

S U P P L E M E N T A T I O N

WWW.ARESNUTRITION.ES



ARES

C A T A L O G U E

ÍNDICE

PROTEINS
pag. 3

AMINO ACIDS
pag. 5

**HORMONAL
GROWTH**
pag. 9

MASS GAINERS
pag. 10

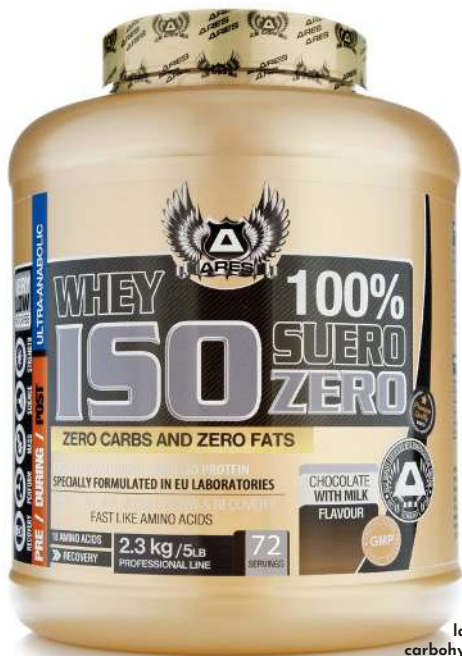
PERFORMANCE
pag. 12

FATBURNERS
pag. 13

ACID'S
pag. 14

PROTEINS

WHEY ISO 100% SUERO ZERO



WHEY ISO is the purest whey protein available, with a protein content of more than 90% and a low fat and carbohydrate content. In our manufacturing process we use cross-flow microfiltration, a delicate process that uses filters to separate the protein from fats, cholesterol and lactose. Depending on its molecular weight and size, this provides the purest protein on the market.

- › **100% PROTEIN ISO** - whey protein isolate is made of 90-95% pure protein
- › **EXCELLENT AMINOGRAM** - Offers an incredible dose of essential amino acids
- › **MAXIMUM CAPACITY** - Fully filled containers - higher volume = higher protein quality
- › **MUSCLE GROWTH** - Dairy protein as a source of protein to complement nutritional needs

**Fast-digesting
and assimilating**

**lactose
carbohydrate
sugar** **FREE**

INFORMACIÓN NUTRICIONAL PROMEDIO / AVERAGE NUTRITIONAL INFORMATION

	Por 32 g / Per 32 g	Por 100 g / Per 100 g
Valor Energético / Energy value	508 kJ / 120 kcal	1586 kJ / 374 kcal
Grasas / Fats	0,6 g	1,8 g
De las cuales saturadas / Of which saturates	0,1 g	0,2 g
Carbohidratos / Carbohydrates	1,2 g	3,9 g
De los cuales azúcares / Of which sugars	0,4 g	1,3 g
Proteínas / Proteins	27,2 g	85,1 g
Sal* / Salt*	0,12 g	0,38 g

* El contenido de sal obedece exclusivamente al sodio presente de forma natural en el alimento.
* The salt content is exclusively due to sodium naturally present in the food.

AMINOGRAMA por 100 g de proteína (pureza 90%)/AMINOGRAM per 100 g of protein (purity 90%)

Alanina / Alanine	4,7	Lisina / Lysine	10,4
Arginina / Arginine	2,1	Metionina / Methionine	2,3
Ácido Aspártico / Aspartic acid	11,4	Fenil-Alanina / Phenyl-alanine	3,0
Cisteína / Cysteine	2,6	Prolina / Proline	5,9
Ácido Glutámico / Glutamic acid	14,7	Serina / Serine	4,4
Glicina / Glycine	1,8	Treonina / Threonine	7,0
Histidina / Histidine	1,7	Triptófano / Tryptophan	2,1
Isoleucina / Isoleucine	6,8	Tirosina / Tyrosine	3,0
Leucina / Leucine	10,7	Valina / Valine	5,4

Flavours: Chocolat, Strawberry, Cantaloupe y Dark Cookie.

Directions: Take 32 g (2 scoops) dissolved in 200ml of water, stir and take preferably before training or as needed, during the day.



DOPING FREE



2,3 kg



PROTEIN POWDER



MUSCLE GROWTH



72 SERVINGS

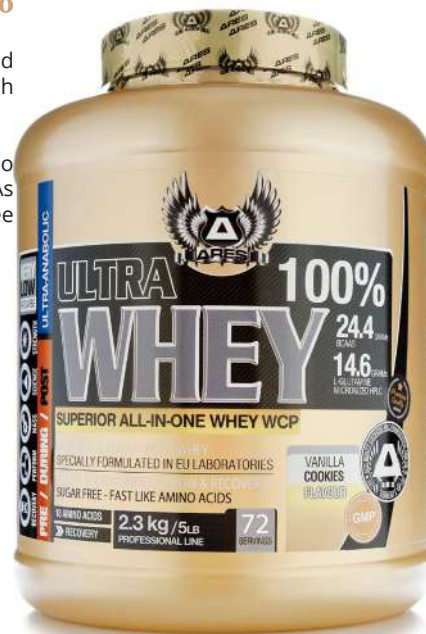
ULTRA WHEY 100%

Ultra Whey 100% contains protein of the highest quality thanks to our formulation and combination of amino acids that nourish and maintain your muscles after your workouts, which favours the growth of muscle mass.

