



Results Rather Than Promises

PRODUCT CATALOG 2025

NUTRITION SUPPLEMENTS FOR ATHLETES AND ACTIVE PEOPLE





RESULTS RATHER THAN PROMISES

BEST QUALITY, BEST PRICE



/rvit_supplement_nutrition

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**PERFORMANCE IS NOT A
PROBLEM**

ARGININE

300 G

orange

Food supplement. With sweetener. Powder for preparation of a drink with orange flavour. The product is intended for use before training. It supports the blood supply to muscle tissues, which improves supply of energy and building substances to muscle cells. It also supports the increase of efficiency and intensity during training and has an impact on the rapid growth of lean muscle mass.

RECOMMENDED DAILY SERVING: Dissolve one portion 5 g (1 scoop) in 200 ml of water. The packaging contains a measuring scoop. Do not exceed recommended daily serving. Food supplements should not be used as a substitute for a varied diet. A varied and balanced diet and a healthy lifestyle are important. Contains a source of phenylalanine. Quinoline yellow and sunset yellow may have an adverse effect on activity and attention in children.

INGREDIENTS: L-arginine, acidity regulator - citric acid, flavouring, sweetener - aspartame, colours: quinoline yellow and sunset yellow. The product may contain derivatives of: cereals containing gluten, soybeans, milk.



NUTRITION FACTS

serving size: 1 scoop (5 g)
servings per container: 60

L-arginine

3 g





MENTAL CLARITY IN ALL CONDITIONS

ASHWAGANDHA

60
capsules

Food supplement. Ashwagandha, or Indian Ginseng, is classified as an adaptogenic substance or herb, which supports the body's immunity and contributes to optimal mental and cognitive activity. Supplementation with ashwagandha is especially recommended during periods of stress, fatigue or problems with concentration. It boosts energy and vitality, supports the heart and circulatory system. Ashwagandha, due to its strong antioxidant properties, protects the cells against free radicals, showing a rejuvenating effect and also supports potency. The product can be used for long periods of time.

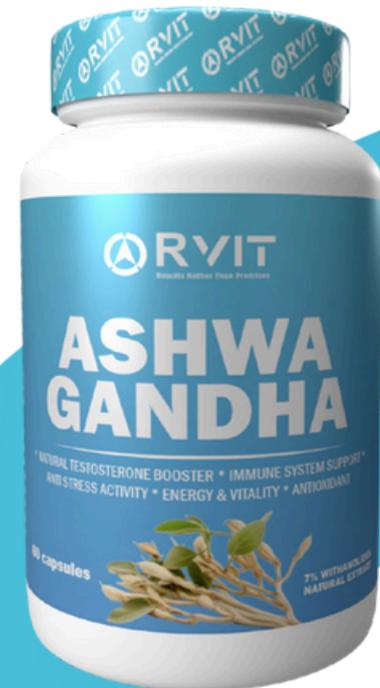
RECOMMENDED DAILY SERVING: 1 capsule a day, preferably at bedtime. Do not exceed recommended daily serving. Food supplements should not be used as a substitute for a varied diet. A varied and balanced diet and a healthy lifestyle are important.

INGREDIENTS: Ashwagandha root extract (*Withania somnifera*) 7% withanolides, gelatine (capsule), bulking agent: microcrystalline cellulose, anti-caking agent: magnesium salts of fatty acids, colour: calcium carbonate. The product may contain derivatives of: cereals containing gluten, soybeans, milk.

NUTRITION FACTS

serving size: 1 capsule
servings per container: 60

Ashwagandha root extract	300 mg
including withanolides	21 mg





***BOOST ENDURANCE, FEEL
THE BURN***

BETA ALANINE

Food supplement. With sweeteners. Powder for the preparation of a drink. Amino acid beta-alanine has a positive effect on muscle contractility and body endurance. It also improves exercise performance, reduces muscle fatigue and has antioxidant properties.

RECOMMENDED DAILY SERVING: Dissolve a 7 g serving (1 scoop) in 200-250 ml of water. The packaging contains a measuring scoop. Do not exceed recommended daily serving. Food supplements should not be used as a substitute for a varied diet. A varied and balanced diet and a healthy lifestyle are important. Some individuals may experience a tingling sensation, which is attributed to beta-alanine. Contains a source of phenylalanine. Cochineal red may have an adverse effect on activity and attention in children.

INGREDIENTS: Beta-alanine, maltodextrin, flavourings, anti-caking agent - silicon dioxide, sweeteners: acesulfame K and aspartame, colour - cochineal red. The product may contain derivatives of: cereals containing gluten, soybeans, milk.



420 G

cola, neutral, strawberry



NUTRITION FACTS / INFORMACJA ŻYWIENIOWA

Serving size: 1 scoop (7 g)

Servings per container: 60

Porcja: 1 miarka (7 g)

Ilość porcji w opakowaniu: 60

Beta-alanine

6 g



Results Rather Than Promises



**FUEL GROWTH WITH
PREMIUM PROTEIN**

BEEF PROTEIN

Food supplement. With sweeteners. Powder for preparation of a nutrient drink. The product has high protein content. It provides muscles with the proteins necessary for proper growth and development. It is perfectly digestible, which means it starts working very quickly and does not burden the digestive system. It is recommended for people practicing strength sports.

RECOMMENDED DAILY SERVING: Dissolve 36 g (1 ½ scoops) in 200 ml of water. Consume once a day. The packaging contains a measuring scoop. Do not exceed recommended daily serving. Food supplements should not be used as a substitute for a varied diet. A varied and balanced diet and a healthy lifestyle are important.

INGREDIENTS: Hydrolyzed collagen, maltodextrin, cocoa 4%, flavourings, thickener: xanthan gum, emulsifier: lecithins (from soya), salt, sweeteners: acesulfame K and sucralose. The product may contain derivatives of: cereals containing gluten, milk.



