

MET-Rx[®]

ENGINEERED NUTRITION[®]



ENERGY
& RECOVERY

L-GLUTAMINE

SUPPORTS RECOVERY, OPTIMISES HEALTH

If you were to pick a single amino acid as part of your daily supplementation, L-glutamine would be a great choice. Glutamine makes up approximately 60 percent of the amino acids in skeletal muscle, hence the regulation of intramuscular glutamine has significant effects on skeletal muscle metabolism. Glutamine actually helps you store muscle glycogen, the primary fuel source for intense exercise.

The primary benefits of L-glutamine

- Prevention of muscle breakdown
- Support in fat loss (from increase in muscle and production of human growth hormone)
- Support of the intestinal lining cells (enterocytes) through which all nutrients are absorbed
- Helps maintain immune health
- Can help with clarity of thought and better muscle contractions: it is the amino acid found in highest concentration in spinal and cerebral fluid.

Recommended dosing

L-glutamine is recommended for intense-training athletes, people exposed to toxins or weak immune systems, and supports recovery. Normal dosing ranges from 2g up to 60g per day; optimal dosing is 5-10g per day in divided doses. For increased growth hormone release, take 10g L-glutamine upon waking on an empty stomach and before bed. It is also highly recommended to be taken pre and post-workout.

The super supplement

With all the benefits glutamine offers, and available at a more than reasonable price, it only makes sense to make this one of your primary supplements. Now you can support your immune system and enhance your physical performance, all in one super supplement.



SIZE	FLAVOURS	KEY INGREDIENTS	WHY BUY L-GLUTAMINE?
300g 500g 200 caps (500mg) 200 caps (1000mg)	Tasteless	<ul style="list-style-type: none"> • L-glutamine 	<ul style="list-style-type: none"> • Tasteless and odourless • 4.5g of L-glutamine per serving • Supports recovery from workout

ISOTONIC DRINK MIX

REPLACES ENERGY LOST DURING WORKOUTS

Do you find yourself running out of energy during a workout? Want to perform at your best in competition, or just need that extra kick when you're in the gym? MET-Rx® Isotonic Drink Mix will deliver the results you are looking for. Isotonic Drink mix is a technically advanced drink designed to support optimum physical performance.

Balanced Formula

MET-Rx® Isotonic Drink Mix contains a special blend of ingredients including Caffeine, Taurine, L-phenylalanine, L-Tyrosine, Choline, Inositol, Essential Salts and Vitamin/Mineral blend.

Is it right for me?

MET-Rx® Isotonic Drink Mix provides a boost of energy to give you that extra kick when you're in the gym. Using glucose as a primary source of carbohydrate, MET-Rx® Isotonic Drink Mix replaces nutrients lost by working muscles which can help increase the rate of recovery.

Benefits of Energy Drinks

Energy Drink such as MET-Rx® Isotonic Drink Mix can help increase muscle power and work output during exercise sessions. Best taken before and after exercise MET-Rx® Isotonic Drink Mix will also help maintain your best performance as the special blend of ingredients help keep you focused, reduce fatigue and maintain stamina.



SIZE	FLAVOURS	KEY INGREDIENTS	WHY BUY ISOTONIC DRINK MIX?
425g	<ul style="list-style-type: none">OrangeLemon	<ul style="list-style-type: none">38g carbohydrates per servingGluten and wheat freeLactose free	<ul style="list-style-type: none">Used on the Per Mare Per Tien expeditionAccelerates muscle refuellingGreat tastingEasy to drink, instant mixing with water

SUPER JOINT GUARD

MAY SUPPORT MOBILITY

MET-Rx® Super Joint Guard is an exclusively formulated supplement which can help maintain joint health in athletes. Developed in conjunction with the medical team at Bolton Wanderers FC, it combines nutrients such as Glucosamine, Chondroitin, MSM, Omega 3, 6, 9 & Hyaluronic acid.

Glucosamine

Glucosamine is a naturally occurring substance which is found within the cartilage of joints in the body. Thinning cartilage can be a problem for athletes due to excessive pressure caused by training and exercise.

Chondroitin

Chondroitin is a naturally occurring substance which plays an important role in maintaining the structural wellness of tissues. It is an important natural component of cartilage.

Omega 3, 6 & 9

Numerous studies on this group of fatty acids have shown that they play an important role in the everyday health of joints as well as the rest of the body.

Hyaluronic Acid

Hyaluronic acid is a naturally occurring substance found in the synovial fluid found in joints. The Synovial fluid lines and lubricates the joint.

MSM

MSM is a natural organic compound found in nearly all living organisms, plants and animals. It is vital in the formation of keratin and collagen which give flexibility and strength to muscles and bones.



SIZE	FLAVOURS	KEY INGREDIENTS	WHY BUY JOINT GUARD?
60 caps	Tasteless	<ul style="list-style-type: none">• Glucosamine Sulphate• Chondroitin Sulphate• MSM• Omega 3, 6 & 9• Hyaluronic Acid	<ul style="list-style-type: none">• Tasteless• Helps maintain joint health• May help support joint mobility and soothe overworked joints

MULTI VITAMINS

MULTI VITAMIN AND MINERAL SUPPORT

Multivitamin and mineral supplements are perhaps the most important single supplement that can be consumed by bodybuilders and athletes. MET-Rx® Xtreme Multi Vitamins enables you to get your daily dose of vast and complex vital nutrients.

