

*ONE DAY,
OR DAY ONE?
YOU DECIDE.*



IRON POWER

AMINOS, PROTEINS & DIET

IRON POWER



MUSCLE GROWTH
& STRENGTH



FOCUS &
PERFORMANCE



WEIGHT CONTROL
& SHAPING



HEALTH &
WELL-BEING



AMINO & MINERAL

INGREDIENTS:

100% creatine monohydrate.

ALLERGEN INFORMATION:

Made in a facility that uses gluten, milk, soy, egg and nuts.

SUPPLEMENT FACTS:

Serving size: 1 scoop (5 g)

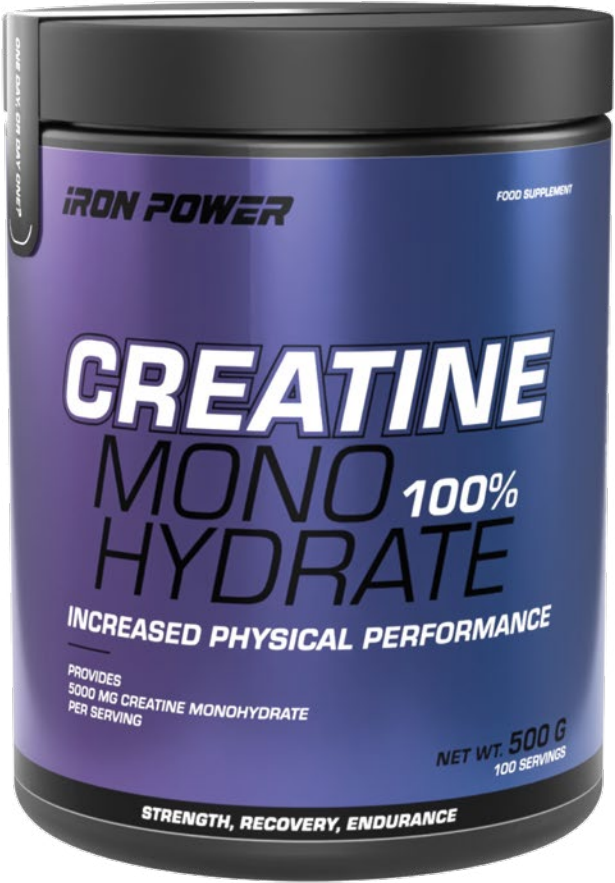
Recommended daily dose: 2 scoops (10 g)

Servings / daily servings per container: 100 / 50

	/ 100 g	/ 5 g	/ 10 g
Creatine monohydrate	100 g	5000 mg	10000 mg
- of which creatine	87.92 g	4396 mg	8792 mg

AMINO & MINERAL

CREATINE MONOHYDRATE



Unflavoured, 100% creatine monohydrate containing food supplement powder.

Creatine in a minimal 3 g daily dose is scientifically proven to increase physical performance in successive bursts of short-term, high-intensity exercise like weight training and interval cardio. The beneficial effect is obtained with a daily intake of 3 g of creatine.

Instructions for use: Mix 1 serving (5 g) of 100% creatine monohydrate with 250 ml cold water. Take pre- or post-workout.

The scoop in the product serves as a help to take the powder out of the packaging. For exact serving measurements, always use a digital scale.

Net wt. 500 g
100 servings

AMINO & MINERAL

INGREDIENTS:

Branched-chain amino acids (L-leucine, L-isoleucine, L-valine in a 2:1:1 ratio), L-glutamine, acid (citric acid), sweeteners (acesulfame-K, sucralose), flavouring, maltodextrin, anti-caking agent (silicon dioxide), colour (caramel), emulsifier (soy lecithin), pear fruit powder (0.1%).

ALLERGEN INFORMATION:

Made in a facility that uses gluten, milk, soy, egg and nuts.

NUTRITION FACTS:

Recommended daily dose: 2 scoops (6 g)

Servings per container: 60

	/ 100 g	/ 6 g
Energy	1399 kJ / 329 kcal	84 kJ / 20 kcal (1%*)
Fat	0 g	0 g (0%*)
– of which saturates	0 g	0 g (0%*)
Carbohydrate	2.28 g	0.14 g (0%*)
– of which sugars	0.15 g	0.009 g (0%*)
Protein	80 g	4.8 g (10%*)
Salt	0 g	0 g (0%*)

SUPPLEMENT FACTS:

L-Glutamine	41.7 g	2500 mg
L-Leucine	21 g	1260 mg
L-Isoleucine	11 g	660 mg
L-Valine	11 g	660 mg

* RI: Reference intake of an average adult (8400 kJ / 2000 kcal).

AMINO & MINERAL

BCAA GLUTA



Pear flavoured L-glutamine and branched-chain amino acids food supplement powder with sweeteners

Mix one serving (6 g) of BCAA Gluta powder with 250 ml of cold water. Consume before, during or after your workout.

The scoop included in the product is intended only for dispensing the powder. For accurate serving sizes, always use a digital scale.

