

MET-Rx[®]

ENGINEERED NUTRITION[®]



**ENERGY
& RECOVERY**

ISOTONIC DRINK MIX

IMPROVES HYDRATION & AIDS RECOVERY AFTER EXERCISE

Do you find yourself getting thirsty or 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.

What are energy drinks?

They are taken instead of water before or during exercise. They replace fluid, carbohydrate and electrolytes lost during your workout.

Balanced formula

MET-Rx Isotonic Drink Mix is designed to provide a balanced formula of the carbohydrates and electrolytes lost during exercise. An isotonic drink is one that is in balance with osmolality of the body fluids, containing the same amount of carbohydrate and electrolyte particles (e.g. sodium and potassium) found naturally in the body.

What are the benefits of energy drinks?

Energy drinks help you avoid dehydration and increase energy, also providing the nutrients needed to ensure optimum recovery. Energy drinks will help you maintain your best performance for longer – reducing fatigue, helping you retain focus and maintain stamina during every training session. Taken after exercise, energy drinks can increase muscle power and workout output.

Used by Bolton Wanderers FC

Premiership outfit Bolton Wanderers FC have been using MET-Rx Isotonic Drink Mix as part of their fitness regime for the past three seasons, resulting in substantial improvements in recovery time and increased energy outputs. MET-Rx is the official nutritional supplements partner of Bolton Wanderers FC.



Size	Flavours	Key ingredients	Why buy Isotonic Drink Mix?
425g	<ul style="list-style-type: none"> ● Orange ● Lemon 	<ul style="list-style-type: none"> • Replaces electrolytes lost through sweating • 38g carbohydrates per serving • Gluten and wheat free • Lactose free 	<ul style="list-style-type: none"> • Used by Bolton Wanderers FC • Improved recovery time • Accelerates muscle refuelling • Great tasting • Easy to drink, instant mixing with water

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
- Improved or increased immune health
- 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	• L-glutamine	<ul style="list-style-type: none"> • Tasteless and odourless • 4.5g of L-glutamine per serving • Supports recovery from workout

ZMA

FOR HORMONE PRODUCTION AND LEAN MUSCLE TISSUE

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

What is it and where does it come from?

ZMA is a scientifically designed anabolic mineral formula. It contains zinc monomethionine aspartate plus magnesium aspartate and vitamin B-6, and is an all-natural product that has been clinically proven* to significantly increase anabolic hormone levels and muscle strength in trained athletes.

The science behind the supplement

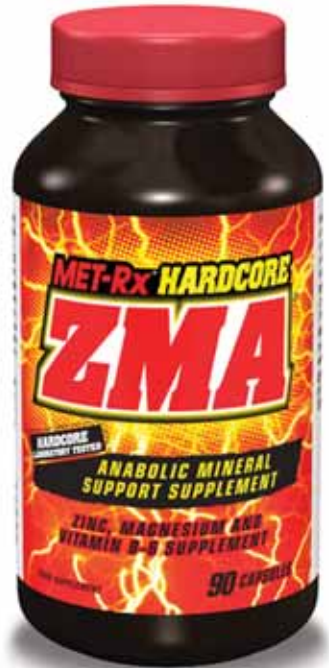
There is a large body of scientific evidence supportive of ZMA. Zinc and magnesium are commonly depleted from your body. Studies have shown that supplementing with 30mg of zinc and 450mg of magnesium per day can elevate testosterone levels up to 30%.

Who uses it?

Any bodybuilder or athlete looking to gain strength, increase athletic performance and build muscle mass should consider taking ZMA. There have been 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.

Improve sleep patterns

It has also been reported that ZMA may help improve sleep patterns when taken 30 minutes before bed, resulting in increased muscle growth.



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

Size	Flavours	Key ingredients	Why buy ZMA?
90caps	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"> • Improve testosterone levels • Rapid muscle development • May improve sleeps patterns • Increased energy • Scientifically researched

MULTIVITAMINS

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 improves 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 but, 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, teeth and capillaries. 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 Multivitamins?
30 caps	Tasteless	<ul style="list-style-type: none"> • Contains 31 vitamins and minerals including: <ul style="list-style-type: none"> • 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

ALA

SUPREME ANTIOXIDANT THAT BOOSTS ENERGY PRODUCTION

Supplementing with alpha lipoic acid can result in measurable gains in both strength and muscularity. Taking ALA before and during a work out will increase performance and help shuttle nutrients faster to your muscles.

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	<ul style="list-style-type: none"> • 200mg per cap 	<ul style="list-style-type: none"> • Powerful antioxidant • Supports energy production • Helps vitamins C & E work better • Easily absorbed • Helps maintain blood sugar levels