2000 G

chocolate-nut, chocolate-strawberry,
milk chocolate



NUTRITIONAL VALUE / WARTOŚĆ ODŻYWCZA

Serving size: 1½ scoops (36 g)
Porcja: 1½ miarki (36 g)

Servings per container: 55
Ilość porcji w opakowaniu: 55

	100 g	36 g
Energy / Wartość energetyczna	1515 kJ/357 kcal	498 kJ/118 kcal
Fat / Tłuszcz	0.5 g	0.2 g
of which saturates / w tym kwasy tłuszczowe nasycone	0.3 g	0.1 g
Carbohydrate / Węglowodany	19 g	7 g
of which sugars / w tym cukry	1.6 g	0.6 g
Protein / Białko	69 g	25 g
Salt / Sól	0.8 g	0.3 g



***POWER UP BEFORE,
RECHARGE AFTER***

CARB MAX PURE

Food supplement. With sweetener. Powder for preparation of a drink. The product is a specially selected composition of carbohydrates with a complex of vitamins. Recommended before and after exercise, for athletes and people training for recreational purposes. Carbohydrates contribute to the recovery of normal muscle function (contraction) after highly intensive and/or long-lasting physical exercise leading to muscle fatigue and the depletion of glycogen stores in skeletal muscle. The beneficial effect is obtained with the consumption of carbohydrates, from all sources, at a total intake of 4 g per kg body weight, at doses, within the first 4 hours and no later than 6 hours, following highly intensive and/or long-lasting physical exercise leading to muscle fatigue and the depletion of glycogen stores in skeletal muscle.

RECOMMENDED DAILY SERVING: Dissolve 1 scoop (30 g) in 200 ml of water by shaking in a shaker. Use 2 times daily, best before and after physical effort. The packaging contains a measuring scoop. Do not exceed recommended daily serving. Food supplements should not be used as a substitute for a varied diet. A varied and balanced diet and a healthy lifestyle are important. Quinoline yellow may have an adverse effect on activity and attention in children.

INGREDIENTS: Maltodextrin, acidity regulator: citric acid, flavours, vitamins (retinyl acetate, cholecalciferol, DL-alpha-tocopheryl acetate, phyloquinone, thiamine mononitrate, riboflavin, nicotinamide, calcium D-pantothenate, pyridoxine hydrochloride, D-biotin, pteroylmonoglutamic acid, cyanocobalamin, L-ascorbic acid), sweetener: sucralose, colour: quinoline yellow. The product may contain derivatives of: cereals containing gluten, soybeans, milk.



3000 G

banana, blackberry, blueberry,
mango, strawberry

NUTRITIONAL VALUE

Serving size: 1 scoop (30 g)

Servings per container: 100

	100 g	30 g
Energy	1581 kJ / 372 kcal	476 kJ / 112 kcal
Fat	0 g	0 g
of which saturates	0 g	0 g
Carbohydrate	93 g	28 g
of which sugars	5 g	1.5 g
Protein	0 g	0 g
Salt	0 g	0 g
Vitamin A	800 µg	240 µg (30 %*)
Vitamin D	5 µg	1.5 µg (30 %*)
Vitamin E	12 mg	3.6 mg (30 %*)
Vitamin K	75 µg	22.5 µg (30 %*)
Thiamin	1.1 mg	0.33 mg (30 %*)
Riboflavin	1.4 mg	0.42 mg (30 %*)
Niacin	16 mg	4.8 mg (30 %*)
Panthenic acid	6 mg	1.8 mg (30 %*)
Vitamin B6	1.4 mg	0.42 mg (30 %*)
Biotin	50 µg	15 µg (30 %*)
Folic acid	200 µg	60 µg (30 %*)
Vitamin B12	2.5 µg	0.75 µg (30 %*)
Vitamin C	80 mg	24 mg (30 %*)

* % of nutrient reference value



**HIGH PROTEIN PRODUCT
BASED ON CASEIN**

CASEIN

Food supplement. With sweeteners. Powder for preparation of a nutrient drink. Casein is a high-quality protein that is characterized by a very slow absorption time, thanks to which it provides several hours of supply of building substances to the muscle tissue. An ideal choice before bedtime, because nutrients are systematically released into the body. Casein is responsible for maintaining the nitrogen balance of the body and has a positive effect on accelerating of metabolism.

RECOMMENDED DAILY SERVING: Dissolve 36 g (2 scoops) in 200 ml of water. Use once a day. The packaging contains a measuring scoop. Do not exceed recommended daily serving. Food supplements should not be used as a substitute for a varied diet. A varied and balanced diet and a healthy lifestyle are important.

INGREDIENTS: Milk proteins isolate 82%, maltodextrin, cocoa 4%, flavourings, thickener: xanthan gum, emulsifier: lecithins (from soya), salt, sweeteners: acesulfame K and sucralose. The product may contain derivatives of: cereals containing gluten.



NUTRITIONAL VALUE

	100 g	36 g
Energy value	1439 kJ / 339 kcal	516 kJ / 122 kcal
Fat	2.6 g	0.9 g
of which saturates	1.9 g	0.7 g
Carbohydrates	12 g	4.4 g
of which sugars	0.7 g	0.3 g
Protein	67 g	24 g
Salt	<0.1 g	<0.1 g
Casein	75 g	27 g

2000 G

chocolate-nut, chocolate-strawberry,
milk chocolate





**IMPROVED BLOOD FLOW,
INCREASED ENDURANCE**

CITRULLINE

Food supplement. With sweeteners. Powder for preparation of a drink with cola flavour. The product is intended for physically active people, contains up to 3 g of citrulline in one portion. Citrulline is an amino acid converted in the body into arginine, out of which nitric oxide (NO) is produced in the blood vessels. Ideally suited as a product supporting the training of strength sports, as well as endurance-(canoeing, rowing) or endurance-strength sports (triathlon, long-distance swimming etc.).

RECOMMENDED DAILY SERVING: Dissolve 6 g (1 scoop) in 250 ml of water. The packaging contains a measuring scoop. Do not exceed recommended daily serving. Food supplements should not be used as a substitute for a varied diet. A varied and balanced diet and a healthy lifestyle are important. The product may cake it self without losing its properties.

INGREDIENTS: Citrulline malate, L-citrulline, maltodextrin, flavourings, colour - ammonia caramel, sweeteners: acesulfame K and sucralose, anti-caking agent - silicon dioxide. The product may contain derivatives of: cereals containing gluten, soybeans, milk.