Net wt. 360 g
60 servings

PROTEIN

INGREDIENTS:

Instant **whey** protein matrix (**whey** protein isolate, lactose-free **whey** protein concentrate, **whey** protein concentrate, L-glutamine, emulsifier (**soy** lecithin)), skimmed cocoa powder (9%), flavour enhancer (glycine), maltodextrin, flavourings, emulsifier (sodium carboxymethyl cellulose), sweetener (sucralose), lactase enzyme (from Aspergillus sp., 65000 UG).

ALLERGEN INFORMATION:

Made in a facility that uses gluten, milk, soy, egg and nuts.

NUTRITION FACTS:

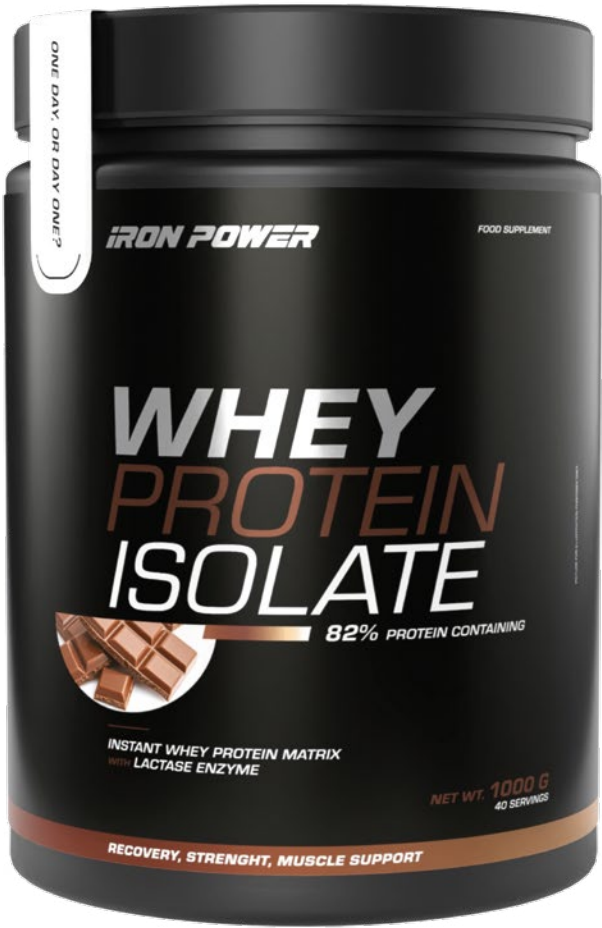
Recommended daily dose: 1 scoop (25 g)
Servings per container: 40

	/ 100 g	/ 25 g
Energy	1685 kJ / 398 kcal	421 kJ / 100 kcal (5%*)
Fat	4.2 g	1.05 g (1%*)
– of which saturates	2.4 g	0.6 g (3%*)
Carbohydrate	6.5 g	1.63 g (<1%*)
– of which sugars	1.9 g	0.48 g (<1%*)
Protein	82 g	21 g (41%*)
Salt	1.2 g	0.3 g (5%*)
Lactase enzyme	20 mg	5 mg

*RI%: Reference intake of an average adult (8400 kJ / 2000 kcal).

PROTEIN

WHEY PROTEIN ISOLATE



Chocolate flavoured, contains 82% protein food supplement powder with lactase enzyme and sweeteners.

Instructions for use:
Mix 1 serving (25 g) with 250 ml water or skimmed milk to prepare your delicious protein shake. Take 1 serving daily.

On training days, consume 1 serving 30 minutes after your workout. On non-workout days, take 1 serving right on waking.

The scoop in the product serves as a help to take the powder out of the packaging. For exact serving measurements, always use a digital scale.

Net wt. 1000 g
40 servings

PROTEIN

INGREDIENTS:

Instant **whey** protein matrix (**whey** protein isolate, lactose-free **whey** protein concentrate, **whey** protein concentrate, L-glutamine, emulsifier (**soy** lecithin)), flavour enhancer (glycine), flavourings, maltodextrin, emulsifier (sodium carboxymethyl cellulose), sweetener (sucralose), colour (beta-carotene), lactase enzyme (from Aspergillus sp., 65000 UG).

ALLERGEN INFORMATION:

Made in a facility that uses gluten, milk, soy, egg and nuts.

NUTRITION FACTS:

