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# CHOOSE A SHAKE

20 oz.	\$4.99
24 oz.	\$5.99
32 oz	\$6.99

SUPER **FIT**

For General Fitness & Health  
Take Your First Step to Health & Fitness!

SUPER **POWER**

For Pre-Workout\*  
Put More Power In Your Workouts!

*Available only in Forbidden Fruit Punch, Grape, Watermelon Wave,  
Citrus Limeade, Rockin' Raspberry, Cherry Limeade & Cherry*

SUPER **FUEL**

For Post-Workout  
Speed Muscle Recovery After Every Workout!

SUPER **CHARGE**

For Energy\*  
A Super Boost of Energy Whenever You Need It!

SUPER **SLEEP**

For Rest & Relaxation  
Say Hello to a Deep, Relaxing Sleep.

SUPER **TRIM**

For Weight Loss\*  
A Slimmer, Trimmer You Starts Here!

SUPER **GAIN**

For Weight & Muscle Gain  
Healthy Weight-Gain & Muscle Growth!

SUPER **MEAL**

For Meal Replacement\*  
A Cupful of Super-Nutrition On-The-Go!

SUPER **CALM**

For Stress Relief  
Great-Tasting Way to Calm Your Body!



*\*Meal, Power, Trim & Charge each contain 250mg Caffeine.*

**Gluten Free options available!**



# FLAVOR YOUR SHAKE

**BANANA BASH**

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**BANANAS 'N CREAM**

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**BLUEBERRY BASH**

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**CARAMEL DELIGHT**

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**CHERRY**

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**CHOCOLATE BANANA**

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**CHOCOLATE CHIP COOKIE DOUGH**

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**CHOCOLATE COCONUT**

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**CHOCOLATE PEANUT BUTTER CUP**

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**CITRUS LIMEADE**

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**COCONUT**

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**COCONUT CREAM**

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**CREAMY COFFEE**

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**CREAMY PEANUT BUTTER**

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**DUTCH CHOCOLATE FUDGE**

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**FORBIDDEN FRUIT PUNCH**

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**FRENCH VANILLA CREAM**

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**KIWI-STRAWBERRY**

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**MANGO**

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**MOCHA JAVA**

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**ORANGE CREAMSICLE**

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**PEACHES 'N CREAM**

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**PEANUT BUTTER & JELLY**

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**PINA COLADA**

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**ROCKIN RASPBERRY**

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**STRAWBERRY BANANA**

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**STRAWBERRY CHEESE CAKE**

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**TOASTED MARSHMALLOW**

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**VANILLA BIRTHDAY CAKE**

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**VERY BERRY STRAWBERRY**

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**WATERMELON WAVE**

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**WHITE CHOCOLATE**

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These statements have not been evaluated by the Food and Drug Administration (FDA). These products are not meant to diagnose, treat or cure any disease or medical condition. Please consult your doctor before starting any exercise or nutritional supplement program or before using these or any product during pregnancy or if you have a serious medical condition.



# ADD EXTRAS 99¢ ea.

## MOOD ENHANCERS

**POWER-BURST** Caffeine 250mg

For jumpstarting metabolism!

**RELAX-MAX** Gaba 1g

For deep relaxation and muscle tone!

**NUTRI-SOURCE** MACA for Health 3g

For enhanced nutrition, energy, immune health and sexual function!

## APPETITE SUPPRESSANT

**CRAVE-X** Hoodia Gordonii 1g

For weight loss help!

**OATMEAL**

For a heartier, more filling shake

## MUSCLE HEALTH

**POWERIZE** L-Arginine 5g

For longer lasting power and endurance!

**RENEW** Glutamine 5g

For muscle repair, recovery & growth!

**MUSCLE-MIGHT** BCAA Instantized 5g

For fast workout recovery and results!

**ACCELERATE** Creatine 5g

For speed, power & endurance!

**PERFORM-PRO** Beta-Alanine 1g

For improved workout performance!

## BODY HEALTH

**VITAMIN C** 0.5g

The body's ideal overall health supplement.

**VITA-BLAST** Vitamin B Complex

For igniting the creation of energy and fat-burning

**IMMUNE FORCE** Vitamin A,C & E

For immune system strength & muscle repair!

**FIBER-SURE** 5g

For ensuring regularity and relief from common gastrointestinal issues.

**ESSENTIAL GREENS**

An ideal blend of energizing greens that helps stimulate the body's enzyme system.

## OTHER

**PEANUT BUTTER**

A scoopful of bone-building magnesium, muscle-friendly potassium and immunity-boosting Vitamin B6.

**PROTEIN** 27g

For jumpstarting metabolism!

**FRESH FRUIT**

Ask for today's choices

*The addition of various ingredients such as fresh fruit, flavors and/or certain of the listed Extras will change the nutritional content of the shake.*



## ALSO AVAILABLE

**ASK ABOUT OUR  
FORMULA FOR HOME!**

QUEST BARS . . .	\$2.99 each • \$28.99 case
BOTTLED WATER . . . . .	\$1.29
BEEF STICKS . . . . .	\$1.79
STEAK 'N A BAG . . . . .	\$3.99
TANKS & T-SHIRTS . . . . .	\$14.99
SHAKER CUPS . . . . .	\$4.99