NUTRITION FACTS

serving size: 1 scoop (6 g)

servings per container: 50

Citrulline	3000 mg
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300 G

cola





**INCREASED STRENGTH, REDUCED
WORKOUT FATIGUE**

CREATINE MONOHYDRATE MICRONIZED

300 G

blackcurrant, bubble gum, ice candy, lemon, neutral, orange

Food supplement. With sweetener. Powder for the preparation of a drink with orange flavour. Creatine increases physical performance in successive bursts of short-term, high intensity exercise. The beneficial effect is obtained with a daily intake of 3 g of creatin. CREATINE MONOHYDRATE is recommended for athletes of various sport disciplines as a support for recreational and professional training.

RECOMMENDED DAILY SERVING: Dissolve 6 g (1 scoop) in 250 ml of water. Use once a day before training. The packaging contains a measuring scoop. Do not exceed recommended daily serving. Food supplements should not be used as a substitute for a varied diet. A varied and balanced diet and a healthy lifestyle are important. The product is designed for adults performing high intensity exercise. Quinoline yellow and sunset yellow may have an adverse effect on activity and attention in children. Contains a source of phenylalanine.

INGREDIENTS: Creatine monohydrate, acidity regulator: citric acid, flavourings, sweetener: sucralose, anti-caking agent: silicon dioxide, colours: quinoline yellow, sunset yellow. The product may contain derivatives of: cereals containing gluten, soybeans, milk.

NUTRITION FACTS / INFORMACJA ŻYWIENIOWA

Serving size: 1 scoop (6 g)

Servings per container: 50

Porcja: 1 miarka (6 g)

Ilość porcji w opakowaniu: 50

Creatine monohydrate / Monohydrat kreatyny 5000 mg





***THE MOST IMPORTANT
VITAMINS FOR HEALTHY BONES***

VITAMIN D3+K2

120

tablets

Food supplement. The product helps to replenish the deficiencies of vitamins D3 and K2, which are essential in maintaining healthy bones. Vitamin D3 helps in the proper metabolism of calcium and phosphorus, which are bone building components. In addition, vitamin D3 supports the immune system and the proper functioning of the muscles. The vitamin K2 contained in the preparation is in the form of menaquinone-7 (MK-7), which is distinguished by a very good bioavailability.

RECOMMENDED DAILY SERVING: 1/2 tablet daily. Do not exceed recommended daily serving. Food supplements should not be used as a substitute for a varied diet. A varied and balanced diet and a healthy lifestyle are important.

INGREDIENTS: Bulking agent: sorbitols, anti-caking agent: magnesium salts of fatty acids, cholecalciferol, menaquinone. The product may contain derivatives of: cereals containing gluten, soybeans, milk.



NUTRITION FACTS

serving size: 1/2 tablet
servings per container: 240

Vitamin D	50 µg	1000%*
Vitamin K	50 µg	67%*

* % of nutrient reference value



***OPTIMAL MUSCLE REPAIR, IMPROVED
ENDURANCE, DUAL-FLAVOR INDULGENCE***

EAA+ BCAA

Food supplement. With sweeteners. Powder for the preparation of a drink with a watermelon flavour. It is a preparation containing a set of essential amino acids (Essential Amino Acids - EAA) in an amount covering 100% of the requirements according to WHO per 100 kg of body weight. It is recommended for athletes as a support for recreational and competitive training.

RECOMMENDED DAILY SERVING: Dissolve 2 scoops (12 g) in 250 ml of water. The packaging contains a measuring scoop. Do not exceed recommended daily serving. Food supplements should not be used as a substitute for a varied diet. A varied and balanced diet and a healthy lifestyle are important. Cochineal red may have an adverse effect on activity and attention in children.

INGREDIENTS: L-leucine, L-lysine hydrochloride, acidity regulator- citric acid, L-valine, L-isoleucine, L-phenylalanine, L-threonine, L-methionine, L-tryptophan, flavourings, sweeteners: steviol glycosides from stevia, acesulfame Kand sucralose, vitamins (nicotinamide, calcium D-pantothenate, pyridoxine hydrochloride, riboflavin, thiamine mononitrate, pteroylmonoglutamic acid, D-biotin, cyanocobalamin), colour: cochineal red. The product may contain derivatives of: cereals containing gluten, soybeans, milk.

420 G

blueberry, mango-blackberry, strawberry, watermelon



NUTRITION FACTS		
serving size: 2 scoops (12 g)		
servings per container: 42		
L-Leucine	3 g	
L-Isoleucine	1.5 g	
L-Valine	1.5 g	
L-Lysine	1.5 g	
L-Phenylalanine	0.75 g	
L-Threonine	0.75 g	
L-Methionine	0.5 g	
L-Tryptophan	0.2 g	
Thiamin (Vitamin B1)	0.55 mg	(50%*)
Riboflavin (Vitamin B2)	0.7 mg	(50%*)
Niacin (B3)	8 mg	(50%*)
Pantothenic acid (B5)	3 mg	(50%*)
Vitamin B6	0.7 mg	(50%*)
Biotin (B7)	25 µg	(50%*)
Folic acid (B9)	100 µg	(50%*)
Vitamin B12	1.25 µg	(50%*)

* % of nutrient reference value





Results Rather Than Promises



YOUR RECIPE FOR HEALTH

FISH OIL 1000

The product contains high-quality marine fish oil, which is a source of EPA and DHA acids. * Eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) contribute to the proper functioning of the heart. ** Docosahexaenoic acid (DHA) contributes to the maintenance of normal brain function and proper vision. The beneficial effect occurs when consuming 250 mg of EPA and DHA daily. *** DHA and EPA help to maintain the correct level of triglycerides in the blood (the beneficial effect occurs when consuming 2 g of EPA and DHA per day). Vitamin E contributes to the protection of cell components against oxidative damage.

RECOMMENDED DAILY SERVING: 1 capsule. Do not exceed recommended daily serving. Food supplements should not be used as a substitute for a varied diet. A varied and balanced diet and a healthy lifestyle are important.

INGREDIENTS: Fish oil, shell (beef gelatine, humectant: glycerol, water), D-alpha-tocopherol (vitamin E).

