WHATEVER YOUR SPORT. WE’VE GOT YOU COVERED.
CRITICAL MASS

Critical Mass™ is quite simply the UK’s favourite and trusted mass gain supplement. It uses the highest quality ingredients, all of which have been carefully selected for the ability to deliver quality LEAN MASS GAINZ allowing you to rack up the calories for your daily count.

Our new reduced sugar formulation contains 42g of both fast and slowly digested proteins per serving including ISO-XP 95% Whey Protein Isolate.

KEY BENEFITS

- New Reduced Sugar Formula
- Added DiGeZyme®, LactoSpore®, Kre-Alkalyn®, HICA & ALA
- Added AstraGin® for Maximum Absorption
- Added HMB, Glutamine, Leucine & Creatine Matrix
- Creatine: Increases physical performance in successive bursts of short-term, high-intensity exercise
- Added Fats: CLA & MCT Powder
- High Calorie Protein & Carbohydrate Shake
- Chromium: Contributes to normal Macronutrient Metabolism
- Recommended to be used with iDRIVE™ Insulin Driver
- Halal Certified Product

FLAVOURS

- Banana
- Chocolate Mint
- Chocolate
- Strawberry
- Vanilla
- White Chocolate Raspberry

NEW FORMULA
WITH REDUCED SUGAR

PER SERVING

<p>| | | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Protein</td>
<td>42g</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Carbs</td>
<td>75g</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Calories</td>
<td>566</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Creatine</td>
<td>5g</td>
<td></td>
<td></td>
</tr>
<tr>
<td>L-Leucine</td>
<td>2g</td>
<td></td>
<td></td>
</tr>
<tr>
<td>HMB</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

BASED ON ALL FLAVOURS

2.4 kg (40 Scoops)  6 kg (100 Scoops)
CRITICAL WHEY

Critical Whey Protein has been developed using a unique blend of Whey Protein Concentrate, Whey Protein Isolate & Hydrolysed Whey Protein. Whey Protein Concentrate is produced by Ultra-Filtration Technology containing high levels of Protein and Branched Chain Amino Acids (BCAAs). Whey Protein Isolate is the highest quality of Protein and is produced using Cross-Flow-Micro-Filtration. Hydrolysed Whey Protein is a pre-digested Protein enzymatically broken down into Peptides. These high biological value and easily digested Proteins support the growth and maintenance of muscle.

Critical Whey Protein provides 20.3g of Protein derived from Grass Fed Cows, 4.5g of naturally occurring BCAAs & 3.7g of Glutamine per serving. Critical Whey Protein is Gluten Free, Halal Certified, low in Sugar and makes a great tasting shake – just add to water or low-fat milk.

KEY BENEFITS
• Build & Maintain Muscle
• Delicious Taste & Mixes Instantly
• Gluten Free
• Delivering High Levels of Protein & BCAAs
• Batch Tested for Athletes by Informed-Sport
• Halal Certified Product

FLAVOURS
• Banana
• Chocolate
• Lemon Cheesecake
• Strawberry
• Vanilla
• White Chocolate Raspberry

2.27 kg (75 Servings)

900 g (30 Servings)
100% CASEIN

100% Casein Protein is vital to anybody wanting to refuel their muscles during sleep, when it is impractical to consume food or drink. During this period your body can enter into starvation mode and may start to break down muscle tissue. This could have a negative impact on both muscle recovery and performance. As a result 100% Casein Protein is digested slowly over a sustained period of time (up to seven hours), thus supplying your muscles with the Amino Acids required to synthesise muscle tissue, facilitating repair and growth.

100% Casein Protein hosts a complete Amino Acid profile and contains vital Branched Chain Amino Acids (BCAAs) which are the building blocks for new Proteins. With minimal Fat and Carbohydrates, this product certainly compliments the desired goals of a calorie-controlled diet.

