

**LIFE IS A SPORT**  
SPORTS NUTRITION

**NUTREND**

# ■ DEAR CUSTOMERS,

in your hands you are holding the latest NUTREND product catalogue for 2014. We have prepared for you a comprehensive range of sports nutritional supplements, divided into sections according to your interests. For manufacturing of all products we have used the most modern technologies and the most recent findings from the world of medicine, exercise physiology and human body nutrition. The latest active ingredients and their combinations were tested by many professional athletes. We believe that our products will help you to achieve your goals better and faster.

Your NUTREND team



# ■ ■ ABOUT NUTREND



NUTREND D.S.,a.s. company is one of the European leading producers of sports nutritional supplements and food for active lifestyle based in the Czech Republic. In 2013 NUTREND celebrated 20 years on the market. Sports nutrition creates a significant part of our product range. A large emphasis is placed on highly effective and at the same time completely legal ingredients used for all our products. Each product is reported to the Ministry of Health of the Czech Republic for appraisal.

Wide range of products, our uncompromising emphasis on quality and an active attitude in the fight against doping are the basis of our success. This places NUTREND as one of the most significant European producers of dietary supplements for sport and active



lifestyle. NUTREND products can be found in fitness centers, health food stores, cycling shops, drugstores, petrol stations and in special chain stores. At the same time Nutrend products are exported to more than 30 European as well as non-European countries.

Our product quality, own research, development and manufacturing are appreciated also by the Czech Antidoping Committee. In close cooperation with this committee NUTREND supports and spreads the NO DOPING! philosophy. The effectiveness and functionality

of our products are positively evaluated by top world athletes, teams and federations from many different sports. The most significant partnerships are those with the Czech Olympic Committee, Slovak Olympic Committee and Czech Paralympic Committee.

## ■ EDUCATION FACILITIES



NUTREND D.S.,a.s. education facilities was built in the new administration building and offers capacity up to 130 seats



in 6 separate rooms, which are equipped with the latest technology.

## RESEARCH, DEVELOPEMENT

Research and development is carried out by our own experts in professional laboratories. Nutrend researchers develop all our products in close cooperation with external experts, dieticians and athletes. Our goal is to develop the

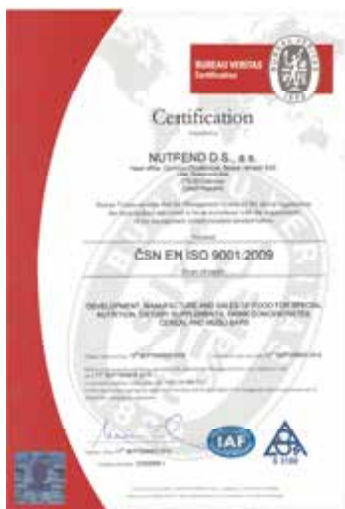
best possible products for demanding customers and athletes who need top quality for their performances. The emphasis is placed on ahigh efficiency, top quality and excelent taste of products.



# QUALITY

The certification of Quality Management System in accordance with ISO 9001:2009 is a guarantee of high quality of our products and services. Our company complies the principles of GMP and GHP and we carefully select our qualified staff.

The company holds the ISO certificate, as well as BIO certificate for organic products in the field of muesli products and it also holds KLASA certificate for DeNuts bars and B4 activity.



# ■ PRODUCTION, WAREHOUSE

Production halls of NUTREND Company are on outstanding level. We own the most advanced equipment and technology which makes our products distinguished by exceptional quality and efficiency. We produce liquid and powder products, gels, capsules, energy and muesli bars.

Our manufacturing and warehouse spaces run to approximately 15 000 m<sup>2</sup>.

- Customer service
- Logistics centre
- Bar production
- Liquid production
- Gel production
- Powder production
- Capsules and tablets production







## BRANDED INGREDIENTS



BioPerine® is a standardized extract from the Piper nigrum fruit. It is a natural thermotonic and bioavailability enhancer.



Carnipure™ offers purest L-Carnitine and is a trademark of Lonza Ltd, Switzerland.

Carnipure™ is a high-quality and branded L-Carnitine. Substance that promotes efficient use and burning of fats.



VINITROX™ is a unique synergistic combination of bioactive substances called Polyphenols. The extract comes from apples and grapes. VINITROX™ has supportive vasodilatory effects and promotes physical performance.



Creapure® is an excellent and 100% pure Creatine that guarantees maximum safety and functionality.



Gugulipid® are active guggulsterones, standardized extracts from the Commiphora mukul plant. They promote metabolism acceleration and stimulate thyroid gland.



Fabenol® is an extract from the bean seeds which naturally inhibits the absorption of starches in the organism.



GarCitrin® is a highly effective combination of hydroxy citric acid (HCA) and garcinol. It helps to suppress synthesis of fatty acids, cholesterol and fats.



Hi-maize® is a resistant starch that positively affects the colonic environment.



KRE-ALKALYN® is a modern patented form of Creatine that stands for its high stability in the gastrointestinal tract.



LactoWise™ is a top mixture of probiotics and prebiotics which has a positive effect on the digestive tract, strengthens the intestinal microflora, stimulates the digestive tract motility and supports the immune system resistance. It supports the smooth and efficient digestion.



Palatinose™ is a unique low glycemic carbohydrate of the new generation with the same energy potential as glucose.



HORSKÝ PRAMEN is water of the highest quality which comes from the 170 metres deep artesian source. The spring is located in the untouched nature of the Nízky Jeseník foothills.



PinnoThin™ is a completely natural substance that helps reduce appetite and prolongs satiety.



PeptoPro® are high quality di- and tripeptide hydrolysed fractions of casein. They are distinguished by their fast and trouble-free digestibility and have a neutral taste. They speed up recovery after exercise, help increase immunity and delay fatigue during the physical load.

## PROFESSIONAL COOPERATION

The NUTREND Company collaborates with many experts, including doctors, athletes and nutrition specialists. The collaboration with the Czech Olympic Committee, the Czech Anti-Doping Committee and with Ing. Petr Havlíček belongs among the most significant partnerships.



### **Ing. Jiří Kejval**

- President of the Czech Olympic Committee since 2012
- „The area of nutrition is delicate field on which one can easily step aside. But we trust NUTREND because we know all of its control mechanisms. „



### **Dr. Miloš Vrabec**

- The Director of Anti-Doping Committee
- An expert on doping issues
- In cooperation with NUTREND, actively engaged in the fight against the use of doping in sport



### **Ing. Petr Havlíček**

- born in 1969, graduated from the University of Agriculture in Brno
- a nutrition specialist and an expert on healthy lifestyle
- began as a consultant to professional athletes (e.g. Kateřina Neumannová, Tomáš Dvořák and Roman Šebrle)
- works for the private healthcare facilities Centrum Vittore in Prague
- a co-author of two books concerning the healthy lifestyle
- an author of expert texts and professional trainer
- a long-time expert consultant at NUTREND, participates in the development and testing of the product

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## PRODUCT LINES



The premium line COMPRESS EXPAND is intended to satisfy the most demanding athletes! Precise choice of the most highest quality ingredients guarantees maximum efficiency and at the same time excellent taste. The optimal amount of properly selected ingredients provides the customer with the best possible care for his sports activity. Try the power of perfection of COMPRESS EXPAND line.



ACTIVE POWER line offers a wide range of products for bodybuilding, fitness, strength or martial arts sports. It is intended not only for advanced athletes, but also for beginners and even younger athletes do not lose the opportunity to improve their results. Products in this line combine excellent taste with impressive effect.



Highly specialized line of products designed for endurance, speed-endurance, dynamic and team sports. No matter whether your passion is cycling, running, athletics or team sports. ENDURODRIVE line offers everything that helps improve or maintain your performance and promote recovery.



No matter if you want to lose weight, shape your body or simply have fun with the sport. ACTIVE LIFESTYLE line is intended to everyone who lives active life and enjoys sport. There are high effective fat burners, quality drinks, or different kinds of bars. This line also offers vitamins and minerals or products for joint care.

# WORKOUTS

## POWER ENDURANCE WORKOUT

As the name suggests, power-endurance workout simultaneously includes the strength development and endurance. Workouts are often very intense, strenuous and a major role here is played by a perfect recovery, concentration, and readiness to perform. It is necessary to ensure a proper diet combined with food supplements

which will support the development of strength, but on the other hand the muscle mass increase is not our principal purpose. The strength increase and muscle volume is moderate and at the same time the endurance is promoted.



## BODY SHAPING WORKOUT

This kind of workout is intended for perfect blood flow of muscles and its shaping. Lighter weights, more repetitions are crucial for this workout. Muscle volume increase is not our purpose so food supplements must perfectly match it. On the other

hand, not to lose muscles the proper protein intake must be kept. Combine protein shakes with effective fat burners and it is worth to try products intended for muscle warm-up and muscle blood flow.



# WORKOUTS

## WORKOUT FOR BEGINNERS

Beginning with workout are the most demanding. It is important to be motivated, determined, and find the right way to follow. An expert advice on workout and nutrition will definitely help. The packet is suitable also for young, budding athletes who work on themselves from their early age and are already coming of age.

The proper diet and necessary recovery must not be underestimated because it is a key to success. The basic supplements for beginners are surely protein and carbohydrate shakes which should be supplemented with an appropriate intake of amino acids.



## VOLUME WORKOUT

This kind of workout is primary indented for muscle mass growth. It is suitable to begin with it when you have already built a quality base of muscle which you would like to further develop. Higher weights, longer rests and adequate number of repetitions are preferred in volume workouts. A quality diet, suitable and regular

supplementation is an Alpha-Omega here. A higher protein intake should be ensure – minimum 1,6 - 2 g of protein/ kg of your body weight. Except a quality typical diet rich in protein, we recommend trying a packet designed especially for muscle mass growth.



# BODYBUILDING

A complete product portfolio for athletes who are engaged in bodybuilding, fitness, power sports and other martial arts. Here you will find products which are suitable for both beginners as well as for advanced and professional athletes (COMPRESS EXPAND line).

Products are divided into several categories for better understanding:

PROTEINS

GAINERS (CARBOHYDRATES)

AMINO ACIDS

CREATINES

PRE-WORKOUT

SPECIAL SUPPLEMENTS

BARS



# ■ PROTEINS

Protein are an important group of substances present in our body performing various functions. One of them is a building function which means that protein create an active body mass. protein are composed of amino acids but certain unit of amino acids is essential for the body. These essential amino acids must be consumed in food. It is necessary to ensure their regular supply.

For maintaining muscle mass it is necessary to choose high quality source of protein. Minimum quantity of protein intake is 0.5g / kg of the body weight per day. For inactive individuals the optimum daily protein intake is in the range of 0.7-1g/ kg of the body weight. For active endurance athletes the daily intake of protein should be in the range from 1.2g to 1.6g of protein per kg of body weight. In case of power sports when muscle mass growth is the primary requirement the daily protein intake can be increased up to 1.7g / kg of body weight.

A very good source of protein is meat, fish, eggs and milk, but also legumes, soya, etc. A diet rich in protein should be distributed throughout the day in smaller doses. Other options are protein supplements which are characterized by the high protein content (50-90%). They are made from different sources such as egg white, whey, soya, etc. The key element for protein utility and digestibility is the source of protein and the technology by which they

are manufactured. A biological value of protein depends on the content of essential amino acids and protein digestibility. So-called biologically complex fully-valued protein contain all necessary essential amino acids which are present in right mutual ratio and required amount.

If we want to include protein supplements into our diet, we should choose an appropriate timing for their use. Suitable time is between meals or in the case of physical activity an hour after a workout. protein supplements are produced in a powder form which is soluble in water.

## TAMAS SIMON

Bodybuilding  
2006 IFBB Junior world champion  
2005, 2006, 2007, 2013 Hungarian champion







90%  
PROTEIN

COLOSTRUM

## COMPRESS ISO WHEY 90

Low-Fat and Low-Carb 90% protein supplement for hard bodybuilding workouts. 100% whey protein isolate (WPI) with bioactive colostrum additive. WPI is produced by a special non-chemical CFM technology which enables to maintain high biological value. Bioactive colostrum boosts the immune system during intensive workout and supports growth of lean muscle mass.

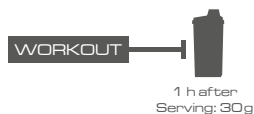
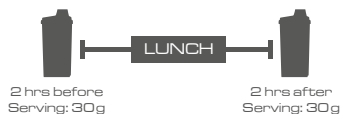
**Intended for:** sportsmen who strive to obtain pure muscle mass without any excess fat.

- 90% protein
- Low fat and lactose content, sugar free
- Helps in muscle growth

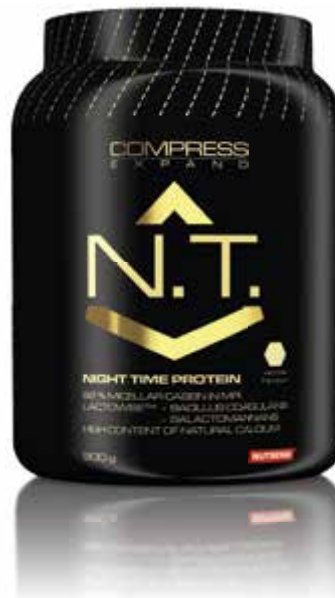
**Recommended dosage:** one serving = 30g into 180 ml of water



- banana
- chocolate
- strawberry
- vanilla



Foodstuffs intended for particular nutritional uses.



80%  
PROTEIN

7000 mg  
BCAA

LACTOWISE™

## COMPRESS N.T.

Unique night protein excelling in long-term absorbability (up to 7 hours) and high biological value. Each serving contains 78% of high quality and effectively utilised protein. The protein component is comprised of revolutionary micellar casein coming from milk protein isolate. COMPRESS N.T. is enriched with branded mixture of probiotics and prebiotics – LactoWise™.

**Intended for:** gradual replenishment of protein during the night and muscle mass protection.

- 80% protein
- 7000 mg BCAA in one serving
- probiotic and prebiotic mixture LactoWise™ additive
- high natural calcium content (313% rdd in 100g)

**Recommended dosage:** one serving before bedtime = 45g into 450 ml of water



- chocolate + cocoa
- strawberry
- vanilla



Foodstuffs intended for particular nutritional uses.



80%  
PROTEIN

5000 mg  
BCAA

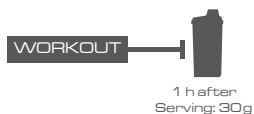
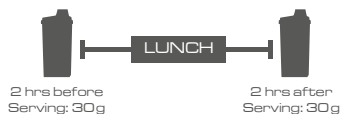
## WHEY CORE 100

100% pure whey protein with a high biological value and fast absorbency. WHEY CORE 100 is made of the best sources - ultrafiltered WPC (whey protein concentrate) and CFM WPI (whey protein isolate). Each serving contains 5 grams of BCAA - essential amino acids L-Leucine, L-Isoleucine, and L-Valine which are necessary for quality and growth of muscles. WHEY CORE 100 is suitable for everybody who wants to support quality muscle mass growth.

