

# MUSCULAR: DEVELOPMENT, MAINTENANCE, RECOVERY

## PROTEIN 92+

When you are training, Protein 92+ will provide you with important elements for maintaining optimum condition and for combating the catabolism of the muscle tissue. With a chemical index of over 100, it will provide you with all the essential amino acids in appropriate proportions, to maintain a positive nitrogen balance. Protein 92+ can make up for any protein deficiency during a phase of muscle volume while limiting excessive weight gain in the form of fat. By regularly consuming Protein 92+ in combination with your sporting activity, you will protect your lean body mass while stimulating its development.

**Use:** mix 30 g in 250 ml of water or skimmed milk everyday.

## WHEY PROTEIN and WHEY AMINO

Now recognised as the Best Seller in the field of amino acids, this protein source is the most suitable for building and maintaining a high-level muscle reserve. These two complements not only have a high biological value but also act on the immune system and play an antioxidant role. Recommended for athletes who want to increase their muscle mass rapidly, though without increasing fat percentages.

**Use:** Take one measure (30 g) in 300 ml of water in the morning, another just after training and a final portion one hour before going to bed.

**Tablets:** Take 4 tablets in the morning, after training and before going to bed.

## WEIGHT GAIN 3000

The super mega complement for gaining body mass is intended for all those who find it difficult to increase muscle mass on a normal diet and/or using a standard weight-gain formula. This product has a completely different composition. It offers a complete programme from a nutritional point of view, namely it contains instant proteins, a carbohydrate complex which consists of fast-action carbohydrate, which rapidly supply energy to the muscle and slow-action glucose polymers necessary for rebuilding the body's glycogen. For improved assimilation, minerals, the 8 essential amino acids (the famous BCAAs) have been added. In short, it is the ideal complement for starting to put on muscle mass.

**Use:** mix one dose of 30 g with 450 ml whole milk daily (to be taken between meals).

## PERFECT GLUTAMINE

Consisting of 87% pure L-glutamine, this supplement is described as a real anti-catabolic. Reduced concentrations of L-glutamine in the plasma are recognised as forming part of the clinical picture characteristic of over-training syndrome (OTS) which seems to suggest that they contribute to a drop in immune functions. Given that OTS can harm the body's ability to combat the most common infections (resulting in the athlete, in reduced performance), L-glutamine is particularly advantageous as it can combat this condition. Supplements of L-glutamine can maintain its natural balance in the body in situations of intense and prolonged stress imposed by training and competition.

**Use:** take one dose (20 g) per day.

## PROTEIN BLAST

Bar based on whey protein, containing on less than 30% protein with a high biological value, recommended for daily consumption in order to conserve muscle tone. Protein blast provides important proteins presented in the most practical way possible and suitable at any time of the day.

**Use:** eat after training or at any time during the day.

## AMINO 500 ml

Prepared with 100% whey protein isolate, this fruit-flavoured drink is perfect after training for revitalising the muscles with amino acids, while re-hydrating you at the same time. After any kind of activity Amino drink supplies the muscles with rapidly assimilable amino acids, essential for muscle regeneration, and with carbohydrate to restore your body's stocks of glycogen.

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



MUSCLE MAINTENANCE



MUSCULAR DEVELOPMENT



WEIGHT GAINER



MUSCLE RECOVERY



REGENERATION SNACK



RECOVERY DRINK



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# ENERGY, ENDURANCE, RECOVERY

## MUSCLE STIMULATION



### CREATINE MONOHYDRATE

Creatine monohydrate is an amino acid present naturally in muscle cells. This molecule produces spectacular effects, by allowing the athlete to put on muscle mass very quickly. However, the real effectiveness of creatine is to increase performance during exercise at the top level of the athletic scale. In the organism, creatine becomes creatine phosphate, which is a reserve on which you can draw in order to increase the level of ATP. In fact, creatine monohydrate gives ATP a phosphate group in order to form ATP (=muscle energy store). It is therefore capable of storing metabolic energy in a chemical form. Creatine monohydrate intervenes right from the outset of violent activity before beta-oxidation comes into play.

**Use:** you are advised to ask your coach's advice.

## MUSCULAR ENERGY, RECOVERY



### CREATINE STS

Carbohydrates combined with 100% pure creatine monohydrate. This preparation intensely potentialises the muscle mass.

The presence of carbohydrate encourages the passage of creatine monohydrate, increasing muscle power in a maximum and long-lasting way.

**Use:** mix 35 g in water only.

## SUPER MULTIVITAMIN/ MINERAL



### SUPER MEGA PAK

The Super Mega Pak has been designed to help sportsmen and sportswomen who want to create the best possible conditions for their body, in order to optimise their performance, in an absolutely natural way. This is a unique and complete combination of the following essential elements:

- vitamins B, C and E.
- basic minerals (calcium, magnesium and iron).
- oligo-elements (zinc, magnesium, chromium and selenium).
- all the amino acids, namely 20 in total, including essential amino acids.
- Lecithin, an excellent means of combating excess cholesterol, and also a lipid substance very rich in choline, a classic fat burner.

Each sachet of Super Mega Pak contains 5 tablets bringing together all these substances necessary for every sportsperson.

