

MET-Rx[®]

ENGINEERED NUTRITION[®]



LEAN MUSCLE,
STRENGTH & POWER

PURE CREATINE

THE SPORTS SUPPLEMENT INDUSTRY'S FAVOURITE PRODUCT

If you are seeking muscle size, strength and power you could benefit from taking creatine. Anyone involved in strength and power-based sports – as well as regular gym users – will notice greater gains in both muscle size, strength and performance.

How creatine works

MET-Rx Pure Creatine Monohydrate increases the availability of cellular adenosine triphosphate (ATP). Muscular contractions take place from the presence of ATP; therefore, an increase in creatine levels is thought to increase the force of muscle contractions. Creatine triggers the mechanisms of ATP by donating a phosphate ion to increase the availability of ATP. Thus, creatine claims to enhance physical performance by increasing energy and therefore delaying or minimising fatigue – adding to the amount of time spent training or working out.

Laboratory tested.

MET-Rx Pure Creatine Powder is derived from the purest, highest quality creatine monohydrate available, certified to be a minimum of 99% by laboratory high-performance liquid chromatography (HPLC), which analyses chromatographic separation, identification and quantification.

More Muscle

Creatine can bind water to the muscle, giving an athlete a more muscular appearance. Competitive body-builders should drop Creatine supplementation one to two weeks prior to a show to insure maximum definition and vascularity. When supplementing with creatine sufficient fluid should be consumed.



Size	Flavours	Key ingredients	Why buy Pure Creatine?
1,000g 400g 120 caps 240 caps	Tasteless	<ul style="list-style-type: none"> HPLC pure creatine monohydrate 	<ul style="list-style-type: none"> HPLC tested Industry's most researched product 200 servings per 1,000g tub Used by elite athletes, Premiership football teams and top rugby clubs

AMPED

ONE OF THE WORLD'S MOST ADVANCED MULTI ACTION WORKOUT FORMULAS

If you want a supplement formula that instantly rewards your time in the gym with real results and noticeable changes in the mirror or on the pitch, then MET-Rx Amped is the supplement you want to be using. This scientifically advanced formula is like no other supplement available.

Taking sports nutrition to a new dimension

Amped really does take sports nutrition to a new dimension with this multi-action workout formula that helps support the most intense workouts. MET-Rx gives you more energy, more focus and more high intensity endurance for your most demanding workouts. With a combination of proprietary formulations that support extreme energy and nutrient circulation to cells, this hardcore, multi-action, pre-workout drink mix delivers taste and satisfaction.

Creatine ester phosphate

Amped's backbone is the combination of creatine ester phosphate sodium with creatine monohydrate and N-acetylcysteine (NAC). Working together these key nutrients help support strength, power and recovery.

Contains BCAAs

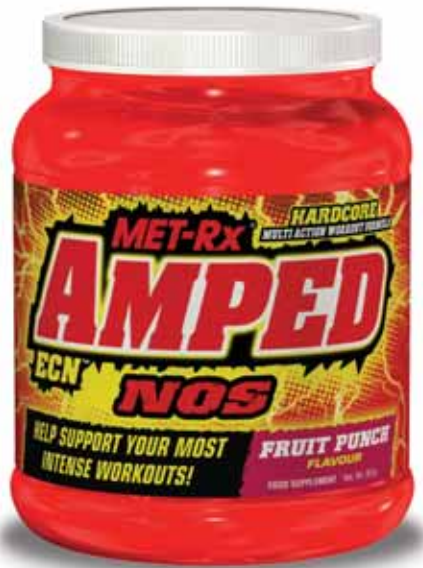
Amped contains over 1,200mg of the essential branched chain amino acids (BCAAs). These key building blocks of muscle, support muscle fatigue and recovery.

Supports nitric oxide synthesis

Amped contains alpha ketoglutaric acid, L-glutamine and L-arginine, which together may support nitric oxide synthesis, one of the keys to unlocking oxygen and nutrient flow to the cells.

Enables harder training

Amped contains the non essential amino acid L-tyrosine, taurine and caffeine, which together may help give you the mental and physical pump needed for long, hard training.



Size	Flavours	Key ingredients	Why buy Amped?
907g	<ul style="list-style-type: none"> Fruit Punch 	<ul style="list-style-type: none"> 1,500mg creatine ester per serving 1,000mg creatine monohydrate per serving 1,000mg L-glutamine per serving 1,200mg BCAAs per serving 1,000mg taurine per serving 	<ul style="list-style-type: none"> Immediate results Multi-action workout formula Scientifically advanced Great tasting Over 45 servings per tub

CREATINE BLAST

TAKING CREATINE TO THE NEXT LEVEL

If you want a creatine formula that rewards your time in the gym – and gives you the results you want – then look no further than MET-Rx Xtreme Creatine Blast. MET-Rx has taken creatine to the next level with the addition of fast digesting carbohydrates and electrolytes.