**Intended for:** protein supply anytime during the day

- 80% protein
- 5000mg BCAA in each serving
- whey protein (WPC, WPI)
- delicious taste
- good solubility

**Recommended dosage:**  
one serving = 30 g into 140 ml of water



Foodstuffs intended for particular nutritional uses.



80%  
PROTEIN

7000 mg  
BCAA

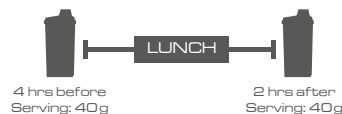
## LONG CORE

A broad-spectrum protein intended for pure muscle mass growth. A unique complex of chosen protein sources (WPI, WPC, MPI) with the effect of gradual absorption. It is ideal to use this protein during a day when you need a serving of protein with prolonged effect (especially if you are without access to meal for longer time). Thanks to its composition it is intended instead of snack during a day.

**Intended for:** protein supply anytime during the day

- high protein content - 80%
- high content of BCAA - 7000 mg in each serving

**Recommended dosage:** one serving = 40 g into 180 ml of water



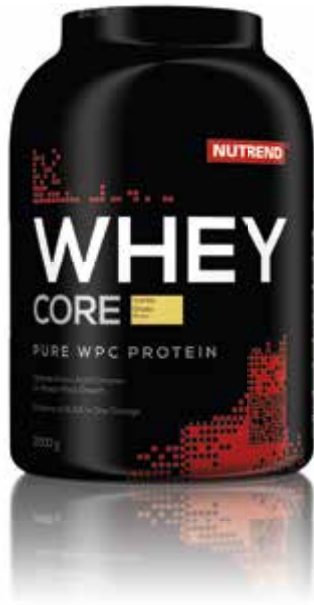
Foodstuffs intended for particular nutritional uses.



- blueberry
- chocolate + cocoa
- strawberry
- ice coffee
- raspberry
- vanilla
- biscuit
- chocolate + cherry
- pistachio
- banana



- lemon + yogurt
- chocolate + cocoa
- marzipan
- vanilla



55%  
PROTEIN

5000 mg  
BCAA

## WHEY CORE

An ideal protein for beginners containing 55% of high quality protein. protein component is represented by ultrafiltered whey protein concentrate (WPC) which excels in high biological value and fast utility. Carbohydrate component is presented by maltodextrin.

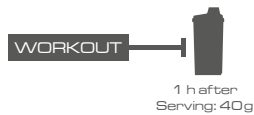
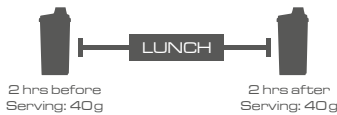
**Intended for:** beginners for protein supply anytime during the day

- 55% of protein in one serving
- 5000 mg BCAA in one serving

**Recommended dosage:**  
one serving = 40 g into 180 ml of water



- chocolate + cocoa
- strawberry
- raspberry + blueberry
- vanilla



Foodstuffs intended for particular nutritional uses.

## MUSCLE NUTRIPACK

Complex package for 25 training days for a special price! MUSCLE NUTRIPACK offers everything necessary for those who want to build a quality muscle mass. Thanks to a detailed instruction you are given advice about how to combine the products properly and effectively..

### MUSCLE NUTRIPACK contains:

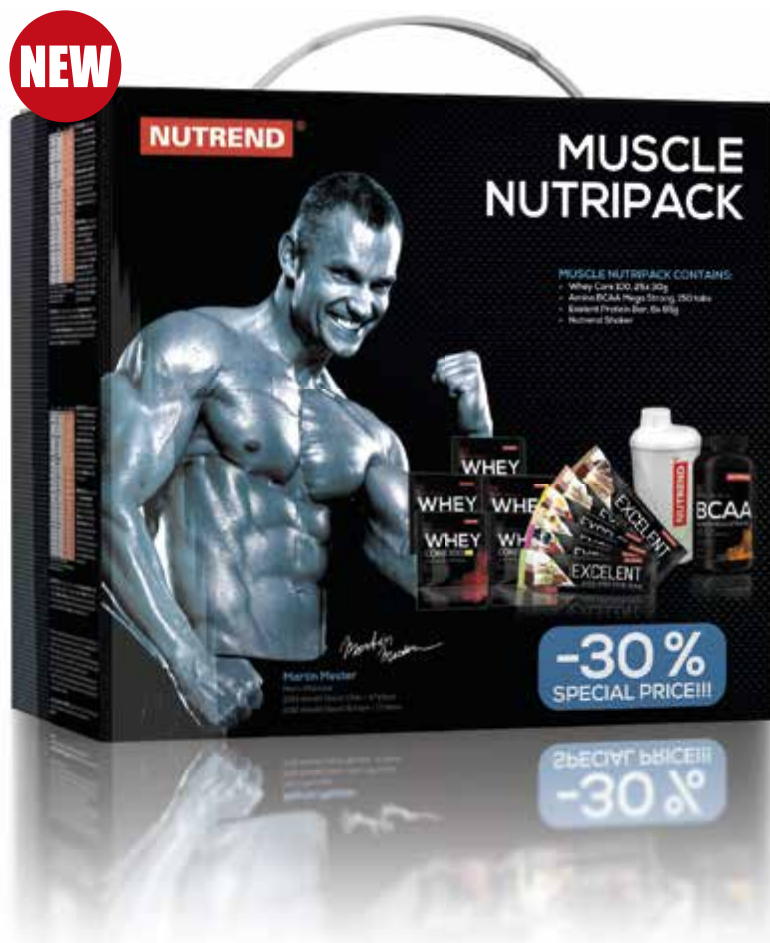
- **Protein WHEY CORE**, 25x 30 g, single use sachets in vanilla, pistachio, biscuit, raspberry and chocolate + cocoa flavour (5pcs per flavour). Unique and tasty protein cocktail gives you exactly what your muscles need and at the same time is tasty reward after work-out. With our package you have a unique opportunity to try more flavours and choose the most popular. More information see page 17.
- **Amino acids AMINO BCAA MEGA STRONG**, 150 tablets. The essential amino acids which accelerate recovery after intense physical activity. More information see page 24.
- **EXCELENT PROTEIN BAR**, 6x 85g chocolate + nougat with cranberries, almond + pistachio with pistachios, lemon+curd+raspberry with cranberries, chocolate with nuts, blackcurrant with cranberries, marzipane with almonds. A protein bar richly topped with fruits or nuts, drenched in chocolate or yogurt coating. It contains 24% of protein, 43% of carbohydrate and active ingredients for muscle recovery. More information see page 45.
- **NUTREND shaker**

### Recommended dosage:

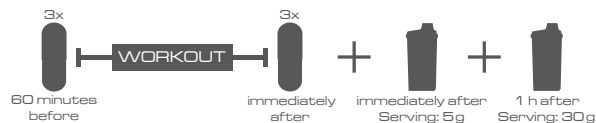
**AMINO BCAA MEGA STRONG:** use 3 tablets 40 - 60 minutes before workout, wash down properly. Consume the same dose immediately after workout.

**WHEY CORE 100:** consume one serving 60 minutes after workout Mix the serving with pure water.

**EXCELENT PROTEIN BAR:** as a snack anytime during the day, protein supply, recovery after physical activity.



Recommended dosage:



## **GAINERS (CARBOHYDRATES)**

Carbohydrate-protein products are generally called GAINERS. They represent optimum combination of quickly usable carbohydrate and easily digestible protein intended for quality recovery support. To reach maximum effect it is recommend to use gainers immediately after the physical activity (within 30 minutes) in the so called anabolic window. In case of huge physical exhaustion you can take another dose over the next two hours.

The necessary protection from muscle protein damage

is a fast supply of quality and quickly absorbable carbohydrates which are consumed immediately after the exercise, in the so called anabolic window. Use the dose of carbohydrate in a combination with protein as soon as possible after the exercise since the speed of absorption and energy stores renewal is rapidly decreasing in time.

Quality recovery after difficult training helps to increase the athlete's overall performance.

### **BENJAMIN RADIČ**

Bodybuilding  
2013 Musclemania Europe tour London winner  
2012 Musclemania Europe tour Paris winner





- 64% CARBOHYDRATE
- 26% PROTEIN
- 6000 mg BCAA
- 3000 mg L-GLUTAMINE

## COMPRESS B.I.G.

Volume protein-carbohydrate supplement with a unique ingredients which can be consumed during stretching phase of your training. The product is based on the special protein mixture NitroPeptide Protein Blend and carbohydrate isomaltulose (Palatinose™). It is enriched with addition of vitamins, inulin and colostrum. It is ideal for advanced and experienced hardcore strength athletes who prefer great functionality and high content of active ingredients.

**Intended for:** athletes who strive for muscle mass and strength growth.

- NitroPeptide Protein Blend (PeptoPro®, WPI, WPC)
- 6000 mg of BCAA in dose
- 3000 mg of L-Glutamine in dose

**Recommended dosage:** one serving = 70 g into 450 ml of water. For performance enhancement take the dose approx. 90 minutes before exercise. To support muscles growth, take one dose during the stretching phase (or immediately) after training.



Foodstuffs intended for particular nutritional uses.



- 56% CARBOHYDRATE
- 20% PROTEIN

## MASS GAIN

A gainer containing 20% of protein intended for starting the recovery and muscle mass growth support. The protein component is 100% WPC (whey protein concentrate). Carbohydrate complex is created by several types of carbohydrates, such as isomaltulose (Palatinose™), glucose, maltodextrin and fructose.

**Intended for:** athletes who strive for muscle mass growth.

- a complex for muscle mass protection and recovery (BCAA, L-glutamine, L-AAKG)
- enriched with vitamins (C, B3, E, B5, B6, B2, B1, B12, biotin, folic acid)

**Recommended dosage:** one serving = 70 g into 300 ml of water. Consume shortly after training (10 - 20 minutes). Use max. 2 servings per day with a respect to your diet.



Foodstuffs intended for particular nutritional uses.



- banana
- chocolate+cocoa
- vanilla
- strawberry
- pistachio
- chocolate+coconut
- delicious biscuit

# AMINO ACIDS

Amino acids are basic building blocks of human body. Human organism comprises of approximately 20 types of amino acids. From these amino acids are consequently created protein which are part of all body cells. E.g. muscle tissue contains 75 % of water, 20 % of protein and 1 % of inorganic substances. The remaining 4 % is represented by muscle glycogen, ATP, and CP.

## **Amino acids can be divided as follows:**

**Essential** - they are necessary for human organism. Human body cannot synthesize (create) these amino acids and therefore it is dependent on their intake from food.

**Semiessential or conditionally essential** - in certain periods (growth period) human body cannot create these amino acids in sufficient quantities.

**Nonessential** - human body needs these amino acids but it can create them by itself.

During a physical exercise consumption of energy is covered from about 10% by amino acids. This means that during physical activity the body uses and takes energy mainly from its own muscle mass. But if you supply amino acids before the exercise (e.g. BCAA) the body will use externally supplied amino acids as source of energy for the activity and will thus save its own amino acids. The amino acid supply after exercise will ensure the sufficient "building material" for the muscle mass restoration and recovery start. Strength athletes need to supply amino acids (together with carbohydrates) because they are necessary for muscles mass growth support.



**OKSANA OROBETS**

Fitness  
2014 Arnold Classic USA champion  
2013 Arnold Classic Europe champion



6000 mg

BCAA

4:1:1

RECOVERY RATE

## COMPRESS BCAA 4:1:1 INSTANT DRINK

A new and practical form of BCAA (branched-chain amino acid) instant drink with 4:1:1 regenerative ratio (L-leucin, L-isoleucin, L-valin). The product is enriched with L-glutamine which contributes to metabolism of muscle protein and improvement of muscle metabolism. It also supports glycogen restoration. Thanks to its very good solubility in water the immediate absorbency is guaranteed.

**Intended for:** intensively training athletes, quick muscle recovery

- high content of BCAA - 6000 mg in dose
- an effective utilization by body
- an excellent solubility in water
- sugar free

**Recommended dosage:** one serving = 10 g - dissolve in 200 ml of water. You can start sipping 15 minutes before training and continue during and immediately after your workout.



Foodstuffs intended for particular nutritional uses.



3000 mg

BCAA

1000 mg

ARGININE

## COMPRESS GLADIATOR

Gladiator is a special drink designated for body hydration and for delivering potent supplements not only during the physical activity. Simultaneously it supplies body with energy. GLADIATOR contains branched-chain amino acids protecting muscle tissue and what more, it is enriched with L-arginine which supports nitrogen oxide production. Nitrogen oxide (NO) supports vasodilatation.

**Intended for:** protecting muscle tissue, improving performance during the exercise and for muscle recovery support

- An effective body hydration
- Recovery support – 3000 mg of BCAA
- An intense vasodilatation – 1000 mg of Arginine

**Recommended dosage:** 1 – 2 bottles daily

1 bottle during the training



Foodstuffs intended for particular nutritional uses.





1500 mg

BCAA

## COMPRESS BCAA

Revolutionary ratio of essential amino acids BCAA 4:1:1 (L-Leucine, L-Isoleucine, L-Valine) is suitable for supplementation in hardcore strength trainings for highly efficient recovery.

**Intended for:** hard and intensively training athletes who prefer maximum muscle mass growth

- 1500 mg of BCAA in one tablets
- an effective utilization by body
- sugar free

**Recommended dosage:** serve according to your weight. Up to 90 kg – 6 tablets per day, 90-120 kg - 8 tablets per day, over 120 kg - 10 tablets per day. To improve your performance take half of the daily dose 45-60 minutes before the exercise. For maximum recovery support use the second half of the dose immediately after training.



Serving according to body weight:  
 6 - 10 tablets daily  
 Weight < 90kg: 6 tablets  
 Weight 90 - 120kg: 8 tablets  
 Weight > 120kg: 10 tablets



1000 mg

BCAA

## AMINO BCAA MEGA STRONG

1000 mg of the most important essential amino acids BCAA in one tablets. Amino acids L-Leucine, L-Isoleucine, L-Valine in an optimal 2:1:1 ratio which precisely corresponds to organism needs during and after the exercise. A pure free crystalline form of BCAA for muscle recovery. It is intended for professional and recreational athletes.

**Intended for:** quality and fast recovery, muscle mass protection from damage caused by exhausting physical activity

- free crystalline form
- 1000 mg of BCAA in one tablets
- optimal 2:1:1 ratio of amino acids
- sugar free

**Recommended dosage:** for muscle mass protection use 3 tablets 40 - 60 minutes before the exercise. Recovery acceleration – 3 tablets immediately after exercise.





3000 mg

BCAA

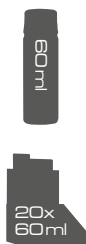
## BCAA MEGA SHOT

3000 mg of essential amino acids BCAA in an optimal 2:1:1 ratio (L-Leucine, L-Isoleucine, L-Valine) in a convenient single serve package. A suitable liquid form ensures fast and effective absorption. Thanks to the convenient and practical packaging you can have BCAA MEGA SHOT always with you.