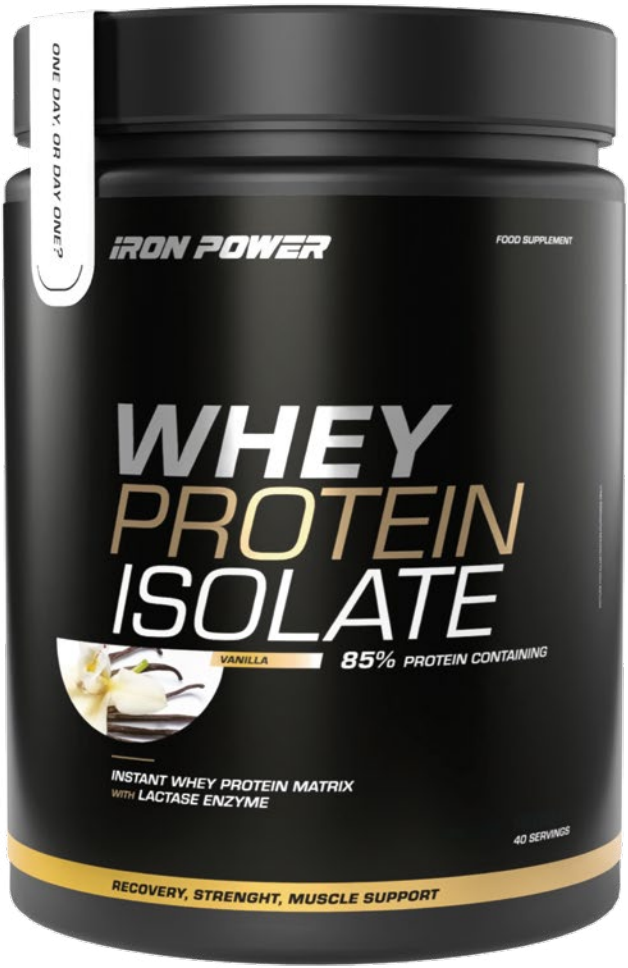
Recommended daily dose: 1 scoop (25 g)
Servings per container: 40

	/ 100 g	/ 25 g
Energy	1688 kJ / 398 kcal	422 kJ / 99 kcal (5%*)
Fat	3.5 g	0.88 g (1%*)
– of which saturates	2.0 g	0.5 g (2%*)
Carbohydrate	6.7 g	1.68 g (<1%*)
– of which sugars	2.0 g	0.50 g (<1%*)
Protein	85 g	21 g (42%*)
Salt	1.3 g	0.33 g (5%*)
Lactase enzyme	20 mg	5 mg

*RI%: Reference intake of an average adult (8400 kJ / 2000 kcal).

PROTEIN

WHEY PROTEIN ISOLATE



Vanilla flavoured, 85% protein containing food supplement powder with lactase enzyme and sweeteners.

Instructions for use:

Mix 1 serving (25 g) with 250 ml water or skimmed milk to prepare your delicious protein shake. Take 1 serving daily.

On training days, consume 1 serving 30 minutes after your workout. On non-workout days, take 1 serving right on waking.

The scoop in the product serves as a help to take the powder out of the packaging. For exact serving measurements, always use a digital scale.

Net wt. 1000 g
40 servings

PROTEIN

INGREDIENTS:

Pea protein isolate, rice protein isolate, skimmed cocoa powder (9%), flavourings, emulsifier (sodium carboxymethyl cellulose), salt, sweeteners (sucralose, acesulfame-K).

ALLERGEN INFORMATION:

Made in a facility that uses gluten, milk, soy, egg and nuts.

NUTRITION FACTS:

Recommended daily dose: 1 scoop (30 g)
Servings per container: 16

	/ 100 g	/ 30 g
Energy	1473 kJ / 349 kcal	442 kJ / 105 kcal (5%*)
Fat	4.68 g	1.40 g (2%*)
– of which saturates	1.53 g	0.46 g (2%*)
Carbohydrate	3.07 g	0.92 g (0%*)
– of which sugars	0.47 g	0.14 g (0%*)
Fibre	5.11 g	1.53 g (†)
Protein	71 g	21 g (42%*)
Salt	3.0 g	0.9 g (15%*)

*RI%: Reference intake of an average adult (8400 kJ / 2000 kcal).

PROTEIN

VEGAN PROTEIN



Chocolate flavoured, 71% protein food supplement powder with sweeteners

Mix 1 scoop (30 g) with 250 ml of cold water. Take 1 serving daily.

On training days, consume 1 serving 30 minutes after your workout. On non-training days, take 1 serving immediately after waking.

The scoop included in the product is intended only for dispensing the powder. For accurate serving sizes, always use a digital scale.

Net wt. 500 g
16 servings

PROTEIN

INGREDIENTS:

Pea protein isolate, rice protein isolate, flavourings, emulsifier (sodium carboxymethyl cellulose), salt, sweeteners (sucralose, acesulfame-K), vanilla pod powder (0.1%), colour (tartrazine **).

**Tartrazine may have an adverse effect on activity and attention in children.

ALLERGEN INFORMATION:

Made in a facility that uses gluten, milk, soy, egg and nuts.

NUTRITION FACTS:

Recommended daily dose: 1 scoop (30 g)

Servings per container: 16

	/ 100 g	/ 30 g
Energy	1578 kJ / 374 kcal	473 kJ / 112 kcal (6%*)
Fat	7.3 g	2.2 g (3%*)
– of which saturates	2.1 g	0.6 g (2%*)
Carbohydrate	3.0 g	0.9 g (0%*)
– of which sugars	0.06 g	0.02 g (0%*)
Fibre	2.0 g	0.6 g (†)
Protein	73 g	22 g (44%*)
Salt	2.9 g	0.87 g (15%*)

*RI%: Reference intake of an average adult (8400 kJ / 2000 kcal).

