



**CHANGING  
THE GAME. AGAIN.**

Product Catalog 2021

**DY Nutrition is an international company founded in the United Kingdom of Great Britain and Northern Ireland built by a team of Scientists and Nutrition Professionals, based on the unequalled experience of the legendary six times Mr. Olympia, Dorian Yates.**

**DY Nutrition  
is taking  
sports  
nutrition  
to the  
NEXT  
LEVEL**

DY Nutrition's core mission is providing high quality products for anyone who wants to improve health & performance.

In doing so, our approach is lead by example. Dorian's entire career proves the soundness of his methods and the durability of his philosophy: he has been a thriving athlete, constantly learning and improving, and he is still healthy and vigorous.

DY Nutrition products and services share this constant improvement philosophy.

Our products are designed using the most advanced scientific research available and are manufactured in a state of the art GMP Approved facility.

Our precise, efficient, and innovative services cater to our client's high standards of performance.

## OUR MISSION

The DY Nutrition mission is to help any person that wants to improve health and training performance, providing the reliable gold standard products in the most convenient and hygienic packaging.



## QUALITY STATEMENT

Here at DY Nutrition we ensure our Quality Systems are driven throughout each step of the development and production process, this is from raw material evaluation to fulfilment.

All products undergo laboratory testing to confirm the integrity and quality of each product. As a standard several tests are implemented to support the validity and efficacy of raw material and final product.

All our products are made in manufacturing facilities that are routinely assessed by the British Assessment Bureau to demonstrate our ongoing commitment to ISO: 9001 standards, GMP, ISO:22000-2005.

## FTIR Spectroscopy

During the manufacturing stage, FTIR Spectroscopy is carried out on every material that enters the manufacturing site, a process used to identify organic, polymeric, and in some cases, inorganic materials to ensure everything listed on the label is 100% in the final product.

## Dissolution Testing

This state-of-the-art process involves the ongoing testing of in vitro (external to the body/biological context) release for tablets and capsules. This is done on a batch to batch basis to ensure batch consistency and predict in vivo (internal to body) compound release of ingredients.

By the time we produce our final product, every supplement comes with a Certificate of Analysis, signed, and stamped. A HACCP plan is in place to ensure biological, physical, and chemical safety which ensures the avoidance of introduction of significant levels of contamination into any product, reducing the potential for microbiological growth.

## Friability Testing

Each product is meticulously weighed and measured to ensure consistency and uniformity using calibrated precision test weighing scales. From here we test for hardness and friability, a process that tests the durability of tablets during the packing processes and transit.

## Labelling

You would hope that in a well-regulated industry, the labelling standards are high and upheld by manufacturers and retailers... but they are not. The sheer volume of supplements on the market mean the regulators are constantly playing catch up, so poorly labelled products make it onto the market and often fly below the inspectors radar.

The emphasis is therefore on you to ensure the food supplements you buy are from reputable and transparent companies who outwardly abide by the guidelines set by the Department of Health, the European Commission, EFSA and the MHRA.

DY Nutrition respects all guidance on labelling food supplements to maintain integrity with regulatory bodies, but more importantly, to preserve the trust and wellbeing of our customers.



LEAN MUSCLE



**PROTEINS**

***SHADOWLINE***

BULK UP



# WHEY PROTEIN CONCENTRATE



## NUTRITIONAL INFORMATION

Typical Values	Per 100 g	Per 30 g Serving
Energy Calories	369.14* / 357.64**	110.74* / 107.29**
kJ	1548.23* / 1499.18**	464.47* / 449.76**
Protein (g)	71.56* / 70.44**	21.47* / 21.13**
Fat (g)	5.59* / 5.42**	1.68* / 1.63**
Saturates (g)	3.71* / 3.61**	1.11* / 1.08**
Carbohydrate (g)	6.47* / 5.87**	1.94* / 1.76**
Sugars (g)	5.86* / 5.87**	1.76* / 1.76**
Salt (g)	0.66* / 0.68**	0.20* / 0.20**

Amino Acid Profile*	Per 100 g	Per 30 g Serving
Alanine (g)	4.49	1.35
Arginine (g)	2.83	0.85
Aspartic Acid (g)	10.39	3.12
Cysteine (g)	2.39	0.72
Glutamic Acid (g)	16.78	5.04
Glycine (g)	1.71	0.51
Histidine (g)	2.02	0.61
Isoleucine (g)	5.12	1.54
Leucine (g)	11.46	3.44
Lysine (g)	9.51	2.85
Methionine (g)	2.19	0.66
Phenylalanine (g)	3.60	1.08
Proline (g)	4.93	1.48
Serine (g)	4.31	1.29
Threonine (g)	4.82	1.44
Tryptophan (g)	2.12	0.64
Tyrosine (g)	3.18	0.96
Valine (g)	4.86	1.46

\*Chocolate flavour<sup>1</sup> / \*\*Other flavours<sup>2,3,4,5</sup>

## PRODUCT DESCRIPTION

**RENEW Whey Protein Concentrate** is the highest quality whey protein concentrate available, containing more than 21 g of protein per sachet. Naturally high in BCAAs and glutamine, RENEW Whey Protein Concentrate is digested quickly, it is ideal post-workout or as a convenient source of protein between meals throughout the day.

## DOSING

**RENEW Whey Protein Concentrate** contains more than 21 g of protein per sachet. Mix 1 sachet (approximately 30 g) in 200-300 ml water and consume immediately following exercise. The recommended consumption is 1-3 servings per day.

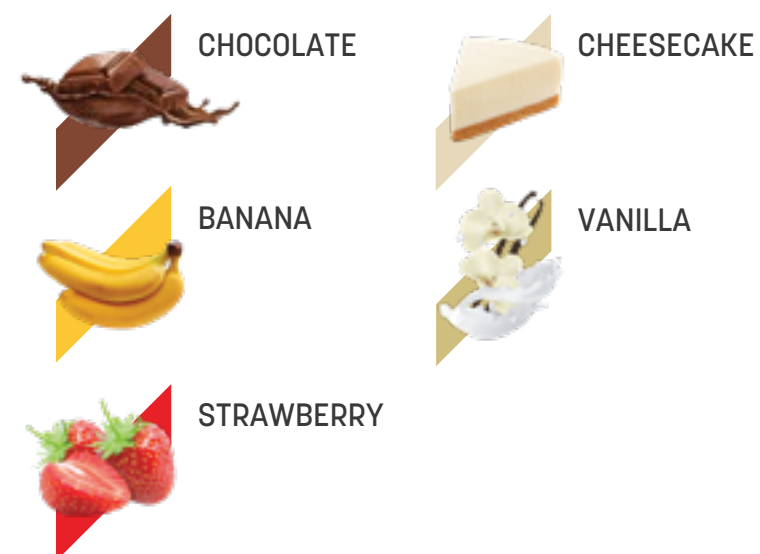
**Easy absorption** and digestion

**Minimize** muscle breakdown

Provides all **Essential Amino-acids**

**Doesn't bloat** or distend

## FLAVORS



## PACKAGING



900 g **Box**  
30 Servings



30 g **Sachet**  
1 Serving

# WHEY PROTEIN ISOLATE



## NUTRITIONAL INFORMATION

Typical Values	Per 100 g	Per 30 g Serving
Energy Calories	370.35* / 357.88**	111.11* / 107.37**
kJ	1552.77* / 1500.48**	465.83* / 450.14**
Protein (g)	81.95* / 81.13**	24.58* / 24.34**
Fat (g)	1.55* / 1.12**	0.47* / 0.34**
Saturates (g)	0.60* / 0.32**	0.18* / 0.09**
Carbohydrate (g)	2.41* / 1.71**	0.72* / 0.51**
Sugars (g)	1.89* / 1.71**	0.57* / 0.51**
Salt (g)	0.17* / 0.16**	0.05* / 0.05**

Amino Acid Profile*	Per 100 g	Per 30 g Serving
Alanine (g)	4.68	1.40
Arginine (g)	1.98	0.59
Aspartic Acid (g)	10.72	3.22
Cysteine (g)	2.10	0.63
Glutamic Acid (g)	18.29	5.49
Glycine (g)	1.50	0.45
Histidine (g)	1.57	0.47
Isoleucine (g)	6.45	1.93
Leucine (g)	9.95	2.99
Lysine (g)	9.15	2.75
Methionine (g)	2.17	0.65
Phenylalanine (g)	2.94	0.88
Proline (g)	6.29	1.89
Serine (g)	4.69	1.41
Threonine (g)	6.73	2.02
Tryptophan (g)	1.95	0.58
Tyrosine (g)	2.83	0.85
Valine (g)	5.85	1.76

\*Chocolate flavour<sup>1</sup> / \*\*Other flavours<sup>2,3,4</sup>

## PRODUCT DESCRIPTION

The Native Whey used in **RENEW Whey Protein Isolate** production means you receive a purer protein than others on the market. Native whey is the top standard raw material used in the production of whey protein supplements, hence why DY Nutrition insist on this as a standard.