KEY BENEFITS

- Ideal for Pre-Bedtime Consumption
- Contributes to Maintenance & Growth of Muscle Mass
- Time Release Protein
- Added Digestive Enzyme Blend
- Gluten Free
- 4.3 g of Naturally Occurring Glutamine
- Per Serving (Glutamic Acid)

FLAVOURS

- Banana Cream
- Chocolate Cream
- Strawberry Cream
- Vanilla Cream

PER SERVING

- 25.2 g PROTEIN
- 5.4 g BCAAs
- 4.3 g GLUTAMINE
- 1.1 g CALORIES
- 1 g CARBS

BASED ON STRAWBERRY CREAM FLAVOUR

TESTED FOR ATHLETES

1.8 kg (60 Servings)

WWW.APPLIEDNUTRITION.UK | #AppliedNutrition
100% BEEF PROTEIN

Beef Protein Isolate is a Dairy Free source of Protein and is 100% Hydrolysed Beef Protein sourced from Bovine. It provides over 27g of Protein per serving and has a comprehensive Amino Acid profile providing all the Essential Amino Acids (EAA’s).

Beef Protein Isolate has a high Protein content (87%) which will contribute to the Growth and Maintenance of Lean Mass. It also has a low Fat and Zero Sugar content which makes it an ideal choice of Protein for anyone looking to reduce Fat and Sugar content in their diet.

Beef Protein Isolate is recommended for anyone looking to increase daily Protein intake and particularly those who are avoiding Lactose and Dairy products in their diet and are looking for an alternative source of Protein.

KEY BENEFITS

- 100% Hydrolysed Beef Protein
- Over 27g of Protein Per Serving
- Lactose & Dairy Free
- Contributes to the Growth of Muscle Mass
- Perfect Mixing & Amazing Taste

FLAVOURS

- Chocolate Orange
- Green Apple
- Orange & Mango
- Strawberry & Lime

1.8 kg (60 Servings)
VEGAN-PRO

Vegan-Pro is the perfect Vegan Protein blend combining Soya Protein Isolate, Pea Protein Isolate, Brown Rice Protein and Hemp Protein to deliver a premium quality, Vegan Protein Powder with a full range of Essential Amino Acids and over 25g of Protein per serving.

Vegan-Pro is a good choice for any Vegan’s looking to increase their Protein intake. Stacked with a high Branched Chain Amino Acids profile (BCAAs) Leucine, Isoleucine and Valine, Vegan-Pro can also help contribute to the growth and maintenance of Muscle Mass.

KEY BENEFITS
- Dairy Free Protein Source
- Superior Amino Acid Profile
- Over 25g of Protein Per Serving
- Suitable for Vegans & Vegetarians
- Perfect Mixing & Amazing Taste
- Low in Fat & Sugar

FLAVOURS
- Chocolate
- Lemon Cheesecake
- Strawberry
- Vanilla

PER 30g SERVING
- 25.3g PROTEIN
- 4.1g BCAAs
- 1.9g CARBS
- 108 CALORIES
- 0g SUGAR

TESTED FOR ATHLETES

2.1 kg (70 Servings)
RECOVERY

Recovery is at the forefront of modern day intense post workout fuel demands. Delivering a fast absorbing blend of Whey Protein Concentrate & Isolate, with the bulk of its replenishing Sugars naturally occurring from Coconut Water Powder which is also known for being packed with key elements in boosting bodily re-hydration, fused with high levels of Vitamin C, Sodium, Magnesium, Calcium & Potassium, forming a crucial Electrolyte blend that helps maintain fluid balance in the body and can help prevent muscle cramps.

Recovery is ideal for anyone participating in prolonged & intense exercise, refuelling your body with maximum levels of the key re-vitalising & replenishing components that it critically demands.

KEY BENEFITS

- Zero-to-100 Rapid Recovery
- Informed-Sport Registered Product
- Featuring ISO-XP Whey Protein Isolate
- Amazing Taste & Easy Mixing

FLAVOURS

- Chocolate
- Coconut & Lime
- Strawberry

PER 100g SERVING
- 23g PROTEIN
- 62g CARBS
- 5g BCAAs
- 500mg VITAMIN C
- 4g GLUTAMINE

BASSED ON ALL FLAVOURS

1kg (10 Servings)
**ISO-XP 100% WHEY PROTEIN ISOLATE**

ISO-XP is a high protein supplement with sweetener and by far the cleanest and highest quality Whey Protein Isolate available, with only 0.1g Lactose per 25g serving. Basically there is no other protein, anywhere, which exceeds this level of clinical protein per 100g ratio - with 24g of protein per 25g serving. ISO-XP is made from exceedingly fresh EU, sweet dairy whey that is isolated and then spray dried. ISO-XP has NO SOY added and instead uses Sunflower Lecithin as the Emulsifier.