PROTEIN

VEGAN PROTEIN



Vanilla flavoured, contains 73% protein powder with sweeteners

Mix 1 scoop (30 g) with 250 ml of cold water. Take 1 serving daily.

On training days, consume 1 serving 30 minutes after your workout. On non-training days, take 1 serving immediately after waking.

The scoop included in the product is intended only for dispensing the powder. For accurate serving sizes, always use a digital scale.

Net wt. 500 g
16 servings

INGREDIENTS:

Hydrolyzed collagen (from beef), maltodextrin, acid (citric acid), anti-caking agents (silicon dioxide, calcium salts of orthophosphoric acid), flavourings, hyaluronic acid, L-ascorbic acid, sweetener (sucralose), zinc citrate, salt, pineapple fruit powder (0.05%), coconut powder (0.05%), sodium selenite.

ALLERGEN INFORMATION:

Made in a facility that uses gluten, milk, soy, egg and nuts.

NUTRITION FACTS:

Recommended daily dose: 1 scoop (15 g)
Servings per container: 20

	/ 100 g	/ 15 g
Energy	1462 kJ / 344 kcal	219 kJ / 52 kcal (3%*)
Fat	0 g	0 g (0%*)
– of which saturates	0 g	0 g (0%*)
Carbohydrate	19 g	2.9 g (1%*)
– of which sugars	1.4 g	0.21 g (0%*)
Protein	67 g	10 g (20%*)
Salt	0.14 g	0.02 g (0%*)

SUPPLEMENT FACTS:

Vitamin C	600 mg	90 mg (112%**)
Zinc	73 mg	11 mg (110%**)
Selenium	733 µg	110 µg (200%**)
Sodium	54 mg	8.1 mg
Collagen	67,000 mg	10,000 mg
Hyaluronic acid	833 mg	125 mg

* RI: Reference intake of an average adult (8400 kJ / 2000 kcal).
** NRV: Nutrient reference values of an average adult.

COLLAGEN DRINK



Piña Colada flavoured collagen, zinc, vitamin C and hyaluronic acid food supplement powder with sweetener

Mix one serving (15 g) of Collagen drink with 250 ml of cold water and consume with your last meal of the day or immediately before going to bed.

The scoop included in the product is intended only for dispensing the powder. For accurate serving sizes, always use a digital scale.

Net wt. 300 g
20 servings

INGREDIENTS:

Water, L-carnitine base, acids (tartaric acid, citric acid, malic acid), sour cherry fruit powder (0.1%), D-pantothenate, calcium, sweeteners (acesulfame-K, sucralose), preservatives (potassium sorbate, sodium benzoate), flavorings, colors (caramel, Ponceau 4R* *).

Ponceau 4R: May have an adverse effect on activity and attention in children.

ALLERGEN INFORMATION:

Made in a facility that uses gluten, milk, soy, egg and nuts.

SUPPLEMENT FACTS:

Serving size: 25 ml
Servings per container: 20

	/ 100 ml	/ 25 ml
Pantothenic acid	60 mg	15 mg (250% NRV*)
L-Carnitine	10,000 mg	2,500 mg

* NRV: Nutrient Reference Values of an average adult.

L-CARNITINE LIQUID



Sour cherry flavoured L-carnitine and pantothenic acid food supplement liquid with sweeteners

On training days, take 1 serving (25 ml) 30 minutes before your workout.

Net wt. 500 ml
20 servings

SUPPLEMENT FACTS:

Recommended Daily Dose: 1 Scoop (5 G)
Servings Per Container: 72

	/ 100 g	/ 5 g
Biotin	1000 µg	50 µg (100%**)
Zinc	160,6 mg	8,03 mg (80%**)
Chromium	248,6 µg	12,43 µg (31%**)
L-Carnitine	6800 mg	340 mg
Green Coffee Bean Powder	4000 mg	200 mg
– Caffeine	24 mg	1,2 mg
L-Tyrosine	2000 mg	100 mg
Siberian Ginseng Root And Rhizomes Extract	2000 mg	100 mg
– Eleutherosides	16 mg	0,8 mg
Caffeine	1000 mg	50 mg
Green Tea Leaf Extract	1000 mg	50 mg
– Polyphenols	400 mg	20 mg
– Catechins	200 mg	10 mg
– EGCG	85 mg	4,3 mg
– Caffeine	80 mg	4 mg
Blackcurrant Chitosan	1000 mg	50 mg
Alfalfa Grass Powder	1000 mg	50 mg
Willow Bark Extract	1000 mg	50 mg
– Salicin	150 mg	7,5 mg
Kola Nut Extract	1000 mg	50 mg
– Caffeine	100 mg	5 mg
Guarana Seed Powder	490 mg	24,5 mg
– Caffeine	14,7 mg	0,74 mg
Cayenne Pepper Powder	200 mg	10 mg
Black Pepper Extract	50 mg	2,5 mg
– Piperine	47,5 mg	2,4 mg

*RI%: Reference Intake Of An Average Adult (8400 kJ/2000 kcal).
**NRV%: Nutrient Reference Value Of An Average Adult.
Ł: RI Has Not Been Established.