**Intended for:** fast recovery and muscle mass protection

- free crystalline form
- 3000 mg of BCAA in one package
- optimal 2:1:1 ratio of essential amino acids
- sugar free

**Recommended dosage:** for muscle mass protection drink 1 shot 30 minutes before activity. For recovery support drink 1 shot immediately after exercise.



Foodstuffs intended for particular nutritional uses.



3200 mg

BCAA

## AMINO BCAA MEGA STRONG

80000 mg of free branched-chain amino acids BCAA in crystalline form. A liquid form provides an optimum absorption of amino acids L-Leucine, L-Isoleucine, L-Valine.

**Intended for:** quality and fast recovery. Muscle mass growth support.

- free crystalline form
- high content of amino acids BCAA (80 000 mg/l)
- quickly absorbable liquid form
- sugar free
- vitamin B6

**Recommended dosage:** for muscle mass protection drink 40 ml 30 - 60 minutes before exercise. For acceleration of recovery drink 40 ml immediately after exercise.



Foodstuffs intended for particular nutritional uses.



2500 mg

BCAA

100%

WHEY  
HYDROLYSATE

## COMPRESS WHEY AMINO 10 000

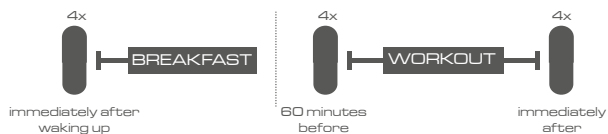
Easily digestible 100% pure whey hydrolysate in practical tablet form. Every tablet contains 2500 mg of whey hydro isolate therefore a sufficient amount of amino acid for your muscles is at disposal at any time.



**Intended for:** athletes seeking prevention of muscle mass decrease and to ensure growth of lean muscle mass.

- 2500 mg of amino acids in one tablet
- 100% pure whey hydro isolate

**Recommended dosage:** 4 tablets 3 times a day preferably between meals, then before and after the physical activity



Serving: 12 tablets

Foodstuffs intended for particular nutritional uses.



31%

PROTEIN

PEPTOPRO®

## AMINO POWER LIQUID

A complete amino acid spectrum in a liquid form intended for muscle mass and strength growth. Sources are protein hydrolysates with high biological availability and rapid absorbency. The product is based on a protein hydrolysate PeptoPro® which represents di- and tri-peptide casein fractions. It is enriched with L-arginine and L-ornithine.



**Intended for:** muscle mass and strength growth

- 31% of protein
- quickly absorbable liquid form
- complete amino acid spectrum



**Recommended dosage:** basic dose is 40 ml 1-2 times during the day. Preferably between meals or before bedtime. The dilution ratio is 40 ml into 250 ml of water.



Foodstuffs intended for particular nutritional uses.



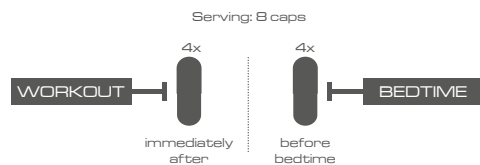
## GLUTAMINE 1000

1000 mg of pure L-glutamine in one capsule. It contributes to muscle protein metabolism and improves muscle metabolism. It also supports the restoration of glycogen.

**Intended for:** regulation of protein balance in the body, positive nitrogen balance maintenance

- free crystalline form of L-Glutamine
- 1000 mg of L-Glutamine in one capsule

**Recommended dosage:** Basic daily dose is 3-5 capsules after training. Another dose can be taken before bedtime or 30-60 minutes before the training. Non-training days: you can have a break in dosage or continue in regular use, 3-5 capsules twice a day. Use the last dose in the evening before the bedtime.



Foodstuffs intended for particular nutritional uses.



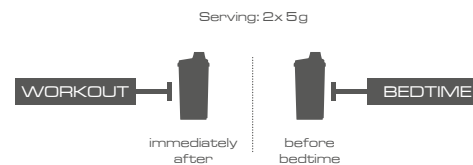
## GLUTAMINE

100% pure L-Glutamine in the form of powder. It contributes to muscle protein metabolism and improves muscle metabolism. It also supports the glycogen restoration.

**Intended for:** regulation of protein balance in the body, maintaining a positive nitrogen balance.

- pure free form of L-Glutamine

**Recommended dosage:** training days: the basic daily dose is 5 g (2 flat teaspoons) after training. Another 5g dose can be taken in the evening before bedtime or 30 - 60 minutes before the physical activity. Non-training days: you can either have a break or continue to use regularly 5 g twice a day. Take the last dose before bedtime.



Foodstuffs intended for particular nutritional uses.



## ARGININE

L-Arginine is one of the most important amino acids in the human body. L- Arginine contributes to formation of nitrogen oxide (NO) which participates in vasodilatation (the widening of blood vessels) and relaxation of blood vessels.



**Intended for:** athletes who want to increase NO production which contributes to the vasodilatation.

- pure free crystalline form of L-Arginine
- 500 mg of L-Arginine in one capsule

**Recommended dosage:** the basic daily dose is 4 capsules (2000 mg of arginine). Use 4 capsules after training or in the evening before bedtime. To support training intensity use 4 capsules approximately 30 minutes before training.



Foodstuffs intended for particular nutritional uses.



## TAURINE

Taurine promotes glucose and amino acids transport into muscle cells so it speeds up the recovery after the physical activity. Overall, it improves concentration and delays an onset of fatigue during the physical activity.



**Intended for:** improves regeneration

- 1000 mg of Taurine in one capsule

**Recommended dosage:** for the physical exercise improvement - use 1-2 capsules approx. 30 minutes before training. You can also use 1-2 capsules after training. Maximum daily dose is 2 capsules.



Foodstuffs intended for particular nutritional uses.



## TYROSINE

A modern food supplement suitable for physically and mentally stressed people. It contributes to maintenance of concentration during the physical and mental effort. It contributes to the normal synthesis of catecholamines which are substances acting as neurotransmitters (dopamine, adrenalin, noradrenalin) to which tyrosine is the building block.



**Intended for:** concentration improvement, creation of neurotransmitters.

- 500 mg of tyrosine in one capsule
- helps to maintain concentration during the physical performance

**Recommended dosage:** dose according to your weight: up to 50 kg take 2 capsules, up to 75 kg 3 capsules, over 75 kg 4 capsules 30 - 40 minutes before the physical activity.



## CREATINES

Creatine is an important nitrogenous organic compound which can be naturally found in the human body. The human organism produces this compound in liver and kidneys with the help of amino acids of arginine, glycine and methionine. This amino acid is very important in the formation process of so called "immediate" energy sources (Creatine Phosphate - CP). Creatine supplementation in the form of food supplements increases the creatine level in muscles which allows the body to form higher "immediate" energy

reserves. Thanks to this ability your performance will be much better during prolonged exercise. A proper dosage of creatine helps to achieve muscle mass growth and muscle strength increase. Other crucial effect of creatine supplementation is more effective and shorter post-performance recovery.

Because the simultaneous intake of creatine and carbohydrate (75-100g) enhances the uptake of creatine in muscle cells, therefore it is recommended to use creatine and carbohydrates at the same time.



### **MARTIN MESTER**

Men's physique  
2013 Arnold Classic Ohio - 3<sup>rd</sup> place  
2012 Arnold Classic Europe champion



5 forms  
OF CREATINES

77%  
CARBOHYDRATE

1000 mg  
L-GLUTAMINE

## COMPRESS CREAMPORT

The COMPRESS CREAMPORT supplement contains combination of 5 different forms of creatines, perfectly complementing each other with their unique qualities. No more doubts which one is suitable. The creatine supplement is suitable for physical performance support and muscle strength increase. For better effect we recommend using it in so-called creatine cycles.

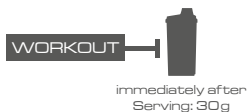
**Intended for:** athletes who need to increase their muscle strength and to support their physical performance.

- contains also an optimal amount of carbohydrates
- Creatine monohydrate (CREAPURE®)
- Creatine purivate
- Creatine ethyl ester
- Tri-creatine malate
- Kre-alkalyn®



■ orange

TRAINING DAY  
• creatine cycle  
• use with carbohydrates



NON-TRAINING DAY  
• creatine cycle  
• use with carbohydrates



Foodstuffs intended for particular nutritional uses.



CREAPURE®

## CREATINE MONOHYDRATE CREAPURE®

Creatine monohydrate of brand name CREAPURE® is a guarantee of the highest purity and quality. Powder consistency allows easy preparation and quick solubility. CREATINE MONOHYDRATE CREAPURE® is one of the most effective supplements which are intended for muscle mass growth support.

**Intended for:** increase muscle strength, performance support.

- high quality creatine - CREAPURE®
- workout intensity increase

**Recommended dosage:** training days: the basic daily dose for performance support is 5g (2 flat teaspoons) after training. Non-training days: use 5g in the morning with breakfast. Use regularly for 4 weeks and then stop using creatine for at least 4 – 6 weeks. Consume always in combination with carbohydrates (e.g. together with gainer you will thus provide much better utility and effect of supplied creatine).

TRAINING DAY  
• creatine cycle  
• use with carbohydrates



NON-TRAINING DAY  
• creatine cycle  
• use with carbohydrates



Foodstuffs intended for particular nutritional uses.





## CREATINE MONOHYDRATE

100% pure form of one of the most favourite supplements for muscles strength improvement. Highly efficient and effectively usable creatine in powder form suitable for athletes who decided to start using creatine products.



**Intended for:** athletes who strive for muscle mass strength increase.

- 100% purity
- use in combination with carbohydrates (gainers)
- increase training intensity

**Recommended dosage:** the basic daily dose for performance support is 5g (2 flat teaspoons) after training. During non-training days use 5g in the morning. Use regularly for 4 weeks and then have a break in using for at least 4-6 weeks.

### TRAINING DAY

- creatine cycle
- use with carbohydrates



immediately after  
Serving: 5g

### NON-TRAINING DAY

- creatine cycle
- use with carbohydrates



before breakfast  
Serving: 5g



## CREATINE ETHYL ESTER

CREATINE ETHYL ESTER (CEE) is an advanced form of creatine - esterificated creatine which is characterized by better stability, great efficiency and absorbcency. It does not have the tendency to maintain water.



**Intended for:** speed (sprint) and strength-speed (ice hockey, basketball, handball, mountain climbing) athletes, support strength growth.

- decrease water retention
- enriched with alpha-lipoic acid and vitamin B6
- does not cause flatulence, cramps, and dehydration

**Recommended dosage:** for muscle strength increase use 3-6 capsules 45 minutes before activity. You can also use 3-6 capsules after sports performance. Maximum 6 capsules daily. Consume regularly for 4 weeks and then have a break in using for at least 4-6 weeks.

### TRAINING DAY

- creatine cycle
- use with carbohydrates



45 minutes  
before

Serving:  
6 caps

immediately  
after

### NON-TRAINING DAY

- creatine cycle
- use with carbohydrates



before  
breakfast



## KRE-ALKALYN® 1500

KRE-ALKALYN® is a modern patented form of creatine which excels in great stability in digestive tract and great absorption in organism. Generally, it can be said that the lower the pH of final solution with creatine is, the faster the creatine degrades (changes) into "non-functional" creatinine. If pH rises above 7, degradation of creatine will be slower until it stops completely. KRE-ALKALYN® has a pH of 12.



**Intended for:** strength and muscle mass growth, and increasing of training intensity

- 1500 mg of KRE-ALKALYN in one dose
- due to alkaline pH (12) - high stability of creatine

**Recommended dosage:** for sports performance and strength increase: 1-2 capsules approx. 45-60 minutes before physical performance. It is also possible to use 1-2 capsules shortly after physical performance. Use maximum 2 capsules daily. Consume regularly for 4 weeks and then have a break in using for at least 4-6 weeks.

### TRAINING DAY

- creatine cycle
- use with carbohydrates

2x



WORKOUT

60 minutes  
before

Serving:  
2 capsules

### NON-TRAINING DAY

- creatine cycle
- use with carbohydrates

2x



BREAKFAST

before  
breakfast

Serving:  
2 capsules

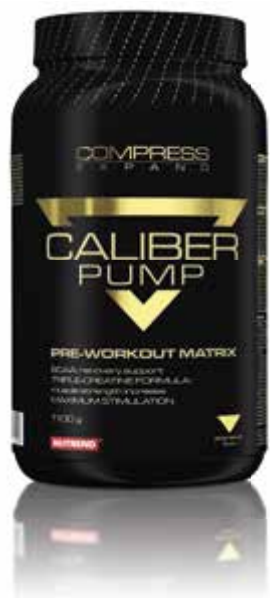
## PRE-WORKOUT

This category includes pre-workout supplements which are suitable for enhancement before the physical activity. If you sometimes feel tired during training or just want to increase its intensity, try some of the following products. Guaranteed and very strong composition offer maximum effectiveness and delicious taste. You can choose from the wide range of products into which COMPRESS CALIBER PUMP, COMPRESS NO GEL and many others are included.



### **BENJAMIN RADIČ**

Bodybuilding  
2013 Musclemenia Europe tour London champion  
2012 Musclemenia Europe tour Paris champion



- 63%**  
CARBO-HYDRATE
- 3500 mg**  
CREATINE  
COMPLEX
- 6000 mg**  
BCAA
- 2000 mg**  
ARGININE

## COMPRESS CALIBER PUMP

The best muscle pump in 55 grams! COMPRESS CALIBER PUMP contains 6 unique synergistic active components which energize you for hard and effective workout. This pre-training supplement is due to its composition and high levels of active ingredients at the position of market leader in pre-training supplement both for athletes and for recreational athletes.

**Intended for:** starting the organism to effective training.

- 3 kinds of carbohydrates complex - isomaltulose (Palatinose™), maltodextrin, and glucose which supply energy
- tri-creatine formula - 3500 mg in each dosage - Creatine Monohydrate Creapure®, Kre-Alkalyn®, Creatine ethyl ester
- an efficient muscle recovery - 6000 mg of BCAA
- an intense vasodilatation
- stimulation - caffeine, taurine, tyrosine, green tea extract and a unique Rhodiola rosea
- pH stabilizer

**Recommended dosage:** one serving = 55g. Use the serving 45 minutes before training.



45 min. before  
Serving: 55g



■ bitter lemon



- 1150 mg**  
L-ARGININE
- 500 mg**  
AAKG
- 1500 mg**  
BCAA
- 1000 mg**  
TAURINE
- VINITROX®**

## COMPRESS NO GEL

The unique form of the pre-training supplement in the form of gel which is based on L-arginine, AAKG, and taurine. L- arginine contributes to formation of nitrogen oxide (NO) which participates in vasodilatation (the widening of blood vessels) and relaxation of blood vessels and this is enhanced by the addition of Vinitrox® extract - a mixture of active polyphenols. To accelerate recovery it contains enzymatically digested protein hydrolysate PeptoPro® and BCAA in 2:1:1 ratio

**Intended for:** muscle blood flow, effective vasodilatation, muscle recovery.

- L-arginine, AAKG - support NO production
- Vinitrox (mixture of polyphenols) – increases the effects of NO production followed by perfusion
- BCAA in optimal 2:1:1 ratio

**Recommended dosage:** to increase the intensity use 1-2 sachets per day, take 45 minutes before physical activity.



45 min. before  
Serving: 2x 60g





1700 mg

ARGININE

1000 mg

AAKG

800 mg

CITRULINE

## COMPRESS VOLCANO

A unique combination of chosen active ingredients for muscle strength stimulation, and endurance support. It is a synergistic combination of the best and long-time proven findings from "western world" together with unique standardized extracts from adaptogenic plants that are greatly used in traditional Russian medicine.