90
capsules



NUTRITION FACTS / INFORMACJA ŻYWIENIOWA

Serving size: 1 capsule

Servings per container: 90

Porcja: 1 kapsułka

Ilość porcji w opakowaniu: 90

Fish oil (30 % omega-3 fatty acids) / Olej rybi (30 % kwasów tłuszczowych omega-3)	1000 mg
of which / w tym:	
Eicosapentaenoic acid (EPA) / Kwas eikozapentaenowy (EPA)	180 mg
Docosahexaenoic acid (DHA) / Kwas dokozaheksaenowy (DHA)	120 mg
Vitamin E / Witamina E	5 mg (42 %*)

* % of nutrient reference value / % referencyjnej wartości spożycia



Results Rather Than Promises



**TAKE CARE OF
HEALTHY JOINTS**

FLEX EXTRA

400 G

blackcurrant, orange, peach

Food supplement. FLEX EXTRA is a complex preparation designed for physically active people, whose joints and tendons are subjected to regular training overloads and struggling with injuries of the locomotor system. Supplementation with the product provides high-quality peptides from hydrolysed type I collagen, which is the main building block of tendons and cartilage, glucosamine and chondroitin sulphates, MSM and Boswellia serrata extract, which supports joint flexibility. Each serving of the product provides additionally vitamin C, which is involved in the production of collagen to ensure the proper functioning of cartilage and vitamin D, which helps in the proper metabolism of calcium and phosphorus and the maintenance of healthy bones. The preparation contains also hyaluronic acid, which is a natural component of the synovial fluid.

RECOMMENDED DAILY SERVING: Dissolve 20 g (3 scoops) in 250 ml of water. The packaging contains a measuring scoop. Do not exceed recommended daily serving. Food supplements should not be used as a substitute for a varied diet. A varied and balanced diet and a healthy lifestyle are important. The product is designed for adults.

INGREDIENTS: Hydrolysed collagen, maltodextrin, acidity regulators: citric acid, malic acid; glucosamine sulphate KCl (from crustaceans), chondroitine sulphate, methylsulfonylmethane (MSM), flavourings, extract from the resin of Indian frankincense (Boswellia serrata), colour: betroot red, spirulina, L-ascorbic acid (vitamin C), sodium hyaluronate, pyridoxine hydrochloride (vitamin B6), cholecalciferol (vitamin D), sweetener: sucralose. The product may contain derivatives of: cereals containing gluten, soybeans, milk.



NUTRITION FACTS

serving size: 3 scoops (20 g)
servings per container: 20

Hydrolysed collagen	9000 mg
Glucosamine sulphate	1500 mg
Chondroitin sulphate	1200 mg
Methylsulfonylmethane (MSM)	300 mg
Extract from the resin of Boswellia serrata	200 mg
Vitamin C	100 mg (125%*)
Vitamin B6	5 mg (357%*)
Vitamin D	7.5 µg (150%*)
Hyaluronic acid	20 mg

* % of nutrient reference value





***YOUR BODY
SCULPTING TOOL***

HYPER THERMO FAT BURNER

90
capsules

Food supplement. The product contains plant extracts, caffeine, alpha-lipoic acid, vitamins and chromium. The product is especially recommended for those who want to reduce body weight. Forskolin, contained in Indian nettle root extract, supports weight control and helps regulate fat metabolism. Capsaicin, contained in cayenne pepper extract, contributes to weight maintenance after weight loss. Garcinia cambogia affects the reduction of hunger. Bitter orange extract, containing synephrine, supports the metabolism of lipids and carbohydrates and favours lipid degradation.

RECOMMENDED DAILY SERVING: 1 capsule. Do not exceed recommended daily serving. Food supplements should not be used as a substitute for a varied diet. A varied and balanced diet and a healthy lifestyle are important. Contains caffeine; it is not recommended for children and pregnant women (100 mg/ 1 capsule); do not consume with other products which are a source of caffeine or other ingredients with similar effects. Due to piperine content, do not use in children, pregnant or lactating women.

INGREDIENTS: Gelatine (capsule), bitter orange fruit extract (*Citrus aurantium*), caffeine, Indian nettle root extract (*Coleus forskohlii*), *Garcinia cambogia* fruit extract, green coffee bean extract (*Coffea arabica*), cayenne pepper fruit extract (*Capsicum annuum*), alpha-lipoic acid, vitamins (thiamin mononitrate, riboflavin, nicotinamide, calcium D-pantothenate, pyridoxine hydrochloride, D-biotin, pteroylmonoglutamic acid, cyanocobalamin), anti-caking agent: magnesium salts of fatty acids, black peppercorns extract (*Piper nigrum*), chromium picolinate, colour: calcium carbonate. The product may contain derivatives of: cereals containing gluten, soybeans, milk.

NUTRITION FACTS

serving size: 1 capsule
servings per container: 90

Caffeine	100 mg	
Bitter-orange extract	100 mg	
including synephrine	6 mg	
Indian nettle extract	50 mg	
including forskolin	10 mg	
<i>Garcinia cambogia</i> extract	50 mg	
including hydroxycitric acid	30 mg	
Green coffee extract	50 mg	
including chlorogenic acid	25 mg	
Alpha-lipoic acid	50 mg	
Cayenne pepper extract	50 mg	
including capsaicin	5 mg	
Black pepper extract	2.1 mg	
including piperine	2 mg	
Chromium	100 µg	(250%*)
Thiamine (B1)	1.1 mg	(100%*)
Riboflavin (B2)	1.4 mg	(100%*)
Niacin (B3)	16 mg	(100%*)
Pantothenic acid (B5)	6 mg	(100%*)
Vitamin B6	1.4 mg	(100%*)
Biotin (B7)	50 µg	(100%*)
Folic acid (B9)	200 µg	(100%*)
Vitamin B12	2.5 µg	(100%*)





HYDRATION MEETS PERFORMANCE POWER

HYDRATION+VITAMINS

Food supplement. With sweeteners. It is a combination of vitamins and minerals designed to compensate for the body's hydration deficit on hot days or after heavy physical exertion. Sodium supports muscle and nerve function. Potassium and magnesium improve bone health. B-complex vitamins reduce stress and symptoms of anxiety.

RECOMMENDED DAILY SERVING: 4.5 g

WAY OF USE: Dissolve 4.5 g (1 sachet) in 500 ml of water. Mix until dissolved. Drink after preparation. Do not exceed recommended daily serving. Food supplements should not be used as a substitute for a varied diet. A varied and balanced diet and a healthy lifestyle are important.