DIET

Blackcurrant flavoured food supplement powder containing caffeine, herbal extracts, zinc, chromium, L-carnitine and biotin with sweeteners.

Chromium contributes to normal macronutrient metabolism and the maintenance of normal blood glucose levels. Biotin contributes to normal energy-yielding and macronutrient metabolism, normal psychological function, and the normal functioning of the nervous system. Zinc contributes to normal macronutrient metabolism and normal protein synthesis.

Instructions for use:
Mix 1 serving (5 g) with 250 ml of cold water and consume 30 minutes before beginning activity.

The scoop included in the product is intended only to help remove the powder from the packaging. For accurate serving measurements, always use a digital scale.

Net wt. 360 g
72 servings

FAT BURNER



ENERGIZERS & VITAMINS
IRON POWER



*BOOST
YOUR
ENERGY*

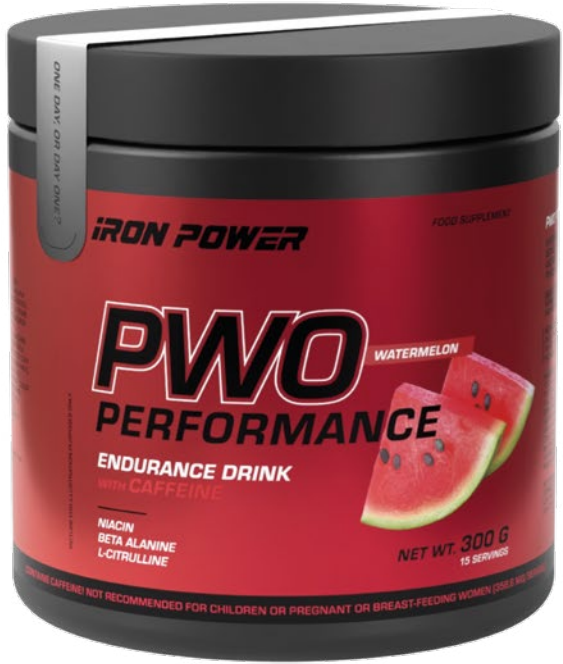
SUPPLEMENT FACTS:

Recommended Daily Dose: 2 Heaping Scoops (19 g)
Servings Per Container: 15

	/ 100 g	/ 19 g
Niacin	250 mg	47,5 mg (296%* *)
L-Citrulline DL-Malate (1:1)	31500 mg	5985 mg
– L-Citrulline	17300 mg	3292 mg
Beta Alanine	28950 mg	5500 mg
A-AKG Complex	21050 mg	4000 mg
– L-Arginine	14565 mg	2768 mg
– Calcium Alpha Ketoglutarate	6485 mg	1232 mg
L-Tyrosine	2630 mg	500 mg
Caffeine	1885 mg	358 mg
Green Tea Leaf Extract	1320 mg	251 mg
– Polyphenols	528 mg	100 mg
– Catechins	264 mg	50 mg
– EGCG	112 mg	21 mg
– Caffeine	105 mg	20 mg
Bitter Orange Powder	980 mg	186 mg
– Synephrine	5,29 mg	1 mg
Guarana Seed Powder	103 mg	19,57 mg
– Caffeine	3,1 mg	0,6 mg
Black Pepper Extract	10 mg	1,9 mg
– Piperine	9,5 mg	1,8 mg

*NRV%: Nutrient Reference Value Of An Average Adult.

PWO PERFORMANCE
378 MG CAFFEINE PER SERVING



Watermelon flavoured food supplement powder containing citrulline, beta-alanine, caffeine, herbal extracts and niacin with sweeteners.

Niacin contributes to the reduction of tiredness and fatigue, normal energy-yielding metabolism, normal psychological function, and the normal functioning of the nervous system.

Instructions for use:

Mix 1 serving (19 g) with 250 ml of cold water and consume 30 minutes before beginning activity.

The scoop included in the product is intended only to help remove the powder from the packaging. For accurate serving measurements, always use a digital scale.

Net wt. 300 g
15 servings

ENERGIZER

SUPPLEMENT FACTS:

Recommended Daily Dose: 3 Level Scoops (14 g)
Servings Per Container: 21

	/ 100 g	/ 14 g
Niacin	286 mg NE	40 mg NE (250%* *)
L-Carnitine Matrix		
– Acetyl L-Carnitine	10,62 g	1487 mg
– L-Carnitine L-Tartrate	10,50 g	1470 mg
Of Which: L-Carnitine	14,28 g	2000 mg
Beta-Alanine	10,71 g	1500 mg
AAKG Complex	10,71 g	1500 mg
– L-Arginine	7,39 g	1035 mg
– Alpha-Ketoglutarate Calcium	3,1 g	435 mg
BCAA Complex	10,71 g	1500 mg
– L-Leucine	5,36 g	750 mg
– L-Isoleucine	2,68 g	375 mg
– L-Valine	2,68 g	375 mg
L-Tyrosine	6,89 g	965 mg
L-Citrulline DL-Malate (1:1)	5,71 g	800 mg
– L-Citrulline	3,14 g	440 mg
Siberian Ginseng Root And Rhizomes Extract	2,86 g	400 mg
– Eleutherosides	0,02 g	3,2 mg
Bitter Orange Fruit Powder	357 mg	50 mg

*RI%: Reference Intake Of An Average Adult (8400 kJ/2000 kcal).
* *NRV%: Nutrient Reference Value Of An Average Adult.