Rapid transport creatine

MET-Rx Creatine Blast works for strength sport athletes and anyone who is resistance training to increase muscle mass and strength. Creatine works best for bodybuilding, weight lifting, power lifting and other competition strength sports. MET-Rx Creatine Blast works more quickly than simple creatine monohydrate because the dextrose stimulates an insulin response that helps the body absorb the creatine.

Fast digesting carbohydrates

Creatine Blast contains high levels of fast digesting carbohydrates. Carbohydrates are broken down into simple sugars, absorbed into the blood, and stored in the muscle cells in the form of glycogen. This glycogen is then broken down as needed to provide energy for working muscles. If carbohydrate amounts are low, there is not the maximum storage of glycogen in the body. Insufficient carbohydrate consumption will lead to a shortage in energy during any exercise requiring glycogen due to a reduced amount being stored. Simply put, if you don't provide your body with enough carbs, you will experience a shortage during exercise.

Laboratory tested.

MET-Rx Creatine Blast is derived from the purest, highest quality creatine monohydrate available, certified to be a minimum of 99% by laboratory high-performance liquid chromatography (HPLC), which analyses chromatographic separation, identification and quantification.

Great taste, easy mixing

Creatine Blast mixes instantly with water to form a refreshing fruity drink in Fruit Punch and Grape flavours.

When supplementing with creatine sufficient fluid should be consumed.



Size	Flavours	Key Ingredients	Why buy Pure Creatine?
908g	<ul style="list-style-type: none"> ● Fruit Punch ● Grape 	<ul style="list-style-type: none"> ● HPLC pure creatine monohydrate ● Taurine ● Dextrose ● Disodium phosphate 	<ul style="list-style-type: none"> ● HPLC tested ● Industry's most researched product ● Fast digesting carbohydrates ● Used by elite athletes, Premiership football teams and top rugby clubs

TRIBULUS TERRESTRIS

NATURAL TESTOSTERONE BOOSTER

Tribulus Terrestris is the perfect supplement if you want to drastically increase muscular strength without causing unwanted estrogenic side effects. This traditional herb was first introduced to the world of athletic power and muscle development by Eastern Bloc power athletes who dominated strength and power disciplines for decades.

What is Tribulus Terrestris?

Tribulus Terrestris is a vine plant that grows in moderate and tropical climates in the United States, Mexico, Eastern Europe, India and China.

Sexual performance

Tribulus Terrestris, or Puncture Vine, is a widespread weed in many warm regions. It is the source of a dietary supplement thought to increase natural testosterone levels and thereby improve male sexual performance and help build muscle. There are also reports that Tribulus Terrestris can treat colic pains, lower blood pressure and reduce cholesterol levels.

Scientific research

Because of the plants' reputed benefits, athletes have used Tribulus Terrestris extract to boost energy levels, promote healthy hormone function, enhance muscle tone and to support athletic training. Although it's unclear how Tribulus Terrestris extract exerts its effects, scientific research has suggested several possible mechanisms of action.

Boosts your testosterone

Tribulus is not a hormone, but boosts testosterone by increasing the level of luteinising hormones (LH) in your system. LH stimulates the secretion of sex steroids from the gonads for both males and females. In male testes, LH binds to receptors stimulating synthesis and secretion of testosterone. In females, theca cells in the ovary are stimulated by LH and secrete oestrogen.



Size	Flavours	Key ingredients	Why buy Tribulus Terrestris?
90 caps	Tasteless	<ul style="list-style-type: none"> • Tribulus Terrestris (whole herb) 	<ul style="list-style-type: none"> • Boosts testosterone • Enhance muscle tone • Improve sexual performance • Used by power athletes

THE NEXT GENERATION IN ADVANCED CREATINE TECHNOLOGY

MET-Rx CEEAKG is a revolutionary breakthrough in creatine supplementation. CEEAKG provides a new form of creatine called creatine ethyl ester. This easy to use form of creatine will benefit anyone who is looking for improved muscle size, strength and performance.

Creatine Ethyl Ester

Creatine Ethyl Ester (CEE) is creatine monohydrate with an ester attached. Esters are organic compounds that are formed by esterification – the reaction of carboxylic acid and alcohols.

Less is more

Regular creatine monohydrate has been shown effective at increasing lean muscle mass, muscle strength and athletic performance. However, regular creatine monohydrate is absorbed poorly by the body – and its effectiveness is dependant upon the cells ability to absorb it. The poor absorption rate of regular creatine monohydrate requires the creatine user to ingest large dosages of creatine to achieve desired effect. CEE does not rely on insulin driven absorption, hence a smaller amount of creatine is required per serving. All of it is absorbed rapidly and retained fully without needing to consume any additional carbohydrates, as is the case with some regular creatine monohydrates.

