

**PROTEIN 80**

Based on milk proteins (calcium caseinate), this dietary supplement contains no less than 80% high biological value proteins. In addition, it contains a complex of B vitamins, which assist protein assimilation. When you are training, Protein 80 will provide you with important elements for maintaining optimum condition and for combating catabolism of the muscle tissue.

By taking Protein 80 regularly in combination with your sporting activity, you will improve your performance as every day goes by. **Use:** take one dose (30 g) before and after training.



LEAN BODY MASS

**WHEY AMINO LIQUID**

This dietary supplement contains all the amino acids (essential and non-essential) derived from hydrolysed whey protein. Present in liquid form, it accelerates the assimilation of amino acids. This preparation is essential for sportspeople, both to repair muscle tissues fatigued by training and as a fuel for prolonged effort.

**Use:** take between one to two 25 ml portions per day during meals.



DIRECT MUSCLE RECOVERY

**AMINO ACID 3000**

This exceptional mixture combines all 20 amino acids with a supplement of branched chain amino acids (the famous BCAAs). After training, the body has a rapid need for an effective supply of amino acids in order to optimise the process of muscle construction. Amino Acid 3000 guarantees sportspeople a perfectly-balanced contribution of amino acids.

**Use:** take between 6 and 12 tablets a day with meals.



MUSCULAR ENDURANCE

**ISOPURE 500 ml**

Containing no less than 20 g of amino acids from hydrolysed whey protein per bottle. With 0 g of sugar (including lactose) and 0 g of fat, this drink is recommended for athletes who want to maintain their muscle power while reducing their fat intake.

**Use:** 1 bottle to be drunk directly after training.



MUSCLE REGENERATION

**MUSCULAR: DEVELOPMENT, MAINTENANCE, RECOVERY**

**L-CARNITINE LIQUID**

Rapidly assimilated preparation, which allows you to maintain an optimum energy level while reducing fat deposits. L-carnitine transports fats to their site of oxidation, which results in the body forming energy.

**Use:** take 1 dose 15 minutes before activity.



TURNS FAT TO ENERGY

**EASY BODY ACTIVE BURN**

Easy Body drink is a low calorie refreshing drink, made in 3 different flavours (lemon, Orange and pineapple).

Low in sugar, they contain L-carnitine, this ingredient helps use the fat as an energy source while sparing muscle. When used with a protein diet, the Easy Body active burn will help you lose weight quickly while lowering your fat.

**Use:** 1/2 to 1 bottle per day, preferably before your chosen sport.



FAT REDUCTION

**MUSCLE TONING, SLIMMING, WEIGHT MANAGEMENT**

**NATURE'S BEST**  
SPORTS NUTRITION

**Energy & Vitality**



Tony BROGNO  
Sporting de Charleroi  
Professional soccer player 1<sup>st</sup> division



Zoran PRIMORAC  
World Cup Winner  
Professional table tennis player



Vitaliys ALEKSANDROVS  
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# ENERGY, ENDURANCE, RECOVERY

## ENERGY RECOVERY



### ENERGY POWDER

Energy Powder consist of an ingenious mixture of rapid and slow source carbohydrates. This mixture is also enriched with creatine monohydrate, vitamins and minerals. This dietary supplement provides your body with a large quantity of instant and long-lasting energy, in order to withstand prolonged muscular effort and to improve your endurance. In addition, if consumed after exercise, Energy Powder allows your body's energy levels to recover and be restored more quickly. So, this energy formula meets all the sportsperson's needs sustained effort without any hitches, accompanied by rapid recovery.

**Use :** take one measure (30 g) before and after exercise.

## PROLONGED EXERTION



### PERFECT RIBOSE

Scientific research has shown that levels of ATP only return normal levels after 48 hours. By acting on the speed of producing ATP in the muscles, D-Ribose can restore your reserves of ATP as quickly as possible. This nutritional supplement acts by prolonging your energy in a spectacular way.

**Use :** take one dose (20 g) 15 minutes before training in a glass of water.

## ENDURANCE RECOVERY



### PERFECT BCAA'S

These three essential amino acids comprise the nerve centre of the whole muscle metabolism since they are effective on both a structural and an energy level, which is unique.

The combination of L-leucine, L-isoleucine and L-valine acts in two clearly different ways:

- **Prior to intense exercise**  
Taking three tablets before exercise which is to last longer than two hours supplies valuable replacement energy when sugar reserves in the liver and the muscles are exhausted (glycogen store). This specific role of BCAAs marks them out from other amino acids, and even from the fatty acids stored for less intense activities.
- **After intense activity**  
Taking three tablets half an hour after the end of aggressive muscle activity (competition) significantly accelerates cell repair, allowing a spectacular reduction in cramps and faster muscle recovery. The BCAAs in fact supply the basic essentials of the muscle protein superstructure. They must be absorbed independently of any other protein source in order to obtain optimum resorption. In order to optimise the action of the BCAAs, vitamin B6, which is necessary for recycling amino acids has been added. In short, this supplement prevents muscle catabolism and at the same time promotes muscle construction.