ENERGIZER

PWO CAFFEINE FREE



Orange flavoured food supplement powder containing vitamin B3, BCAAs, L-carnitine and beta-alanine with sweetener.

Instructions for use:
Mix one serving (14 g) with 250 ml of cold water and consume 15 minutes before beginning activity.

The scoop included in the product is intended only to help remove the powder from the packaging. For accurate serving measurements, always use a digital scale.

Net wt. 300 g
21 servings

INGREDIENTS:

Carbohydrate complex (maltodextrin, dextrose, fructose), mineral premix (potassium citrate, sodium chloride, calcium salts of orthophosphoric acid, magnesium oxide), acid (citric acid), flavourings, sweetener (sucralose), colour (beta-carotene), orange fruit powder (0.01%).

ALLERGEN INFORMATION:

Made in a facility that uses gluten, milk, soy, egg and nuts.

NUTRITION FACTS:

Recommended daily dose: 2 measuring scoops (35 g)

Servings per container: 20

	/ 100 g	/ 35 g
Energy	1462 kJ / 344 kcal	512 kJ / 120 kcal (5%*)
Fat	0 g	0 g (0%*)
– of which saturates	0 g	0 g (0%*)
Carbohydrate	86 g	30.1 g (13%*)
– of which sugars	56 g	20 g (22%*)
Protein	0 g	0 g (0%*)
Salt	2 g	0.70 g (12%*)

SUPPLEMENT FACTS:

Carbohydrate complex	87 g	30 g
Dextrose	29 g	10 g
Maltodextrin	29 g	10 g
Fructose	29 g	10 g
Mineral premix		
Sodium	787 mg	275 mg
Potassium	866 mg	303 mg (15%* *)
Magnesium	163 mg	57 mg (15%* *)
Calcium	383 mg	134 mg (16%* *)
Chloride	1213 mg	424.5 mg (53%* *)

RI%: Reference Intake of an average adult (8400 kJ / 2000 kcal).

NRV%: Nutrient Reference Values of an average adult.

ENERGIZER

ISOTONIC DRINK



Orange flavoured contains high carbohydrate and minerals food supplement powder with sugars and sweetener.

Carbohydrate-electrolyte solutions contribute to the maintenance of endurance performance during prolonged endurance exercise.

Mix one serving (35 g) of Isotonic Drink with 500 ml of cold water and drink it during your workout.

The scoop included in the product is intended only to help remove the powder from the packaging. For accurate serving measurements, always use a digital scale.

Net wt. 700 g
20 servings

INGREDIENTS:

Water, hydrolyzed beef collagen, glucosamine sulphate, methylsulphonylmethane (MSM), chondroitin sulphate, acid (citric acid), hyaluronic acid, L-ascorbic acid, flavouring, preservatives (potassium sorbate, sodium benzoate), sweeteners (acesulfame-K, sucralose), colours (caramel, Ponceau 4R**).
Ponceau 4R: May have an adverse effect on activity and attention in children.

ALLERGEN INFORMATION:

Made in a facility that uses gluten, milk, soy, egg and nuts.

SUPPLEMENT FACTS:

Serving size: 30 ml
Servings per container: 16

	/ 100 ml	/ 30 ml
Vitamin C	400 mg	120 mg (150% NRV*)
Collagen	16667 mg	5000 mg
Glucosamine sulphate	3667 mg	1100 mg
– of which glucosamine	2200 mg	660 mg
MSM	3300 mg	990 mg
Chondroitin sulphate	1333 mg	400 mg
– of which chondroitin	1200 mg	360 mg
Hyaluronic acid	467 mg	140 mg

* NRV: Nutrient Reference Values of an average adult.

JOINT GUARD LIQUID



Cherry flavoured liquid containing collagen, glucosamine sulphate, chondroitin sulphate, MSM, hyaluronic acid and vitamin C with sweeteners

On training days, take 1 serving (30 ml) daily. Shake well before use. Adequate fluid intake is recommended while using this product.