COMPRESS VOLCANO promotes nitric oxide (NO) production. The product is based on Russian Adaptogen Matrix and NO System Factors.

**Intended for:** athletes who want to achieve really hard and intense training and support muscle strength.

**Recommended dosage:** for muscle growth support use 4 capsules 30 minutes before training and 2 capsules immediately after training. To increase training intensity use 6 capsules 30 minutes before training. Then use 4 capsules immediately training.



Food supplements.



500 mg

TYROSINE

140 mg

CAFFEINE

1000 mg

TAURINE

50 g

YERBA MATE

## COMPRESS BRUTUS ENERGY SHOT

The strongest ingredients - complex and highly efficient COMPRESS BRUTUS which stimulates your body for hard training or physically demanding day (eg. long journey by car). Try this unique energy shot. Synergistic combination of chosen 15 active substances including L-tyrosine which sustains your concentration and contributes to normal muscle function.



**Intended for:** exhausted organism and whenever you need to sustain your concentration.

- synergistic combination of 15 ingredients: L-tyrosine, caffeine, taurine, L-carnitine, choline, vitamins, natural Ginseng extracts, Citrus aurantium (synephrine), Withania somnifera, Yerba mate and Ginkgo biloba



**Recommended dosage:** one package during a day. Use when you feel tired and exhausted. It can be used also before training.



Food supplements.



3000 mg

L-CARNITINE

2000 mg

AAKG

83 mg

CHOLINE

## COMPRESS CARNIBOOSTER 3000

Efficient combination of L-Carnitine, AAKG and choline. Choline contributes to normal lipid metabolism. This product also contains vitamins B1, B3, B5 and B6, thus helping to maintain healthy and normal energy-yielding metabolism.

**Intended for:** all athletes who want their fatty acids being used more efficiently as an energy resource during muscle workout.

- 3000 mg of L-carnitine in one dose (CARNIPURE®)
- AAKG, Choline
- Vitamins additive B3, B5, B6 and B1
- Sugar free

**Recommended dosage:** maximum 1 monodose daily. For more effective utilisation drink one dose 30 minutes before the physical activity.

60ml

20x  
60ml



30 minutes  
before

Serving:  
60ml

Food supplements.



## HMB 4500

Feel free to try one of the less known but very effective supplements for pure muscle mass growth. HMB 4500 protects your muscle mass during strength training.

**Intended for:** muscle mass growth

- 900 mg of HMB per capsule
- continuous muscle mass growth

**Recommended dosage:** the total daily dose for athletes up to 90 kg - 4 capsules per day, over 90 kg - 5 capsules per day. Training days: use a half of the daily dose approx. 30-60 minutes before the physical activity and the second half immediately after the physical activity. Non-training days: use one half of the daily dose in the morning 30 minutes before breakfast and the second half 30 minutes before lunch.

100  
caps

TRAINING DAY  
Serving according to body weight:  
< 90 kg: 4 capsules  
> 90 kg: 5 caps



NON-TRAINING DAY  
Serving according to body weight:  
< 90 kg: 4 capsules  
> 90 kg: 5 caps



Foodstuffs intended for particular nutritional uses.



## INOSINE

Inosine is a natural body substance and its chemical structure is related to adenosine which is a part of adenosine triphosphate (ATP) - the energy source used during every single muscle work.



**Intended for:** strength and endurance training athletes.

- increases creation of ATP
- 500 mg of inosine in capsule

**Recommended dosage:** 2-4 capsules 30 minutes before exercise. Maximum 4 capsules per day



Food supplements.



## CAFFEINPYRIN

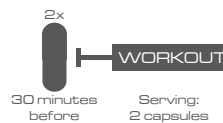
A synergistic combination of caffeine, willow bark extract, and vitamin C. You can stimulate your body for exercise and thus afford quality training.



**Intended for:** concentration improvement and attention maintenance.

- extract from willow bark – 15% of salicyn
- vitamin C is a strong antioxidant which helps to eliminate the amount of free oxygen radicals which are created in the body during the performance
- 200 mg of caffeine in one capsule

**Recommended dosage:** 1-2 capsules approx. 30 minutes before physical activity. Use maximum 2 capsules per day.



Food supplements.

# SPECIAL SUPPLEMENTS

From time to time there comes a moment to go beyond borders and try something new in your training. Test some of our special supplements which will give you a new strength and energy. Our wide offer is suitable for both advanced athletes and beginners. It only depends on the type of your training and the effects you expect!

You can try some of the guaranteed supplements such as COMPRESS SPECTRA 22, TRIBULUS TERRESTRIS TURBO or COMPRESS VOLCANO or you can go for some less known but highly efficient products such as ZMA®.

Do not wait until your training stagnates and give it a new impulse right now!

## **MAMED KHALIDOV**

MMA  
international champion of KSW federation  
one of the best MMA fighter in the world, the best in Poland







500 mg

TRIBULUS TERRESTRIS

400 mg

RHODIOLA ROSEA

200 mg

TRIGONELLA

## COMPRESS T.R.T.

T.R.T. is an abbreviation of three synergistic active standardized extracts - Tribulus Terrestris, Rhodiola rosea, Trigonella which support the increase of testosterone levels. The product is enriched with a unique antioxidant system, a standardized extract from sugar cane which is the source of policosanol.



**Intended for:** testosterone levels increase.

- 500 mg of Tribulus terrestris - 60% of saponins
- 400 mg of Rhodiola rosea
- 200 mg of Trigonella - 50% of saponins
- extract from sugar cane (90% of Policosanol) – strong antioxidant

**Recommended dosage:** 2 capsules per day - 1 capsule before breakfast and 1 capsule before dinner.

Serving: 2 capsules



BREAKFAST

30 min before



DINNER

30 min before



## TRIBULUS TERRESTRIS TURBO

Extract from Tribulus Terrestris plant (Puncture vine)- known also as a "natural Viagra" is due to its high content of steroid saponins a natural stimulant of testosterone level.



**Intended for:** strength and endurance improvement, muscle mass growth support.

- 500 mg of extract
- 60 % of saponins - only from the plant fruits

**Recommended dosage:** maximum 1 capsule per day before meal.



MEAL

30 minutes before

Serving: 1 capsules



1000 mg  
ECDYSTERONE

1000 mg  
LEUCINE

## COMPRESS ECDYSTERONE

Highly effective standardized Safflower Leuzea extract (Rhaponticum carthamoides) which contains 90% of ecdysterone. A unique product supporting long-term anabolic state.



**Intended for:** muscle growth support in volume and shaping trainings.

- 1000 mg of L-leucine in a daily dose
- 1000 mg of ecdysterone in a daily dose

**Recommended dosage:** take 1 capsule 3 times a day. Use preferably after meal.

Serving: 3 capsules



Foodstuffs intended for particular nutritional uses.



800 mg  
L-CARNITINE

800 mg  
TYROSINE

500 mg  
ARGININE

## COMPRESS FEVER

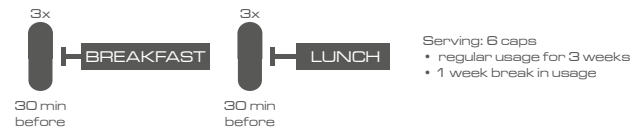
A fat burner with the absolutely highest effect which can be obtained when using all the legally approved substances. Revolution ingredients and synergistic combination of substances are unbeatable on current market. Due to its ingredients the product corresponds to needs of hard training strength athletes.



**Intended for:** hard and intensively training athletes

- Gugulipid® - guggulsterones
- Garcitrin® - hydroxycitric acid and garcinol
- BioPerine® - piperine

**Recommended dosage:** 3 capsules in the morning on an empty stomach (approx. 30 minutes before breakfast) and 3 capsules at noon (approx. 30 minutes before lunch). We recommend regular usage for 3 weeks followed by 1 week break in usage and then the product should be regularly used for another 3 weeks. We do not recommend using this fat burner in the evening hours.



Serving: 6 caps  
• regular usage for 3 weeks  
• 1 week break in usage

Food supplements.



MULTIVITAMIN

MULTIMINERAL

ANTIOXIDANT

## COMPRESS SPECTRA 22

Complex support for intensive workload contains multivitamin, multimineral and antioxidant in one dose. Every dose (sachet) contains 6 capsules – three pairs in different colours according to its content. Physical activity always demands higher intake of vitamins, minerals and antioxidants.



2x Yellow = Multivitamin  
2x Red = Antioxidant  
2x Blue = Multimineral

COMPRESS SPECTRA is developed for demanding physical activity, primarily for active athletes.

**Intended for:** supplying of vitamins, minerals and antioxidants.

**Recommended dosage:** take one sachet (6 capsules) at once or separately 3 capsules in the morning and 3 capsules in the evening, always after meal. Maximum daily dose is 6 capsules (1 sachet). Do not exceed recommended dosage.

Serving: 6 caps



## ZMA<sup>®</sup>

A unique patented mixture of magnesium, zinc and vitamin B6. Vitamin B6 contributes to the normal functioning of the nervous system and normal protein and glycogen metabolism. Zinc helps to regular metabolism of carbohydrates, fatty acids and protein synthesis. It also contributes to the maintenance of the normal testosterone levels in blood.



**Intended for:** strength and muscle mass improvement.

- zinc and magnesium linked to biological transmitters - high efficiency
- with addition of vitamin B6

**Recommended dosage:** 2-3 capsules before bedtime.

Serving: 3 caps



## BARS

Protein bars are perfect supplements for athletes who care about the optimum protein intake during the day. Protein bars are not only a great functional supplements but due to their balanced composition and delicious taste they are a perfect reward after your training.

Treat yourself with a snack anytime during the day. It fills you and supplies your body with necessary nutrients.

### **MARTIN MESTER**

Men's physique  
2013 Arnold Classic Ohio - 3<sup>rd</sup> place  
2012 Arnold Classic Europe champion



34 %  
PROTEIN

CFM  
TECHNOLOGY



## COMPRESS CFM 34

A high protein content (34%) which exactly corresponds to requirements of intensively training athletes. The bar is enriched with addition of vitamins E, B1, B2, B6, B12, B5, B3, C, biotin, and folic acid which cover your daily vitamin need from 33% when talking about 80 grams bar and from 17% when talking about 40 grams bar.

The bar is based on high quality protein sources (MPI, WPI, gelatine hydrolysate, calcium caseinate) which are manufactured by the most modern production technologies - e. g. CFM method. Due to its ingredients the bar is suitable as a snack during a day - it fills you and supplies you with quality energy.

**Intended for:** as a snack any time during a day, protein supply and recovery support after exercise.

- 34 % of protein in a bar
- quality protein sources
- delicious taste

40g

80g

24x  
40g

24x  
80g

- Banana
- Chocolate
- Marzipan
- Orange
- Vanilla-Cocoanut

30%  
PROTEIN



## LOW CARB PROTEIN BAR 30

Protein bar with high protein content and low content of carbohydrate.

The bar can be used at any time during a day as a snack. The base of protein component consists of effectively utilized protein sources.

**Intended for:** all athletes who care of sugar intake in their diet. Fills you up and delivers quality and effectively usable protein.

- 30% of protein
- only 5% of sugars
- high quality protein sources

80g

24x  
80g

- chocolate
- mango
- nougat
- pistachio

24%  
PROTEIN

### EXCELENT PROTEIN BAR DOUBLE

NEW



### EXCELENT PROTEIN BAR



## EXCELENT PROTEIN BAR

A protein bar richly topped with fruits or nuts, drenched in chocolate or yoghurt coating. It contains 24% of protein, 43% of carbohydrate and active substances for muscle recovery.

**Intended for:** as a snack any time during a day, protein supply, recovery after exercise.

- an excellent taste
- 24% of protein
- quality protein sources
- BCAA, L-Glutamine, vitamins

#### EXCELENT PROTEIN BAR DOUBLE

- chocolate + nougat with cranberries
- almond + pistachio with pistachios
- lemon + curd + raspberry with cranberries

#### EXCELENT PROTEIN BAR

- pineapple with coconut
- chocolate with nuts
- blackcurrant with cranberries
- lime with papaya
- marzipan with almonds
- vanilla with pineapple



22%  
PROTEIN

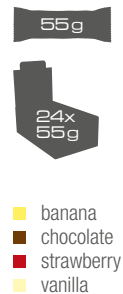


## MUSCLE PROTEIN BAR

A protein bar of delicious taste drenched in chocolate or yoghurt coating. The bar contains 22% of protein, cereals, and 10 vitamins. The bar contains mixture of quality protein sources which provide gradual protein absorption and protein use.

**Intended for:** as a snack any time during a day, it fills you and supplies you with required amount of quality energy.

- 22% of protein
- 10 vitamins



# ENDURODRIVE

ENDURODRIVE is a highly specialized range of products intended for endurance, speed-endurance, dynamic and collective sports. It exactly corresponds to specific requirements of these sports and provides the body with all necessary nutrients needed for maintaining a high level of performance and for optimum body recovery after physical activity.

DRINKS  
ENERGY  
RECOVERY  
CRAMPS

**ENDURO**DRIVE



## DRINKS

The loss of fluids (dehydration) at the level of 3 – 4% of body weight is responsible for decline in physical and mental performance by 20 – 30%. Well-chosen drinks provide the body with necessary fluids (hydration), carbohydrates (energy) and add lost minerals. The fluid intake plays a key role in endurance sports during long term and intense exercise. A failure in taking fluids not only impairs your performance but also significantly increases the risk of overheating.