Whey protein is superior in quality to other sources such as eggs or meat because of its amino acid profile, in which we find a large number of branched-chain and essential amino acids (BCAAs also belong to this group). It is the protein with the highest biological index, which is the degree of absorption and our body's use of it.

- › **WHEY PROTEIN** - Made of 80-90% pure protein
- › **AMINO ACIDS** - Offers an incredible dose of essential amino acids
- › **MAXIMUM CAPACITY** - Fully filled containers thanks to the quality of the protein
- › **MUSCLE MASS GROWTH** - Dairy protein as a source of protein to complement nutritional needs

**High biological
value, easy to
digest thanks to
its high quality
protein**



Flavours: Chocolat, Vanilla Cookie, Strawberry, Peach, Meringue Milk and Brownie.

Directions: Take 32 g (2 scoops) dissolved in 200ml of water, stir and take preferably before training or as needed, during the day.

INFORMACIÓN NUTRICIONAL PROMEDIO / AVERAGE NUTRITIONAL INFORMATION

	Por 32 g / Per 32 g	Por 100g / Per 100g
Valor Energético / Energy value	496 kJ / 117 kcal	1549 kJ / 366 kcal
Grasas / Fats	1,3 g	4,2 g
De las cuales saturadas / Of which saturates	0,8 g	2,6 g
Carbohidratos / Carbohydrates	1,7 g	5,2 g
De los cuales azúcares / Of which sugars	0,0 g	0,1 g
Proteínas / Proteins	23,9 g	74,7 g
Sal* / Salt*	0,18 g	0,6 g

* El contenido de sal obedece exclusivamente al sodio presente de forma natural en el alimento.
* The salt content is exclusively due to sodium naturally present in the food.

AMINOGRAMA por 100 g de proteína (pureza 80%)/AMINOGRAM per 100 g of protein (purity 80%)

Alanina / Alanine	5,5	Lisina / Lysine	9,9
Arginina / Arginine	2,7	Metionina / Methionine	2,3
Ácido Aspártico / Aspartic acid	11,3	Fenil-Alanina / Phenyl-alanine	3,5
Cisteína / Cysteine	2,4	Prolina / Proline	6,6
Ácido Glutámico / Glutamic acid	18,4	Serina / Serine	5,7
Glicina / Glycine	2	Treonina / Threonine	7,5
Histidina / Histidine	1,9	Triptófano / Tryptophan	1,9
Isoleucina / Isoleucine	6,6	Tirosina / Tyrosine	3,2
Leucina / Leucine	11,4	Valina / Valine	6,6

* Valores de glutamina basados en el contenido de ácido glutámico.
* Glutamin values based on glutamic acid content



DOPING FREE



2,3 kg



PROTEIN POWDER



MUSCLE GROWTH



72 SERVINGS

MAXIMUM PROTEIN
MINIMUM ADDITIVES
MAXIMUM
QUALITY PROTEIN



ULTRA WHEY



AMINO ACIDS

R2.1.1 BCAA FORTE

BCAAs are necessary to maintain the lean tissue and studies reveal that they preserve glycogen levels (a type of stored carbohydrate that can be converted to energy) in body tissue. BCAAs also prevent tissue from tearing during workout and because of this they can improve our muscle growth.

Flavours: Neutral, Chocolat, Orange y Strawberry.

Directions: Take 3 tablets 30 minutes before workout and take 2 tablets after workout. Do not exceed the recommended daily dose of 5 tablets.



- › BRANCHED-CHAIN AMINO ACIDS - The body uses more fats as a fuel instead of muscle fibre
- › RESTORES MUSCLE - Reduces muscle damage caused by working out
- › MUSCLE MASS GAIN - Contributes to the correct functioning and growth process of the muscles

BCAAs are amino acids that our bodies can't synthesise so we have to administer them to our bodies with supplements.

INFORMACIÓN NUTRICIONAL/ NUTRITION FACTS		
COMPOSICIÓN/ COMPOSITION	POR/ PER 100g	POR 1 comprimido (1,50 g) /PER 1 tablet (1,50 g)
Sal/ Salt	0,00 g	0,00 g
Proteínas/ Proteins	100 g	1,50 g
Glúcidos/ Carbohydrates	0,00 g	0,00 g
Lípidos/ Fats	0,00 g	0,00 g
Valor energético/ Energy	400 Kcal/ 1672 KJ	6 Kcal/ 25,08 KJ

COMPOSICIÓN / COMPOSITION		Por comprimido / Per tablet
L-Leucina / L-Leucine		700 mg
L-Valina / L-Valine		350 mg
L-Isoleucina / L-Isoleucine		350 mg

DOPING FREE

487,5 g

325 CHEWABLE TABLETS

PRESERVES AND

65 SERVINGS



AMINO BEST

Amino is the perfect supplement to **avoid catabolism** and increase lean muscle mass in high intensity and strength workouts.

Amino acids are nitrogenous molecules that come together to form a larger structure called protein. Amino acid supplements help prevent fatigue and accelerate muscle recovery thanks to their role in protein synthesis.