ISO-XP is ideal for anyone looking to increase daily protein intake without any additional fats, carbohydrate or sugars. ISO-XP should be mixed with water or skimmed milk for easy mixing and great taste.

**KEY BENEFITS**
- 0g Sugar (per 25g serving)
- 0g Carbs (per 25g serving)
- 0g Lactose (per 25g serving)
- 0g Soya
- 0g Fat (per 25g serving)
- Gluten Free
- 24g Protein (per 25g serving)
- Easy Mixing
- Whey Produced from Grass Fed Cows
- Halal Certified Product

**FLAVOURS**
- Banana
- Café Latte
- Chocolate Dessert
- Pine Colada
- Mango & Passion Fruit
- Strawberry
- Vanilla
- Unflavoured

**PER 25g SERVING**
- **24g** Protein
- **5.7g** BCAAs
- **94** CALORIES
- **0g** Carbs
- **0g** Sugar

**BASED ON UNFLAVOURED**

**800 g (32 Servings) - 2 kg (80 Servings)**
CRITICAL OATS PROTEIN PORRIDGE

Critical Oats Protein Porridge is the perfect on-the-go breakfast or snack. Delivering a well balanced blend of 100% Organic Wholegrain Oats, high levels of Protein including ISO-XP Protein Isolate and also features MCT Powder (Healthy Fats) ideal for your busy/active lifestyle.

KEY BENEFITS
- 100% Organic Oats
- Featuring 3g of MCT Healthy Fats Per Serving
- Perfect on-the-go Breakfast or Snack
- Easy Mixing with HOT & COLD Water/Milk
- Halal Certified Product

FLAVOURS
- Banana
- Blueberry
- Chocolate
- Coconut
- Golden Syrup
- Strawberry

Start Your Day
The Critical Whey!

Featuring MCT Healthy Fats

60 g (1 Serving) - 3 kg (50 Servings)
ABE ULTIMATE PRE-WORKOUT

ABE delivers a unique blend of the most vital and researched active ingredients known to help increase Physical Performance*, Reduce Tiredness & Fatigue* and provide Continual Focus throughout your training, maximizing your body's potential. However, talk is cheap and the proof is in the product; after extensive research, Meticulous Formulating and Precise Lab Testing we are confident to let ABE do the talking.

KEY BENEFITS
- Increases Physical Performance During High Intensity Exercise
- Contributes to the Reduction of Tiredness & Fatigue
- Open Your Airways with Breathe Easy™ Formula
- Contributes to Normal Red Blood Cell Formation
- Added Vitamin B3 & B12
- Unrivalled Purity with added TheaCrine
- Halal Certified Product

FLAVOURS
- Bubblegum Crush
- Candy Ice Blast
- Icy Blue Raz
- Cherry Cola
- Energy Flavour
- Fruit Punch
- Sour Apple
- Tropical

315 g (30 Servings)
SHRED-X FAT BURNER

Shred X is a product ahead of the curve in innovation, providing a unique combination of trusted and popular ingredients to support a multiplicity of training goals.

90 Capsules (30 Servings)

KEY BENEFITS

- Chromium: Contributes to Macronutrient Metabolism
- Total Caffeine content 278mg
- B-Vitamins contribute to the reduction of tiredness & fatigue throughout the day
- Veggie Caps
- Halal Certified Product
ABE ULTIMATE PRE-WORKOUT GEL

ABE Ultimate Pre-Workout Gels delivers a unique blend of the most vital and researched active ingredients; vitamin B3 and B12 contributes to the reduction of tiredness and fatigue throughout your training, maximizing your exercise performance. Creatine Monohydrate may increase physical performance in successive bursts of short term, high intensity exercise. #ABE

KEY BENEFITS
• * Increases Physical Performance During High Intensity Exercise
• Open Your Airways with Breathe Easy™ Formula
• Added Vitamin B3 & B12
• Unrivalled Purity with added TheaCrine
• Halal Certified Product

FLAVOURS
• Bubblegum Crush
• Candy Ice Blast
• Cherry Cola
• Icy Blue Raz
• Fruit Burst
• Energy Flavour

WARNING
EXTREMELY POTENT
DO NOT EXCEED 1 SERVING

Breathe Easy™
OPEN YOUR AIRWAYS

TESTED FOR ATHLETES

20 x 60 g

60 g (1 Serving)
BCAA AMINO-HYDRATE

BCAA Amino Hydrate is the SUGAR FREE intra workout & recovery drink mix that all Athletes, Bodybuilders, Powerlifters, Boxers and general keep fitters should be consuming during every workout.