### **Sports drinks are divided as follows:**

**Hypotonic** – ideal for long-term activities of 60 minutes and more.

**Isotonic** – ideal for short-term, very intense activities up to 60 minutes.

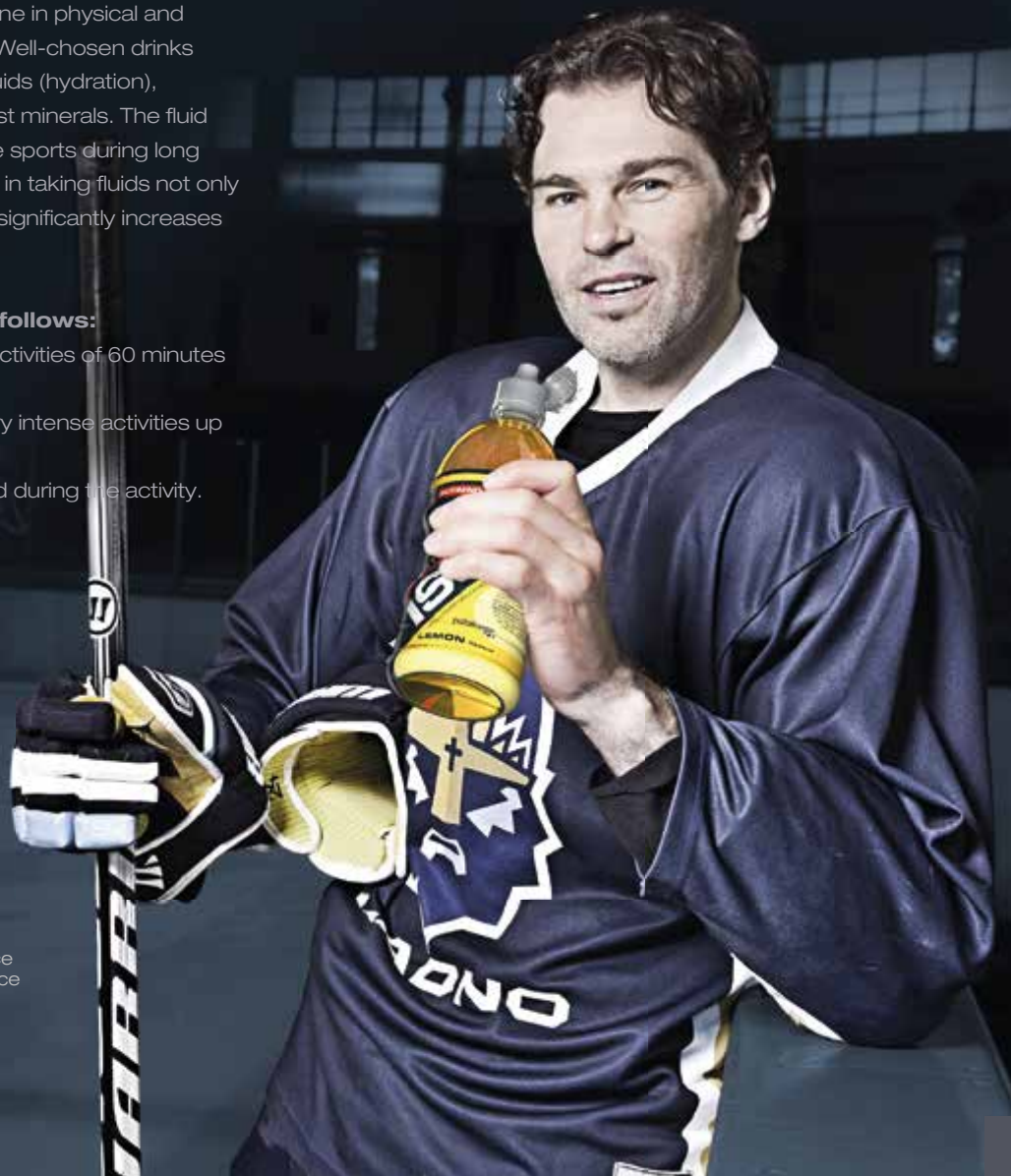
**Hypertonic** – not to be consumed during the activity.



**RYTÍŘI KLADNO**

**JAROMÍR JÁGR** and Rytíři Kladno

Ice hockey  
1998 - Olympic games, Nagano - 1<sup>st</sup> place  
2005, 2010 World championship - 1<sup>st</sup> place  
2x Stanley cup winner







PALATINOSE™

PEPTOPRO®

## PROFIDRINK

A unique hypotonic drink with high levels of gradually absorbable carbohydrate (isomaltulose), optimal mineral mix and revolutionary formula PeptoPro®. PeptoPro® is a protein hydrolysate (di- and tri peptides). They are easily absorbable and promote recovery. PROFIDRINK is ideal for endurance and speed-endurance intense activity. The only hypotonic drink with energy potential of isotonic drinks.

**Intended for:** body hydration. Mineral balance improvement. Recovery acceleration. Energy supply for sports performance. More intense workout cycles.

- specially developed for Czech and Slovak Olympians
- isomaltulose (Palatinose™) - a unique gradually absorbable carbohydrate. A great volume of energy while maintaining a hypotonic osmolality.

**Recommended dosage:** a dose of 40 g in 750 ml of water. During exercise: use 100 - 150 ml every 10 - 15 minutes. After exercise: use 200 - 300 ml during 30 - 45 minutes.



Foodstuffs intended for particular nutritional uses.



MINERALS

## ISODRINK

Sports drink with the ability of isotonic as well as hypotonic dilution. Choose the most suitable concentration according to your activity. ISODRINK has a delicious and refreshing taste and meets body needs to deliver lost fluids, minerals and energy during physical activity.

Isotonic dilution is ideal for short-term, high intense exercise (up to 60 minutes). Hypotonic dilution is ideal for less intense or long-term activities (over 60 minutes). Isodrink is enriched with vitamins.

**Intended for:** effective body hydration. Energy supply and performance enhancement. Mineral balance improvement.

- high energy load
- package 420 g = 6 l of isotonic drink or 9 l of hypotonic drink
- package 840 g = 12 l of isotonic drink or 18 l of hypotonic drink

**Recommended dosage:** ISOTONIC DRINK - 35 g (slightly heaped scoop) in 500 ml of drinking water. Drink during exercise. HYPOTONIC DRINK - 35 g (slightly heaped scoop) in 700 ml of drinking water. Drink before and during exercise. Do not use mineral water.



Foodstuffs intended for particular nutritional uses.

400g

- orange
- lemon

840g

420g

10x 10g

- bitter lemon
- grapefruit
- orange
- fresh apple
- natural

**NEW**



MINERALS

PALATINOSE™

## ISODRINX tabs

We prepared a new practical form of ISODRINX drink, soluble tablets. The tablets also contain special carbohydrate isomaltulose, which is gradually absorbed. Enriched with vitamins (C, B3, E, B5, B6, B2, B1, folic acid, biotin, B12).

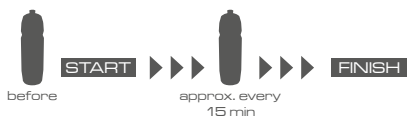
- contains isomaltulose (Palatinose™)
- practical form for immediate use

**Intended for:** body hydration and energy supply during sports performance of medium and high intensity

12 tablets

6x 12 tablets

- lemon
- orange



Foodstuffs intended for particular nutritional uses.

**NEW**



MINERALS

PALATINOSE™

## ISODRINX ready-to-drink

A favourite ready-to-drink isotonic beverage available in four different flavours. It is ideal for hydration and supply of energy during intense exercise lasting up to 60 minutes. Contains gradually absorbable carbohydrate Palatinose™. ISODRINX helps you to supply energy, lost fluids, minerals and vitamins.

**Intended for:** effective body hydration during the intense activity, energy supply and performance enhancement.

- made from pure spring water HORSKY PRAMEN
- ergonomic bottle with of 750 ml
- sports cap with membrane for easy fluid intake during exercise

**Recommended dosage:** you can start drinking before physical activity - drink approx. 200 - 300 ml

during the last 30 minutes before activity. During activity - drink regularly in small portions (100 - 200 ml) every 10 - 15 minutes.



- lemon
- cool
- mix berry
- orange



Foodstuffs intended for particular nutritional uses.



1L = 70L of beverage

## UNISPORT

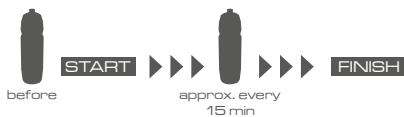
Slightly mineralized hypotonic sports drink. It is enriched with active ingredients like L-carnitine, glycine, and taurine.

**Intended for:** promoting quality fluids intake during the day, delivering fluids before, during and after physical activity.

- 1000 ml = 70l of ready-to-drink beverage

**Recommended dosage:** 10 ml of concentrate in 650 ml of water, maximum 50 ml of concentrate per day. Children over 3 years of age - maximum 20 ml of concentrate per day.

- |                    |                         |                       |
|--------------------|-------------------------|-----------------------|
| ■ pineapple        | ■ green fresh           | ■ mixfruit            |
| ■ white grapefruit | ■ pomegranate           | ■ opuntia & green tea |
| ■ bitter lemon     | ■ cherry                | ■ pink grapefruit     |
| ■ peach & maracuja | ■ ice fresh             | ■ orange              |
| ■ lemon            | ■ lemongrass            | ■ green tea & lemon   |
| ■ blackcurrant     | ■ forest strawberry     |                       |
| ■ dragon fruit     | ■ raspberry & cranberry |                       |



1L = 50L of beverage

TAURINE

CAFFEINE

## UNISPORT ENERGY

Version of sports drink which is besides enriched with energizing ingredients like caffeine and taurine.

- 1000 ml = 50l of ready-to-drink beverage

**Recommended dosage:** 10 ml of concentrate in 500 ml of water, maximum 30 ml of concentrate per day.



- cool
- fresh



## SPORTS NUTRIPACK

A complete package of everything what you need for your sports performance. Supplements suitable before, during and after the physical activity.

- **Sports drink** with the ability of isotonic as well as hypotonic dilution – ISODRINX - 420g, orange flavour. For more information, see page no. 48.
- **Energy bars** which fill you up and supply with necessary energy - VOLTAGE ENERGY CAKE - 2x hazelnut, 2x exotic, 2x coconut. For more information, see page no. 56.
- **Energy gels** for energy supply - ENDUROSNACK - 1x apricot, 1x orange, 1x green apple. For more information, see page no. 53.
- **Recovery drink** – for faster recovery after physical activity - REGENER - 75g, red fresh flavour. For more information, see page no. 59.
- **FREE** sports bottle, 500 ml.
- **FREE** cycling socks

### Recommended dosage:

An hour before the training, you can use a bar VOLTAGE ENERGY CAKE as a light breakfast. The bar fills you up and supplies with necessary energy. Shortly before the training take the last snack, eat ½ of ENDUROSNACK sachet. The second half of ENDUROSNACK sachet eat after 60 minutes of training or race. Drink ISODRINX regularly in small portions during activity, use hypotonic dilution for a long-term training.

After training use a special recovery drink REGENER, drink it gradually within 20 - 30 minutes after physical activity.

### SPORT NUTRIPACK contains:

**ISODRINX** 420g - orange

**ENDUROSNACK** 3x 75g - orange, green apple, apricot

**REGENER** 1x 75g - red fresh

**VOLTAGE ENERGY CAKE** 6x 65g ks - exotic, coconut, hazelnut

**SPORTS BOTTLE** with Jaroslav Kulhavy signature and cycling socks for **FREE**.



VOLTAGE ENERGY CAKE  
whole package



60 MIN. BEFORE

ENDUROSNACK  
1<sup>st</sup> half of package



START

ENDUROSNACK  
2<sup>nd</sup> half of package



DURING

REGENER  
within 30 minutes after  
the performance



FINISH

AFTER



ISODRINX  
During whole performance

## ENERGY

Appropriate and properly timed energy intake during physical activity along with sufficient fluid intake enhances your performance. Quality energy is a fuel the body cannot do without during physical activity. If you want to effectively avoid exhaustion and energy crisis during workout, always keep on hand a fast source of energy - you can choose energy bars, gels or tablets according to the type of your activity.

Each strain increases energy demands of working skeletal muscles. If energy needs of working muscles are not met, your performance will not have the required intensity.

Do not forget to supply energy before exercise. Inadequate carbohydrate reserves are the main cause of exhaustion during a long-term workout, therefore it is very important to focus on optimizing the carbohydrate reserves in the liver and muscles.

### **MICHAL PROKOP**

MTB Enduro, MTB Four Cross  
2003, 2006, 2011 MTB fourcross World Champion  
2008 Olympian (BMX)





Long-lasting  
energy supply

PALATINOSE™

BCAA

## ENDUROSNACK

Energy gel with gradual energy release. It contains a special type of carbohydrate - isomaltulose (Palatinose™) which is distinguished by its gradual absorbency and high energy potential without increasing osmolality. It is ideal for energy supply during long-term physical activity.

**Intended for:** continual and long-lasting energy supply, energy supplementation before and during exercise.

- convenient form of re-sealable tubes
- isomaltulose (Palatinose™)
- L-carnosine enhancing endurance performance and power, L-alanine
- BCAA in an optimal 2:1:1 ratio
- taurine and glycine
- you can choose from three types of packages

**Recommended dosage:** the last energy supply before activity - use 1 tube (sachet) approx. 20 minutes before the start. The energy supply during activity - use gradually (in halves), use 1 - 2 tubes (sachets) in one hour. Be sure to wash it down! Adults - maximum 4 tubes (sachets) per day. Children over 15 years of age - maximum 1 tube (sachet) per day.



Foodstuffs intended for particular nutritional uses.



75 g

- apricot
- orange
- red fresh
- green apple

35 g

- pineapple
- eucalyptus & kiwi
- natural
- orange
- green apple



Immediate  
energy supply

GLYCIN

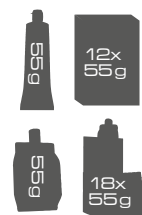
## CARBOSNACK

Energy gel intended for fast energy supply with addition of taurine and glycine. The predominance of simple sugars (fast energy) in combination with maltodextrin. Zero mineral content ensures trouble-free combination with sports drinks.

**Intended for:** fast energy supply during exercise. Energy potential supply. Overcoming the energy crises.

- predomination of quick, simple sugars
- does not contain any fat
- 2 types of packaging: tube and sachet

**Recommended dosage:** use during activity if needed. Be sure to wash it down well enough! Maximum 4 tubes /sachets per day. Children over 3 years of age - 1/2 the tube/sachet per day.



- bitter lemon
- blue energy
- blueberry
- caramel
- apricot
- green apple



Foodstuffs intended for particular nutritional uses.



- CAFFEINE
- TAURINE
- 5 EXTRACTS

## SHLEHA

This product contains a synergistic combination of natural extracts and vitamins to eliminate tiredness. Vitamins B6 and B3 contribute to normal mental activity and reduction of fatigue and exhaustion. Vitamin B2 contributes to normal functioning of the nervous system.

**Intended for:** effective stimulation of physical and mental activity; the maximum concentration and attention maintenance.

- synergistic combination of 14 ingredients: caffeine, taurine, L-carnitine, choline, vitamins, natural extracts - ginseng, Citrus aurantium (synephrine), Withania somnifera, Yerba mate and Ginkgo biloba
- progress in time - rapid start, steady concentration, slow decline without energy slump

**Recommended dosage:** mental or physical exhaustion and before physical activity - use 1 monodose (25 ml) per day. Sensitive people should split the dose - due to the highest possible concentration of active substances we recommend dividing the dose into 2 individual doses and use them separately. Use the first half 10 - 20 minutes before activity and the second one when the maximum stimulation effect is declining.