- › REDUCES PHYSICAL WEAR - Properly transports nutrients and optimizes their storage
- › PRESERVES MUSCULATURE - Vital for the process of protein synthesis
- › METABOLISATION - Mediators in the metabolism of fats and sugars
- › SPORTS PERFORMANCE - Optimizes the creation of muscle mass

PERFIL DE AMINOGRAMA DE LA PROTEÍNA / AMINOACID PROFILE OF PROTEIN		Por 5 comprimidos / Per 5 tablets	
Ácido L-aspártico/L-aspartic acid	722,5mg	L-isoleucina/L-isoleucine	374mg
L-treonina/L-treonine	391mg	L-leucina/L-leucine	748mg
L-serina/L-serine	314,5mg	L-tirosina/L-tyrosine	195,5mg
L-glicina/L-glicine	127,5mg	L-fenilalanina/L-phenylalanine	212,5mg
L-alanina/L-alanine	323mg	L-histidina/L-histidine	127,5mg
L-valina/L-valine	365,5mg	L-lisina/L-lisine	629mg
		Ácido L-glutámico/Glutamic acid	1207mg

INFORMACIÓN NUTRICIONAL/NUTRITION FACTS		
COMPOSICIÓN/COMPOSITION	POR/PER 100g	Por 1 comprimido (1,5g)/Per 1 tablet (1,5g)
Valor Energético/Energy	1672KJ/400Kcal	25,08KJ/6Kcal
Sal/Salt	0g	0g
Proteínas/Proteins	100g	1,5g
Glúcidos/Carbohydrates	0g	0g
Lípidos/Fats	0g	0g

Amino acids are the 'building stones' the body uses to form its proteins.

Flavours: Neutral, Chocolat, Orange and Strawberry.

Directions: Take 3 tablets 30 minutes before workout and take 2 tablets after workout. Do not exceed the recommended daily dose of 5 tablets.

DOPING FREE

487,5 g

325 MEGA TABLETS

PRESERVES AND

65 SERVINGS

AMINO ACIDS

L-CARNITINE LIQUID 3000MG (LIQUID) 4000 CARNITINE (CAPS)



L-CARNITINA liquid and Carnitine transports fatty acids (lipids) to the mitochondria, which is responsible for the production of energy in the cells, where these fatty acids are converted into energy. L-Carnitine favours fat burning when combined with physical activity and a balanced

Burns fat, promotes physical performance, increases energy, improves oxygen absorption and strengthens the metabolism of proteins.

- › **ENERGY** - Produces energy for the body cells
- › **BURNS FATS** - Helps to transport fat. Favours the transportation of fatty acids to the mitochondria within the cells. Mitochondria convert fatty acids into energy
- › **THE BEST QUALITY RAW MATERIAL**- Our products meet all the European quality standards
- › **SPORTS PERFORMANCE** - Energy boost. Caffeine reduces physical and mental fatigue

Directions: (capsules) take 1 capsule with a glass of water, twice a day, before the main meals.

(liquid): Take 20 ml (1 cap) before training.

L-carnitine provides **energy and strength**, increases physical performance in people who exercise and helps lose weight. It also favours the **optimal functioning** of fat metabolism, stimulates the mind and protects the nervous system.



LIQUID

COMPOSITION / COMPOSICIÓN	
	Per / Por 40 ml
L-carnitine base / L-carnitina base	3000 mg
Anhydrous caffeine / Cafeína	120 mg

CAPS

COMPOSICIÓN / COMPOSITION	
	POR 4 CÁPSULAS / PER 4 CAPSULES
L-carnitina tartrato / L-carnitine tartrate	4000 mg



DOPING FREE



500 ml



WEIGHT LOSS



SOURCE OF ENERGY



50 SERVINGS

3000 AAKG ARGININE ALPHA KETOGLUTARATE

Substantial **Arginine** and **Alpha-Ketoglutarate** concentrate that increases the levels of nitric oxide in the blood, favouring performance, strength and physical resistance. Increases lean muscle mass; vascularization, muscle regeneration and prevents catabolism.

Without arginine the body can't produce **nitric oxide**, which is a vital messenger for the performance of many of the organism's functions: vasodilation, reduction of lumps in platelets and transmission of neurons in the brain. Stimulates the production of white blood cells and promotes the secretion of growth hormone, insulin and norepinephrine.

- › **DETOXIFIES** - Contributes to the detoxification of the organism through urine
- › **VASODILATOR** - Prevents thrombi, acts as a vasodilator, improving blood flow to the muscles of the male sexual organ and helps reduce blood pressure
- › **MUSCLE GROWTH** - Contributes to the development and regeneration of tissue and muscle mass
- › **NITRIC OXIDE** - Arginine is the only precursor of nitric oxide

Its benefits on the cardiovascular system are proven scientifically. Nitric oxide precursor.

Directions: Take 1 capsule with water twice a day, before the main meals.

One of the properties that most people do not know about is the potential of arginine to **promote hair strengthening and reduce hair loss**. Nitric oxide is responsible for this effect because it boosts the blood circulation of the scalp, opening the potassium channels, which will stimulate hair growth from the root.



COMPOSICIÓN / COMPOSITION:	
	Por 3 cápsulas / Per 3 capsules
L-arginina alfaetoglutarato / L-arginine alpha-ketoglutarate	3000 mg



DOPING FREE



164, 40 g



120 CAPSULES



PRESERVES AND REGENERATES



MUSCLE GROWTH



30 SERVINGS

BCAA FORTE 2:1:1

GAIN MUSCLE **MASS**
LOSE FAT
REDUCES **FATIGUE**
PROMOTES RECOVERY



AMINO ACIDS

3000 ARGININE



Arginine is a semi-essential amino acid that is involved in numerous metabolic processes. It is of vital importance in the treatment of heart disease because it reduces high blood pressure. Arginine improves blood circulation, strengthens the immune system and has a positive effect on the male libido. It stimulates the production of growth hormone, burns body fat and promotes recovery after workouts.

