

## **Animal Flex – Complete Joint Supplement**

### **Maintaining human structural integrity**

The foundation of your body are your joints, tendons, ligaments and all the connective tissue –they support your muscles and provide you strength in your training. The tougher you train, the more pressure you put on your foundation. Due to the huge amounts of weight and the several sets and reps, you perform in your typical workout.

It is much likely that this constant hard training can take its toll and weaken the muscles. Not to forget, when the foundation crumbles, the house falls tumbling down.

That is when you need Animal Flex. It helps to strengthen ligaments and joints. It protects them from the day-to-day deterioration brought about by balls to the training. Animal Flex is made from the ingredients that help in maintaining healthy joint function, flexibility and elasticity. Most of Animal Flex's active ingredients provide the essential building blocks required to maintain human structural integrity.

### **Maximum nutritional support for a solid foundation**

Animal Flex provides the essential raw nutrients to the joints such as glucosamine (two forms), MSM, and chondroitin. These ingredients naturally protect and promote joint health while strengthening the connective tissue and underlying cartilage. Once taken, these nutrients can work efficiently and quickly to support the rebuilding of cartilage.

When it comes to joint lubrication, cetyl myristoleate (CMO), hyaluronic acid (HA), and flax seed oil provide the lubricant to coat your joints and protect them from the endless grind of excessive training causing stiffness. These effective joint lubricators restore the oils naturally that is present in the synovial fluid, making the joints work smoothly and painlessly.

### **Effective and Comprehensive solution**

Animal Flex is a special joint and ligament formula created to help support the health of athlete's joints. Animal Flex has specifically been created for strength athletes such as bodybuilders and power lifters. Every pack consists of several different complexes designed to support healthy joints, ligaments and tendons.

Some of the key benefits of Animal Flex are:

- Helps in repairing connection tissue.
- It is a lubrication complex that helps cushion the joints from lifting.
- Helps in promoting rehabilitation and reduce soreness
- Perfect for optimal joint health

### **Animal Flex is useful for:**

- Providing competitive strength and power to the athletes
- Suitable for those who need joint and connective tissue support

- Lifters and bodybuilders that are looking for the easiness of one-a-day dosing & convenient packs

## **Animal Pump – Pre Workout Vitamin Stack**

The animal pump is a holy grail of athletes and bodybuilders. It is a perfect pre-workout Vitamin stack that contains a high performance Creatine and Arginine Complex. It provides the right blend of nutrients that are essential for the athletic body. Animal pump fortifies the bodybuilder's structure by supplying the most effective and a perfect balance of nutrients.

Built on the foundation of creatine, Animal Pump is the real deal. It is an effective, comprehensive and high octane performance supplement designed to add mass and strength. Along with a full daily dose of creatine in the form of an improved matrix (including patented MCC, TCM and CEE), it also offers:

- An amazing Energy Rush Complex
- A combination of a swelling NO Blast Complex
- Strong and potent cell volumizers
- An antioxidant blend that supports the immune system
- Everything mixed in an exceptional nutrient transport complex.

### **A complete pre-workout supplement**

From top to bottom, Animal Pump is a complete and comprehensive pre-workout supplement. At times, regardless of what you do, the pump is apparently unattainable. Set after wasted set, you grind in vain. You desire to be pumped and swollen and you are trodden and exhausted instead. On other days, you feel that the pump is fleeting. As soon as it is visible, it is gone, leaving your muscle bellies flattened. The disappointment in your incompetence of sustaining the cherished pump is not because of the pleasure of an artificial physical response, but due to squandering an opportunity for new growth.

The pump is necessary to promote new muscle growth. With every pump-inducing rep, blood and nutrient rich fluid fills the working cells, engorging your muscle. This kick starts the anabolic process. The cell walls of muscle are strained and stressed and almost bursting with fluid, this is called cell volumization. Given that you are eating properly, this fluid should be chock full of the type of nutritious elements explicitly designed to help you do the one thing you are willing to grow. This is where Animal Pump goes to work. From a strength and muscle cell volumizing opinion, nothing works better than Animal Pump, because it is packed with an advanced matrix of creatines – a full, daily dose.

### **This vitamin stack is perfect for:**

- Building competitive strength for power athletes
- Enhancing your gym performance
- Off-season bodybuilders who want to improve performance
- Providing all the essential nutrients for that perfect muscle pump

## Gold Standard 100% Whey Protein

### Muscle growth and maintenance

Gold standard whey protein with amino acids contributes to muscle growth and maintenance. Whey protein is popular among athletes as it contains all the necessary nutrients to promote muscle growth. It also helps in maintaining the muscle you already have. The purest form of whey is the primary ingredient in Gold Standard 100% Whey. Each serving provides 24 grams of whey protein with 1.5g fat, 55mg of cholesterol, minimal lactose and other stuff necessary for the bodybuilders.

### True Strength of Whey

Whey Protein Isolates (WPI) are the best and purest source of whey protein that currently exists. Whey Protein Isolates are a little pricey to use, but are rated amongst the best proteins that you can buy. It is the first ingredient that you see on the Gold Standard 100% Whey™ label.