Food supplements.



- GUARANA
- TAURINE
- L-CARNITINE

## GUTAR ENERGY SHOT

This product contains active ingredients such as natural caffeine, L-carnitine, L-arginine, taurine, and vitamin B6 which contributes to reduction of fatigue and exhaustion and supports proper energy metabolism. It also contains natural herbal extracts from guarana, ginseng and green tea.

**Intended for:** body stimulation

- based on natural caffeine

**Recommended dosage:** if needed drink 30 minutes before the start. It can be used during workout. Wash it down properly. Maximum daily dose - 2 monodoses per day.



Food supplements.

## LAST ENERGY BEFORE FINISH



## TURBOSNACK

Very fast form of energy that is aimed for the final phase of endurance and speed-endurance sports. It consists of synergistic active ingredients L- carnosine which helps improve endurance performance and strength, L- alanine, taurine, and caffeine which promotes vigilance and enhances concentration.

**Intended for:** immediate supply of quick energy in the final phase of performance. Fast and intense finish.

- liquid form is quickly absorbable
- convenient packaging of monodoses (25 ml)
- large volume of quick, simple sugars

**Recommended dosage:** approx. 5 -10 minutes before expected critical situation in the final phase of performance drink one monodose and wash it down well with sports drink. Children over 15 years of age – 1 monodose per day.

25ml

10x  
25ml



approx. 20 minutes  
before finish

Foodstuffs intended for particular nutritional uses.



## CARBONEX

Energy tablets enriched with energizing and stimulating ingredients such as caffeine (promotes vigilance and improves concentration), taurine, magnesium, vitamin C, L-carnosine, L-alanine and BCAA in an optimal 2:1:1 ratio. Predomination of quickly usable energy. The overall effect is enhanced by dissolving the tablet in the mouth where the active ingredients penetrate through the mucous membrane.

**Intended for:** immediate supply of quickly usable energy. Solution and prevention of energy crises during physical activity.

- vitamin C – helps to protect cells against oxidative stress
- BCAA in an optimal 2:1:1 ratio
- convenient single use packaging - tablets
- very rapid onset of effects due to dissolution in the mouth

**Recommended dosage:** if needed chew 1 - 2 tablets. It is not suitable to use more than 2 tablets within an hour. Maximum daily dose: 4 tablets per day

12  
tablets



in  $\frac{2}{3}$   
of performance

Foodstuffs intended for particular nutritional uses.



BCAA



POWER BIKE BAR

Well-balanced energy bar ideal for use before as well as during workout. In addition to an optimal ratio of simple and complex carbohydrates (OPTIMAL CARBO COMPLEX) the bar also contains BCAA in an optimal 2:1:1 ratio, minerals, and vitamins. The bar has a specific sticky consistency.

**Intended for:** energy supply before or during the intense physical activity.

- enriched with BCAA, vitamins and minerals
- OPTIMAL CARBO COMPLEX - a high carbohydrate content 65 % of which 20 % are simple sugars
- addition of vitamins

**Recommended dosage:** 1 - 2 bars per day - as needed, either before or during physical activity



- 25g
- caramel
  - mix berry
  - passionfruit
  - vanilla
- 45g
- caramel
  - mix berry
  - passionfruit
  - vanilla



Foodstuffs intended for particular nutritional uses.

PALATINOSE™



VOLTAGE ENERGY CAKE

Energy bar made of oat flakes is ideal for saturation and energy supply during a long-lasting physical activity. It contains a special type of carbohydrate - isomaltulose (Palatinose™) which is distinguished by its gradual absorbency. The bar contains vitamins C and E, and zinc.

**Intended for:** energy supply before and during a long-term physical activity.

- the bar based on oat flakes
- it fills you up
- isomaltulose (Palatinose™) – gradually absorbable carbohydrate
- vitamins C and E - antioxidants
- zinc

**Recommended dosage:** energy supply before and during a long-term physical activity.



- exotic
- coconut
- hazelnut



Foodstuffs intended for particular nutritional uses.



## MÜSLI ENERGY BAR

Energy müsli bar based on selected cereals; without coating.

**Intended for:** energy supply before and during a moderately demanding physical activity.

- industrially hydrogenated fats free
- fibre
- without coating

**Recommended dosage:** 1 - 2 bars per day - as needed, either before or during physical activity

20g

30x  
20g

- cranberry & blueberry
- hazelnut

## RECOVERY

Recovery is a complex process in which the balance of internal body environment is restored. Its imbalance is caused by physical stress.

In most sports the success is determined by the ability of athlete to recover between the previous and the next activity. The rate of recovery can be influenced in several ways. One of them is a proper nutrition after workout, namely rapidly digestible carbohydrates.



### **JIŘÍ JEŽEK**

Cycling

6-times Paralympic champion

6-times World champion (2002, 2006, 2007, 2009, 2010, 2011)

3-times World cup winner (2011-2013)



86%

CARBOHYDRATE

3000 mg

BCAA

2000 mg

L-GLUTAMINE

ANTIOXIDANT

## REGENER

Special recovery product which contains 3000 mg of BCAA and 2000 mg of L-glutamine in each dose. An effective combination of carbohydrates, minerals (Mg, K, Na), vitamins (C, E) which help to protect body cells against oxidative stress, and other active substances for post-workout phase of training. Among other active substances also belong: BCAA in 2:1:1 ratio, L-glutamine, L-arginine, selenium, Ginkgo biloba extract and provitamin A.

You can also try a single use sachet (75 g).

**Intended for:** effective recovery after intense physical activity.

- 3000 mg of BCAA and 2000 mg of L-glutamine in one dose
- antioxidants - vitamins C and E, and selenium
- Ginkgo biloba extract, provitamin A, Mg, K, L-arginine

**Recommended dosage:** one dose (= 75 g) stir in 450 ml of water. Drink small portions during 20 - 30 minutes after physical activity. Then wash down with at least 200 ml of water or hypotonic sports drink.

450g

10x  
75g

- red fresh
- fresh apple

START ►►►►►►►►►► FINISH



immediately  
after

Foodstuffs intended for particular nutritional uses.



500 mg

BCAA

L-GLUTAMINE

TAURINE

## ENDURO GAINER

Carbohydrate-protein concentrate for preparation of delicious cocktail. It effectively enhances recovery after moderately demanding endurance activities. It contains a high proportion of quality carbohydrates and in addition it is also enriched with selected protein, amino acids and other active ingredients (creatine, L-glutamine, taurine etc.).

**Intended for:** energy supply immediately after medium intense physical activity.

- creatine monohydrate, L-glutamine, taurine, vitamins

**Recommended dosage:** one dose = 40 g. Use shortly (10 - 20 minutes) after training. The next portion can be used after another 45 minutes or before bedtime.

520g

- vanilla
- chocolate + cocoa

START ►►►►►►►►►► FINISH



immediately  
after

Foodstuffs intended for particular nutritional uses.



500 mg  
BCAA

L-CARNOSINE

L-ALANINE

## ENDURO BCAA

500 mg of the most important essential amino acids (BCAA) in an optimal 2:1:1 ratio which are also in combination with other active substances like L-carnitine, L-carnosine and L-alanine.

**Intended for:** muscle recovery support

- pure crystalline form of BCAA in a 2:1:1 ratio
- L-carnosine (promotes endurance performance and reduces muscle acidity if taken before training)
- L-alanine
- L-carnitine

**Recommended dosage:** 6 capsules (3 g of BCAA) before workout and 6 capsules after workout. Less demanding activities: the dosage can be divided into two halves - 3 capsules before workout and 3 capsules after workout.



Foodstuffs intended for particular nutritional uses.



## REGENER BAR

Two-layer bar with a complex composition for starting-up recovery after intense physical activity. It is a combination of quickly usable carbohydrate and protein. The bar is enriched with grape seed extract and sugar cane extract.

**Intended for:** recovery support after intense physical activity

- 16% of protein in one bar
- 59% of carbohydrates (maltodextrine, isomaltulose) in one bar

**Recommended dosage:** eat the bar within 60 minutes after physical activity.



- chocolate+caramel
- yogurt+blueberry



Foodstuffs intended for particular nutritional uses.



## AFTER SPORT BAR

A delicious cereal bar which is half-coated in chocolate coating. AFTER SPORT BAR is the right reward after the moderately demanding physical activity or an all-day trip. A complex composition which ensures fast energy supply after moderately demanding physical activity. Do not forget to wash it down properly.

**Intended for:** energy supply and starting recovery after moderately demanding physical activity.

- contains zinc, vitamins C and E – strong antioxidants
- 14% of protein and 55% of carbohydrates
- half-coated with chocolate coating

**Recommended dosage:** eat the bar after physical activity



- coconut
- almond

## CRAMPS

Muscle cramps can be an annoying complication of your sports performance. Avoid this discomfort and pay attention to prevention.

The most common causes of muscle cramps are either an excessive muscle overload, the lack of fluids (dehydration), the lack of energy (exhaustion) but also the loss of important minerals such as sodium, potassium and magnesium.



### **JAROSLAV KULHAVÝ**

MTB Cross Country  
2012 Olympic champion (MTB XCO)  
2011 World champion (MTB XCO)

250 mg  
MAGNESIUM

VITAMIN B6



## MAGNESLIFE

A highly effective solution of magnesium ions (magnesia). A liquid form ensures better absorption and therefore is intended for emergency imbalance of magnesium in the body. This practical packaging allows you to have it always with you. 250 mg of magnesium in one dose. MAGNESLIFE also contains vitamin B6.

**Intended for:** emergency use; it can be also used as a prevention

- magnesium bound to biological transporters
- liquid form ensures better absorbency
- enriched with vitamin B6

**Recommended dosage:** acute muscle cramps solution during physical activity: drink when the first signs of cramp occur. Also, it can be used any time during the day, preferably before bedtime

25ml

10x  
25ml

START ▶▶▶ | ▶▶▶▶ FINISH

during performance  
in case of cramps

Food supplements.

MINERALS

VITAMINS



## ANTICRAMP

A mixture of minerals (Na, K, Mg, Ca), vitamins of B-group and active ingredients for reducing the risk of cramps. Active ingredients are L-carnosine which encourages endurance performance and eliminates muscle acidosis, and extract from willow bark which contains 15% of salicines.

**Intended for:** supply of lost minerals and reducing the risk of muscle cramps.

- unique mixture of minerals, vitamins and active ingredients
- practical capsules form

**Recommended dosage:** use 2 capsules approx. 40 minutes before physical activity. During time-consuming exercise: use another capsule if needed. Wash down with sufficient volume of water or hypotonic sports drink. When preparing for demanding physical activity you can use 5 capsules per day 2 - 3 days in advance.

120  
caps

4 days before ▶▶▶▶ START

Food supplements.





# ACTIVE LIFESTYLE

Do you wish to change your lifestyle? Lose your weight, shape your body and be fit? It's so easy! We offer you a complete range of products that will help you to reach your goals. Try highly effective fat burners, choose one of our unique functional drinks and taste our delicious cereal, fruit, nut or protein bars. Active Lifestyle product line comprises also vitamins, minerals and joint care supplements.

WEIGHT LOSS – FAT BURNERS  
DRINKS  
SNACKS  
JOINT NUTRITION FLEXIT  
VITAMINS AND MINERALS  
CEREALS AND BARS  
NUTREND AQUA

active lifestyle

**GABRIELA GRÄNZEROVÁ**

Fitness



# WEIGHT LOSS - FAT BURNERS

This category offers a comprehensive range of products for effective body shaping and increased fat burning.

For maximum effect, we recommend to combine products with regular physical activity and well-balanced rational diet. If you avoid physical activity and well-balanced diet during weight reduction, you expose yourself to the risk of so called yo-yo effect!

Most products are based on a pure and high quality branded L-carnitine (CARNIPURE®). All products are with no added sugar.

Products in this category were developed in a professional cooperation with Ing. Petr Havlíček. Let's change your lifestyle and you will see the results will come.



## **OKSANA OROBETS**

Fitness  
2014 Arnold Classic USA champion  
2013 Arnold Classic Europe champion



1000 mg  
L-CARNITINE

2000 mg  
L-ARGININE

100 mg  
CAFFEINE

200 mg  
CHOLINE

## CARNIFORM SHOT

Effectively designed combination of active ingredients which attacks fatty tissue and increases its usage during the physical activity. It contains vitamins B2, B3, B5 which contribute to the normal energy metabolism. The product also contains choline which supports lipid metabolism and caffeine which helps to mobilize fats and promotes their burning.

**Intended for:** maximum stimulation and motivation for physical activity; an effective fat burning.

- selected combination of substances for fat burning
- quickly absorbable liquid form
- practical package

**Recommended dosage:** drink 30 - 45 minutes before physical activity. Do not use on an empty stomach. If the physical activity lasts for more than 90 minutes then it is possible to divide the dosage into two portions and take the second half in the middle of workout.



30 min  
before



CLARINOL®

GARCITRIN®

SVETOL®

## FAT DIRECT

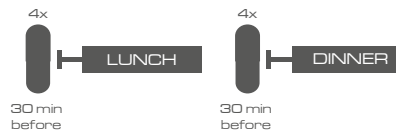
FAT DIRECT helps you to prevent an appetite and induce a feeling of satiety. At the same time it prevents the storage of fats. And finally, it is also helpful in maintaining stable blood glucose levels.

FAT DIRECT brings new insight to fat burning; the exceptional combination of 3 branded active ingredients will help you in shaping your body.

**Intended for:** inducing a feeling of satiety.

- SVETOL® - standardized green coffee extract
- CLARINOL® - CLA - conjugated linoleic acid
- GARCITRIN® - standardized Garcinia cambogia extract containing hydroxycitric acid (HCA) and garcinol

**Recommended dosage:** 4 capsules twice a day on an empty stomach, preferably 20 minutes before lunch and dinner. The maximum daily dose is 8 capsules.





900 mg

L-CARNITINE

GINSENG

## NEOCARNITARGIN + GINSENG

A time-tested combination of active ingredients for effective fat burning and body shaping. It is also suitable for all those who are affected by long-term stress and great physical and mental strain. It contains magnesium and vitamin B6 which contribute to the normal energy metabolism.

The addition of beneficial ginseng helps to energize the body, therefore it is not recommended to use this product before bedtime and in the evening.

**Intended for:** total body energization.

- L-carnitine, L-arginine, magnesium, glycine, vitamin B6, and ginseng
- quickly absorbable liquid form

**Recommended dosage:** 15 ml twice a day on an empty stomach. Take the first dose in the morning before breakfast and the second one before lunch or 30 minutes before physical activity. Do not use before bedtime. It is also possible to take 30 ml once daily.

30 min  
before

BREAKFAST

30 min  
before

WORKOUT



900 mg

L-CARNITINE

VITAMIN B6

## NEOCARNITARGIN CLASSIC

A time-tested combination of active ingredients for effective fat burning and body shaping. It is also suitable for all those who are affected by long-term stress and great physical and mental strain. Magnesium contributes to the normal energy metabolism and to the normal functioning of muscles.