Essential for muscle growth, fat reduction, detoxification of the liver and improvement of the immune system.

- › **MUSCLE RESISTANCE** - Increases muscle endurance during training
- › **VASODILATOR** - Improves blood flow from the brain to the muscles of the male sexual organ
- › **NITRIC OXIDE** - Arginine is the only precursor of nitric oxide
- › **SPORTS PERFORMANCE** - Contributes to the development of tissue and muscle mass

Directions: Take 2 capsules with a glass of water, once a day, before the main meal.

One effect of the use of arginine is a pumped or congested muscular tone, and, if you have a low fat profile, you may even obtain the typical "marked veins" look.



DOPING FREE



152,40 g



120 CAPSULES



PERFORMANCE



40 SERVINGS

COMPOSICIÓN / COMPOSITION

Por 3 cápsulas / Per 3 capsules	
L-arginina HCl / L-arginine HCl	3000 mg

MICRONIZED GLUTAMINE

Glutamine is a vital amino acid necessary for all of the body's tissues. It is the basic component for the creation of proteins, to maintain healthy cells and repair tissues. It helps muscle recovery after training, increases strength and prevents catabolism. It is the most abundant amino acid in the human body and is therefore the amino acid that plays the most important role when it comes to gaining muscle mass. Our advanced formulation combined with Vitamin B6, contributes to the regulation of hormonal activity.

Whichever objective you have in mind, gain muscle or burn fat, the first step is to exercise! After that comes recovery, and both concepts are linked to guarantee a 100% result.

- › **CATABOLISM** - Decrease in muscle catabolism during exercise
- › **RECOVERY** - Less muscle recovery time
- › **MUSCLE GROWTH** - Protein synthesis through nitrogen retention
- › **ENERGY** - It is the main metabolic fuel

Directions: Take 2.5 g (half a scoop) dissolved in 200 ml of water or juice, stir and drink immediately. Take twice a day (half an hour before training and half an hour before going to sleep). Do not exceed the recommended daily dose (5 g).

What is surprising about this substance is that any person, regardless of their lifestyle, can obtain benefits from it. If you want something sweet, take between 5-10 grams of glutamine and you will see how your cravings disappear ...



500 g

300 g



INFORMACIÓN NUTRICIONAL / NUTRITIONAL INFORMATION		
	Por 100 g / Per 100 g	
Valor energético / Energy	1655 kJ / 396 kcal	
Grasas / Fat	0 g	
De las cuales saturadas / Of which saturated	0 g	
Hidratos de carbono / Carbohydrates	0 g	
De los cuales azúcares / Of which sugars	0 g	
Proteínas / Proteins	99 g	
Sal / Salt	0 g	
COMPOSICIÓN / COMPOSITION		
	Por 8 g / Per 8 g	%VRN* / %NRV**
L-Glutamina / L-Glutamine	7,99 g	--
Vitamina B6 / Vitamin B6	1,97 mg	141 %

Essential. Favours muscle building and, at the same time, counteracts muscle mass loss.



DOPING FREE



500 g / 300 g



GLUTAMINE POWDER



PRESERVES AND REGENERATES



MUSCLE GROWTH



125 / 75 SERVINGS

HORMONE GROWTH PRECURSORS

MAXX TRIBULUS

Tribulus contains tribulus terrestris extract, a herb that is well known in Ayurvedic medicine. One of its active ingredients at a biochemical level are steroidal saponins. These substances in plants have a molecular structure similar to testosterone. In the case of tribulus terrestris, it comes in a high concentration.

Tribulus terrestris increases and accelerates the synthesis reactions of new proteins, and therefore, the creation of new body tissue. In other words, it favours anabolism.

- › **HORMONAL LEVELS** - Optimizes testosterone levels
- › **NATURAL AFRODISIAC** - Stimulates libido in men and women
- › **GAIN MUSCLE MASS** - Helps during the muscle growth phase
- › **TESTOSTERONE** - Regulates sexual behaviour and helps sperm production

**THE MOST FAMOUS
natural anabolic.**

Directions: Take 1 capsule with a glass of water, twice a day, before the main meals. Do not take more than 2 capsules a day.



INFORMACIÓN NUTRICIONAL/NUTRITION FACTS		
COMPOSICIÓN/ COMPOSITION	POR/PER 100g	POR DOSIS/PER DOSE 2 CÁPSULAS / 2CAPSULES
Valor Energético/Energy	1437,7KJ/341,5Kcal	14,4KJ/34,7Kcal
Sal/Salt	0g	0g
Proteínas/Proteins	2g	0,02g
Glúcidos/Carbohydrates	78g	0,78g
Lípidos/Fats	11,7g	0,12g
TRIBULUS TERRESTRIS 90%		2000mg



DOPING FREE



180 g



120 TABLETS



NATURAL ANABOLIC



60 SERVINGS

HMB HYDROXY METHYL BUTYRIC ACID

HMB is short for β -hydroxy- β methylbutyrate, a natural compound that is produced during the metabolism of leucine, a branched-chain amino acid.

