

THE MH DIRECTORY

Look good and feel great with this selection of life-enhancing products

£55 FOR THIS SUMMER SUPER LEAN SELECTION - WORTH £104.93

www.musclefood.com/try-my-summer-hamper

Stack a platter the entire summer by trying Muscle Food today! Pay just £55 for this special £104.93 Summer Super Lean Selection. Fill your freezer with Free Range, Grass Fed, Great Taste Award winning lean meats.

For just £55 you will receive all this:-

- 2x 4 300g Premium Chicken Breasts (3kg)
- 2x 6-Ton Matsu Red Grass Fed Rump Steaks
- 2x 6-Ton Matsu Red Grass Fed Flat Iron Steaks
- 2x 6-Ton Grass Fed Hacke Steaks
- 2x 400g Grass Fed Steak Mince
- 2x 5oz Hickory BBQ Chicken Steaks
- 2x 5oz Chilean Lime Chicken Steaks
- 12x 57g Grass Fed Giant Meatball
- 4x 75g Low Fat Meaty Pork Sausages
- 4x 75g Low Fat Cumberland Sausages
- 1x 30g Grillstock Seasoning

musclefood
Premium nutrition for health & vitality



Join the thousands of athletes, cover models and gym goers across the UK - everyone from England rugby international Danny Care to World Champion boxer Tony Bellew are using Muscle Food.

[@Musclefood #TweetYourMeat](http://www.musclefood.com) www.musclefood.com - @Musclefood #TweetYourMeat

NORDIC TIME

Nordic Time's limited edition nautical inspired ICONIC COLDSPHERE watch band features a diamond-like coating with water resistance to depths of 50m (5ATM) designed for the Gents and Ladies who are looking to take in the journey by hitting the open waters this Summer!



www.nordictime.com



BRUNO MATTRESS: FOR THE BEST NIGHTS IN BED

The high quality materials and hand processed rig that go into making the Bruno Mattress will give you the best night's sleep. With a highly resilient 3cm latex top layer and a seven zone ergonomic support base, the BRUNO will adapt to your body relieving pressure points and providing ultimate comfort. BRUNO is backed by a 10 Year Guarantee, Free Delivery and a 30 Night Risk-Free Trial. Available online only at www.brunosleep.co.uk

DO YOU WORRY ABOUT THE QUALITY OF YOUR SOCKS?

Try European best quality socks made in Italy with pure cotton and elastane at a reasonable price. New collection of Piranda clothes underwear and socks is available. We deliver 100% quality with good price and customer satisfaction. For inquiry feel free to share your remarks.

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FRESHEN AND PROTECT YOUR TOOTHBRUSH!

Steripod clip-on toothbrush protector freshens and protects for up to three months with active vapours. Ideal for home travel and the gym! Fits manual and electric toothbrushes. No cables or batteries. Available in Boots and as a pendug www.ateripod.co.uk. #getyourpodon

THE GENTLEMEN'S MATCH CO.

The Gentlemen's Match Co. has an unrivalled collection of unique and affordable timepieces. The highlighted Yachtman from Megir boasts a rose gold polished case that gracefully frames a 24-hour dial and precision stopwatch. Six colour options, £44. Shop the Aviator Collection at www.gmcwatches.com. Quote MHJAGG for 10% off, expires 31/03/16.



THERE IS SEX... AND THERE IS GREAT SEX



Natural Power for Men is the most popular herbal aphrodisiac formula created to boost men's stamina, virility and pleasure in the bedroom. Thousands of guys around the world trust Natural Power for Men because it contains nothing artificial - just 6 nutrient-packed herbs that will help fuel your body for your next teatime or afternoon encounter.



Why Natural Power for Men?

- 100% natural 100% effective
- No unwanted side effects
- Starts working fast
- Increased libido
- Greater stamina
- Shorter recovery times
- Prolonged and harder erections
- 100% natural

For more information please visit: www.naturalpowerformen.co.uk or call 0800 003 5817. Get 10% off and a free trial bright with a discount code: GREATSEX.



TREAT SOMEONE DEAR TO YOU TO THIS FEMININE INFINITY BRACELET BY MERCI MAMAN (£39)

The gift will be engraved by hand in London with the names, dates or message of your choice. The team at Merci Maman will handcraft your bracelet within only a couple of days and they will gift wrap it in a lovely signature box. Available in both sterling silver and gold plated with a wide selection of colour reds to suit. www.mercimamanbestgifts.com



YOUR TRAINING ESSENTIALS WE HAVE THEM IN OUR LOCKER... DUSS!!!

Martial Arts Locker Room provide the essentials clothing, equipment and supplement packages required for martial arts disciplines and fitness training for all experience levels. New customers get 10% off their first order and an additional 10% off a "refer a friend" scheme. Plus we also do a reward points scheme for customers who choose to create an account with us. Find our products online at www.martialartslockerroom.co.uk. sales@mal.co.uk - #mal



MANSOME

Empower the male ingenuer with style and performance - this is Mansome, the most unique and innovative grooming experience. As a member, you receive a range of high quality men's grooming products that we have carefully tested and selected. You can modify your luxury kit at anytime on our user-friendly platform, with the help of your dedicated Personal Assistant. Our lifestyle community keeps you up to date on all the latest grooming trends, while each of your unique packages is delivered directly to your doorstep. www.mansome.co



BEST GREEN SUPERFOOD 2016

green magic is a revolutionary blend of 16 of the world's most effective & nutritious superfoods, delivering your 7 a day in a single serving. Increases energy levels. Promotes weight loss. Rich in antioxidants. Promotes vitality. green magic is clinically proven to improve your cardiovascular health. Available in multiple sizes from £8.95. Recommended daily dose 1 - 2x 3g serving. For more information and to save 10% call 0333 000 7788 or visit www.prote-col.com and quote MHMAGIC



FREE MUST-TRY HIGH PROTEIN JAFFA CHEESECAKE

Love cake? You Have TO try this! BRAND NEW Handmade Jaffa Cheesecakes - guilt free, deliciously rich, dark chocolate orange goodness! ONLY 325 calories 19g Protein! 1 each! Visit www.musclefood.com and use the code MHJAFFA to claim 2 FREE Cheesecakes. *Minimum spend of £25 applies. One code per order.

ERROYL - REGENT HERO

The stunning Regent Hero, by Australian watch company ERROYL, offers a striking reverse panda dial with an intricate a lache dial design. The Regent Hero features a precision Miyota automatic movement with triple date complication, premium Italian leather strap and an impressive stamped case back. Available for approx. £280. Visit www.erroyl.com for further information.



HOW ELSE CAN WE INTRODUCE MORE MEN TO QUALITY GROOMING?

NEW men's PRO BLACK shaving brush with multi-award winning men's Pro concentrate shave cream. Made in Italy with exclusive men's Pro blades. Reg. Des. 2460816-1.0.1. Choice of top barbers and stylists. Uses up to 40% less shave cream than animal bristles. Easier to clean and keep clean, so more hygienic.



There are good reasons why professionals use this men's shaving brush. Available at top class barbers and www.usa.uk. £19.95.