## DOSING

**RENEW Whey Protein Isolate** contains over 24 grams of protein per sachet. Mix 1 sachet (approximately 30 g) in 200-300 ml water and consume immediately following exercise. The recommended consumption is 1-3 servings per day.

**24g of Protein** per Serving

**Very Low Carbs** (0,51g per serving)

**Very Low Sugars** (0,51g per serving)

Made from **Native Whey**

## FLAVORS



## PACKAGING



# VEGAN PROTEIN

from PEA



## NUTRITIONAL INFORMATION

Typical Values	Per 100 g	Per 33 g Serving
Energy Calories	346.35* / 333.14**	114.29* / 109.94**
kJ	1449.46* / 1393.86**	478.32* / 459.99**
Protein (g)	68.31* / 75.84**	22.54* / 25.03**
Fat (g)	5.78* / 6**	1.91* / 2**
Saturates (g)	1.40* / 1**	0.46* / 0.3**
Carbohydrate (g)	6.51* / 3**	2.15* / 0.9**
Sugars (g)	0.21* / 0.03**	0.07* / 0.01**
Salt (g)	1.60* / 1.80**	0.53* / 0.6**

Amino Acid Profile*	Per 100 g	Per 33 g Serving
Alanine (g)	3.26	1.08
Arginine (g)	7.05	2.33
Aspartic Acid (g)	8.71	2.87
Cysteine (g)	0.80	0.26
Glutamic Acid (g)	13.43	4.43
Glycine (g)	3.12	1.03
Histidine (g)	1.93	0.64
Isoleucine (g)	3.52	1.16
Leucine (g)	6.16	2.03
Lysine (g)	5.32	1.76
Methionine (g)	0.89	0.29
Phenylalanine (g)	4.09	1.35
Proline (g)	3.41	1.12
Serine (g)	3.83	1.26
Threonine (g)	2.94	0.97
Tryptophan (g)	2.71	0.89
Tyrosine (g)	3.65	1.20
Valine (g)	1.04	0.34

\*Chocolate flavour<sup>1</sup> / \*\*Other flavours<sup>2</sup>

## PRODUCT DESCRIPTION

RENEW Vegan Protein delivers 25 g of bioavailable protein per 33 g serving, providing all 9 Essential amino acids (EAA's) including the 3 essential BCAA's Leucine, Isoleucine and Valine, which we know to be critical to lean muscle mass accretion.

## DOSING

RENEW Vegan Protein delivers 25 g of bioavailable protein per 33 g serving. Mix 1 sachet (approximately 33 g) in 200-300 ml water and consume immediately following exercise.

25g of bio-available protein per serving

Easy to absorb form of protein

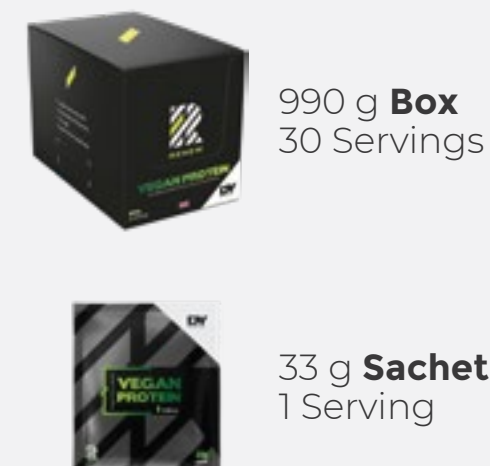
Provides all the EAA and BCAA for muscle growth

Extracted from pea

## FLAVORS



## PACKAGING





# WHEY PROTEIN SHADOWHEY HYDROLYZED



90% rapid-acting, **high-quality protein** and essential nutrients

Rich in Amino Acids that fortify the muscle mass and **prevents catabolism**

Protein is broken down to peptides that are **rapidly digested**

**Highest rate of absorption** by the human body

## NUTRITIONAL INFORMATION

CONTENT	PER 100G PRODUCT	PER 30G SERVING	RI%(PER SERVING)
Energy	1621 kJ / 382 kcal	405 kJ / 96 kcal	5%
Fat	2.1 g	0.5 g	1%
- of which saturated	0 g	0 g	0%
Carbohydrates	0.8 g	0.2 g	0%
- of which sugars	0 g	0 g	0%
Protein	90 g	23 g	46%
Salt	0.3 g	0.08 g	1%
HMB	833 mg	208 mg	N/A
D-Aspartic Acid	833 mg	208 mg	N/A
Iron	46.6 mg	11.7 mg	N/A
Zinc	33.3 mg	8.3 mg	N/A
Lactase Enzyme	20 mg	5 mg	N/A

\*RI: Reference intake for an average adult ( 8400 KJ / 2000 kcal ).  
\*N/A: RI has not been established.

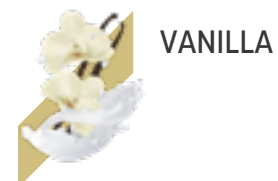
## FLAVORS



CHOCOLATE



COOKIES  
and CREAM



VANILLA



STRAWBERRY  
BANANA

## PRODUCT DESCRIPTION

**Shadowhey Hydrolysed Protein** contains 90% rapid-acting, high-quality protein, and essential nutrients. Provides 22g of lean protein per serving. Contributes to the growth and maintenance of muscle mass. Ideal for post-workout or a quick surge of highly bioavailable protein.

## DOSING

**For first-time gym-goers:** start by mixing 1 scoop of powder with 250ml of water or skimmed milk. Drink 1 serving after each training session or physical exercise

**For serious gym goers:** mix 2 scoops of powder with 250-350ml of water or skimmed milk. Drink 1 serving after your workout or in-between meals in order to reach your fitness goals, you can supplement your daily protein intake to reach 2,2g of protein per body kilo.

## PACKAGING



2270 g **Container**  
~ 90 Servings



1 **Scoop** (25g)  
1 Serving

# WHEY PROTEIN SHADOWHEY ISOLATE



26g per serving of **highest quality** whey protein isolate

Perfect for post-workout or as meal replacements as **high source of protein**

High absorption for **Enhanced Muscle Building** Rate

**Speeds up the recovery** period after intense workouts

## NUTRITIONAL INFORMATION

CONTENT	PER 100G PRODUCT	PER 30G SERVING	RI%(PER SERVING)
Energy	1638 kj / 386 kcal	491 kj / 116 kcal	6%
Fat	3.4 g	1 g	2%
- of which saturated	2.9 g	0.9 g	5%
Carbohydrates	2.4 g	0.7 g	0%
- of which sugars	0 g	0 g	0%
Protein	86 g	26 g	52%
Salt	0.2 g	~0 g	1%

\*RI: Reference intake for an average adult ( 8400 KJ / 2000 kcal ).

## FLAVORS



CHOCOLATE



COOKIES and CREAM



STRAWBERRY



STRAWBERRY BANANA



VANILLA CARAMEL



PISTACHIO

## PRODUCT DESCRIPTION

**Shadowhey Isolate** contains only pure, cross-flow filtered whey protein isolate for maximum bioavailability.

Contains 26 grams of the highest quality, rapid-acting whey protein isolate per serving, ideal for post-workout or a quick surge of convenient protein.

## DOSING

**For first-time gym-goers:** start by mixing 1 scoop of powder with 250ml of water or skimmed milk. Drink 1 serving after each training session or physical exercise.

**For serious gym goers:** mix 2 scoops of powder with 250-350ml of water. Drink 1 serving after your workout, in the morning or in-between meals. In order to reach your fitness goals, you can supplement your daily protein intake to reach 2,2g of protein per body kilo.