Vitamin B6 also promotes standard energy metabolism. A CLASSIC variant can be used even before bedtime.

**Intended for:** total body energization and vitalization.

- L-carnitine, L-arginine, magnesium, glycine, and vitamin B6
- quickly absorbable liquid form

**Recommended dosage:** 15 ml twice a day. Take the first dose in the morning on an empty stomach and the second one before bedtime or 30 minutes before physical activity. It is also possible to take 30 ml once daily.

30 min  
before

BREAKFAST

30 min  
before

WORKOUT





1000 mg

L-CARNITINE

CHROMIUM

## CARNICHROM

A synergistic combination of L-carnitine, chromium, and vitamins B5 and B6. B-group vitamins contribute to the normal energy metabolism. The presence of chromium contributes to the maintenance of normal blood glucose levels and to the reduction of the appetite for sweets.

**Intended for:** stabilization of blood glucose level.

- 25 000 mg of L-carnitine per bottle
- quickly absorbable liquid form
- vitamins B5 and B6 contribute to the reduction of fatigue and exhaustion

**Recommended dosage:** the basic daily dose - 10 ml once a day in the morning on an empty stomach. The second dose can be taken between meals or 30 minutes before physical activity. Maximum daily dose is 20 ml.



- grapefruit
- wild strawberry

30 min  
before

BREAKFAST

30 min  
before

WORKOUT



3000 mg

L-CARNITINE

5 mg

SYNEPHRINE

## CARNITINE 60 000 + SYNEPHRINE

60 000 mg of L-carnitine in a package together with the addition of standardized Citrus Aurantium extract which contains 8% of synephrine. It is enriched with vitamins B5 and B6 which contribute to the normal energy metabolism.

**Intended for:** fat burning support and more effective use of stored fats.

- 60 000 mg of L-carnitine per package
- 100 mg of synephrine per package

**Recommended dosage:** the basic daily dose is 12,5 ml. Drink the dose in the morning on an empty stomach or 30 minutes before physical activity. You can take the second dose during the day between meals, always on an empty stomach. Do not take in the evening before bedtime.



- yellow raspberry

30 min  
before

BREAKFAST

30 min  
before

WORKOUT

1500 mg

L-CARNITINE

5 mg

SYNEPHRINE



## CARNITINE 1500 + SYNEPHRINE

A unique combination of L-carnitine, synephrine, vitamins B5 and B6 in practical single-use monodoses. B-group vitamins contribute to the normal energy metabolism. Synephrine comes from the standardized Citrus aurantium extract.

**Intended for:** fat burning support and more effective use of stored fats.

- 1500 mg of L-Carnitine per monodose
- 5 mg of synephrine per monodose

**Recommended dosage:** drink the monodose 30 minutes before physical activity or in the morning on an empty stomach before breakfast. Do not take before bedtime.

25ml

20x  
25ml



30 min  
before



30 min  
before

Food supplements.

10 mg

SYNEPHRINE



## SYNEPHRINE

125 mg of Citrus Aurantium extract in one capsule which is the maximum daily allowed dose - 10 mg of synephrine. It stimulates thermogenesis (heat creation) in a body and thus increases the overall energy release during the day. This thermogenic effect works at rest as well as during exercise.

**Intended for:** thermogenic fat burning; increasing the overall energy release during the day.

- 10 mg of synephrine per capsule

**Recommended dosage:** take 1 capsule 30 - 60 minutes before physical activity. It can be combined with products on the basis of L-carnitine or caffeine. Do not use before bedtime!

60caps



30 min  
before

Food supplements.



2000 mg

L-CARNITINE

30 mg

COENZYME Q10

## CARNILIFE 40 000

A combination of ingredients which effectively support burning of stored fats: L-carnitine, coenzyme Q10, and vitamins B5 and B6. It does not contain caffeine therefore it is ideal for use in the evening hours. B-group vitamins contribute to the normal energy metabolism.

**Intended for:** energy use from fats and improved energy management.

- 40 000 mg of L-carnitine per package
- 600 mg of coenzyme Q10 per package
- 40 optimal doses

**Recommended dosage:** use a dose of 12,5 ml 30 minutes before the exercise or in the morning on an empty stomach. It is possible to use 12,5 ml twice a day on an empty stomach between meals.

30 min  
before

BREAKFAST

30 min  
before

WORKOUT



500 ml

2000 mg

L-CARNITINE

30 mg

COENZYME Q10



## CARNILIFE 2000

A practical single-use packaging with a combination of active ingredients supporting burning of stored fats: L-carnitine, coenzyme Q10, and vitamins B5 and B6. B-group vitamins contribute to the normal energy metabolism.

**Intended for:** energy use from fats and improved energy management.

- 2000 mg of L-carnitine per monodose
- 30 mg of coenzyme Q10 per monodose

**Recommended dosage:** use one monodose 30 minutes before exercise or in the morning on an empty stomach.

25 ml

100  
x  
25 ml30 min  
before

BREAKFAST

30 min  
before

WORKOUT



1000 mg

L-CARNITINE

31 mg

COENZYME Q10

## CARNILIFE 1000

Capsules with 500 mg of L-carnitine and the addition of coenzyme Q10. Due to the mutual combination of L-carnitine and coenzyme Q10 you will get an effective product supporting fat burning. It is available in a convenient packaging of easy to use capsules.



**Intended for:** energy use from fats and improved energy management.

- 1000 mg of L-carnitine per dose (2 capsules)
- 31 mg of coenzyme Q10 per dose (2 capsules)

**Recommended dosage:** use 2 capsules 30 minutes before exercise. Fat burning support - take 2 capsules during the day on an empty stomach, preferably before the meal.



30 min  
before



30 min  
before

Food supplements.



1000 mg

L-AAKG

50 mg

RUTIN

50 mg

MAGNESIUM

1040 mg

5 EXTRACTS

## CELLUHERB

A unique combination of selected active ingredients, minerals, and herbs extracts for elimination of orange skin and cellulite. This is ensured by a better blood circulation in the body. Magnesium affects the overall distribution of water and removes excess fluid supply from the subcutaneous layer.



**Intended for:** cellulite elimination, body detoxification support, adjustment of water distribution in the body.

- standardized extracts: Taraxacum officinale (dandelion), Siberian ginseng, green tea, Alfalfa, and Ginkgo biloba
- caffeine for fat burning
- AAAG for better blood flow to peripheral areas
- rutin for hardening arteries
- potassium and magnesium

**Recommended dosage:** 3 capsules in the morning, 3 capsules at noon or in the afternoon. Preferably, use between meals. Do not use in the evening before bedtime.



30 min  
before



30 min  
before

Food supplements.





960 mg

L-CARNITINE

## CARNITINE LIQUID

Do you need pure carnitine without other active substances? Then choose CARNITINE LIQUID 500 ml which promotes fat burning and physical activity.

It can be combined with other products containing caffeine or synephrine.

**Intended for:** an effective fat burning and increased performance.

- 100 % pure L-carnitine

**Recommended dosage:** the basic daily dose is 20 ml in the morning on an empty stomach or 30 minutes before physical activity. The second dose can be used during the day between meals. Maximum daily dose is 40 ml.



Food supplements.

1000 mg

L-CARNITINE

VITAMIN B5, B6



## CARNITINE 1000

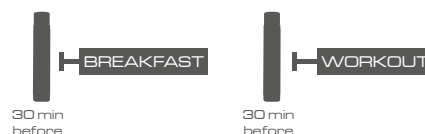
1000 mg of liquid L-carnitine in a convenient single-use packaging. To increase its effect it is enriched with vitamins B5 and B6 which contribute to the normal energy metabolism.

It can be combined with other products supporting fat burning, such as caffeine or synephrine.

**Intended for:** fat burning support, physical performance support.

- 1000 mg of L-carnitine per monodose
- addition of vitamins B5 and B6
- quickly absorbable liquid form

**Recommended dosage:** 1 monodose daily 30 minutes before physical activity or during the day between meals on an empty stomach.



Food supplements.



1000 mg

L-CARNITINE

## CARNITINE 1000 CAPS

100% pure L-carnitine in a form of capsules. It promotes metabolism of fats and improves physical performance.

You can use CARNITINE 1000 capsules in a combination with other products based on caffeine or synephrine.

**Intended for:** fat metabolism support, increased physical performance.

- 1000 mg per dose (2 capsules)

**Recommended dosage:** the basic daily dose: 2 capsules in the morning on an empty stomach or 30 minutes before physical exercise. You can have another dose during the day between meals. Maximum daily dose is 4 capsules per day.



30 min  
before



30 min  
before

## DRINKS

Without a quality drinking schedule (not only during the day but also during the physical activity) a body is not working properly. Therefore, never underestimate the intake of fluids. This rule especially applies if you are going to do the physical activity.

The human body is made up of 50-60% of water, therefore it is very important to pay attention to intake of fluids and maintain the body constantly hydrated.



### **DENISA ROSOLOVÁ**

Athletics  
2011 Indoor Europe champion 400m  
2012 Europe championship 400m - 2<sup>nd</sup> place  
2012 Olympic games 400m hurdles - 7<sup>th</sup> place



1000 mg

L-CARNITINE

1000 mg

TAURINE

40 mg

CAFFEINE

## CARNITINE ACTIVITY DRINK WITH CAFFEINE

Refreshing ready-to-drink sugar free beverage containing L-carnitine (1000 mg) with an addition of energizing ingredients, such as caffeine and taurine. Thanks to a combination of active ingredients, CARNITINE ACTIVITY DRINK is an ideal way of supporting your physical performance. It effectively helps to use energy from fat and promotes necessary hydration during exercise. Due to its light and refreshing taste, you will like it and you will not forget to intake fluids during your performance. It is sweetened with sucralose which tastes like sugar, but does not have its caloric value.

**Intended for:** solution to drinking schedule before and during the physical activity

- made from pure spring water HORSKY PRAMEN
- ergonomic bottle shape with a membrane

**Recommended dosage:** For enhanced performance start drinking approx. 20- 30 minutes before the exercise. Then continue in drinking regularly during exercise. During 60 minutes exercise you should drink at least 500 ml, optimally 750 ml of beverage.



Foodstuffs intended for particular nutritional uses.



1000 mg

L-CARNITINE

1000 mg

TAURINE

VITAMIN B3

## CARNITINE ACTIVITY DRINK

Are you going to exercise in the late afternoon or are you sensitive to caffeine? Choose decaffeinated type of drink. Caffeine is replaced with vitamin B3 which supports an energy metabolism and helps to reduce fatigue and exhaustion.

**Intended for:** solution to drinking schedule before and during the physical activity

- made from pure spring water HORSKY PRAMEN
- ergonomic bottle shape with a membrane

**Recommended dosage:** For enhanced performance start drinking approx. 20- 30 minutes before the exercise. Then continue in drinking regularly during exercise. During 60 minutes exercise you should drink at least 500 ml, optimally 750 ml of beverage.



Foodstuffs intended for particular nutritional uses.



- pineapple
- lemon
- red orange
- green tea + elderflower
- cool



- dragon fruit
- eucalyptus + kiwi
- fresh grapefruit
- blackberry + lime
- pomelo



50 mg

L-CARNITINE

100 mg

TAURINE

5 mg

CAFFEINE

0,2 %

SUGAR

## FORMDRINK

Low calorie beverage concentrate intended for the preparation of ion hypotonic drink. It is enriched with active ingredients supporting fat burning.

**Intended for:** solution to quality drinking schedule any time during the day or during the physical activity

- 1 l of concentrate = up to 50 l of beverage
- active ingredients for body vitalization: L-carnitine, caffeine, synephrine, taurine, green tea extract
- although it does not contain calories from sugar it tastes like a syrup due to the sweetener sucralose

**Recommended dosage:** 10 ml of concentrate dilute in 5 dcl of pure water.



- bitter lemon
- peach+ maracuja
- pink grapefruit
- sour cherry+ blackcurrant



# **SNACK**

Do you want to lose weight? Do not forget to eat regularly! Nutritionally balanced products from NUTREND Company can help you. You can use them during the day when the access to quality food is impossible.

**RENATA SOPEK**

Fitness instructor



23%  
PROTEIN

5%  
SUGAR

5%  
FIBRE



## T-MEAL BAR low carb

A delicious bar with a high content of protein but with low sugar content. When losing your weight you must not starve and therefore you should try our new bar which is an ideal snack between meals.

The bar is enriched with a unique source of fibre, so called resistant starch Hi-Maize®. Thanks to this starch the bar fills you up.

**Intended for:** a quality snack as an energy supply any time during the day.

- low sugar content - less than 5%
- high protein content - 23%
- source of fibre - 5%

40g

24x  
40g

- coffee
- raspberry
- stracciatella



HI-MAIZE®

FABENOL®

PINNOTHIN®

## T-MEAL FRUITY

An instant cocktail considered as a quality and well-balanced food with big pieces of fruits or chocolate which can be used any time during the day. Thanks to its composition it is suitable as a snack or small lunch in a case when the access to quality food is impossible. T-MEAL FRUITY supplies you with an optimal well-balanced amount of protein and carbohydrate that fill you up but do not burden your stomach. Due to the high fibre content, the feeling of satiety is prolonged and is not followed by appetite for sweets. Also available in a practical package of one dosage in a sachet.

400g

20x  
40g

**Intended for:** situation when the access to quality food is impossible (and ideal solution for snacks in an office, on roads, at rush, and so on), energy supply after evening exercise

- Hi-maize®, Inulin – source of fibre
- FABENOL® - bean extract which inhibits absorption of starches
- PinnoThin® - oil of pine seeds which prolongs feeling of satiety

- banana
- chocolate
- strawberry
- ice coffee

**Recommended dosage:** dilute 40g in 200 - 250 ml of water. Maximum daily dosage: 40g once a day with the respect to your diet.



# JOINT NUTRITION

Products for effective nutrition of joints, ligaments, and tendons. They are designed according to the latest findings in sports nutrition. The FLEXIT product line promotes the overall function of the musculoskeletal system.

**GABRIELA GRÄNZEROVÁ**

Fitness







GELATIN HYDROLYSATE

GLUCOSAMINE

CHONDROITINE

HYALURONIC ACID

## FLEXIT DRINK

FLEXIT DRINK contains glucosamine sulphate, proline, chondroitin sulphate, MSM, and hyaluronic acid. It is a source of collagen protein enriched with vitamins C, B6, and D. It also contains magnesium. Vitamin C contributes to standard collagen formation for normal function of bones and cartilages. Vitamin D contributes to normal blood calcium levels. MSM contributes to formation of collagen.

400g

**Intended for:** people with increased joint wear, mobility support - FLEXibility of joints, improve joints function, care after traumatic conditions

- suitable for children from 6 years of age
- collagen protein + key ingredients for joint nutrition

**Recommended dosage:** 10 g once a day in the morning on an empty stomach. During sport activities it is possible to take 20 g once a day in the morning on an empty stomach.