By using WPI as the main ingredient in addition to premium ultra-filtered whey protein concentrate (WPC), you will get 24 grams of protein in every serving for supporting your muscle building needs after tough training.

This high quality powder has been designed to mix easily in a shaker cup or just a glass and spoon.

### Whey Protein Isolate (WPI) Main Ingredient

- More than 4 grams of glutamine and glutamic acid per serving
- 100% of the protein derived from pure whey
- The "Gold Standard" for protein quality
- 78% protein by weight (24g of protein per 30.4g serving size)

### Nutritional Profile per 100g

- Energy – 1558kj/372kcal
- Protein – 78g
- Carbohydrates – 5.3g
- Of which Sugars – 3.7g
- Fat – 4.2g
- Of which Saturates – 0.7g
- Dietary Fibre – 2.1g
- Sodium – 346mg

### Nutritional Profile Per 30.4g serving

- Energy – 474kj/113kcal
- Protein – 23.7g

## Long PDs Sample

- Carbohydrates – 1.6g
- Of which Sugars – 1.1g
- Fat – 1.3g
- Of which Saturates – 0.2g
- Dietary Fibre – 0.6g
- Sodium – 105mg

### **Directions for Use:**

Gold Standard 100% Whey is best to have in the morning or 30 minutes just before or after the training. Simply mix one rounded scoop with 6-8 oz. (180-240ml)

## **50 Calibre Pre Workout Nutrition**

### **Ideal pre-workout devastator**

50 Calibre is an ideal pre-workout devastator that is designed to make every workout worth the effort. It is the multi award winning sports nutrition which contains over 20 laboratory tested ingredients. It is designed to help increasing endurance performance and capacity with the reduction of the perceived exertion during high intensity work out.

### **Its key benefits include:**

- Enhancing physical performance
- Perfect pre-workout ammunition for an improved endurance performance
- Support a good intense workout
- Benefit is acquired through daily intake of 3g of Creatine

### **Nutritional Profile**

Grenade .50 Calibre contains large dosages of, high nitrate Beta Vulgaris, Citrulline Malate high-dose, flavanol-rich Theobroma Cacao and several other effective ingredients recognized to support a good workout/training. Obviously, no pre-workout product can be completed without beta alanine, creatine and caffeine, as they are supported by thousands of scientific studies. In addition to this, bicarbonate electrolytes are added to offer additional hydration support.

Another benefit of .50 Calibre is that it doesn't contain DMAA. As per the study of Grenade researchers, DMAA should not be added to .50 Calibre. It has been studied that DMAA combined with caffeine has a vasoconstriction effect (it narrows your blood vessels) – which defeats the primary purpose of a nitric oxide product.

### **Formulated for performance not taste**

The main focus of .50 Calibre is performance not taste. It offers more than 50 genuine servings that is an amazing value for money as compared to other products.

Caffeine improves endurance performance and endurance capacity. The beneficial effect can be obtained with caffeine consumption at doses of 3 mg/kg body weight at least one hour prior to work out and only if any caffeine intake is avoided for at least 12 hours before the consumption of the product. Creatine improves physical performance in consecutive bursts of short-term, intense exercise.

## **Doctor's Best 5-HTP for Emotional Support**

Doctor's Best 5-HTP promotes healthy sleep and helps maintain mental and emotional well-being. Providing drug-free support for sleep, anxiety, mood and stress, 5-HTP supports serotonin levels for brain function. Serotonin is the main chemical neurotransmitter produced in the brain which helps regulate body temperature, sleep, sexual desire, mood and appetite. It is a natural metabolite of the essential amino acid tryptophan which functions as a predecessor for serotonin. Some key benefits are:

- Helps promote good sleep
- Helps promote calmness and relaxation
- Promotes good mental and emotional health
- It is gluten free and completely vegan

### **How does it work?**

In a human body, 5-HTP is formed from tryptophan by the addition of an –OH group, which gives its antioxidant properties to 5-HTP. On the other hand, tryptophan might be side-tracked into the production of protein or niacin.

5-HTP readily crosses the blood-brain barrier to become available for the synthesis of serotonin. Therefore, taking supplements with 5-HTP is a more direct route to the production of serotonin.

### **Why should I take Doctor's Best 5-HTP?**

There are many people who suffer from depleted serotonin levels, which negatively affects our sleep patterns and mood. Serotonin acts as a neurotransmitter which helps to convey the message from one area of your brain to another.

We have approximately 40 million brain cells and most of these brain cells are influenced either directly or indirectly by serotonin. It includes brain cells related to appetite mood, sexual function, sexual desire, sleep, learning, memory, temperature regulation, and some other social behaviour. Fluctuations in serotonin levels can be caused due to physiological causes, dieting, stress, low protein intake, and digestive disorders. In addition to this, 5-HTP can also help by providing you a safe and secure, clinically proven and effective boost of serotonin. In the long term, it is good for both physical and mental health.