## PACKAGING



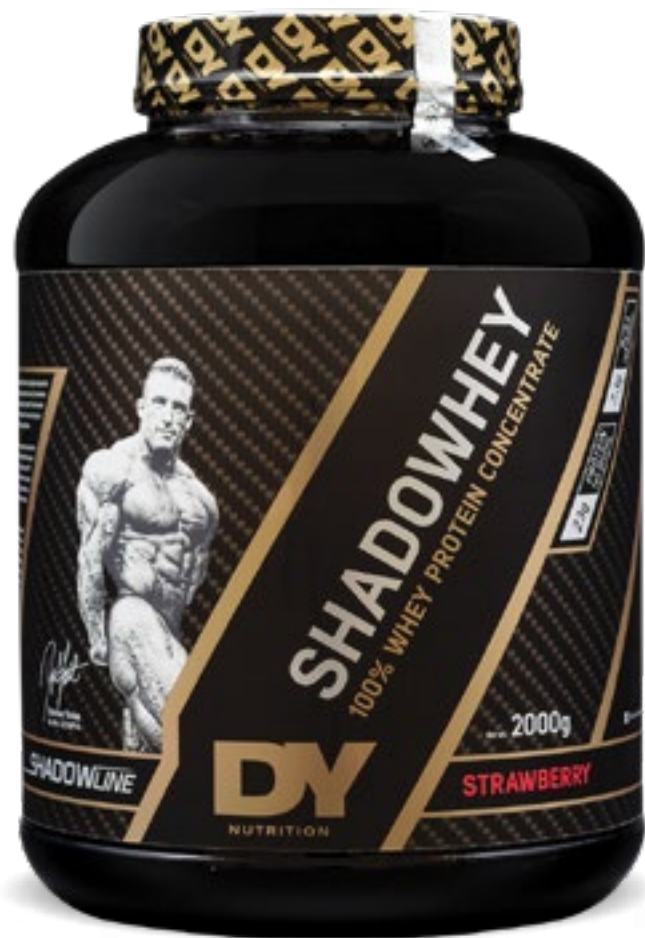
2000 g **Container**  
~ 66 Servings



1 **Scoop** (30g)  
1 Serving



# WHEY PROTEIN SHADOWHEY CONCENTRATE



Naturally **high in BCAA** and glutamine for muscle building & recovery

Contributes to the development of **lean muscle tissue**

Convenient **source of protein** between meals throughout the day

**Delicious flavors** to choose and enjoy it daily

## NUTRITIONAL INFORMATION

CONTENT	PER 100G PRODUCT	PER 30G SERVING	RI%(PER SERVING)
Energy	1627 KJ / 385 kcal	488 KJ / 116 kcal	6%
Fat	6 g	1.8 g	3%
- of which saturated	4.2 g	1.3 g	7%
Carbohydrates	5.4 g	1.6 g	1%
- of which sugars	4.9 g	1.5 g	2%
Fiber	2.7 g	0.8 g	N/A
Protein	76 g	23 g	46%
Salt	0.4 g	0.1 g	2%

\*RI: Reference intake for an average adult ( 8400 KJ / 2000 kcal ).

\*N/A: RI has not been established.

## FLAVORS



## PRODUCT DESCRIPTION

**Shadowhey** is the highest quality whey protein concentrate available on the market, containing over 23 grams of protein per scoop.

**Shadowhey Protein Concentrate** is designed for physically active people and athletes who want to enhance recovery times between sessions of physical exercise and also fortify their assault on building muscle. Naturally high in BCAAs and Glutamine, Shadowhey is rapidly digested and perfect post-workout or as a convenient source of protein between meals throughout the day.

## DOSING

**For first-time gym-goers:** start by mixing 1 scoop of powder with 250ml of water or skimmed milk. Drink 1 serving after each training session or physical exercise.

**For serious gym goers:** mix 2 scoops of powder with 250-350ml of water. Drink 1 serving after your workout or in-between meals.

## PACKAGING



2000 g **Container**  
~ 66 Servings



1 **Scoop** (30g)  
1 Serving

# MASS GAINER

## GAME CHANGER MASS



**Excellent quality** sources of whey protein and essential vitamins

**Powerful blend** of protein, minimal fat, carbohydrates, crucial creatine

Deliver a **quality source of nutrients** to sustain energy and performance

High-quality source of calories to **gain quality muscle mass**

### NUTRITIONAL INFORMATION

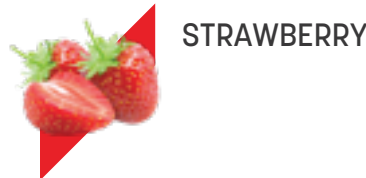
CONTENT	PER 100G PRODUCT	PER 150G SERVING	RI%(PER SERVING)
Energy	1695KJ / 399kcal	2542KJ / 599kcal	6%
Fat	1.7 g	2.6g	4%
- of which saturated	1 g	1.5 g	8%
Carbohydrates	64 g	96 g	37%
- of which sugars	6.6g	9.9 g	11%
Protein	32 g	48 g	96%
Salt	0.02g	0.03g	1%

\*RI: Reference intake for an average adult ( 8400 KJ / 2000 kcal ).

### FLAVORS



CHOCOLATE



STRAWBERRY



ALMONDS



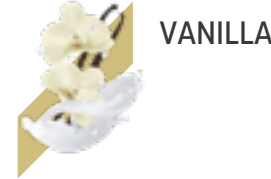
CHOCOLATE NUTS



STRAWBERRY BANANA



COOKIES and CREAM



VANILLA

### PRODUCT DESCRIPTION

**Dorian Yates's Game Changer Mass** contains excellent quality sources of whey protein and essential vitamins & minerals, leading to a constant trickle of amino acids and nutrients into the bloodstream for continuous muscle recovery and repair.

We've added a convenient source of calories for athletes looking to enhance their muscular development. Combined with crucial creatine and complex sources of carbohydrates, the formula helps to deliver a quality source of nutrients to sustain energy and performance in the gym, in addition to increasing your overall daily calorie intake.

### DOSING

Mix 2 scoops of powder (150g) to 400 ml of cold water or skimmed milk and shake well.

On training days, drink 1 serving immediately after workout.

On non-training days, drink 1 serving between meals.

### PACKAGING



3000 g **Container**  
20 Servings



2 **Scoops** (150g)  
1 Serving



# METABOLIC MASS GAINER

## LEAN MUSCLE CATALYST



Contains all **9 EAA & Creatine Monohydrate**

**99 g of Carbohydrates** per serving

Contains **9 vitamins & 4 Minerals**

**42 g of Protein** per serving

### NUTRITIONAL INFORMATION

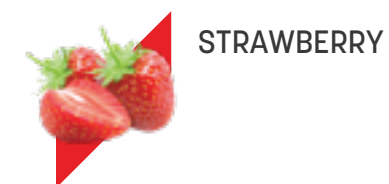
CONTENT	PER 100G PRODUCT	PER 150G SERVING	RI%(PER SERVING)
Energy	1676KJ / 395kcal	2514KJ / 592kcal	30 %
Fat	2.1 g	3.2g	5 %
- of which saturated	1.2 g	1.8 g	9 %
Carbohydrates	66 g	99 g	38 %
- of which sugars	5 g	7.5 g	8 %
Protein	28 g	42 g	84 %
Salt	0.1 g	0.15 g	3 %

\*RI: Reference intake for an average adult ( 8400 KJ / 2000 kcal ).

### FLAVORS



CHOCOLATE



STRAWBERRY



ALMONDS



PISTACHIO



COOKIES  
and CREAM



VANILLA

### PRODUCT DESCRIPTION

**Dorian Yates's Metabolic Mass Gainer** contains a powerful combination of top-quality Whey Protein, Creatine, vitamins, and essential nutrients. Recommended for physically active people and strength training athletes. Whey Protein is derived from milk.

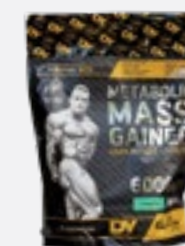
More specifically, whey is a byproduct of the dairy making process. Whey is essential because of its high protein content. Proteins are the fundamental elements of all the cells in the human body. In turn, proteins are made of amino acids. Some amino acids are produced by your body's cells, while others are supplied by the food you eat.

### DOSING

**For first-time gym-goers:** drink 1 serving after each training session or physical exercise.

**For Mass-Hungry Trainers:** drink 1 serving after each workout and in-between meals, in order to reach your muscle-mass building goals.

### PACKAGING



6000 g **Bag**  
40 Servings



2 **Scoops** (150g)  
1 Serving

# FATOFF!

## PROTEIN BAR

HIGH PROTEIN & FIBRE



**High Protein** Content to keep you strong

**High Fibre** Content to help your digestion

**Low Sugars** to keep you fit

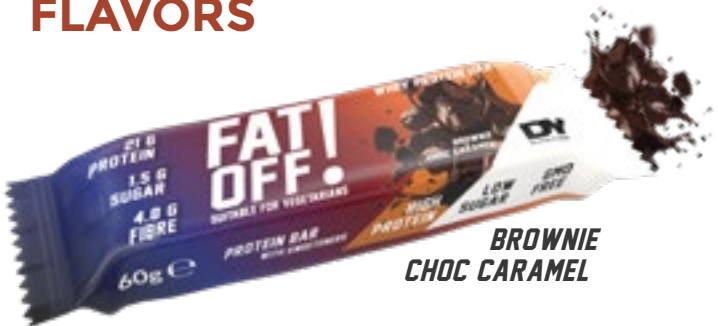
GMO Free and **Vegetarian Friendly**

### NUTRITIONAL INFORMATION

CONTENT	PER 100G PRODUCT	PER 60G SERVING
Energy	1380 kJ / 326 kcal	828 kJ/ 196 kcal
Fat	7.26g	4.4g
of which		
- Saturated	4.9g	2.9g
Carbohydrates	32.3g	19.4g
of which		
- Sugars	2.4g	1.5g
- Polyols	26.5g	15.9g
Fibre	8g	4.8g
Protein	34.9g	21g
Salt	0.43g	0.26g

\*Rt: Reference intake for an average adult ( 8400 KJ / 2000 kcal ).

### FLAVORS



### PRODUCT DESCRIPTION

Fat Off! is your perfect snack or meal replacement!

High in protein and fibre but low in sugars, it is the best choice for busy days when you have to eat something delicious, healthy and having the perfect ratio of ingredients for your body.

Fatt Off! is also GMO Free and suitable for Vegetarians, making it ideal for a strict diet.