INGREDIENTS: Sodium citrate, acidity regulator: citric acid, magnesium salts of citric acid, flavourings, potassium chloride, sweeteners: acesulfame K and sucralose, calcium salts of orthophosphoric acid, colour: carotenes, guarana (Paullinia cupana) seed extract, vitamins (nicotinamide, calcium D-pantothenate, pyridoxine hydrochloride, riboflavin, thiamine mononitrate, pteroylmonoglutamic acid, D-biotin, cyanocobalamin). The product may contain derivatives of cereals containing gluten, soybeans, milk.

30 sachets

blueberry, mango, orange

NUTRITION FACTS

Serving size: 1 sachet (4.5 g)

Sodium	350 mg
Potassium	130 mg
Chloride	120 mg (15%*)
Calcium	70 mg
Magnesium	120 mg (32%*)
Thiamine	0.17 mg (15%*)
Riboflavin	0.21 mg (15%*)
Niacin	2.4 mg (15%*)
Pantothenic acid	0.9 mg (15%*)
Vitamin B6	0.21 mg (15%*)
Biotin	7.5 µg (15%*)
Folic acid	30 µg (15%*)
Vitamin B12	0.4 µg (15%*)
Guarana seed extract	80 mg
of which caffeine	17.6 mg

* % of nutrient reference value





Results Rather Than Promises



BURN FAT, BOOST CLEAN ENERGY

L-CARNITINE POWDER

300 G

kiwi, pineapple, raspberry

Food supplement. With sweetener. The product contains L-carnitine tartrate. Caffeine increases the body's exercise capacity. Garcinia cambogia and bitter orange help to control body weight. Garcinia cambogia helps to reduce sense of hunger and appetite for goodies, helps to keep normal fat level in blood. Bitter orange supports the metabolism of carbohydrates.

RECOMMENDED DAILY SERVING: Dissolve a portion of 5 g (1 scoop) in 250 ml of water. Use 2 times daily. The packaging contains a measuring scoop. Do not exceed recommended daily serving. Food supplements should not be used as a substitute for a varied diet. A varied and balanced diet and a healthy lifestyle are important. Contains caffeine; it is not recommended for children or pregnant women (150 mg / 5 g of the product).

INGREDIENTS: L-carnitine tartrate, inulin, Garcinia cambogia fruit extract, acidity regulator: citric acid, flavouring, choline bitartrate, green coffee (Coffea Arabica L.) bean extract, caffeine anhydrous, anti-caking agent: silicon dioxide, bitter orange (Citrus aurantium) fruit extract, olive tree (Olea europea) leaf extract, Evodia rutaecarpa fruit extract, pyridoxine hydrochloride, methylcobalamin, sweetener: sucralose, colour: carotenes, spirulina. The product may contain derivatives of: cereals containing gluten, soybeans, milk.

NUTRITION FACTS

Serving size: 1 scoop (5 g)
Servings per container: 60

	5 g	10 g
L-carnitine tartrate	1500 mg	3000 mg
Garcinia cambogia fruit extract	500 mg	1000 mg
of which hydroxycitric acid	300 mg	600 mg
Choline bitartrate	250 mg	500 mg
of which choline	102 mg	204 mg
Green coffee seed extract	200 mg	400 mg
of which chlorogenic acids	100 mg	200 mg
Caffeine anhydrous	150 mg	300 mg
Bitter orange fruit extract	50 mg	100 mg
Olive tree leaf extract	25 mg	50 mg
Vitamin B6	10 mg (625 %*)	20 mg (1250 %*)
Vitamin B12	600 µg (24 000 %*)	1200 µg (48 000 %*)

* % of nutrient reference value





**PURE GLUTAMINE,
PURE STRENGTH**

L-GLUTAMINE

300 G

cherry, cola, lemon

Food supplement. With sweeteners. Powder for the preparation of a drink with cherry flavour. L-Glutamine is a product supplying the body with glutamine and taurine.

RECOMMENDED DAILY SERVING: Dissolve by shaking 7 g (1 scoop) in a drinking bottle with 200 ml of water. The packaging contains a measuring scoop. Do not exceed recommended daily serving. Food supplements should not be used as a substitute for a varied diet.

INGREDIENTS: L-glutamine, acidity regulators: citric acid and sodium citrates, taurine, maltodextrin, flavourings, anti-caking agent: silicon dioxide, sweeteners: acesulfame K and sucralose, colour: cochineal red. The product may contain derivatives of: cereals containing gluten, soybeans, milk.



NUTRITION FACTS / INFORMACJA ŻYWIENIOWA

Serving size: 1 scoop (7 g)

Servings per container: 42

Porcja: 1 miarka (7 g)

Ilość porcji w opakowaniu: 42

L-glutamine / L-glutamina	5 g
Taurine / Tauryna	500 mg





***INCREASED ENDURANCE, ENHANCED
POWER, DELIGHTFUL FLAVOR FUSION***

LUSTY PREWORKOUT

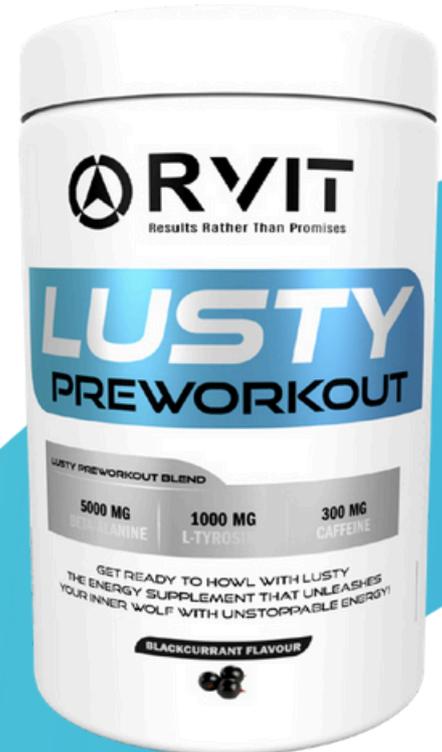
420 G

blackcurrant, lemon, multifruit, strawberry and passion fruit

Food supplement. With sweeteners. Powder for preparation of a drink with blackcurrant flavour. Multi-component product especially recommended for use before strength and endurance training, conducive to the construction of the so-called dry muscle mass. It contains amino acids, vitamins and minerals. Consumption of creatine increases physical performance during short-term, repetitive, high-intensity exercise. Beta-alanine by delaying the onset of fatigue allows you to extend the training time. Caffeine helps increase endurance and physical efficiency during exercise. Pantothenic acid helps maintain mental performance at the correct level.