Net wt. 500 ml
16 servings

SUPPLEMENT FACTS:

Serving Size: 2,5 g (1/2 Scoop) / 15 kg Of Bodyweight

Recommended Daily Dose: 10 g

Servings/Daily Servings Per Container: 120/30

	/ 100 g	/ 2,5 g	/ 10 g
Vitamin A	4800 µg	120 µg (15%* *)	480 µg (60%* *)
Vitamin B1	600 mg	15 mg (1363%* *)	60 mg (5454%* *)
Vitamin B2	240 mg	6 mg (428%* *)	24 mg (1714%* *)
Niacin	200 mg	5 mg (31%* *)	20 mg (125%* *)
Pantothenic Acid	600 mg	15 mg (250%* *)	60 mg (1000%* *)
Vitamin B6	120 mg	3 mg (214%* *)	12 mg (857%* *)
Folic Acid	2400 µg	60 µg (30%* *)	240 µg (120%* *)
Vitamin B12	1000 µg	25 µg (1000%* *)	100 µg (4000%* *)
Vitamin C	8000 mg	200 mg (250%* *)	800 mg (1000%* *)
Vitamin D	100 µg	2,5 µg (50%* *)	10 µg (200%* *)
Vitamin E	520 mg	13 mg (108%* *)	52 mg (433%* *)
Vitamin K	1200 µg	30 µg (40%* *)	120 µg (160%* *)
Biotin	8000 µg	200 µg (400%* *)	800 µg (1600%* *)
Magnesium	2250 mg	56,25 mg (15%* *)	225 mg (60%* *)
Zinc	80 mg	2 mg (20%* *)	8 mg (80%* *)
Copper	20 mg	0,5 mg (50%* *)	2 mg (200%* *)
Chromium	609 µg	15,23 µg (38%* *)	60,92 µg (152%* *)
Selenium	1305 µg	32,63 µg (59%* *)	130,52 µg (237%* *)
Iodine	900 µg	22,5 µg (15%* *)	90 µg (60%* *)
Manganese	40 mg	1 mg (50%* *)	4 mg (200%* *)
Bitter Orange Fruit Extract	800 mg	20 mg	80 mg
– Citrus Bioflavonoids	480 mg	12 mg	48 mg

*RI%: Reference Intake Of An Average Adult (8400 kJ/2000 kcal).

: RI/NRV Has Not Been Established.

* *NRV%: Nutrient Reference Values Of An Average Adult.

VITAMIN

MULTI POWDER



Orange flavoured food supplement powder containing vitamins and minerals with sweeteners.

Instructions for use:

Mix one serving (2.5 g) for every 15 kg of your body weight with 125 ml of water and drink it throughout the day.

The scoop included in the product is intended only to help remove the powder from the packaging. For accurate serving measurements, always use a digital scale.

Net wt. 300 g

120 servings

VITAMIN

INGREDIENTS:

Water, magnesium salts of citric acid, magnesium gluconate, acid (citric acid), L-ascorbic acid, flavourings, preservatives (potassium sorbate, sodium benzoate), sweeteners (acesulfame-K, sucralose), colour (beta-carotene), pyridoxine hydrochloride.

ALLERGEN INFORMATION:

Made in a facility that uses gluten, milk, soy, egg and nuts.

SUPPLEMENT FACTS:

1 serving - 60 ml:

	/ 60 ml
Magnesium	250 mg (66%)
Vitamin C	80 mg (100%)
Vitamin B6	1.6 mg (114%*)

*NRV%: Nutrient Reference Value of an average adult.

VITAMIN

MAGNESIUM SHOT



Orange pineapple flavoured magnesium, vitamin C and vitamin B6 food supplement drink with sweeteners

Recommended daily dose: 60 ml.
Take 1 ampoule (60 ml) 15 minutes before beginning activity.

Net wt. 60 ml
1 shot

INGREDIENTS:

Ashwagandha (*Withania somnifera* Dunal) root extract 12:1 KSM-66 (standardized to 5% withanolides and 0.1% withaferin A), maltodextrin, capsule shell [hydroxypropyl methylcellulose, colour (calcium carbonate)], anti-caking agents (silicon dioxide, calcium salts of orthophosphoric acid).

ALLERGEN INFORMATION:

Made in a facility that uses gluten, milk, soy, egg and nuts.

SUPPLEMENT FACTS:

Serving size: Per 1 capsule
Servings per container: 60

	/ 1
Ashwagandha root extract 12:1 KSM-66	250 mg
Withanolides	12.5 mg
Withaferin A	0.25 mg

KSM-66 ASHWAGANDHA



Ashwagandha Extract KSM-66
Food supplement capsules
containing Ashwagandha extract
KSM-66.

Instructions for use:
Take one serving (1 capsule) with one
of your meals and plenty of water.

Net wt. 33 g
60 capsules

INGREDIENTS:

Sodium chloride, bulking agent (cellulose), potassium citrate, magnesium oxide, maltodextrin, anti-caking agents (calcium salts of orthophosphoric acid, magnesium salts of fatty acids, silicon dioxide).

ALLERGEN INFORMATION:

Made in a facility that uses gluten, milk, soy, egg and nuts.

SUPPLEMENT FACTS:

Serving size: 2 tablets
Daily serving: 8 tablets

	/2 tablets	/ 8 tablets
Sodium	400 mg [**]	1,600 mg [**]
Potassium	82 mg [4%*]	328 mg [16%*]
Magnesium	30 mg [8%*]	120 mg [32%*]

* NRV%: Nutrient Reference Values of an average adult.
** NRV has not been established.