Grab it now and stay fit and healthy!

### PACKAGING



720 g **Box**  
12 **Protein Bars**



1 **Protein Bar** (60g)  
1 **Serving**

PROTEIN BAR





**PRE-WORKOUT**

***SHADOWLINE***

# PRE-WORKOUT

## with CAFFEINE



Citrulline Malate for **high level of energy**

Beta-Alanine for **muscle endurance**

**Creatine Monohydrate** included

Betaine for **cell hydration**

### NUTRITIONAL INFORMATION

Ingredient	Typical Values per 14g Serving	NRV (%)
Beta-Alanine	2400 mg	-
Creatine Monohydrate	3000 mg	-
Betaine Hydrochloride	1500 mg	-
Piperine	5 mg	-
Caffeine	200 mg	-
N-acetyl L-tyrosine	1000 mg	-
Vitamin B12 (as Cyanocobalamin 1%)	2.5 µg	100
Vitamin B6 (as Pyridoxine HCl 82.4%)	11 mg	786
Vitamin C (as Ascorbic Acid 100%)	250 mg	312.5
Citrulline Malate	3000 mg	-
Rhodiola Rosea	188 mg	-

### FLAVORS



KIWI PEAR



WATERMELON



STRAWBERRY LEMONADE

### PRODUCT DESCRIPTION

Dorian Yates' Pre-Workout provides 3000mg of citrulline malate, 3000mg creatine monohydrate, 2400mg beta-alanine, 1500mg betaine hydrochloride, 1000mg N-acetyl L-tyrosine, 200mg caffeine and 188mg rhodiola rosea, complemented with B vitamins and vitamin C for that energy, longevity and recovery we know to be so important in performance progression.

### DOSING

**RENEW Pre-Workout.** Mix 1 sachet (approximately 14 g) in 200-300 ml water 30 minutes before exercise. The recommended consumption is 1 serving per day. Do not exceed the recommended daily dose.

### PACKAGING



280 g **Box**  
20 Servings



14 g **Sachet**  
1 Serving

PRE-WORKOUT



# PRE-WORKOUT

## no CAFFEINE



Arginine AKG for **blood vessel dilatation**

Includes **Creatine** Monohydrate

Vitamins B6, B12 for **high energy**

Betaine HCl for **cell hydration**

### NUTRITIONAL INFORMATION

Ingredient	Typical Values per Serving	NRV(%)
Creatine Monohydrate	3400 mg	-
Betaine Hydrochloride	2500 mg	-
Piperine	5 mg	-
Glycerol Monostearate	1500 mg	-
Vitamin B12 (as Cyanocobalamin 1%)	2.5 µg	100
Vitamin B6 (as Pyridoxine HCl 82.4%)	4.8 mg	300
Arginine AKG (2:1)	3000 mg	-
Citrulline Malate	3000 mg	-
Rhodiola Rosea	188 mg	-
Sodium (as Trisodium Citrate (24% Na))	300 mg	-
Potassium (as Potassium Citrate (35% K))	200 mg	10

### FLAVORS



MINT LEMONADE



WATERMELON



FRUIT PUNCH



MANGO

### PRODUCT DESCRIPTION

Dorian Yates' Pre-Workout without **stimulants**, offers an array of benefits a quality, expertly formulated pre-workout should, minus the overstimulation occasionally caused by caffeine, especially if you train late at night.

### DOSING

RENEW Pre-Workout No Caffeine It is recommended that 1 sachet (approximately 19 g) is mixed with 200-300 ml water and consumed 30 minutes before exercise.

### PACKAGING



380 g **Box**  
20 Servings



19 g **Sachet**  
1 Serving

PRE-WORKOUT

# CREATINE COMPLEX

multi-form CREATINE

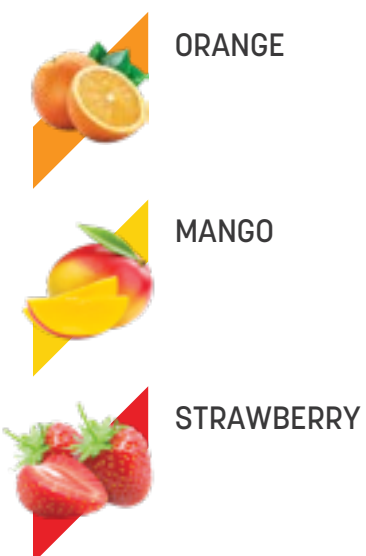


- Helps the accretion of **lean muscle mass**
- Support the **intramuscular water retention**
- Increases the **anaerobic energy**
- Boosts **strength and power**

## NUTRITIONAL INFORMATION

Ingredient	Typical Values per Serving
Creatine Monohydrate	3000 mg
Creatine Hydrochloride (HCl)	1000 mg
Creatine Ethyl Ester	1000 mg
Tri-Creatine Malate	500 mg

## FLAVORS



## PRODUCT DESCRIPTION

**RENEW Creatine Complex** considers the cumulative benefit each form of Creatine offers; hence we have selected 4 types of Creatine that together, offer maximal effect. Our unique multi-form creatine formula of 3000 mg Creatine Monohydrate, 1000 mg Creatine Hydrochloride, 1000 mg Creatine ethyl ester and 500 mg Tri-Creatine Malate.

## DOSING

**RENEW Creatine Complex.**  
Mix 1 sachet (approximately 6.5 g Creatine) in 250 ml water and consume immediately post exercise. The recommended consumption is 1 serving per day.

## PACKAGING



CREATINE



# BLOOD AND GUTS

## PRE-WORKOUT

PUSH YOUR LIMITS



**Boost focus, energy and strength** during physical exercise

Generates **powerful muscular contractions**, sustains focus

Boosts performance by extending **muscle endurance**

Improves the **athletic performance** for endurance sports

### NUTRITIONAL INFORMATION

CONTENT	PER 100G PRODUCT	PER 19G SERVING
Vitamin B3	250 mg	47.6 mg (297%NRV**)
L-Citruline DL-Malate (2:1)	315 g	5985 mg
of which L-Citruline	215 g	4085mg
A-AKG complex	211 g	4009 mg
- L-Arginine	14.1 g	2679 mg
- Calcium Alpha Ketoglutarate	7 g	1130 mg
Beta-Alanine	28.95 g	5500 mg
L-Tyrosine	2630 mg	500 mg
Green tea (Camellia sinensis)		
leaf extract 30:1	1320 mg	250 mg
- Total Polyphenols	1254 mg	237 mg
- Caffeine	66 mg	13 mg
Sweet orange (Citrus sinensis)		
100% peel extract	980 mg	186 mg
Caffeine anhydrous	1840 mg	350 mg
Guarana (Paullinia cupana) extract	210 mg	41 mg
- Caffeine	46 mg	9 mg
Black pepper (Piper Nigrum)		
(25-35:1) extract	10 mg	1.9 mg
- Piperine	9 mg	1.7 mg

\*\*NRV - Nutrient Reference Value of an average adult

### FLAVORS



STRAWBERRY



COLA



BLUEBERRY



KIWI-PEAR



BUBBLEGUM



MOJITO



WATERMELON

### PRODUCT DESCRIPTION

**Blood and Guts is a pre-workout** nutritional supplement designed to boost focus, energy and strength during physical exercise, enabling you to push past your mental and physical limits.

Our goal with Blood and Guts was to create a product that embodies Dorian's famous training philosophy and his exceptional work ethic. That's why the revolutionary Blood and Guts pre-workout contains solid doses of key nutrients, fused together through Dorian's lifelong experience, to create the most intense pre-workout supplement on the market today.

### DOSING

**Before working out:** the effects kick in 15 minutes after product ingestion.

Before exercising when cycling, running or practicing sports. You don't need to finish it before starting exercising.

### PACKAGING



380 g **Container**  
20 Servings



2 **Heaping Scoops** (~19g)  
1 Serving

# BLOOD AND GUTS PRE-WORKOUT

20 SACHETS 380G BOX



**Boost focus, energy and strength**  
during physical exercise

Generates **powerful muscular contractions**, sustains focus

Boosts performance by extending  
**muscle endurance**

Improves the **athletic performance**  
for endurance sports

## NUTRITIONAL INFORMATION

CONTENT	PER 100G PRODUCT	PER 19G SERVING	NRV (%)
L-Citrulline Malate (2:1)	31.5 g	6000 mg	-
Beta-Alanine	28.95 g	5500 mg	-
AAKG	20.5 g	4000 mg	-
L-Tyrosine	2.63 g	500 mg	-
Maltodextrin	1.85 g	352 mg	-
Caffeine Anhydrous	1.84 g	350 mg	-
Green Tea Extract (95% Polyphenols)	1.32 g	250 mg	-
Niacin	0.25 g	47.6 mg	297 %
Citrus Sinensis	0.98 g	186 mg	-
Guarana (22% Caffeine)	0.21 g	41 mg	-
Black Pepper Extract (95% Piperine)	0.01 g	1.9 mg	-

\*\*NRV - Nutrient Reference Value of an average adult

## FLAVORS



MINT LEMONADE



WATERMELON



FRUIT PUNCH



MANGO

## PRODUCT DESCRIPTION

### Dorian Yates' Blood and Guts

formula put intensity at the forefront of your training sessions.