RECOMMENDED DAILY SERVING: Dissolve 2 flat scoops (14 g) in 200 ml of water. The packaging contains a measuring scoop. Do not exceed recommended daily serving. Food supplements should not be used as a substitute for a varied diet. Contains caffeine; it is not recommended for children or pregnant women (300 mg / 14 g); do not consume with other products which are a source of caffeine or other ingredients with similar effects. A varied and balanced diet and a healthy lifestyle are important. Some individuals may experience a tingling sensation, which is attributed to beta-alanine. The product may cake itself without losing its properties.

INGREDIENTS: Beta-alanine, creatine monohydrate, L-arginine, acidity regulator - citric acid, L-tyrosine, maltodextrin, mineral ingredients (calcium salts of orthophosphoric acid, magnesium carbonate), bitter orange (*Citrus aurantium*) fruit extract, caffeine, raspberry (*Rubus idaeus*) fruit extract (raspberry ketones 5%), vitamins (nicotinamide, calcium D-pantothenate, thiamine mononitrate, pyridoxine hydrochloride, riboflavin, pteroylmonoglutamic acid, D-biotin, cyanocobalamin), flavourings, sweeteners: acesulfame K and sucralose; anti-caking agent - silicon dioxide, colours: carmine, brilliant blue. The product may contain derivatives of: cereals containing gluten, soybeans, milk.



NUTRITION FACTS

serving size: 2 flat scoops (14 g)
servings per container: 30

Beta-alanine	5000 mg	Thiamin (Vitamin B1)	2.2 mg (200%*)
Creatine monohydrate	2000 mg	Riboflavin (Vitamin B2)	2.8 mg (200%*)
L-arginine	2000 mg	Niacin	32 mg (200%*)
L-tyrosine	1000 mg	Pantothenic acid	12 mg (200%*)
Calcium	120 mg (15%*)	Vitamin B6	2.8 mg (200%*)
Magnesium	60 mg (16%*)	Biotin	100 µg (200%*)
Bitter orange extract	300 mg	Folic acid	400 µg (200%*)
Caffeine	300 mg	Vitamin B12	5 µg (200%*)
Raspberry extract (5% ketones) including raspberry ketones	200 mg 10 mg		

* % of nutrient reference value





Results Rather Than Promises



***FUEL YOUR BODY,
STAY IN CONTROL***

MAGNESIUM FORTE

90
capsules

Magnesium bisglycinate is a form of mineral with excellent bioavailability and helps sustain various bodily operations: * improves athletic performance ** supports muscle relaxation and recovery *** promotes bone health -***calms the nervous system ***** it is useful in the case of anxiety and sleep problems.

RECOMMENDED DAILY SERVING: 3 capsules. Do not exceed recommended daily serving. Food supplements should not be used as a substitute for a varied diet. A varied and balanced diet and a healthy lifestyle are important.

INGREDIENTS: Magnesium bisglycinate, gelatine (capsule), anti-caking agents: magnesium salts of fatty acids and silicon dioxide, colour: calcium carbonate. The product may contain derivatives of: cereals containing gluten, soybeans, milk.



NUTRITION FACTS

Serving size: 3 capsules
Servings per container: 30

Magnesium	450 mg	(120 %*)
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* % of nutrient reference value



***A DOSE OF HEALTH
FOR YOUR BODY***

MULTIVITAMIN + MINERALS

120
capsules

Food supplement. The product is a food supplement containing a full set of vitamins and minerals developed especially for men. MULTIVITAMIN + MINERALS has been additionally enriched with lutein, lycopene, soy lecithin and extracts of mate leaves, ginseng root and ginger rhizome. Product ingredients: help maintain the proper level of testosterone in the blood (zinc), proper functioning of muscles and proper synthesis of protein (magnesium), contribute to the reduction of tiredness and fatigue (folic acid, pantothenic acid, magnesium, niacin, riboflavin, vitamin B12, vitamin B6, vitamin C, iron, ginseng, mate), proper functioning of the immune system (zinc, folic acid, copper, selenium, vitamin A, vitamin B12, vitamin B6, vitamin C, vitamin D, iron, ginseng, ginger), proper functioning of the nervous system and maintaining proper psychological functions (biotin, magnesium, niacin, thiamine, vitamin B12, vitamin B6, vitamin C), maintaining the proper metabolism of carbohydrates and the proper level of glucose in the blood (chromium), maintaining proper vision (zinc, riboflavin, vitamin A). The product is intended for adult men.

RECOMMENDED DAILY SERVING: 1 capsule. Do not exceed recommended daily serving. Food supplements should not be used as a substitute for a varied diet. A varied and balanced diet and a healthy lifestyle are important.

INGREDIENTS: Vitamins (D-alpha-tocopheryl acetate, nicotinamide, L-ascorbic acid, calcium D-pantothenate, retinyl acetate, menaquinone, pyridoxine hydrochloride, cholecalciferol, riboflavin, thiamin mononitrate, pteroylmonoglutamic acid, D-biotin, cyanocobalamin), minerals (magnesium oxide, ferrous sulphate, zinc sulphate, cupric sulphate, manganese sulphate, sodium selenite, chromium (III) chloride, sodium molybdate, potassium iodide, manganese bisglycinate, chromium picolinate), gelatine (capsule), maltodextrin, bulking agent - microcrystalline cellulose, anti-caking agents: magnesium salts of fatty acids and silicon dioxide, Yerba mate leaf extract (*Ilex paraguariensis*), ginseng root extract (*Panax ginseng*), ginger rhizome extract (*Zingiber officinale*), lycopene, soy lecithin, lutein from marigold flowers (*Tagetes erecta*), colour - calcium carbonate. The product may contain derivatives of: cereals containing gluten, milk.