HMB increases muscle mass and prevents catabolism, decreases degradation caused by hard workouts, helps lose fat and accelerates recovery. Strength gain is maximized and aerobic performance improves.

- › **PROTEINS** - Stimulates protein synthesis
- › **LOSE WEIGHT** - Helps lose body fat
- › **RECOVERY** - Accelerates muscle recovery time
- › **STRENGTH** - HMB maximizes strength gain



Perfect for recovery and anti-catabolism

Directions: Take 3 capsule with a glass of water twice a day, before the main meals.



DOPING FREE



146,40 g



120 CAPSULES



MUSCLE GROWTH



40 SERVINGS

COMPOSICIÓN / SUPPLEMENT FACTS	
COMPOSICIÓN	POR 3 CÁPSULAS / PER 3 CAPSULES
HMB	3000 mg



ZMA ZINC MAGNESIUM ASPARTATE

ZMA is a natural hormonal precursor that improves sleep and recovery during the night by increasing anabolic hormone levels and muscle strength. ZMA is a completely natural and hormone free combination of zinc, magnesium and vitamin B6.

ZMA increases muscle size, lowers fat index, boosts libido and sexual power, and improves mental attitude and sense of well-being.

- › **HORMONE LEVELS** - Optimizes testosterone levels
- › **MUSCLE RECOVERY AND GROWTH** - Promotes rest, and more restful and comfortable sleep
- › **OWN PRODUCTION** - Laboratories with E.U. Certification
- › **TESTOSTERONE** - Regulates sexual behaviour and improves sperm production

Increases TESTOSTERONE LEVELS naturally. ZMA is a natural anabolic.

Directions: Take 3 capsules with a glass of water before lunch or dinner. Do not take more than one daily dose.



DOPING FREE



92 g



120 CAPSULES



NATURAL ANABOLIC



40 SERVINGS

INFORMACIÓN NUTRICIONAL/NUTRITION FACTS		
COMPOSICIÓN/ COMPOSITION	POR/PER	%RDD/%VRN:
ZINC/ZINC	20mg	200%
MAGNESIUM/MAGNESIO	750mg	200%
VITAMIN B6/VITAMINA B6	2,8mg	200%

MASS GAINERS

FAST CARBO



FAST CARBO is a high-calorie protein and carbohydrate powder for those looking to gain volume. This carbohydrate boost contains no fats and is low in sugars. It will give you all the energy that your body needs to do an intense workout.

It is an essential mass gainer, with 155 kcal per dose. A 97.2% carbohydrate content supports muscle growth and repair. Taking a carbo boost after training will help you achieve your goals. When combined with your efforts, CARBOHYDRATES will give you the tools you need to unlock your full potential.

- › **SOURCE OF ENERGY** - Carbs are an energy substrate that support certain activities, depending on their intensity and duration
- › **CLEAN CARBOHYDRATES** - Our carbohydrates are designed so you can maintain a healthy and balanced diet. They provide the necessary hydrates and energy for everyday life in a clean and healthy way
- › **INCREASES MUSCLE MASS** - The product will help you grow and develop your muscles. Specially designed for people with problems when it comes to weight gain

Macronutrients for your body to get that extra energy

Directions: Take 40 g (3/4 scoop) dissolved in 200 ml of water or juice.

Flavours: Chocolat, Lemon, Rapsberry, Cola and Orange

INFORMACIÓN NUTRICIONAL PROMEDIO / AVERAGE NUTRICIONAL INFORMATION	Per 40g / Per 40g		Per 100g / Per 100g	
Valor Energético / Energy value	646 kJ /	152 kcal	1614 kJ /	380 kcal
Grasas / Fats	0,0 g		0,1 g	
De las cuales saturadas / Of which saturated	0,0 g		0,0 g	
Carbohidratos / Carbohydrates	37,9 g		94,6 g	
De los cuales azúcares / Of which sugars	2,8 g		7,0 g	
Proteínas / Proteins	0,0 g		0,1 g	
Sal* / Salt*	0,01 g		0,04 g	

* El contenido de sal obedece exclusivamente al sodio presente de forma natural en el alimento.
* The salt content is exclusively due to sodium naturally present in the food.

DOPING FREE

4 kg

CARBOHYDRATES IN POWDER FORM

SOURCE OF ENERGY

100 SERVINGS

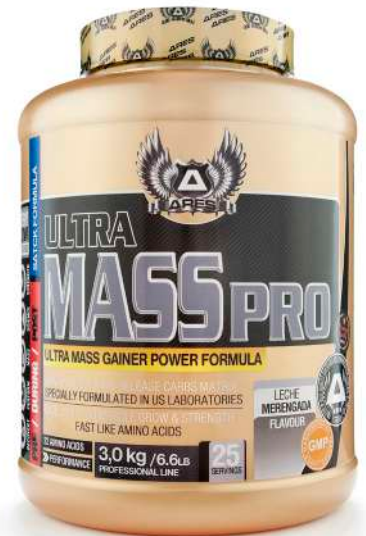
ULTRA MASS PRO

Ultra Mass Pro is a product aimed at all those athletes who seek to increase their weight in an effective and fast way. It is aimed at those who wish to build and maintain their muscle mass as well, and is also suitable for all those individuals who have a high basal energy expenditure.

This product is the ideal companion for your hard workouts, providing a perfect dose of calories, proteins, amino acids, fats and carbohydrates of the highest quality. It's enriched with vitamins and minerals to give you an energy boost.