From the very first serving, a swift infusion of a blistering combination of ingredients including a staggering 6000mg citrulline malate, 4000mg arginine AAKG, and 5500mg beta-alanine is designed to maximize training performance.

Our goal with Blood and Guts was to create a product that embodies Dorian's famous training philosophy and his exceptional work ethic. That's why the revolutionary Blood and Guts pre-workout contains solid doses of key nutrients, fused together through Dorian's lifelong experience, to create the most intense pre-workout supplement on the market today.

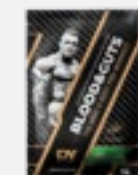
## DOSING

Mix 1 sachet (~19g) in 200-300ml of water, 30 minutes before exercise.

## PACKAGING



380 g **Box**  
20 Servings



19 g **Sachet**  
1 Serving



# #M6TEEN LIQUID PRE-WORKOUT LIQUID



Boosts performance by extending **muscle endurance**

**Relentless energy** source and refreshing taste

Includes powerful **vitamin B** complex

Delivering a burst of caffeine for **unparalleled mental focus**

## NUTRITIONAL INFORMATION

CONTENT	PER 100ML PRODUCT	PER 60ML SERVING	NRV% (PER SERVING)
Vitamin B6	4.6 mg	2.7 mg	197%
Vitamin B12	54 µg	32 µg	1280%
Battle-Blend:	10.21 g	6.12 g	0%
- Beta-Alanine			
- Taurine			
- Caffeine			
- Vitamin B3			

\*RI: Reference intake for an average adult ( 8400 KJ / 2000 kcal ).  
\*N/A: RI has not been established.



## FLAVORS



BLUEBERRY



MOJITO



PEACH



CHERRY

## PRODUCT DESCRIPTION

#M6Teen detonates a quick surge of commanding strength and endurance throughout your body, by employing dominating doses of Beta-Alanine and Taurine. The Battle-Blend enhances energy levels while also delivering a burst of caffeine for unparalleled mental focus.

Furthermore, #M6teen has your 6 with its powerful vitamin B complex. Gear up with an ammo kit of 12 explosive shots.

#LockAndLoad with 4 fresh flavors: Blueberry, Peach, Cherry, Mojito.

## DOSING

Fire 1 shot (60ml ampule) 30 minutes before deployment on the battlefield.

Before Working Out: the effects kick in 30 minutes after product ingestion.

Before exercising when cycling, running, or exercising outdoors.

## PACKAGING



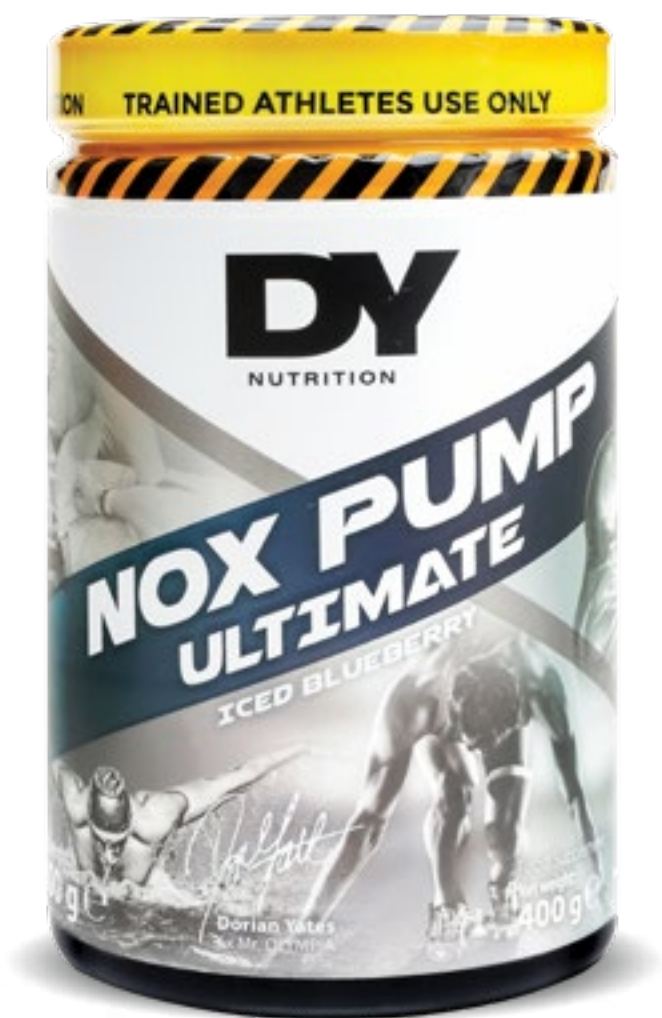
12x60 ml **Box**  
12 Servings



60 ml **Ampule**  
1 Serving

PRE-WORKOUT

# NOX PUMP ULTIMATE PRE-WORKOUT



**Extreme pumps** and **increased strength**

**Improved endurance** and delayed muscle fatigue

Enhanced **mind-muscle connection**

Supports **high intensity** from the beginning to the end

## NUTRITIONAL INFORMATION

CONTENT	PER 100G PRODUCT	PER 20G SERVING
L-Citrulline	25 g	5,000 mg
Tri-Methyl Glycine	25 g	5,000 mg
Beta Alanine	16 g	3,200 mg
L-Ornithine	7,5 g	1,500 mg
L-Tyrosine	5 g	1,000 mg
Caffeine Anhydrous	1,75 g	350 mg
Juniper Berry Extract	1,5 g	300 mg
Kigelia Africana	1,5 g	300 mg
AstraGin®	0,25 g	50 mg
BioPerine™	0,05 g	10 mg

## FLAVORS



BUBBLEGUM



FRUIT PUNCH



COTTON CANDY



GREEN APPLE



ICED BLUEBERRY



STRAWBERRY-KIWI

## PRODUCT DESCRIPTION

Nox Pump Ultimate is the ultimate pre-workout for any athlete who wants to enhance every aspect of his training.

An extreme combination of the most powerful ingredients as Beta-Alanine, Caffeine or Juniper Extract will work together to keep you focused, energized and strong until the end of your training.

Moreover, due to the Tri-Methyl Glycine you will avoid a severe fatigue after intense workouts and the recovery period will be shorter.

Using Nox Pump Ultimate there will be no bad or low intensity trainings!

## DOSING

Mix 1 scoop of powder (20g) to 250-400 ml of cold water and shake well.

Consume 30 minutes before beginning activity.

## PACKAGING



400 g **Container**  
20 Servings



1 **Scoop** (20g)  
1 Serving





**INTRA-WORKOUT**

***SHADOWLINE***

# BCAA

## Branched-Chain Amino Acids



**Muscle accretion** without bloating

**Limits** the **muscle catabolism**

**Optimizes** the **recovery process**

**Easy to take** during workout

### NUTRITIONAL INFORMATION

Ingredient	Typical Values per Serving
BCAA 10:1:1	6000 mg
Citrulline Malate	2000 mg
Beta-Alanine	1000 mg
Taurine	1000 mg
Vitamin D (as Cholecalciferol (vegan))	5 µg

### FLAVORS



MINT LEMONADE



STRAWBERRY



ORANGE

### PRODUCT DESCRIPTION

The Branched Chain Amino Acids, or BCAA's as they are commonly known contribute a critical portion of the building blocks that comprise protein, consisting of a family of essential amino acids that lend themselves to the growth of lean muscle mass through several pathways. Long considered the most important amino acids to lean muscle accretion, the BCAA's consist of Leucine, Isoleucine, and Valine.

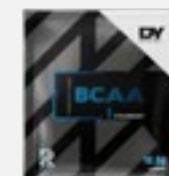
### DOSING

RENEW BCAAs advise mixing 1 sachet (approximately 12.5 g) in 500 ml water and consume during exercise.

### PACKAGING



375 g **Box**  
30 Servings



12.5 g **Sachet**  
1 Serving

BCAA



# EAA

## Essential Amino Acids



**Tissue repair** function of muscle & bones  
 Helps the **removal of waste deposits**  
 Minimizes muscle catabolism  
**Enhances** neurotransmission

## NUTRITIONAL INFORMATION

Ingredient	Typical Values per Serving	
EAA	6000 mg	
Amino Acid Profile	Typical Values per 100 g	Typical Values per 10.5 g Serving
L-Leucine (g)	33.34	2.00
L-Valine (g)	14.66	0.88
L-Lysine HCl (g)	14.66	0.88
L-Phenylalanine (g)	12.00	0.72
L-Threonine (g)	10.00	0.60
L-Isoleucine (g)	6.00	0.36
L-Histidine (g)	4.66	0.28
L-Methionine (g)	3.34	0.20
L-Tryptophan (g)	1.34	0.08

## FLAVORS



MINT LEMONADE



STRAWBERRY



ORANGE

## PRODUCT DESCRIPTION

Let's remind ourselves of the basics: muscle tissue consists of protein, protein is made up of 20 building blocks called amino acids, and some of those amino acids are essential because our bodies cannot make them by themselves meaning it is 'essential' that we consume them through the diet. Now with that said it is important to stipulate that the **Essential Amino Acids (EAA's)** are only essential to muscle tissue but are also critical to a whole host of other processes within the body.

