



THE GOODS

Live a healthier life and get more from your training with this lot.

1

ENERGIBIO BARS

Specially formulated to provide your body with prebiotics, probiotics, vitamins and minerals. High in protein, high in fibre and a low-GI carb source. Can assist in supplementing the diet during training and assist in the development of muscle.

setthebar.co

2

PURE WARRIOR

100% WPI is a pure whey protein isolate formula, manufactured using microfiltration technology for fast absorption and superior results. With ultra-low lactose, low-carb and low-fat, Pure Warrior 100% WPI is also rich in the BCAA leucine.

swisse.com/en-au

3

HOLSTEN

Go alcohol free without giving up beer. Holsten Zero has a refreshing pilsener flavour with an alcohol content of 0.0%. Fully imported and brewed in accordance with the German Purity Law of 1516. With a full taste but only 40 calories, enjoy guilt-free.

holstenzero.com

4

CLEAN 9

Designed to remove toxins from your body, this 9-day program will jump-start the journey to a slimmer and healthier you, with easy-to-follow supplement schedules, healthy meal options and shake recipes to help build the foundation for your transformation.

foreverliving.com

5

POWERTUBE TRACKBALL

An ergonomic self-massaging tool designed to relieve muscle tension and stiffness. Also comes with a bonus book that includes over 40 exercises. Comes in firm or soft densities.

powertubepro.com.au