## OPTIMUM RECOVERY



### VHT SHAKES

The VHT shakes combine the smoothness of a regular milk shake but have all the goodness of a protein shake. Made with skimmed milk and calcium caseinate, these drinks have huge amounts of high biological proteins, which are useful for muscular recovery. Low fat content means the proteins are quickly absorbed, and making this one of the easiest proteins to digest. The carbohydrate content has been reduced to allow for only low sugar content with a high glycolic index. So now our shakes only contain 6 g of carbohydrate and an amazing 35 g of protein. The VHT shakes are the ideal drink to use before or after your chosen sport. They are available in 5 tasty flavours vanilla, chocolate, strawberry, cappuccino and praline

**Use :** Drink before or after your chosen sport or any time during the day as a nutritional snack.

## HYDRATION



### OQT AQUACTIVE

This drink is specially formulated with Calcium, magnesium, minerals and salts plus carbohydrates for optimum re-hydration, necessary to stop fatigue setting in whilst exercising. Therefore maintaining your energy levels. This product is a must before and during any form of exercise. A refreshing way to re-hydrate your body at any time. Aquactive is available in two great flavours orange and lemon.

**Use :** one bottle before, during or after exercise.

## PROLONGED ENERGY RELEASE



### CARBO POWER 500 ml

Energy drink based on a mixture of slow and rapid resorption carbohydrates providing 400 kcal per bottle.

By drinking Carbo Power during activity, the sportsperson conserves his stores of glycogen and maintains a steady performance. This drink provides you with optimum hydration and is suitable for all sports where prolonged activity can drain your resources of energy and fluids.

**Use :** 1/2 bottle 15 minutes before activity and the rest during training.

# VITALITY, WELL BEING

## VITAMIN AND MINERAL COMPLEX



### MEGA 100

As a result of poor dietary habits or poor food choices, deficiencies in minerals and vitamins often occur, frequently resulting in a drop in vitality. Mega 100 is a complex of multivitamins and minerals which brings together all the nutrients which are essential to combat this unexplained fatigue and can improve the quality of antibodies in order to combat any external aggression. Recommended for the whole family, whether or not they are involved in sport, both summer and winter.

**Use :** 1 tablet per day with breakfast is sufficient to cover your daily needs.

## OPTIMUM RE HYDRATION



### SPORT WATER 500 ml

This new water is intended for all sportspersons who want to take in the minerals necessary for the body's hydric balance. Sports water allows optimum re-hydration after a period of extreme sweating. It stands out from normal water because of its low sodium content, and can thus combat water retention.

**Use :** drink on a regular basis.

## MULTIVITAMIN FRUIT JUICE



### JUICE 250 ml

This exceptional mixture of fruits naturally provides a concentrate of vitamins with an anti-oxidant actor. By guaranteeing 100% of the RDA in vitamins A, C and E, the daily consumption of one 250 ml bottle of juice is a very pleasant way of maintaining health and vitality.

## JOINT SUPPORT/REPAIR



### GLUCOSAMINE

The benefits of glucosamine mainly involve the stimulation of cartilage renewal and improvement in joint flexibility. What is more, the addition of calcium, magnesium and vitamin D increase the action of glucosamine.

For athletes in their preparation phase, glucosamine acts in a preventive way; this avoids tendonitis or other problems with joints, which rule out any kind of competition.

Used on a daily basis, this dietary supplement can have advantageous treatment applications both for sportspersons and for those suffering from problems with their joints.

**Use :** 2 tablet per day.

## INTENSIVE BOOSTER



### STACK FORCE

Straight from the United States, Stack force has been specially made to give a new breath of energy when bouts of fatigue show up. Composed of caffeine, yerba herbal mate extract, green tea extract, guarana extracts, Siberian ginseng, kola nut extract and capsicum annuum, this food supplement works directly on the fat and uses them as an energy source, Helping your chosen sport get of to a flying start.

The combined action of all these natural ingredients, also have a role to play as a fat burner for people who want to lose weight, while still staying full of energy

**Use :** Take one gel cap after each meal (maximum 3 times per day)

## INTENSE RECOVERY BAR



### ISOPURE BAR

Very rich in proteins (whey protein) and containing only 0.7 g of fat per bar, the Isopure bar completes the sportspersons protein intake. Prior to activity, Isopure bar can release a large quantity of energy. During activity, it allows the level of performance to be maintained throughout, when using an energy drink is not very practical. After the activity, it allows you to recover quickly and to build up your energy stores again for other exercises.

The fact that Isopure bars are not coated in chocolate (unlike most bars on the market) is a clear advantage for outdoor sports because they are not adversely affected.

**Use :** eat before, during and after exercise.

## ENERGY SNACK



### VHT CAKE

Made of oat and fruits this snack is a real treat. Releasing both quick and slow energy carbohydrates for a prolonged period of time. An unbeatable taste that comes from grape, Coco nuts and nuts. An ideal partner for every sports person who wish to maintain optimum performance throughout there workout.

Low fat and sugar content make this snack the choice of sports people.

**Use :** Eat before, during and after your chosen sport