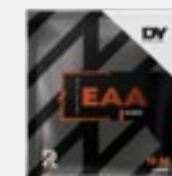
## DOSING

**RENEW EAAs.** Mix 1 sachet (approximately 10.5 g) in 500 ml water and consume during exercise to ingest 6000 mg of the 9 EAAs combined.

## PACKAGING



315 g **Box**  
30 Servings



10.5 g **Sachet**  
1 Serving

EAA

# HIT BCAA 10:1:1

## PERFORMANCE ENDURANCE EFFICIENCY



- Sustains **muscle growth** and exercise efficiency
- Explosive Muscle Pumps** and Improved Performance
- Supports Prolonged **Muscle Endurance**
- Improves **muscle recovery** time during and after training

### NUTRITIONAL INFORMATION

CONTENT	PER 100G PRODUCT	PER 20G SERVING	RI%(PER SERVING)
Energy	1020 KJ/ 240 kcal	204 KJ/ 48 kcal	2%
Fat	0 g	0 g	0%
- of which saturated	0 g	0 g	0%
Carbohydrates	0 g	0 g	0%
- of which sugars	0 g	0 g	0%
Protein	60 g	12 g	24%
Salt	0 g	0 g	0%
BCAAs 10:1:1	60 g	12000 mg	N/A
L-Leucine	50 g	10000 mg	N/A
L-Isoleucine	5 g	1000 mg	N/A
L-Valine	5 g	1000 mg	N/A
L-Citrulline DL-Malate (2:1)	15 g	3000 mg	N/A
L-Citrulline	10.25 g	2050 mg	N/A
Beta-Alanine	10 g	2000 mg	N/A
L-Tyrosine	5 g	1000 mg	N/A

\*RI: Reference intake for an average adult ( 8400 KJ / 2000 kcal ).

\*N/A: RI has not been established.

### FLAVORS

-  STRAWBERRY
-  ORANGE
-  MANGO
-  PEACH
-  PINEAPPLE

### PRODUCT DESCRIPTION

HIT BCAA 10:1:1 is a unique formula that contains a massive 12 grams of Branched Chain Amino Acids per serving, designed to minimize tissue breakdown during training and enhance recovery time between sets. Its potent ingredients enable you to stave off catabolism during training. Through the inclusion of Citrulline Malate and Beta-Alanine in substantial dosages, improves endurance and prolongs intensity, allowing you to increase your reps on each lift. Each BCAA hit results in swelling muscle pumps, explosive strength gains, and powerful muscular contractions, right up until the last rep of your workout. Furthermore, 10 grams of L-leucine per serving enables you to fuel your training sessions and prevent the excessive breakdown of this vital amino acid.

### DOSING

Mix 2 scoops of powder (20g) with 500-600ml of water.  
For first-time gym-goers: drink 1 serving (20g) before or while exercising.

### PACKAGING



400 g **Container**  
20 Servings



1 **Scoop** (20g)  
1 Serving



# HIT BCAA 4:1:1 + GLUTAMINE

## MUSCLE DEFENDER



Sustains **muscle growth** and exercise efficiency

Improves **muscle recovery** time during and after training

Fortifies the **Immune System**

Helps you to train with **higher intensity**, more frequently

### NUTRITIONAL INFORMATION

CONTENT	PER 100G PRODUCT	PER 15G SERVING
Energy	223 KJ/ 52 kcal	34 KJ/ 8 kcal
Fat	0.2	0
- Of which Saturates	0.1	0
Carbohydrates	2.4	0.4
- Of which sugars	0.1	0
Fibre	0	0
Protein	0	0
Salt	0.2	0.03

\*RI: Reference intake for an average adult ( 8400 KJ / 2000 kcal ).

### FLAVORS



STRAWBERRY



CHERRY



PEACH

### PRODUCT DESCRIPTION

This formula was built to contribute to the maintenance of normal muscle function and immunity, making it the perfect intra or post-workout partner for anyone engaged in high intensity training.

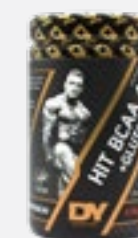
#### HIT BCAA 4:1:1 + Glutamine

supplement was built to cater to the maintenance of normal muscle function and muscle mass, muscle endurance, optimal performance, recovery and immunity, containing 5000mg L-Glutamine Monohydrate, L-Leucine 5000mg, L-Isoleucine 1250mg and L-Valine 1250mg.

### DOSING

Mix two scoops (15g) with 350-500ml of cold water.

### PACKAGING



450 g **Container**  
30 Servings



2 **Scoops** (15g)  
1 Serving



**POST-WORKOUT**

***SHADOWLINE***



# RECOVERY

with BCAA & Vitamins



## NUTRITIONAL INFORMATION

Ingredient	Typical Values per 25g Serving	NRV(%)
BCAA 4:1:1	6000 mg	-
Citrulline Malate 2:1	2000 mg	-
Montmorency Cherry Extract	1000 mg	-
L-Carnitine (as L-Carnitine L-Tartrate)	2000 mg	-
Calcium HMB	3000 mg	-
L-Glutamine	5000 mg	-
Vitamin C (as Ascorbic Acid)	250 mg	-
Pine Bark Extract	50 mg	-
Rutin	50 mg	-
Lemon Verbena	500 mg	-
Vitamin B12 (as Cyanocobalamin 1%)	2.5 µg	100
Vitamin B6 (as Pyridoxine HCl 82.4%)	5 mg	357

## FLAVORS



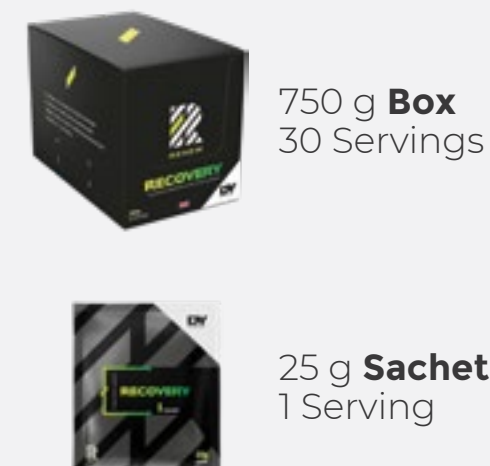
## PRODUCT DESCRIPTION

This supplement gives a whole new meaning to the term 'active recovery', yes we know of the 'active recovery' methodology that enables and encourages athletes (professional and recreational) to remain mobile and aptly recover without overly stressing the nervous system, however recovery comes in many forms and nutritionally, is perhaps as important as any!

## DOSING

RENEW RECOVERY Mix 1 sachet (approximately 25 g) in 300-500 ml water 30 minutes before exercise. The recommended consumption is 1 serving per day.

## PACKAGING



**Energy recovery** through Vitamins B6 & B12

**Muscle recovery** through 4:1:1 BCAAs

**Anti-inflammatory** properties

**Immune system** booster

# GLUTAMINE

with L-GLUTAMINE



## NUTRITIONAL INFORMATION

Ingredient	Typical Values per 7g Serving	NRV (%)
L-Glutamine	5000 mg	-
Cystine	1000 mg	-
Glycine	1000 mg	-
Selenium (as Sodium Selenite)	55 µg	100

## PRODUCT DESCRIPTION

RENEW Glutamine is available in 2 main forms, the 'free form' amino acid (L-Glutamine) and glutamine peptides, the main difference is that Glutamine peptides are bonded to other amino acids with peptide bonds, which makes them less stable. The evidence appears to be in favor of free form glutamine partly due to its superior bioavailability, but also due to the depth of research around it.

## DOSING

RENEW Glutamine provides an optimally dosed 5000 mg (5 g) of Glutamine for maximal benefit.

## PACKAGING



420 g **Box**  
60 Servings



7 g **Sachet**  
1 Serving

Supports muscle **protein synthesis**

**Reduces** muscle breakdown

Supports the **immune system**

Supports the **muscle hypertrophy**

GLUTAMINE



# THE GLUTAMINE RECOVERY

## MUSCLE DEFENDER



Helps you to **train with higher intensity**

Enhance faster **tissue recovery**

Fortifies the **Immune System**

**Pure source**, not flavors added

### NUTRITIONAL INFORMATION

CONTENT	PER 100G PRODUCT	PER 4,5G SERVING
L-Glutamine (free form of amino acid)	99 g	4500 mg
Beta-Glucan	1000 mg	45 mg

### PRODUCT DESCRIPTION

The **Glutamine** is designed to replenish the body's most abundant amino acid post-workout to enhance muscle tissue recovery. A fortified immune system is also paramount for a faster recovery. Combined with Beta-Glucan, L-Glutamine improves your body's natural defence systems, strengthening its network of cells, supporting tissues, and organs that work together to protect the body. The end result is simple: train with higher intensity, more frequently, and recover more effectively than ever before – only when The Glutamine is part of your post-workout nutrition.