- › **CALORIES** - A weight gainer will facilitate the contribution of calories in your diet
- › **ALL-IN-ONE** - Eliminates the need to buy other supplements individually
- › **WEIGHT GAIN** - Increases body weight in individuals who are unable to consume the necessary calories
- › **MUSCLE GROWTH** - A calorie surplus combined with weight training is the easiest way to build muscle

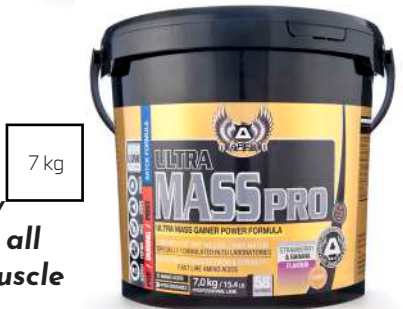
3 kg



Directions: Add 50g of powder (1 scoop) to 200ml of water and stir. Take twice a day. Recommended daily dose: 100g (2 doses).

Flavours: Double choc, Meringue milk, Strawberry, Brownie, Pina colada and Oreo.

The main function of weight gainers is to provide an extra dose of calories concentrated in a single serving, which facilitates the calorie requirements necessary to gain weight gradually and healthily.



7 kg

Provides an extra dose of calories quickly and efficiently so that your body gets all the essential macronutrients to build muscle mass.

INFORMACIÓN NUTRICIONAL PROMEDIO / AVERAGE NUTRICIONAL INFORMATION	Per 100 g / Per 100 g		Per 120 g / Per 120 g	
Valor energético / Energy	1534,06 kJ /	367 kcal	1840,87 kJ /	440,4 kcal
Grasas / Fats	3 g		3,6 g	
De las cuales saturadas / Of which saturated	1 g		2,4 g	
Hidratos de carbono / Carbohydrates	56 g		67,2 g	
De los cuales azúcares / Of which sugars	3 g		3,6 g	
Fibra alimentaria / Dietary fiber	6 g		7,2 g	
Proteína / Protein	29 g		34,8 g	
Sal / Salt	0,0 g		0,0 g	
Vitamina B6 / Vitamin B6	0,7 mg (50 % VRN/NRV*)		0,84 mg (60 % VRN/NRV*)	

DOPING FREE

3 kg / 7 kg

MASS GAINER IN POWDER

MUSCLE GROWTH

58 / 25 SERVINGS

INCREASE
YOUR POWER

DELAY
FATIGUE



100% PURE
CREATINE

PERFORMANCE

MICRONIZED CREATINE



Creatine is a suitable supplement for all types of athletes because it helps with physical results. Both studies and athletes' experience show the benefits of creatine when it comes to improving maximum strength, increasing lean muscle mass and helping muscles recover faster during exercise.

The body's creatine is mostly in the skeletal muscle. It helps supply energy to cells, mainly the muscle cells.

- › **SOURCE OF ENERGY** - Immediate fuel for the organism, for high intensity interval training
- › **VOLUME AND DEFINITION** - We can use creatine to improve body structure: it helps lose fat and increase muscle mass
- › **PERFORMANCE** - Helps keep ATP reserves high. This is the energy unit of our body
- › **NO SIDE EFFECTS** - Conclusive studies have found no adverse effects

Achieve "peaks" of speed and energy during your high intensity workouts

Directions: Take 7g (1 scoop) dissolved in 200ml of water or juice, stir and take 30 minutes before training.

COMPOSICIÓN / SUPPLEMENT FACTS	
Por Toma (3 g) / Per Dose (3 g)	
Creatine Monohydrate / Creatina Monohidrato	3 g
INFORMACIÓN NUTRICIONAL / NUTRITIONAL INFORMATION	
Por 100 g / Per 100 g	
Valor energético / Energy/	0 kJ/ 0 kcal
Grasas / Fat	0 g
De las cuales saturadas / Of which saturated	0 g
Hidratos de carbono / Carbohydrates	0 g
De los cuales azúcares / Of which sugars	0 g
Proteínas / Protein	100 g
Sal / Salt	0 g



OXYGEN PUMP

The exclusive formulation of our pre-workout **OXYGEN PUMP** with Vitamin B6, B3 and B1 will give you all the energy, strength, concentration and vascularization you need to perform an intense workout.

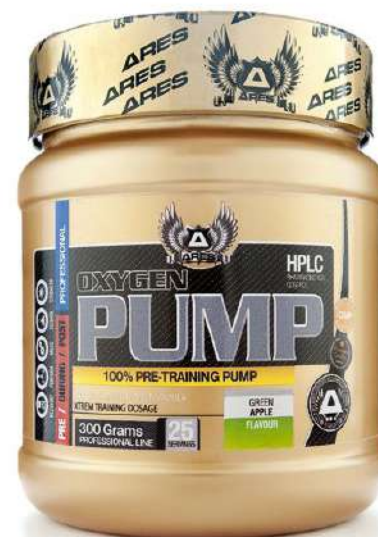
Use OXYGEN PUMP when you are doing a more demanding workout, or at specific times

The most appropriate time to take this supplement, given its properties and the fact that it usually contains many stimulants, should be about 4-6 hours before bedtime.