Improves your body function

In general, a good daily multivitamin/mineral supplement may improve your overall bodily functioning and boosts both physical and mental health and wellbeing. The individual vitamins and nutrients in a quality daily multivitamin dose deliver the specific benefits of each individual vitamin, plus you get the combined, or synergistic, benefits of all the ingredients working together.

The benefits of vitamin E

Vitamin E, a fat-soluble antioxidant vitamin helps to neutralise potentially damaging free radicals in the body. It is particularly important for the protection of cell membranes as well as maintaining healthy skin, heart and circulation, nerves, muscles and red blood cells.

The benefits of vitamin C

Vitamin C is water soluble and like Vitamin E it is an antioxidant. It helps white blood cells to combat infection, is essential for wound healing, for the formation of collagen, for healthy skin, and the formation of other important structural materials in bones and teeth. It also helps with the absorption of iron.

Supports vigorous training

It is important to take multivitamins daily to enjoy the benefits to their fullest extent. Vigorous training, for example, increases the production of free radicals in the body. Therefore, when involved in an exercise program, you should increase the intake of antioxidants such as beta-carotene, vitamin C and vitamin E, and ensure you take adequate amounts of the proper vitamins and minerals required to maintain strong, healthy bones and joints such as calcium and iron.



SIZE	FLAVOURS	KEY INGREDIENTS	WHY BUY MULTI VITAMINS?
50 caps	Tasteless	<ul style="list-style-type: none">• Contains 31 vitamins and minerals including:• Magnesium• Zinc• Vitamin C• Vitamin B6	<ul style="list-style-type: none">• Improved body functioning• Enhances general wellbeing• Healthy bones and joints• Boosts physical & mental health

HARDCORE ZMA

FOR HORMONE PRODUCTION AND LEAN MUSCLE TISSUE

If you want to gain strength, increase athletic performance or increase muscle mass, consider supplementing your training programme with MET-Rx® ZMA. ZMA can help you increase your strength and speed up muscle gain.

What is it and where does it come from?

MET-Rx® ZMA is an anabolic mineral formula which contains zinc monomethionine, magnesium and vitamin B-6. Studies have shown that ZMA can significantly increase anabolic hormone levels and muscle strength in trained athletes.

The science behind the ingredient

There is a large amount of scientific evidence supportive of ZMA. Zinc and magnesium can be commonly depleted from your body during exercise.

Who uses it?

Any bodybuilder or athlete looking to gain strength, increase athletic performance and build muscle mass should consider taking ZMA. There are many studies showing that most athletes are deficient in zinc, magnesium, and Vitamin B-6. The effect of zinc depletion on muscle function has been tested in studies that demonstrate that muscle endurance, or total work capacity, declines rapidly with acute zinc depletion; the degree of the decline correlates with the reduction in plasma zinc concentration.

Medicine and Science in Sports and Exercise, Vol. 31, No. 5, May 1999.



SIZE	FLAVOURS	KEY INGREDIENTS	WHY BUY ZMA?
90 caps	Tasteless	<ul style="list-style-type: none">• 3.5mg vitamin B6 per capsule• 150mg magnesium per capsule• Zinc 10mg per capsule	<ul style="list-style-type: none">• Rapid muscle development• May improve sleeps patterns• Increased energy

ALA

SUPREME ANTIOXIDANT THAT BOOSTS ENERGY PRODUCTION

Taking MET-Rx® ALA before and during a work out may help increase performance.

Powerful antioxidant action

MET-Rx® alpha lipoic acid (ALA) is a powerful antioxidant. It is water and fat soluble so can function anywhere in the body. It boosts antioxidant action of both vitamin C and vitamin E. ALA helps neutralise damaging free radicals in both the water soluble and fat soluble compartments of cells.

What is an antioxidant?

Antioxidants are chemical substances that help protect against cell damage from free radicals. A free radical is an unstable molecule that tries to steal electrons from other molecules, thus causing damage. Smoking, pollution and fried foods are some sources of free radicals.

Efficient energy production

ALA is essential for energy production by directing calories from food into energy and away from fat production. ALA also regulates blood sugar levels, which may prevent excess fat storage.

Where can I find ALA?

ALA can be found in foods such as meats and vegetables, especially spinach. It is easily absorbed into the bloodstream, and can also cross the blood brain barrier. Two of the best natural sources of lipoic acid are yeast and liver, but the body can synthesise it when necessary. Most alpha lipoic acid in food is derived from lipoamide-containing enzymes and is bound to the amino acid, lysine (lipoyllysine).



SIZE	FLAVOURS	KEY INGREDIENTS	WHY BUY ALA?
60 caps	Tasteless	• 200mg ALA per cap	<ul style="list-style-type: none">• Powerful antioxidant• Supports energy production• Helps vitamins C & E work better• Easily absorbed