**L-Glutamine** is an amino acid naturally found in foods and produced by the body. Although, those 2 sources produce a small amount of Glutamine that is rapidly used after minimal physical exercise. L-Glutamine has been proven to aid in the muscle recovery after a workout and even decrease the soreness that might be present after an intense training session. L-Glutamine is used as a fuel source for immune cells, such as the white blood cells. Further enhancing the immune system.

Beta-Glucan is a soluble type of fiber which can be partially dissolved in liquids. Beta-Glucan boosts the immune system and heart health by increasing chemicals that prevent infections and by lowering cholesterol and triglycerides. Beta-Glucan also and acts as a blood sugar regulator.

### DOSING

Mix 1 scoop (~4,5g) of powder with 250 ml of cold water. Drink 1 serving immediately after your workout.

### PACKAGING



300 g **Container**  
66 Servings



1 **Scoop** (4.5g)  
1 Serving

# THE CREATINE

## CELLULAR HYDRATION ENDURANCE BOOST



Supports prolonged **muscle endurance**

Provides bigger Muscle Pumps and **cell hydration**

Amplifies muscular contractions and **boosts energy levels**

Effective, **high-absorbable** and fighting fatigue formula

### NUTRITIONAL INFORMATION

CONTENT	PER 100G PRODUCT	PER 8G SERVING
Vitamin B1	13,75 mg	1,1 mg
Vitamin B2	17,5 mg	1,4 mg
Vitamin B3	200 mg	16 mg
Vitamin B5	68,7 mg	5,5 mg
Vitamin B6	14 mg	1,1 mg
Biotin	0,6 mg	50 µg
Folic acid	2,5 mg	0,2 mg
Vitamin B12	31 µg	2,5 µg
Creatine monohydrate	37,5 g	3000 mg
- of which Creatine	32,9 g	2640 mg
Tri-creatine Malate	37,1 g	2968 mg
- of which Creatine	27,8 g	2224 mg
Beta-Alanine	12,5 g	1000 mg
Taurine	6,25 g	500 mg

\*RI: Reference intake for an average adult ( 8400 KJ / 2000 kcal ).

\*N/A: RI has not been established.

### FLAVORS



STRAWBERRY



CHERRY



PEACH

### PRODUCT DESCRIPTION

The Creatine is a combination of 3 grams creatine monohydrate and 3 grams of tri-creatine malate that massively increases training performance and overall strength in the gym.

Fortified with a subtle amount of beta-alanine and taurine, The Creatine enhances muscular contractions and improves cell metabolism, fighting off fatigue during your hardest sets.

### DOSING

Mix 1 heaping scoop (1 serving) with 250ml of cold water.

Before working out: Drink 1 serving before starting physical exercise.

### PACKAGING



316 g **Container**  
39 Servings



1 **Heaping Scoop** (8g)  
1 Serving





***SHADOWLINE***

**FAT BURNERS**



# BLACKBOMBS™ THERMOGENIC FAT BURNER



Perfect ingredients blend for  
**supreme fat burning** power

**Reduces appetite** & boosts energy levels

**Lowers the cholesterol** levels

Perfect for both **cardio** and **weight** trainings

## NUTRITIONAL INFORMATION

CONTENT	Per 2 tablets	RI
Berberine HCl	600mg	n/a
Capsicum 8:1	200mg	n/a
Teacrine	100mg	n/a
Theobromine	100mg	n/a
Choline (as bitartrate)	100mg	n/a
DL-Phenylalanine	100mg	n/a
Caffeine	100mg	n/a
Chromium (as Picolinate)	100.000 mcg	62,5%

\*RI: Reference intake for an average adult ( 8400 KJ / 2000 kcal ).  
\*n/a: RI has not been established.

## PRODUCT DESCRIPTION

**BLACKBOMBS™** is a powerful, all-encompassing thermogenic powerhouse like you've never seen before, hitting fat from every conceivable angle. It mercilessly breaks down fat cells, freeing them up to be utilized for fuel in the bloodstream.

**BLACKBOMBS™** crushes cravings, leaving you feeling satisfied between meals and easily adhering to your diet as you get leaner by the day. When it comes to getting shredded, **BLACKBOMBS™** is the only solution to make dieting an easy process.

## DOSING

**Blackbombs™** is an advanced formula. Start by taking 2 tablets with a 250 ml glass of cold water once per day, preferably in the morning

## PACKAGING



68 g **Container**  
30 Servings



2 **Tablets** /day  
1 Serving

FAT BURNER





# L-CARNITINE FAT BURNER

## LIQUID



Improves your **weight loss efforts**  
and lean muscle gains

Natural **energy booster**  
from Vitamin B5

Perfect for both **cardio and  
weight training**

**Refreshing** taste

### NUTRITIONAL INFORMATION

CONTENT	PER 100ML PRODUCT	PER 25ML SERVING	NRV% (PER SERVING)
L-Carnitine L-Tartrate	12.37 g	3000 mg	N/A
- of which Carnitine	8.43 g	2100 mg	N/A
Vitamin C	495 mg	124 mg	(155%NRV*)
Vitamin B5	22.6 mg	5.65 mg	(64%NRV*)
Vitamin B6	4.73 mg	1.18 g	(84%NRV*)
Chromium	4.73 mg	1,18 mg	(84%NRV*)

\*Rt: Reference intake for an average adult ( 8400 KJ / 2000 kcal ).  
\*N/A: RI has not been established.

### FLAVORS



ORANGE



PEACH

### PRODUCT DESCRIPTION

A powerful surge of 3000mg  
**L-Carnitine** L-Tartrate is one of the  
best ways that could improve your  
weight loss efforts and lean muscle  
gains. Fortified Chromium and  
essential Vitamins.

**L-Carnitine's** ability to increase the  
human body's energy production by  
consuming its fat reserves makes it a  
powerful fat burner. Inside the body's  
cells, L-Carnitine helps transport fatty  
acids into the mitochondria, where  
they can be burned for energy.  
Since L-carnitine helps increase  
mitochondrial function, it plays a key  
role in the body's fight against  
diseases and in healthy aging.

### DOSING

Drink 1 serving (1 ampule ~25ml) per  
day.

Drink 1 serving 30 minutes before  
starting physical exercise.

### PACKAGING



20x25 ml **Box**  
20 Servings



25 ml **Ampule**  
1 Serving

# SLENDER

## FAT BURNER

FOR ACTIVE WOMEN



Accelerated metabolic rate and improved **fat burning**

**Fights with the adipose tissue** and reduces the water retention

**Appetite Control Blend** with crucial L-Carnitine L-Tartrate

Contains **MSM** and **hyaluronic acid** for skin and joint support

### NUTRITIONAL INFORMATION

CONTENT	PER 100G PRODUCT	PER 15G SERVING	NRV% (PER SERVING)
Energy	545 kJ / 131 kcal	82 kJ/ 20 kcal	1%
Fat	0g	0g	0%
of which			
- Saturated	0g	0g	
Carbohydrates	23g	3.5g	1%
of which			
- Sugars	3.2g	0.5g	1%
- Polyols	10g	1.5g	n/a
Fibers	17g	2.6g	n/a
Protein	5.2g	0.8g	2%
Salt	0g	0g	0%

\*RI: Reference intake for an average adult ( 8400 KJ / 2000 kcal ).  
\*N/A: RI has not been established.

### FLAVORS



STRAWBERRY



RASPBERRY

### PRODUCT DESCRIPTION

**Slender - Cellulite and Fat Burner** is a powerful fat burning formula containing MSM, L-Carnitine, Bromelain, Hyaluronic acid, vitamins, essential nutrients, vital fiber, and 9 botanical extracts. Slender is designed to shape your body and enhance your anti-cellulite and fat burning efforts. It also improves your mood, raises energy levels, and blunts appetite.

### DOSING

Mix 2 scoops of powder (15 g) with 500 ml of cold water. When to use. In the morning or at noon: drink 1 serving after breakfast or lunch.

Do not use less than 5 hours prior to going to sleep.

### PACKAGING



450 g **Container**  
30 Servings



2 **Scoops** (15g)  
1 Serving

FAT BURNER





# SUPPLEMENTS

# CLA

## Conjugated Linoleic Acid



Enhances the **fat burning** after workout

Helps the **weight management**

**Stops** the fat cell formation

**Reduces** the inflammation

### NUTRITIONAL INFORMATION

Ingredient	Typical Values per Softgel
Conjugated Linoleic Acid 80% active isomers Ethyl Ester	1460 mg
Providing Conjugated Linoleic Acid	1000 mg



### PRODUCT DESCRIPTION

CLA's reputation as a fat loss supplement is built on the foundation of years of empirical evidence, individual peoples personal experiences. These individual accounts over time have slowly but surely made CLA a staple for many a fat loss regime. Dorian Yates' CLA is extracted from safflower plants and then encapsulated to provide 1000mg of the modified Omega-6 fatty acid CLA. From this 1000mg CLA you get an appropriately dosed 500mg of the c9,t11 isomer and 500mg of the c10,t12 isomer in every soft gel.