- › **FOCUS** - When taking any kind of stimulant, our body reacts by releasing adrenaline into the bloodstream, making us more alert
- › **ENERGY** - Adrenaline is a catecolamin, which helps the body improve its potential, enhancing strength performance and endurance and increasing pain resistance
- › **PERFORMANCE** - A greater stimulation means a greater development, if we respect the other variables
- › **KEY MOMENTS** - Take creatine exclusively on days you really need it, not as a habit

Directions: Take 12 g (2 scoops) dissolved in 200 ml of water or juice half an hour before training.

Flavours: Strawberry, Lemon and Cola



COMPOSICIÓN	Por 12 g	Por 12 g
BETA ALANINA	2360mg	CREATINA MONOHIDRATO 516mg
ARGININA ALFACETOGLOUTARATO	2270mg	TIROSINA 516mg
CREATINA CLORHIDRATO	1120mg	CAFEINA ANHIDRA 300mg
TAURINA	1000mg	PIMIENTA NEGRA 6mg
CITRULINA MALATO	817mg	

COMPLEJO VITAMÍNICO	Por 12 g	%VRN
VITAMINA B1	1,1mg	100 %
VITAMINA B3	16mg	100 %
VITAMINA B6	1,4mg	100 %
CALCIO	205mg	26 %
SODIO	302mg	-

Increase your performance, recharge your batteries and LET'S WORK OUT!



FATBURNERS

LIPO C4

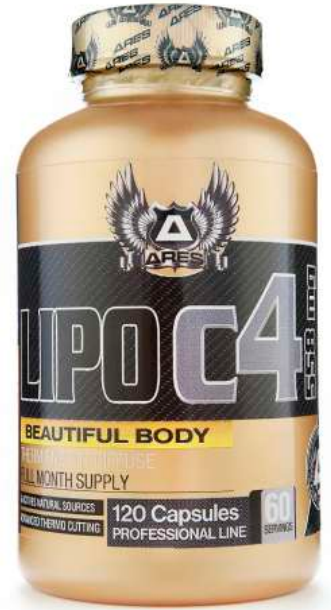
LIPO C4 is a fatburner with a thermogenic effect. It has been designed to increase body temperature as well as the metabolic rate and the amount of calories burned. Your body will burn more calories during the day, even when you are not working out.

By increasing daily calorie burning, FATZX helps reduce fat percentage. This product is therefore especially suitable if you are looking to lose weight.

- › **REDUCES APPETITE** - The fatburner's synergistic action favours the reduction of fatty tissue
- › **INCREASES ENERGY** - Helps the body obtain part of the energy it uses from the body's fat deposits
- › **ACCELERATES METABOLISM** - Increases body temperature, metabolic rate and the amount of calories burned
- › **REGULATES SUGAR** - With insulin enhancers that metabolize sugar and insulin
- › **ELIMINATES EXCESS LIQUIDS** - Includes ingredients with diuretic effects that favour the elimination of liquids

The most effective supplement to help you to lose weight

Directions: Take 2 capsules 30 minutes before breakfast and two capsules 30 minutes before lunch.



COMPOSICIÓN / SUPPLEMENT FACTS	
POR 4 CÁPSULAS / PER 4 CAPSULES	
EXTRACTO SECO DE TÉ VERDE	400 mg
L-CARNITINA TARTRATO	400 mg
EXTRACTO SECO DE NARANJO AMARGO	332 mg
EXTRACTO SECO DE JENGIBRE	320 mg
EXTRACTO SECO DE GUARANÁ	300 mg
EXTRACTO SECO DE SAUCE BLANCO	200 mg
L-TIROSINA	200 mg
CAFÉINA ANHIDRA	40 mg
CAYENA EN POLVO	40 mg

Fatburners alone do not help you lose fat, they do their job in a general context in cooperation with other factors (diet and exercise).

					
DOPING FREE	144 g	120 CAPSULES	LOSE WEIGHT	SOURCE OF ENERGY	60 SERVINGS

1300 CLA CONJUGATED LINOLEIC ACID SUPPLEMENT

CLA is the abbreviation for Conjugated Linoleic Acid. This is an essential fatty acid (which means that the body does not synthesize it) produced by the intestinal flora of ruminant animals.

It helps to burn body fat, while stimulating the building of muscle mass. For this reason, CLA is the ideal dietary supplement for people who want to "get rid of those extra pounds" while maintaining their muscle mass.

- › **FAT REDUCTION** - Metabolizes fat, as it not only improves the availability of consumed fats, but also promotes the destruction of fat cells
- › **INCREASES MUSCLE MASS** - Stimulates muscle metabolism and immune system functioning
- › **ACCELERATES METABOLISM** - Increases body temperature and the amount of calories burned
- › **REGULATES SUGAR LEVELS** - Positive effect on blood sugar and lipid levels
- › **MEDICAL PROPERTIES** - Has anti-inflammatory and neuroprotective properties

Essential supplement for people with excess weight or diabetes, those who consume little fat as well as athletes and bodybuilders.

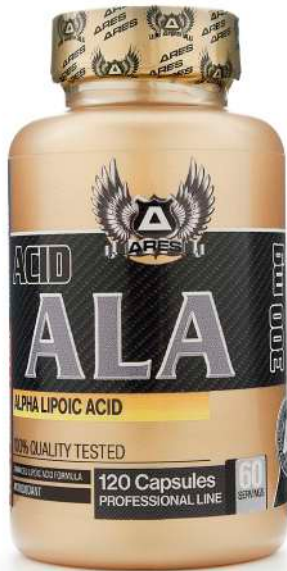
Directions: Take 1 softgel with a glass of water twice a day, before the main meals. Do not take more than 2 softgels a day.

