

MET-Rx[®]

ENGINEERED NUTRITION[®]



WEIGHT
MANAGEMENT

LIQUID L-CARNITINE

EASY TO CONSUME AND VERY FAST ACTING

MET-Rx® L Carnitine is a versatile supplement – perfect for endurance athletes or those wanting to utilize excess energy. The Liquid form of L-Carnitine means it is easy to consume and very fast acting because it absorbs into cells quicker than a tablet.

What is L-Carnitine?

L-Carnitine is nitrogen containing amino acid compound which is found naturally in cells. 95 % of the body's L- Carnitine is located in the skeletal and cardiac muscle. The body cannot release energy from fat without using L- Carnitine, and as every bodily function requires energy, L-Carnitine is considered to be a “conditionally essential nutrient”.

Synthesis

L-Carnitine can be synthesised in the liver and kidneys from lysine and methionine.

Why athletes may benefit

L-Carnitine assists in fat breakdown/metabolism. L-Carnitine also helps use the bodies energy stores which can help support endurance exercises and recovery from high intensity exercise.



SIZE	FLAVOURS	KEY INGREDIENTS	WHY BUY LIQUID L-CARNITINE?
473 ml	• Lemon	• Vitamin B5	<ul style="list-style-type: none">• May support and promote energy production and metabolism• Assists in the breakdown of fats in food• May help promote muscular energy during endurance exercise

CARNITEST 1000

THE PERFECT AID TO WEIGHT MANAGEMENT

MET-Rx® Carnitest is a new versatile supplement perfect for those wanting to aid weight management. Carnitest contains the natural and most bioavailable form of carnitine available L-Carnitine.

Quick Recovery

Hard training can take a toll on your body decreasing recovery and halting your progress in the gym. MET-Rx® Carnitest 1000 is designed to help speed recovery by reducing exercise-induced muscle damage and soreness that are normal consequences of any serious bodybuilding program.

Carnitine

L-Carnitine is a natural substance found in most cells of the body, particularly the brain and muscles. It plays a vital role in fat metabolism by making fatty acids available for energy in tissues, especially muscles. This in turn helps generate energy for endurance.

Dosage

Studies carried out by MET-Rx® show that MET-Rx® Carnitest 1000mg taken twice a day is the most suitable dose. You may find Carnitest to be most effective when taken in conjunction with regular exercise and a calorie controlled diet.

Stay Hydrated

Dehydration occurs when the amount of water leaving the body is greater than the amount being taken in. Maintaining fluid intake for all athletes is essential before, during and after exercise as it helps avoid dehydration, something which all athletes are prone to. The body can lose significant amounts of water when it tries to cool itself by sweating and as the level of water loss increases, more symptoms can become apparent. So remember...stay hydrated!



SIZE	FLAVOURS	KEY INGREDIENTS	WHY BUY CARNITEST 1000?
60 caps	Tasteless	<ul style="list-style-type: none">• 1000mg L-Carnitine per serving	<ul style="list-style-type: none">• May support and promote energy production and metabolism• Can assist in the breakdown of fats in foods• May help promote muscular energy during endurance exercise

XTREME THERMO SURGE

A THERMOGENIC FOR HIGH ENERGY LEVELS

MET-Rx® Thermo Surge actively helps weight management by curbing the appetite while keeping energy levels high. Thermo surge combines a collection of natural products used to aid digestion and help with weight management.

Cinnamon, Dill Weed and Ginger.

Cinnamon is high in antioxidant activity which helps to cancel out harmful free radicals within the body. Dill Weed aids in combating flatulence and stomach cramps. Ginger has been traditionally taken to relieve the symptoms of nausea and calm the stomach. The combination of Cinnamon, Dill weeds and Ginger all help to provide a healthy digestion system.

Yerba Mate

Yerba Mate (pronounced "yerba mahtay") is a cultural drink of Native Indians in South America and is extracted from the leaves of a small evergreen tree grown locally. Yerba Mate contains a number of natural alkaloids (caffeine, theobromine and theophylline), saponins and a number of natural vitamins and minerals which all come from the leaves of the evergreen holly tree. Yerba Mate has a number of different beneficial properties due to the presence of alkaloids. These may help reduce fatigue, boost energy, suppress appetite and give a diuretic effect which helps the body rid of excess water stores. Some scientific research has shown that Yerba Mate can also help aid weight loss.



SIZE	FLAVOURS	KEY INGREDIENTS	WHY BUY THERMO SURGE?
120 caps	Tasteless	<ul style="list-style-type: none">• Dill weed extract• Ginger root• Guarana seed• Yerba mate	<ul style="list-style-type: none">• Helps to reduce body fat• Promotes lean muscle mass• Curbs your appetite

XTREME THERMO CRUSH

A THERMOGENIC FOR A LEANER BODY

The ingredients in MET-Rx® Thermo Crush have been specially combined to result in an excellent product which can help control the energy stored as calories in the body. Supplementation may result in lean body mass as calories eaten throughout the day are not stored; they are simply used by the body during exercise and daily activities.