- peach
- grapefruit
- strawberry
- orange



GLUCOSAMINE

CHONDROITINE

MSM

HYALURONIC ACID

## FLEXIT LIQUID

FLEXIT LIQUID contains glucosamine, chondroitin, proline, glycine, MSM, and hyaluronic acid. It is enriched with vitamin C. Vitamin C contributes to standard collagen formation for normal function of bones and cartilages. MSM contributes to formation of collagen.

500ml

**Intended for:** people with increased joint wear, mobility support - FLEXibility of joints, improve joints function, care after traumatic conditions

- not suitable for children under 12 years of age
- hyaluronic acid is a part of soft cartilages and a synovial fluid
- vitamin C - an antioxidant which helps to eliminate free radicals damaging cartilage

**Recommended dosage:** 15 ml once a day in the morning on an empty stomach. During sport activities it is possible to increase the dose up to 15 ml twice a day (between meals). Use continuously for at least 60 days. It is recommended to combine FLEXIT LIQUID with FLEXIT GELACOLL. This treatment should be repeated at least twice a year.

- lemon
- orange



## GELATIN HYDROLYSATE

## FLEXIT GELACOLL

This product contains gelatin hydrolysate and is enriched with vitamin C. Vitamin C contributes to standard collagen formation for normal function of bones and cartilages.

Collagen protein (gelatin hydrolysate) - the source of a wide spectrum of amino acids and peptides participating in collagen formation.

**Intended for:** reduce the load on joints during physical activity, especially in sport and overweight.

- this product is suitable for active youth and children over 12 years of age
- the ready hydrolyzed gelatin is highly effective, immediately usable and easily digestible
- it is recommended to be combined with FLEXIT LIQUID

**Recommended dosage:** the basic recommended dose: 4 - 6 capsules per day between meals until the pack is finished. When doing sport activities, it is possible to increase the dosage up to 8 capsules per day between meals. Maximum daily dose: 8 capsules per day.



# VITAMINS AND MINERALS

Every active person must receive an adequate amount of necessary vitamins and minerals to ensure proper functioning of his body. A shortage as well as a surplus of some vitamins and minerals is not good for human body.

VITAMINS are organic substances which your body needs in small amounts every day in order to ensure important biochemical reactions. The body cannot synthesize them itself and relies on their intake from food.

MINERALS - the human body needs at least 20 various minerals to ensure the normal functioning of the organism. Many of them are needed only in trace amounts but others should be taken in much larger amounts.

## **RENATA SOPEK**

Fitness instructor



ECHINACEA PURPUREA



## IMUNOOXI

A natural product for a complete body treatment. A concentrated extract of selected fruits and vegetables with a standardized content of bioactive plant ingredients, Echinacea extract, and vitamin C. IMUNOOXI contains a full spectrum concentrate of antioxidant active ingredients of natural origin (polyphenols, carotenoids). It contains a high amount of vitamin C which contributes to protection of cells from oxidative stress.



**Intended for:** stressed body treatment; management of an excessive everyday stress and strain, protection from free radicals

- preservatives free
- artificial sweeteners free
- 1 dose of 10 ml - corresponds to 200 g fruit mix with high antioxidant capacity

**Recommended dosage:** we recommend 10 - 20 ml per day for regular long-lasting use, 20 - 30 ml per day in case of an extreme body stress.



ZINC

SELENIUM

COENZYM Q10

VITAMINS

## ANTIOXIDANT STRONG

A balanced combination of vitamins, minerals, and coenzyme Q10 that works as a highly effective protection system against the excessive production of free oxygen radicals. Vitamin E contributes to protection of cells from oxidative stress. Vitamin C contributes to the normal function of the immune system during and after the intense physical activity, it also contributes to normal collagen formation for the normal function of blood vessels. Zinc contributes to the normal function of the immune system and to protection of cells from oxidative stress.



**Intended for:** protection against excessive production of oxygen radicals in the body

- ideal for use after physical activity
- enhances the immune system

**Recommended dosage:** 2 capsules per day, preferably after physical activity. Excessive burden: 2 capsules per day between meals. Prevention: 1 capsule per day between meals.



500 mg

VITAMIN C

## VITAMIN C WITH ROSE HIPS

Tablets with high content of vitamin C. The tablets are enriched with rosehip powder which increases its effects. Vitamin C contributes to the normal functioning of the immune system during and after the intense physical activity and to the reduction of exhaustion and fatigue. Vitamin C also increases iron absorption and contributes to the regeneration of the reduced form of vitamin E.



**Intended for:** elimination of excessive amount of free oxygen radicals; collagen formation support.

- the effect of gradual release
- an antioxidant
- suitable for use after physical activity

**Recommended dosage:** one tablet per day, preferably after physical activity.



## MULTIMINERAL AQUAMIN

Completely natural multimineral capsules made of red seaweed. The capsules contain high amount of natural calcium (Ca), necessary amount of magnesium (Mg), and other 72 trace elements. They are ideal for supplementing a balanced diet for everyone, including athletes. Calcium is needed to maintain normal bone and normal heart activity. Magnesium contributes to reduction of fatigue and exhaustion, and to normal functioning of the nervous system.



**Intended for:** support of endurance performance.

- a high content of natural calcium and magnesium
- other 72 trace elements

**Recommended dosage:** 2 capsules in the morning on an empty stomach and 2 capsules in the evening before bedtime. Maximum daily dose: 4 capsules per day.

## CEREALS AND BARS

Are you looking for the right snack during the day? Are you not sure what meal to choose before your physical activity? Then try some of our products offered in this category.

Cereals are an ideal source of fibre. A man should consume at least 18g, ideally up to 25g of fibre per day. Fibre is important for the right digestion.



**GABRIELA GRÄNZEROVÁ**

Fitness



## B4 ACTIVITY

Are you going to exercise but you are not sure what to choose as the last meal before your workout? Then try our easily digestible porridge B4 ACTIVITY. Its composition was designed with respect to needs of the burdened body. It supplies you with necessary energy, partially fills you up but does not stay in your stomach. The base consists of the mix of oat flakes, buckwheat porridge, hominy grits and the rice flour combined with easily digestible protein in the form of whey protein isolate. In addition, B4 ACTIVITY is enriched with a gradually releasing carbohydrate isomaltulose (Palatinose™) which is a useful source of energy during physical activity.

**Intended for:** supplying energy, carbohydrates and easily digestible protein just before physical activity. Gradual energy supply to your body.

- carbohydrate part consists of isomaltulose – Palatinose™

**Recommended dosage:** use approx. 30 - 60 minutes before activity. If doing more intense activities, use 60 minutes or more before activity. In case the activity begins slowly you can use the porridge shortly before its start. Pour 200 ml of hot water (not boiling water) over one portion of porridge (60 g).

5x  
60g

- banana
- strawberry – yogurt
- chocolate
- natural



## BIO WELLNESS OATS CAKE

Bar full of oat flakes and fruits in BIO (organic) quality. A great natural bar from the highest quality sources; free of chemical substances, artificial colorants, preservatives and artificial sweeteners.

**Intended for:** supplementation of normal diet any time during the day.

- BIO (organic) quality - product of organic farming
- oat flakes - high fibre content, their nutritional value is preserved due to cold processing
- free of preservatives and artificial sweeteners
- without coating

50g

20x  
50g

- apple
- strawberry with cranberry



## WELLNESS OATS CAKE

Bar full of oat flakes and healthy fibre. WELLNESS OATS CAKE is a snack which is always good to have at hand.

**Intended for:** a snack during the day.

- source of fibre and vitamins
- without coating

70g

20x  
70g

- banana
- lemon + curd cheese
- ice coffee



## PROFIGUR MÜSLI HALF-COATED

Muesli bar with high fibre content and the addition of 10 vitamins. The bar is based on selected cereal sources and fruits. It has juicy flavour, supplies energy and vitamins, and promotes your healthy lifestyle.

- addition of 10 vitamins
- high fibre content

25g

33g

35x

33g

- sour cherry with yogurt coating
- cranberry with yogurt coating
- nut with cocoa-milk coating
- chocolate with cocoa coating
- raspberry with yogurt coating

25g

- exotic with yogurt coating
- plum with yogurt coating





## PROFIGUR MÜSLI ZIG-ZAG COATING

Muesli bar with high fibre content and the addition of 10 vitamins. The bar is based on selected cereal sources and fruits. It has juicy flavour, supplies energy and vitamins, and promotes your healthy lifestyle.

28g

35x  
28g

- addition of 10 vitamins
- high fibre content
- selected source of flakes

- blueberry with zig-zag cocoa coating
- strawberry with zig-zag cocoa coating
- apricot with zig-zag cocoa coating
- banana with zig-zag cocoa coating



## DENUTS

Delicious bar full of healthy nuts and honey. The bar is gluten free and free of preservatives. Healthy honey sweets which supplies quality energy. Ideal healthy snack that you can eat any time during the day.

35g

35x  
35g

- gluten free
- preservatives free
- natural source of energy



- cranberry
- pumpkin+hemp seed
- cashew+almond
- pistachio+sunflower
- roasted almond + Brazil nut
- plum



## DENUTS CRUNCH

Healthy snack during the day full of nuts and wheat flakes. It is richly sprinkled with pieces of dark chocolate.

- delicious taste
- with pieces of chocolate
- high fibre content

35g

35x  
35g

- roasted hazelnut
- roasted almond

# NUTREND AQUA



**GABRIELA GRÄNZEROVÁ**

Fitness

## NUTREND AQUA SPORT

Pure spring water of the highest quality located in the heart of the Czech nature. It comes from 170 meters deep underground source which springs in the foothills of the Lower Jeseník Mountains. It is ideal for fluid intake any time during the day. It can be combined with sports drinks such as e.g. ISODRINX or UNISPORT.



**Intended for:** fluid intake before and after physical activity. A regular fluid intake any time during the day.

- pure spring water of the highest quality
- total mineralization 175 mg/l

**Recommended dosage:** drink in small portions regularly during the day



WATER IS LIFE.  
LIFE IS SPORT.

# ACCESSORIES

The wide range of accessories is sorted from products for bodybuilding and fitness, accessories for endurance athletes to products promoting active lifestyle.



500 ml

### SHAKER

A plastic NUTREND shaker for making shakes. Volume: 700 ml, 500 ml. With grid inside that ensures quality shake mixing.



### COMPRESS EXPAND BODYBUILDING GLOVES

Gloves with wrist wrap made of high quality leather used on the palm side as well as on the back of the hand.  
Size: S, M, L, XL, XXL



### BODYBUILDING BELT

A high quality leather belt for heavy exercise in the gym.



### TOWEL

Terry NUTREND towel.  
Size: 100x 50 cm



## SPORTS BOTTLE

Differently designed sports bottles. Screw cap.



## STAND FOR SPORTS DRINK

A plastic stand for 5pcs of syrup concentrates



## DOSING PUMP DRINKING SCHEDULE FOR 1L AND 0,5L BOTTLES

A practical dosing pump for syrup concentrates.  
1press = 1dosage = 4 ml



## GLASS

A NUTREND glass.  
Volume: 500 ml.



**FUNCTIONAL SOCKS**

Functional socks with active biogenic silver ions. They dissipate sweat effectively.



**RUNNING BUM BAG**

A practical bum bag that makes your running more pleasant.



**BASEBALL CAP**

Special FlexFit system that adapts to your head.  
 Sizes S-M, L-XL.  
 Material: 98% cotton, 2% elastane.



**STAND FOR BARS**

A transparent plastic stand for bars. 10 separate parts.



**SPORTS BOTTLE CARRIER**

A practical plastic carrier for 8 pieces of sports bottles.





**NUTREND TEAM T-SHIRT**

An elegant black sports T-shirt for ladies and men as well.  
Various sizes.



**NUTREND TEAM T-SHIRT**

An elegant white sports T-shirt for ladies and men as well.  
Various sizes.



**COMPRESS EXPAND  
BODYBUILDING T-SHIRT**

Men's bodybuilding T-shirt.

# WIN WITH US NUTREND TEAM



**TAMAS SIMON**  
Bodybuilding



**MARTIN MESTER**  
Bodybuilding - Men's physique



**BENAJMIN RADIČ**  
Bodybuilding



**JOHNNY LANTOS**  
Bodybuilding



**OKSANA OROBETS**  
Fitness



**MAKIS MARAGOS**  
Bodybuilding



**MARIA POMERANTSEVA**  
Bikini fitness



**MAMED KHALIDOV**  
MMA



**RENATA SOPEK**  
Fitness instructor

# WIN WITH US



**JAROSLAV KULHAVÝ**  
MTB Cross country



**PETR VABROUŠEK**  
Triathlon



**JAROMÍR JÁGR** and Rytíři Kaldno  
Ice Hockey



**MICHAL PROKOP**  
MTB Enduro, MTB Fourcross



**JIŘÍ JEŽEK**  
Cycling



**DENISA ROSOLOVÁ**  
Athletics



**LUKÁŠ BAUER**  
Cross country skiing



**PAVEL MASLÁK**  
Athletics



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CARNILIFE 2000	70	EXCELENT PROTEIN BAR	45	SYNEPHRINE	69
CARNITINE 60 000 + SYNEPHRINE	68	EXCELENT PROTEIN BAR DOUBLE	45	TAURINE	28
CARNITINE 1000	72	FAT DIRECT	66	T-MEAL BAR LOW CARB	78
CARNITINE 1000 caps	73	FLEXIT DRINK	80	T-MEAL FRUITY	78
CARNITINE 1500 + SYNEPHRINE	69	FLEXIT GELACOLL	81	TRIBULUS TERRESTRIS TURBO	40
CARNITINE ACTIVITY DRINK	75	FLEXIT LIQUID	80	TURBOSNACK	55
CARNITINE ACTIVITY		FORMDRINK	76	TYROSINE	29
DRINK WITH CAFFEINE	75	GLUTAMINE	27	UNISPORT	50
CARNITINE LIQUID	72	GLUTAMINE 1000	27	UNISPORT ENERGY	50
CELLUHERB	71	GUTAR ENERGY SHOT	54	VITAMIN C WITH ROSE HIPS	84
COMPRESS WHEY AMINO 10 000	26	HMB 4500	37	VOLTAGE ENERGY CAKE	56
COMPRESS CARNIBOOSTER 3000	37	IMUNOOXI	83	WELLNESS OATS CAKE	87
COMPRESS BCAA	24	INOSINE	38	WHEY AMINO 10 000	26
COMPRESS BCAA 4:1:1 Instant drink	23	ISODRIX	48	WHEY CORE	18
COMPRESS B.I.G.	21	ISODRIX ready-to-drink	49	WHEY CORE 100	17
COMPRESS BRUTUS ENERGY SHOT	36	ISODRIX tabs	49	ZMA®	42
COMPRESS CALIBER PUMP	35	KRE-ALKALYN® 1500	33		
COMPRESS CFM 34	44	LONG CORE	17		



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