No loading phase

Regular creatine monohydrate requires a loading phase where a large amount of creatine is needed. MET-Rx CEEAKG has delivered the next generation in advanced creatine technology with our CEE-Sorb Complex – a specially formulated mixture of etherified creatine and creatine AKG. This special formula means no loading phase is needed, simply take two tables thirty minutes before your workout and two tablets immediately after your workout.



Size	Flavours	Key ingredients	Why buy CEEAKG?
180 tabs	Tasteless	<ul style="list-style-type: none"> • Creatine ethyl ester hydrochloride 1,100mg • Creatine alpha ketoglutarate 200mg 	<ul style="list-style-type: none"> • Highly soluble form of creatine • May help regenerate ATP • Supports muscle growth • Improves recovery • No loading phase needed

NITROPUMP NOS

A SUPERIOR VASO-FLOW BOOSTER FOR INCREASED LEAN MUSCLE TISSUE

NitroPump NOS is a naturally occurring amino acid combination. It provides high levels of absorbable nitrogen and improves blood flow and nutrient delivery to muscle cells without unwanted sugars. It is important for muscle glucose uptake during exercise, enhancing lean body mass and improving recovery time.

Nitric oxide

Nitric oxide is a free form gas that is produced in the body and is used by the body to communicate with other cells in the body. To produce this gas, enzymes in the body break down the amino acid arginine. Nitric oxide is a molecule consisting of one atom of nitrogen and one atom of oxygen. The production of nitric oxide occurs when the amino acid L-arginine is converted into L-citrulline through an enzyme group known as nitric oxide synthase (NOS).

Who needs it?

Everyone requires nitric oxide to carry out key physiological processes within the body. From a bodybuilder's perspective, nitric oxide supplementation may prove useful in increasing growth due to increases in blood flow to certain areas of the body. The fact that nitric oxide increases blood flow should make it of interest to any athlete, as increased blood flow will deliver more nutrients to muscles, thus helping muscles become larger when subject to stress.

Essential nutrients

The supply of essential nutrients results in improved muscle function which enhances muscle recovery, endurance and greater gains in muscle tissue. Research demonstrates that nitric oxide amplifies muscle power output velocity, thereby generating adaptive growth of new muscle fibres.



Size	Flavours	Key ingredients	Why buy NitroPump NOS?
180 tabs	Tasteless	<ul style="list-style-type: none"> • Arginine alpha-ketoglutarate 	<ul style="list-style-type: none"> • Increased muscle nutrient delivery • Boost growth hormone levels • Enhanced sports performance • Improve protein synthesis • Increases blood flow

HMB

ONE OF THE MOST POPULAR BODY BUILDING SUPPLEMENTS

HMB is ideal for use by all athletes wanting to gain lean muscle size and strength, including body-builders, rugby players, sprinters and other strength athletes. HMB is also used widely by endurance athletes, such as runners, cyclists and triathletes, as it reduces muscle damage following long periods of exercise, and can speed up recovery between training sessions.

What is HMB?

HMB is short for beta-hydroxy beta-methylbutyrate. It is a new and exciting supplement that is one of the most popular body building supplements today. HMB is a metabolite of leucine, one of the body's essential amino acids. There are small amounts of HMB present in many foods, primarily catfish, grapefruit, and alfalfa.

What does it do?

HMB plays a role in the synthesis of muscle tissue. It has the ability to burn fat and build muscle consistently in response to exercise

Minimising protein breakdown

HMB prevents muscle tissue breakdown that can occur subsequent to strenuous exercise and therefore boosts strength levels and enhances gains in muscle size. It assists the body minimising protein breakdown that can occur subsequent to intense exercise. By doing so, HMB has been shown to help the sportsmen and woman recover faster from exercise, which leads to greater gains in muscle size and strength.

Who needs it?

Basically anyone who is ready to experience some awesome muscle-building effects can benefit from HMB. Deficiency is not an issue, but building strength, getting cut, and trimming off the extra fat is. It is safe for men and women.



Size	Flavours	Key ingredients	Why buy Hardcore HMB
120 tabs	Tasteless	<ul style="list-style-type: none"> • Calcium B-Hydroxy • B-Methylbutyrate Monohydrate (HMB) • Potassium Phosphate 	<ul style="list-style-type: none"> • Prevent muscle tissue breakdown • Gain muscle mass whilst losing fat • Rapid recovery from extreme workout • Enhance sporting performance