INFORMACIÓN NUTRICIONAL / NUTRITION FACTS		
VALOR MEDIO	POR 100 g	POR DOSIS (2 perlas)
Proteínas	17,22 g	0,25 g
Glúcidos	0,00 g	0,00 g
Lípidos	74,88 g	1,12 g
Valor energético	742,84 Kcal/ 3121,94 KJ	11,14 Kcal/ 46,82 KJ
COMPOSICIÓN / SUPPLEMENT FACTS		
POR 4 PERLAS / PER 4 PEARLS		
CLA		5200 mg

					
DOPING FREE	160,11 g	120 SOFTGEL	LOSE WEIGHT	SOURCE OF ENERGY	60 SERVINGS

ACID'S

ACID ALA



Alpha lipoic acid is known as the universal antioxidant, as it reduces free radicals that exist in the body. It is unique in that it dissolves in both fat and water.

This means that it is easily absorbed by the lipid layers of the skin, and it combats free radicals equally well in the outer membrane of the cells as well as their aqueous interior.

At a mitochondrial level it is involved in the body's process of converting glucose into fuel (energy metabolism).

- › **ANTI-INFLAMMATORY** - Helps reduce inflammation.
- › **REJUVENATING** - Slows the aging process.
- › **IMPROVES INSULIN SENSITIVITY** - Which allows potential benefits of alpha lipoic acid for diabetes, as research is demonstrating.
- › **ANTIOXIDANT** - To improve recovery.

Recommended use: Take 2 capsules a day with a glass of water.

To buy Alpha Lipoic Acid means effectively investing in your health, and benefiting from the unique properties of this product.



DOPING FREE



50 g



120 CAPSULES



PRESERVES AND REGENERATES



60 SERVINGS

COMPOSICIÓN / COMPOSITION

POR 2 CÁPSULAS / PER 2 CAPSULES

Ácido alfa lipoico / Alpha lipoic acid

600 mg

ACID GABA

Gamma-aminobutyric acid is an amino acid that plays an important role as a neurotransmitter. It inhibits the transmission of nerve impulses, especially when we are feeling nervous. Therefore, GABA "soothes our brain in a natural way."

Also known as γ -aminobutyric acid, it is the most abundant inhibiting chemical messenger within our central nervous system. In fact, 30% or 40% of brain cells use GABA as a neurotransmitter.

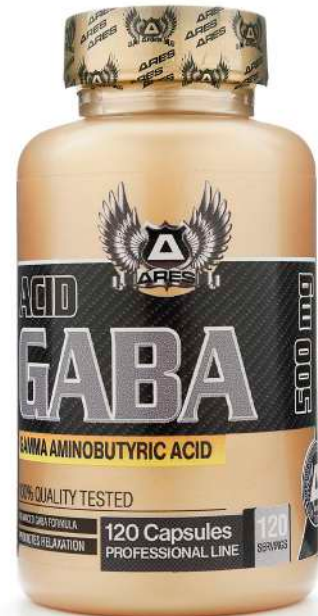
Its presence in the nervous tissue ensures the balance between excitement and neuronal inhibition. This is vital to preserve adequate sensory, cognitive and motor functions.

- › Reduces anxiety
- › Calms the nerves
- › Fights insomnia.
- › Reduces irritability
- › Improves the release of growth hormone
- › Stimulates the functioning of the immune system

Recommended use: Take 1 capsule a day between meals, with a glass of water.

Unlike prescription anti-anxiety drugs, GABA does not create addiction or cause harmful side effects.

It has a natural calming and relaxing effect and is recommended for those who suffer from stress, nervousness or anxiety.



COMPOSICIÓN / COMPOSITION

POR CÁPSULA / PER CAPSULE

GABA (ácido gamma-aminobutírico) / 500 mg
GABA (gamma-aminobutyric acid)



DOPING FREE



75 g



120 CAPSULES



PRESERVES AND REGENERATES



120 SERVINGS



SOURCE OF ENERGY

- › Whey ISO 100% pag. 03
- › Ultra Whey pag. 03
- › Aakg Arginine Alpha Ketoglutarate pag. 06
- › Glutamina pag. 08
- › HMB Hydroxy Methylbutyric Acid pag. 09
- › Ultra Mass Pro pag. 10
- › CLA 80% Conjugated Linoleic Acid Supplement pag. 13



PRESERVES AND REGENRATES

- › Bcaa's pag. 05
- › Amino Best pag. 05
- › Aakg 1170 Arginine Alpha Ketoglutarate pag. 06
- › Glutamina pag. 08
- › Acid ALA pag. 14
- › Acid GABA pag. 14



LOSE WEIGHT

- › L-Carnitina Liquida pag. 06
- › LIPO C4 pag. 13
- › CLA pag. 13



PERFORMANCE

- › Arginina pag. 08
- › Creatina pag. 12
- › Oxygen Pump pag. 12



NATURAL ANABOLIC

- › Tribulus pag. 09
- › Zma Zinc+Magnesium+Vitamin B6 pag. 09



SOURCE OF ENERGY

- › L-Carnitine pag. 06
- › Fast Carbo pag. 10
- › Creatine pag. 12
- › Oxygen Pump pag. 12
- › LIPO C4 pag. 13



FABRICADO EN

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ESPAÑA



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