**Use:** For optimum results, you are recommended to use one full sachet per day with your first meal.

## THIRST QUENCHING ENERGY DRINK



### RED FORCE 500 ml

Red force is a still drink, based on caffeine and guarana. The exceptional combination of these two ingredients will give you fresh energy and a second wind during any kind of training, however intense. Caffeine increases your endurance while breaking down fats, so you can train for longer and burn up more fat. Guarana, whose attraction lies in its stimulating properties, acts in the same way by giving you a real boost. The stimulation low-calorie drink is perfect for inclusion in any fitness programme. Red force stimulates the senses and increases concentration.

**Use:** 1 bottle during training.

## RAPID RECOVERY



### PROTEIN SHAKE 500 ml

Protein Shake is a high concentrated energy protein drink with vitamins, minerals and Amino's.

Each bottle provides 53 g of concentrated protein with a high biological value.

The well-balanced amino acid combination is excellent for the muscles after training to ensure effective muscular growth.

The high carbohydrates are quickly absorbed, which guarantees immediate recovery, and restoration of glycogen levels.

Protein Shake is easy to digest due to the low fat content preventing the build up of body fat.

Available in Banana, Vanilla, Chocolate and Strawberry.

**Use:** 1 to 2 bottles. Protein Shake is recommended daily. For maximum benefits, drink at least half a bottle immediately after training.

## MUSCULAR REGENERATION



### ONT CARBS

ONT Carbs is a non-carbonated enriched in carbohydrates fast and slow absorption.

Perfect during training, it allows total hydration as well as a boost of energy for short and long period of time.

This composition allows you to maintain the efforts while preserving glycogen stores. Available in 3 different refreshing flavours (Lime, Strawberry-banana and coco-pineapple), ONT Carbs is the perfect drink for every sportsperson anxious about their performances.

**Use:** One bottle per day to take before, after training

# SLIMMING, WEIGHT MANAGEMENT, MUSCLE TONING

## MUSCULARITY



### ZERO CARB ISOPURE

Isopure protein is of the highest quality protein, using the best available protein on the market today. The purity is so fine that without flavourings the mix is clear, absorption therefore is far greater than any of our competition using inferior protein, by not having any carbohydrates it is much easier to help control weight and carbohydrate intake.

**Use:** 30 g of protein twice a day, mixed with water

## FAST ACTIVE FAT BURNER



### PERFECT BURNER

Poor dietary habits (nibbling, fasting, etc) as well as too much sugar and fat mean that we take in more calories than we need, which results in weight gain.

To rectify this unfortunate situation, NATURE'S BEST has developed a new fat burner.

Designed for maximum effectiveness, this dietary supplement contains active substances, which on the one hand are able to increase fat combustion and on the other hand help to control the appetite more effectively, while promoting muscle tone. It contains, among other things:

- Hydroxyctic acid which cuts down production of fat due to excess calories.
- Caffeine, taken from extract of guarana, which increases energy consumption and stimulates the burning of reserve fats.
- Citrus aurantium which helps to convert fats to energy.
- L-phenylalanine which L-tyrosine curbs appetite.
- Chromium picolinate, which regulates blood sugar, levels and curbs nibbling.
- Apple pectin which acts as a mechanical appetite suppressant.

By taking Perfect Burner on a daily basis, you will eliminate fat without losing your dynamism, your form and above all your muscle mass.

The Perfect Burner is the solution for losing weight in an effective, intelligent and long-lasting way.

**Use:** 3 tablets per day with meals.

## SLIM SNACK



### EASY BODY BAR

Easy body protein bars are the ideal snack for everybody taking care of their weight. Each bar contains 11 grams of high biological whey protein, which helps to maintain the muscular tone while helping weight loss.

These snacks are low in fat and sugars, and available in 4 flavours (banana, double chocolate, strawberry and vanilla) covered in a delicious chocolate-coated layer.

Easy to take anywhere, the Easy body bars are the ideal snack to help cravings of the person anxious about their weight and shape.

**Use:** whenever during the day between meals.

## THIRST QUENCHING FAT BURNER



### BURNER 500 ml

The burner is a low-calorie drink, essential as part of any slimming diet. This refreshing drink, based on L-carnitine and caffeine produced from extract of guarana helps in the reduction of fats especially when you are taking physical exercise.

L-carnitine helps the muscle cells to convert fats into energy. In addition to its stimulating effect, caffeine increases the mobilisation of fatty acids from fat tissue.

An invaluable drink to slip into your sports bag of handbag.

**Use:** drink at any time of the day.

## VITALITY, WELL BEEING



### EASY BODY RANGE

Modern lifestyle- including stress and unsettled working patterns- often mean we end up over eating, and fall into bad eating habits. This creates imbalances which are both physical (weigh gain, loss of vitality... ) and psychological (short temper, depression... ) It takes a weight loss programme to re-educate our eating habits to be able to maintain a healthy diet.

This program with its high quality and levels of Protein are fundamental to its success. It will allow you to achieve your desired weight while keeping muscle tone and your energy levels high.

Easy Body is a new concept in weight loss. Its ideal for any one who wants to achieve there goals and have the body they desire. Its principle is a varied range of products which are very low in carbohydrate and fat, but enriched in Protein. The powders blend with

either milk or water, drinks are ready for use, hot snacks such as soups plus tasty bars. A wide choice of products that are excellent as part of a high protein and low carbohydrate diet. Low calorie and very tasty alternatives make this the ideal partner for weight management or as a health snack for anybody.

Easy Body protein powders contain 85% high biological value whey proteins which are enriched with essential amino acids, minerals and vitamins.