CLA (Tonalin)

Tonalin is sourced from Safflower oil and is a potent source of Conjugated Lionleic Acid. Years of study show that Tonalin may help change body composition by reducing body fat and preserving lean body mass.

Green Tea Extract

The most abundant component of Green Tea is polyphenol and Caffeine, both of which are essential in order for thermogenesis to take place. Studies have also shown that Green Tea suppresses the appetite and increases thermogenesis which may result in weight loss*.

Guarana Seed Extract

Guarana Seed has been used by the Amazonian Indians of South America for a number of different uses including to increase energy levels and suppress appetite. The main components of Guarana Seeds consist of a rich source of caffeine, and theobromine.

Studies have identified Guarana as being an Ergogenic Acid- which is an acid which may help support sports training and performance.

* To be used in conjunction with a calorie controlled diet and daily exercise.



SIZE	FLAVOURS	KEY INGREDIENTS	WHY BUY THERMO CRUSH?
120 caps	Tasteless	<ul style="list-style-type: none">• Tonalin™ CLA• Guarana extract• Ginger root• Green tea extract• Black tea & white tea extract	<ul style="list-style-type: none">• Helps to reduce body fat• Promotes lean muscle mass• Great consumer feedback

HARDCORE EFA'S

A BALANCED BLEND OF ESSENTIAL FATTY ACIDS

MET-Rx® HARDCORE Essential Fatty Acids (EFAs) provide a potent combination of omega 3, omega 6 and omega 9 – the 'good' fats sought after by athletes and healthy-eaters. EFAs cannot be produced by the body and therefore must be obtained via your diet.

What are essential fatty acids?

Essential fatty acids (EFAs) play an important role in the rebuilding and production of new cells, the metabolism of body fat, and many other vital health functions. These fats cannot be produced by the body and need to be supplied through diet or supplementation.

Correcting deficiencies in essential fatty acids

People participating in sport or training regularly are inclined to become deficient in essential fatty acids. Deficiencies in essential fats reduced the body's ability to burn fat as energy, have a negative effect on hormonal health and reduce the capacity to grow and preserve muscle. MET-Rx® EFA's are a potent combination of Omega 3, 6 & 9 essential fatty acids that help to correct EFA deficiencies. Athletes supplementing with EFA report rapid reduction in body fat percentage and increased muscle size, definition and density. MET-Rx® EFA's precise blend of natural oils has been carefully formulated to supply an ideal ratio of omega 3, 6 & 9 fatty acids.

A potent combination of omega oils

EFAs play an important role in many vital biological actions such as fat metabolism, cellular function and healthy skin. The powerful new MET-Rx® EFA formula uses the most potent sources of EFAs: cold-water fish oil, flaxseed oil and starflower oil. These sources supply an ideal ratio and quantity of Omega 3, 6 and 9 fatty acids, including EPA/DHA gamma-linolenic acid and alpha-linolenic acid. Vitamin E has also been added, which naturally prevents the oxidation of omega oils.



SIZE	FLAVOURS	KEY INGREDIENTS	WHY BUY EFA'S?
60 caps	Tasteless	<ul style="list-style-type: none">• Vitamin E• Fish oil• Flaxseed oil• Starflower oil	<ul style="list-style-type: none">• Vitamin E 3.36mg a-TE (5 I.U.)• Fish oil 400mg• Flaxseed oil 400mg• Starflower oil 400mg

HARDCORE CLA

TO HELP LOSE WEIGHT AND PROMOTE MUSCLE TONE

If you are looking for a sports supplement to help kick start your weight loss efforts, then MET-Rx® CLA is the one for you. CLA will not only help with your weight loss program but will also help convert unwanted body fat into lean muscle mass.

What is CLA?

Conjugated linoleic acid (CLA) is an isomer of linoleic acid (one of the essential fatty acids). The form of CLA found most commonly in dietary supplements is manufactured from vegetable oils such as sunflower oil or safflower oil. One of the leading brands of CLA, Tonalin™, and the one on which the majority of studies has been conducted, is derived from safflower oil.

Strongest evidence

Of all the supplements claiming to help with weight loss, the supplement with the strongest evidence to support its effectiveness is CLA. There has been a variety of research in the past several years which supports the claim that CLA reduces body fat.

How does it work?

CLA works in the body via a process known as repartitioning, in which the CLA is said to help switch calories from food into healthy muscle tone tissue whilst helping the body to burn stored fat cells.

Should you use CLA

If you're training hard and still finding it hard to lose weight, or frustrated by the fact that the weight isn't coming off quickly enough, then MET-Rx® CLA could help you reach your weight management goals more quickly.

Quick and easy

MET-Rx® CLA comes in easy to swallow taste-free capsules. Simply take 1 to 2 capsules, three times daily, preferably with a meal.



SIZE	FLAVOURS	KEY INGREDIENTS	WHY BUY CLA?
90 caps	Tasteless	<ul style="list-style-type: none">Tonalin™ 1,000mg (78-84% conjugated linoleic acid)	<ul style="list-style-type: none">Assist in the reduction of body fatPromotes lean muscle massMay support immune system