### DOSING

Take 1 softgel 3 times per day with a meal and water.

 1 **Softgel** x3/day

### PACKAGING



90 **SOFTGELS**

CLA



# JOINT SUPPORT

## REPAIR & SUPPORT



Keep both the **joints and bones healthy**  
**Slow down** the joint degradation  
Strong **anti-inflammatory effect**  
**Vegetarian-friendly**

### NUTRITIONAL INFORMATION

Ingredient	Per Tablet	Per Serving	NRV (%) per serving
MSM (Methylsulfonylmethane)	334 mg	1000 mg	-
Glucosamine HCl (Vegan no allergens)	334 mg	1000 mg	-
Palmitoylethanolamide (PEA)	133.33 mg	400 mg	-
Vitamin D (as Cholecalciferol)	5 µg	15 µg	300

### PRODUCT DESCRIPTION

RENEW Joint Support is a premium Methylsulfonylmethane (MSM) and Glucosamine HCL or Glucosamine Hydrochloride based joint formula, comprising a unique combination of four vegetarian-friendly, bioactive, research supported and trademarked ingredients including 1000 mg vegan Glucosamine HCl, 1000 mg MSM, 400 mg PEA (Palmitoylethanolamide), and 15 µg vitamin D to contribute to the maintenance of healthy bones.

### DOSING

Take 1 tablet 3 times per day with a meal and water.

 **1 Tablet x3/day**

### PACKAGING



**90 TABLETS**

JOINT SUPPORT

# OMEGA 3 FISH OIL

## STRONG HEART HEALTHY BRAIN



Improves the **normal function of the heart**  
 660mg **EPA** & 440mg **DHA** per serving  
 Beneficial effect on the **brain & vision**  
**Reduces** and manage **inflammation**

### NUTRITIONAL INFORMATION

Ingredient	Per Softgel	Per Serving	NRV (%) per serving
Fish Oil EE 33/22	1000 mg	2000 mg	-
- EPA (Eicosapentaenoic Acid)	330 mg	660 mg	-
- DHA (Docosahexaenoic Acid)	220 mg	440 mg	-

### PRODUCT DESCRIPTION

RENEW Omega 3 Fish Oil is manufactured and kept to the highest standards in order to represent our continuing commitment to GMP standards. As a standard, a number of tests are implemented in order to ensure the integrity of products, in addition to supporting the validity and efficacy of both raw materials and finished product solutions.

### DOSING

Take 2 softgels during or immediately after a meal.

 **2 Softgels/day**

### PACKAGING



**60 SOFTGELS**

OMEGA 3 FISH OIL



# MULTIVITAMIN

## ADVANCED FORMULA



Vitamins, minerals and **natural extracts**

**24 vitamins** & minerals per serving

Supports **muscle function**

Supports the **immunity**

### NUTRITIONAL INFORMATION

Ingredient	Per 2 Tablets	NRV(%) per Daily Serving
Chromium (as Chromium Picolinate)	100 µg	250
Copper (as Copper Sulphate)	1 mg	100
Iron (as Ferrous Fumarate)	14 mg	100
Magnesium (as Magnesium Oxide)	93 mg	25
Manganese (as Manganese Sulphate)	2.5 mg	125
Potassium (as Potassium Chloride)	120 mg	6
Iodine (as Potassium Iodide)	150 µg	100
Molybdenum (as Sodium Molybdate)	50 µg	100
Selenium (as Sodium Selenite)	55 µg	100
Vitamin A (as Retinyl Acetate)	800 µg	100
Vitamin B1 (as Thiamine Mononitrate)	1.7 mg	100
Vitamin B12 (as Cyanocobalamin)	2.5 µg	100
Vitamin B2 (as Riboflavin)	1.4 mg	100
Vitamin B3 (as Nicotinamide)	18 mg	100
Vitamin B5 (as Calcium Pantothenate)	6 mg	100
Vitamin B6 (as Pyridoxine HCl)	1.4 mg	100
Vitamin B7 (as Biotin)	50 µg	100
Vitamin B9 as (Folic Acid)	200 µg	100
Vitamin C (as Ascorbic Acid)	100 mg	125
Vitamin D3 (as Cholecalciferol)	5 µg	100
Vitamin E (as Natural D Alpha Tocopherol)	12 mg	100
Vitamin K2 MK7	75 µg	100
Zinc (as Zinc Oxide)	10 mg	100
Calcium as (Calcium Carbonate)	120 mg	15
Co-enzyme Q10	2 mg	-
Panax Ginseng (4:1)	5 mg	-
Ginkgo Biloba (50:1)	30 mg	-



### PRODUCT DESCRIPTION

Dorian Yates' Multi-Vitamin offers an optimally dosed, balanced and comprehensive range of vitamins and minerals that are essential to the human body.

### DOSING

RENEW Multi-Vitamin comes with a recommended consumption of 2 tablets per day, with a direction of taking one tablet in the morning and one tablet in the evening with meals and water.

 **2 Tablets/day**

### PACKAGING



**60 TABLETS**

MULTIVITAMIN

# MAGNESIUM CITRATE

## HIGHLY ABSORBABLE



**Increase** rates of bone mineral density  
Muscle and Nervous **System Support**  
**Reduce the risk** of heart diseases  
**Reduces** blood pressure

### NUTRITIONAL INFORMATION

Ingredient	Per Tablet	Per Serving	NRV (%) per serving
Magnesium (as Magnesium Citrate)	125 mg	375 mg	300

### PRODUCT DESCRIPTION

**Magnesium** is needed for more than 300 biochemical reactions including nerve function, muscle function, immune response, heart rate, and even bone structure and function. It is key at the microscopic level of bodily functions, cascading right through to the production of energy and protein.

### DOSING

The standard dose for magnesium supplementation is 200-400mg. The recommended dosage for **Dorian Yates' Magnesium Citrate** is 3 tablets once per day with a meal and water, providing 375mg of magnesium and 100% of the Nutrient Reference Value (NRV)

 **3 Tablets /day**

### PACKAGING



**90 TABLETS**

MAGNESIUM





# VITAMIN C

## HIGH BIOAVAILABILITY



Enable **optimal digestion** and absorption

**Reduces** free radical damage to tissue

Helps the formation of **connective tissue**

Boosts the **immune system**

### NUTRITIONAL INFORMATION

Ingredient	Per Serving	NRV (%) per serving
Vitamin C (as Ascorbic Acid)	600 mg	750
Citrus Bioflavonoids (4:1)	100 mg	-
Amla 10:1	50 mg	-
Piperine	5 mg	-

### PRODUCT DESCRIPTION

Dorian Yates' Vitamin C offers more than the usual vitamin C supplement, it offers the full spectrum of benefits to be had from the natural citrus fruit, for example. Dorian Yates' Vitamin C also contains Citrus Bioflavonoids, delivering synergistic ingredients similar to those found in nature, which also enable optimal digestion and absorption.

### DOSING

The recommended consumption is 1 serving per day which equates to one tablet per day with a meal and water.

 **1 Tablet /day**

### PACKAGING



**60 TABLETS**

VITAMIN C



# IMMUNITY

## IMMUNITY BOOSTER



**2655 iu Vitamin D** (221% of daily needs for an adult)

Helps the function of the **nervous system**

**Protects the cells** from the oxidative effect

**Reduces tiredness** and fatigue

### NUTRITIONAL INFORMATION

Ingredient	Per Capsule	Per 3 Capsules	NRV (%)
Amla Fruit (providing 41.6% Vitamin C)	265 (110mg Vitamin C)	797 (331mg Vitamin C)	138
Zinc (as Zinc Sulphate)	13	39	133
Vitamin C (as Ascorbic Acid)	331	995	415
Copper (as Copper Citrate)	0.4	1.3	40
Vitamin D (as Cholecalciferol)	22µg/884iu	66µg/2656iu	221
Selenium (as Sodium Selenite)	24	73	44
Garlic Extract (Allium sativum L.) 10:1	442	1327	-
Ginger Extract (Zingiber officinale Roscoe) 20:1	442	1327	-
Turmeric extract (Curcuma longa) 10:1	442	1327	-
Grapeseed Extract (Vitis vinifera) 4:1	177	530	-
Green Tea Extract (Camellia sinensis) 15:1	663	1990	-

### PRODUCT DESCRIPTION

Dorian Yates' Immunity is a formula that has been carefully formulated with essential vitamins, minerals and plant extracts to help support immunity, as well as contribute to the reduction of tiredness and fatigue, normal functioning of the nervous system and to protect the cells from oxidative stress.

### DOSING

Dorian Yates' Immunity comes in capsule form to offset the aftertaste of garlic, and any effect on breath. Take 1-3 capsules per day with water after a meal.

 **1-3 Capsules /day**

### PACKAGING



**90 CAPSULES**

IMMUNITY



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