MULTI SALT

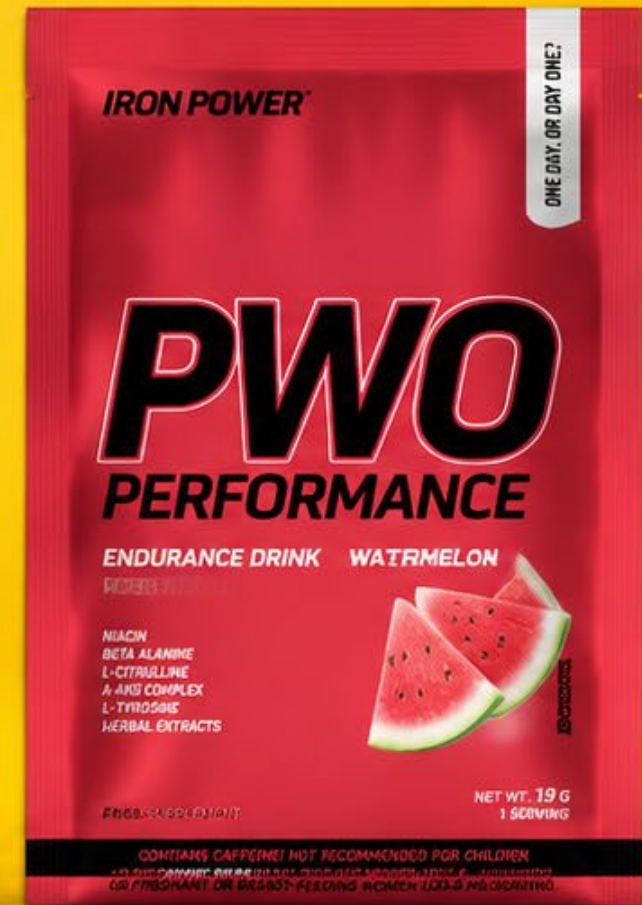
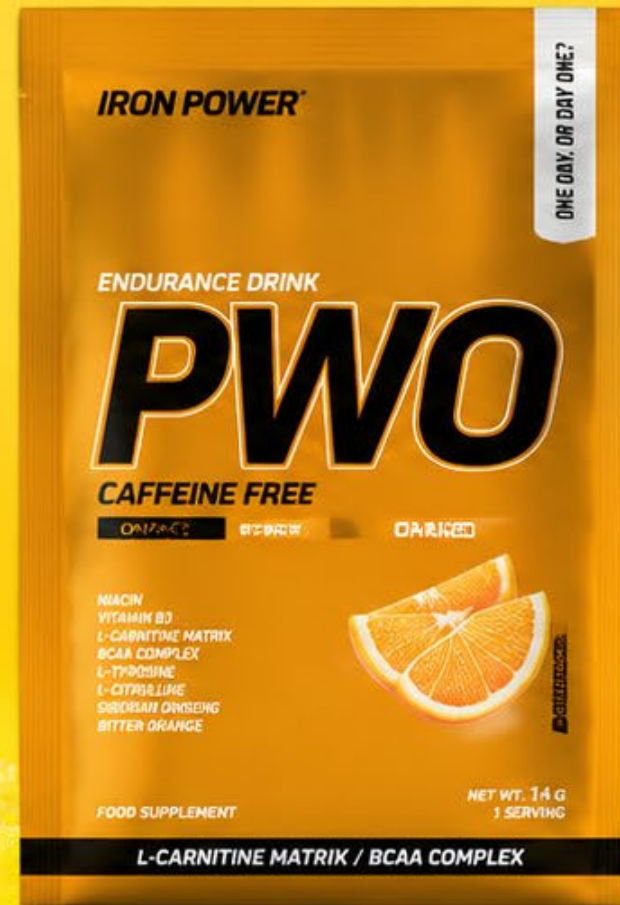


Food supplement tablets containing sodium, potassium and magnesium

Instructions for use:
Take 2 tablets up to 4 times daily with 200 ml of water. On workout days, take 2 tablets before and 2 tablets after physical activity.

Net wt. 156 g
120 tablets

MAXIMUM *PORTABILITY* & *CONVENIENCE*
FRESHNESS *PRESERVATION*
PRECISE & *CONTROLLED DOSING*



1-SERVING PACKETS

WHO WE ARE

*At **Iron Power Nutrition**, we believe that **exceptional performance** starts with exceptional nutrition. Our mission is to develop premium nutritional products that help athletes and active individuals achieve their full potential.*

*Whether you're a professional competitor, a dedicated recreational athlete, or simply committed to an active lifestyle, **our products are designed to support your performance, recovery, and overall well-being.** From strength training, tennis, and powerlifting to gymnastics, dance, endurance sports, team sports, martial arts, and general fitness, we create nutrition that helps you perform with confidence.*

*At **Iron Power Nutrition**, we believe that the right nutrition is the **foundation of stronger performance, better recovery, and lasting results.***

IRON POWER

UNIQUERON LLC
1401 Sawgrass Corporate Parkway
Sunrise, FL 33323, USA

Mobile:
+1 771 474 3995 (WhatsApp)

E-mail:
hello@ironpowernutrition.com

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ironpowernutrition.com
ONE DAY, OR DAY ONE?