NUTRITION FACTS		servings per container: 120	
serving size: 1 capsule			
Mate leaf extract	15 mg	Vitamin E	75 µg 100%*
Ginseng root extract	10 mg	Thiamin (Vitamin B1)	1.4 mg 12%*
Ginger rhizome extract	10 mg	Riboflavin (Vitamin B2)	1.75 mg 125%*
Soy lecithin	5 mg	Vitamin B6	2 mg 143%*
Lycopene	5 mg	Vitamin B12	2.5 µg 100%*
Vitamin A	800 µg 100%*	Vitamin D	5 µg 100%*
Lutein	500 µg	Biotin (Vitamin B7)	62.5 µg 125%*
Vitamin E	15 mg 125%*	Folic acid	200 µg 100%*
Vitamin C	100 mg 125%*	Niacin (Vitamin B3)	20 mg 125%*
		Pantothenic acid (Vitamin B5)	7.5 mg 125%*
		Magnesium	60 mg 156%*
		Iron	7 mg 59%*
		Iodine	75 µg 59%*
		Copper	500 µg 59%*
		Chromium	40 µg 100%*
		Molybdenum	50 µg 100%*
		Selenium	27.5 µg 59%*
		Zinc	5 mg 59%*
		Manganese	1.8 mg 90%*

* % of nutrient reference value



HEALTH FOR YOU

PROTEIN PANCAKE & WAFFLE

3000 G, 1200 G

chocolate, gingerbread, raspberry,
vanilla

Mixture for the preparation of delicious and nutritious pancakes, enriched with WPC whey protein concentrate, without the addition of sugar. It's the perfect choice for a quick, healthy and light breakfast or dinner, a sweet snack or a nutritious meal after workout. The product is dedicated to all people who want to enrich their diet with protein. An excellent meal in a reduction diet. They taste great straight from the pan, without any additions, but they can be varied with fresh fruits, yogurt, sweet coating, honey, jam or peanut butter.

WAY OF USE: Mix a portion of the product [4 scoops - 50 g] thoroughly with 50 ml of cold water. 1 portion of the product provides 1 pancake. Put the dough on well-heated oil in the pan. Fry on medium heat on both sides until golden brown. Serve with powdered sugar, cinnamon, honey, jam, maple syrup, yogurt or fruits. The packaging contains a measuring scoop.

INGREDIENTS: Wheat flour, whey protein concentrate (from milk) 20%, powdered whey (from milk), oatmeal, whole milk in powder, egg powder, freeze-dried raspberry, raising agent: sodium hydrogen carbonate, flavouring, thickener: xanthan gum, emulsifier: lecithins (from soya), sweetener: sucralose, colour: carmine.

NUTRITIONAL VALUE		
	100 g	50 g
serving size: 4 scoops (50 g)		
servings per container: 24		
Energy value	1536.4 kJ / 363.6 kcal	768.2 kJ / 181.8 kcal
Fat	6.0 g	3.0 g
of which saturates	2.6 g	1.3 g
Carbohydrates	50 g	25 g
of which sugars	17.6 g	8.8 g
Fibre	2.8 g	1.4 g
Protein	26 g	13 g
Salt	0.54 g	0.27 g





***MAKE SURE YOU HAVE AN
EXTRA PORTION OF ENERGY***

RICE CARBS PURE

2000 G

apple-cinnamon, banana, milk chocolate, strawberry, vanilla

Powder for making rice gruel. With sweeteners. Source of complex carbohydrates from rice flour, designed to prepare as a creamy dessert. Carbohydrates contribute to the recovery of normal muscle function after highly intensive and/or longlasting physical exercise leading to muscle fatigue and the depletion of glycogen stores in skeletal muscle. Beneficial effect is obtained with the consumption of carbohydrates, from all sources, at a total intake of 4 g per kg body weight, at doses, within the first 4 hours and no later than 6 hours, following highly intensive and/or long-lasting physical exercise leading to muscle fatigue and the depletion of glycogen stores in skeletal muscle.

RECOMMENDED DAILY SERVING: Pour 200 ml of water immediately after boiling into a cup or bowl, add 1 flat scoop (30 g) of powder and stir vigorously. The packaging contains a measuring scoop. A varied and balanced diet and a healthy lifestyle are important. Contains naturally occurring sugars.

INGREDIENTS: Rice flour 98%, powdered vanilla, flavourings, sweeteners: acesulfame K and sucralose, colour: carotenes. The product may contain derivatives of: cereals containing gluten, soybeans, milk.



NUTRITIONAL VALUE

	100g	30g
Energy	1419 kJ/334 kcal	433 kJ/102 kcal
Fat	1.6 g	0.5 g
of which saturates	0.5 g	0.2 g
Carbohydrate	72 g	22 g
of which sugars	0.5 g	0.2 g
Protein	8 g	2.4 g
Salt	0 g	0 g



***ELEVATE YOUR TRAINING
WITH WHEY ISOLATE***

ISO PROMISE

Food supplement. With sweeteners. Powder for preparation of a nutrient drink with milk chocolate flavour. A high-protein nutrient based on whey protein isolate.

RECOMMENDED DAILY SERVING: Dissolve 30 g (1 scoop) in 200 ml of water, by shaking in a shaker. Use once a day, preferably after training or before going to sleep. The packaging contains a measuring scoop. Contains a source of phenylalanine. Do not exceed recommended daily serving. Food supplements should not be used as a substitute for a varied diet.

INGREDIENTS: Whey protein isolate (from milk), cocoa 1%, flavourings, sweeteners: acesulfame K and aspartame, colour - sulphite ammonia caramel. The product may contain derivatives of: cereals containing gluten, soybeans.



2270 G

banana, coffee, milk chocolate, milk fudge, salted caamel, vanilla, strawberry



NUTRITIONAL VALUE	100 g	30 g
Energy value	1480 kJ/349 kcal	446 kJ/106 kcal
Fat	<0.5 g	<0.5 g
of which saturates	0.4 g	0.1 g
Carbohydrate	<0.5 g	<0.5 g
of which sugars	<0.5 g	<0.5 g
Protein	86 g	26 g
Salt	2.6 g	0.79 g



Results Rather Than Promises



***MAXIMIZE YOUR GAINS
WITH VAST MASS!***

VAST MASS

Food supplement. With sweetener. Powder for preparation of a nutrient drink with strawberry flavour. Careful combination of whey protein and complex carbohydrates, enriched with powdered buttermilk. Vast Mass provides the optimal composition of nutrients in the period of increased demand for calories. Protein contributes to the growth and maintenance of muscle mass.

