Creatine.*

Notes

- Post workout creatine transport system
- Recovery
- Activates muscles to build
- Decreases fatigue and removes toxins
 - Combine with Rapid growth
 - Combine with WPI
 - Combine with Mass monster



Triandrobol

Scientifically formulated and granulated to contain naturally occurring steroidal saponins for athletes and body builders who need to maintain peak physical condition. Best used during times of physical exertion. Triandrobol Tribulus is a standardized extract containing not less than 60% of furastanol saponins calculated as protodioscin. Tribulus is traditionally used in Ayurvedic medicine as a tonic to strengthen and enliven body, boost energy reserves and promote general well being. Red Clover helps to regulate hormonal imbalance. Helps to maintain healthy connective tissue and joints. Wild Yam acts as a nervine, helping to tone the nervous system. May relieve some symptoms of muscular cramp or spasm associated with training and physical exertion. Helps to improve appetite and digestion. The active components of Triandrobol are steroidal saponins.

Notes

- Increase performance and energy
- Increase sexual function



Multi VMA

Multi-VMA provides an extensive and comprehensive range of VITAMINS, CHELATED MINERALS, ESSENTIAL NUTRIENTS and ANTIOXIDANTS in an easy, convenient, one-a-day formula. It's designed to combat the damaging effects of stress, poor diet and lifestyle and help mai

ntain a healthy immune system. So you'll have the get-up-and-go you need to get the most out of your day, everyday. Potent vitamins, chelated minerals, herbals and antioxidants package, for anyone with a busy lifestyle or athlete.

- *High in B vitamins*
- *Reduces the effects of stress*
- *Complete all in one formula*

Notes

- Best multivitamins in the market
- Correct amount of each vitamin



MelibolBCAA 2200

Branched chain amino acids (BCAA's) and glutamine designed to rapidly assist soft tissue repair and recovery.

- *Provides all three branched-chain amino acids (bcaas)*
- *Supplies important nutrients, which support muscle function*
- *Contains scientific grade usp 27 micronised l-glutamine*
- *Aids post exercise, post injury or post surgery muscle nutrition*

Notes

- Used for reduced muscle fatigue during recovery
- Rid toxins

Nitrovol



An advanced muscle growth and recovery protein / carbohydrate / creatine / glutamine plus+ formula to maximise muscle anabolism. This multi purpose formula rapidly increases blood amino acid concentrations whilst simultaneously providing an anticatabolic effects via the more gradual digestion and absorption of its 'slow' protein components.

- *Contains Protein, Carbohydrate, Creatine and L-Glutamine to help stimulate muscle anabolism.*
- *Designed to be an anti-catabolic formula via combining 'fast' and 'slow' protein components.*
- *Single serve of Nitrovol provides a complete post-workout nutrient base.*
- *Contains highly nutritious, versatile, and multi-functional protein suitable for a wide range of bodybuilding and sporting applications.*
- *Ingesting protein and carbohydrate after training can produce a greater increase in Creatine and L-Glutamine absorption.*
- *Good solubility.*
- *Amazing taste.*
- *Contains a whopping 7 grams of L-glutamine per serve. Formulated for lean muscle gain with 3 grams of creatine per serve. Slow and fast release of carbohydrate source. Low fat, low sugar. Amazing results match the taste.*

Notes

- WPI and WPC mixture
- 34g of protein, 15 g carbs
- Increase strength, power and energy
- Speeds recovery
- All in one formula