RECOMMENDED DAILY SERVING: Dissolve 200 g (4 scoops) in 400 ml of water or milk. Use once a day, preferably between meals or after physical exercise. The packaging contains a measuring scoop. Do not exceed recommended daily serving. Food supplements should not be used as a substitute for a varied diet. A varied and balanced diet and a healthy lifestyle are important.

INGREDIENTS: Maltodextrin, whey protein concentrate (from milk), powdered buttermilk (from milk), concentrated strawberry juice in powder 2.5%, flavourings, acidity regulator - citric acid, thickener - xanthan gum, sweetener - sucralose, colour: beetroot red. The product may contain derivatives of: cereals containing gluten, soybeans.



NUTRITIONAL VALUE	100 g	200 g
Energy	1658 kJ / 391 kcal	3298 kJ / 777 kcal
Fat	2.3 g	4.6 g
of which saturates	1.5 g	3.0 g
Carbohydrates	71 g	142 g
of which sugars	11 g	22 g
Protein	21 g	42 g
Salt	0.27 g	0.54 g

6800 G, 3000 G

banana, chocolate, cookies, orange
cheesecake, peach, salted caramel,
strawberry





Results Rather Than Promises



YOUR DOSE OF IMMUNITY

VITAMIN C 1000

90
capsules

Food supplement. The product is recommended to supplement vitamin C deficiencies. Additionally, supplementation with the product provides a biologically valuable exogenous amino acid - L-lysine.

RECOMMENDED DAILY SERVING: 1 capsule. Do not exceed recommended daily serving. Food supplements should not be used as a substitute for a varied diet. A varied and balanced diet and a healthy lifestyle are important. Do not use in people suffering from kidney stones and having a predisposition to the formation of kidney stones.

INGREDIENTS: L-ascorbic acid, gelatine (capsule), L-lysine hydrochloride, bulking agent - microcrystalline cellulose, anti-caking agent - magnesium salts of fatty acids. The product may contain derivatives of: cereals containing gluten, soybeans, milk.



NUTRITION FACTS

serving size: 1 capsule
servings per container: 90

Vitamin C	1000 mg	1250%*
L-lysine	100 mg	

* % of nutrient reference value



NO COMPROMISES, JUST RESULTS

WHEY PROMISE

Food supplement. With sweeteners. Powder for preparation of a nutrient drink with strawberry flavour. A high-protein nutrient based on whey protein concentrate. Protein contributes to a growth in muscle mass.

RECOMMENDED DAILY SERVING: Dissolve 30 g (1½ scoops) in 200 ml of water. Use twice a day between meals. The packaging contains a measuring scoop. Do not exceed recommended daily serving. Food supplements should not be used as a substitute for a varied diet. A varied and balanced diet and a healthy lifestyle are important.

INGREDIENTS: Whey protein concentrate (from milk), flavourings, concentrated strawberry juice in powder 0.1%, acidity regulator - citric acid, colour: carmine, thickener - xanthan gum, sweeteners: sucralose and acesulfame K. The product may contain derivatives of: cereals containing gluten, soybeans.



2270 G

banana, coffee, milk chocolate, milk fudge, salted caamel, vanilla, strawberry



NUTRITIONAL VALUE / WARTOŚĆ ODŻYWCZA / NÄHRWERT / VALEUR NUTRITIVE / VALOR NUTRICIONAL

	30 g	60 g	100 g
Serving size: 1½ scoops (30 g) Porcja: 1½ miarki (30 g) Portion: 1½ Messlöffel (30 g) Portion : 1½ dosettes (30 g) Ración: 1½ medidas (30 g)			
Servings per container: 75 Ilość porcji w opakowaniu: 75 Portionen pro Verpackung: 75 Portions par emballage: 75 Raciones por embalaje: 75			
Energy / Wartość energetyczna / Energie / Valeur énergétique / Valor energético	498 kJ/118 kcal	996 kJ/235 kcal	1660 kJ/392 kcal
Fat / Tłuszcz / Fett / Matières grasses / Grasas of which saturates / w tym kwasy tłuszczowe nasycone / davon gesättigte Fettsäuren / dont acides gras saturés /	1.8 g	4.3 g	7.1 g
Carbohydrate / Węglowodany / Kohlenhydrate / Glucides / Hidratos de carbono of which sugars / w tym cukry / davon Zucker / dont sucres / de los cuales azúcares	1.4 g	2.8 g	4.6 g
Protein / Białko / Eiweiß / Protéines / Proteínas	2.6 g	5.3 g	8.8 g
Salt / Sól / Salz / Sel / Sal	1.3 g	2.6 g	4.3 g
	23 g	46 g	76 g
	0.12 g	0.25 g	0.41 g



PROPER MAINTENANCE OF TESTOSTERONE LEVELS

ZMA+DAA

120

tablets

Food supplement. The product intended for active people practicing sports. Systematic supplementation increases performance and reduces the feeling of fatigue. Magnesium - supports the functioning of the muscular system and contributes to a reduction of tiredness and fatigue. GABA - increases tolerance to exercise. Zinc - contributes to the maintenance of normal testosterone levels in the blood. Vitamin B6 - contributes to normal functioning of the nervous system.

RECOMMENDED DAILY SERVING: 4 tablets. Do not exceed recommended daily serving. Food supplements should not be used as a substitute for a varied diet. A varied and balanced diet and a healthy lifestyle are important.

INGREDIENTS: Bulking agent: sorbitols, magnesium carbonate, D-aspartic acid (DAA), gamma-aminobutyric acid (GABA), L-tryptophan, anti-caking agent: magnesium salts of fatty acids, zinc bisglycinate, anti-caking agent: polyethylene glycol, ashwagandha herb extract (Withania somnifera), pyridoxine hydrochloride, melatonin. The product may contain derivatives of: cereals containing gluten, soybeans, milk.

NUTRITION FACTS

serving size: 4 tablets

servings per container: 30

Magnesium	375 mg (100%*)
DAA	1000 mg
GABA	500 mg
L-tryptophan	250 mg
Zinc	25 mg (250%*)
Ashwagandha herb extract,	50 mg
of which withanolides	3.5 mg
Vitamin B6	1.4 mg (100%*)
Melatonin	1 mg

* % of nutrient reference value





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