BCAA Amino Hydrate was formulated to deliver maximum amounts of highly tested Branch Chain Amino Acids that will maximise your training intensity and longevity while flooding your body with a perfect blend of re-hydrating electrolytes and salts with added Citrulline for intra workout pump.

Fueling your body’s engine during your workout is the key to progress.

KEY BENEFITS

- Informed-Sport Batch Tested for Athletes
- Replenish Electrolytes
- Featuring Citrulline (Intra-Workout Pump)
- Easy Mixing with the Critical Jug Allowing you to intake Extra Water
- Halal Certified Product

FLAVOURS

- Fruit Burst
- Green Apple
- Icy Blue Raz
- Lemon & Lime
- Orange & Mango
- Pineapple
- Watermelon

NEXT GENERATION

450 g (32 Servings)

1.4 kg (100 Servings)
**BOOST ISOTONIC ENERGY GEL**

Boost Energy Gels deliver a combination of Carbohydrates, Electrolytes, B-Vitamins and Magnesium packed into a convenient sized gel sachet.

**KEY BENEFITS**
- Informed-Sport Professional Batch Tested for Athletes
- Carbohydrates
- Electrolytes + Magnesium
- B-Vitamins
- 100% Natural Flavouring
- Halal Certified Product

**FLAVOURS**
- Fruit Burst
- Icy Blue Raz
- Tropical

![Image of Boost Isotonic Energy Gel](image)

- 20 x 60 g
- 60 g (1 Serving)
**BOOST+ ENERGY GEL WITH CAFFEINE**

Boost+ Energy Gels deliver a combination of Carbohydrates, Electrolytes, B-Vitamins and Caffeine packed into a convenient sized gel sachet.

**KEY BENEFITS**
- Informed-Sport Professional Batch Tested for Athletes
- Carbohydrates
- Electrolytes + Magnesium
- B-Vitamins
- 100% Natural Flavouring
- Halal Certified Product

**FLAVOURS**
- Fruit Burst
- Icy Blue Raz
- Tropical

60 g (1 Serving)

20 x 60 g
AMINO FUEL

Amino Fuel is the perfect blend delivering 11g of Aminos per serving, 9g of which are Essential Amino Acids (EAA) including 6g of Branched Chain Amino Acids (BCAAs) at a 2:1:1 ratio (3000mg L-Leucine, 1500mg L-Isoleucine, 1500mg L-Valine) with an additional 2g of L-Glutamine and 45mg of AstraGin®.

Amino Acids are complex chemicals that are the building blocks of protein. An Essential Amino Acid cannot be synthesised or created by the body and therefore must be supplied from the diet.

Amino Fuel can be consumed 24 hours a day or when extra amino intake is required, such as any form of exercise or activity.

KEY BENEFITS

- 11g of Aminos Per Serving
- 45mg AstraGin® for Maximum Absorption
- Building Blocks of Protein
- Halal Certified Product

FLAVOURS

- Candy Ice Blast
- Fruit Burst
- Fruit Salad
- Icy Blue Raz

390g (30 Servings)
PROTEIN INDULGENCE BAR
HIGH PROTEIN LOW SUGAR BAR

KEY BENEFITS
- 15g Protein Per Bar
- Less than 2g of Sugar Per Bar
- Suitable for Vegetarians (Lacto Ovo Vegetarians)
- Halal Certified Product

FLAVOURS
- Milk Chocolate Caramel
- Hazelnut Caramel

15g PROTEIN

50 g (1 Serving)
ZMA PRO CAPSULES

ZMA Pro is a unique combination of Zinc and Magnesium plus Vitamin B6 and has a number of benefits to the body and its functionality. Each of the three ingredients have been specifically chosen for their unique properties with added KSM-66® Ashwagandha and AstraGin®.

KEY BENEFITS

• 200mg KSM-66® Ashwagandha
• 45mg AstraGin® for Maximum Absorption
• Zinc contributes to the maintenance of normal testosterone levels in the blood
• Magnesium supports normal functioning of the nervous system and muscle function
• Vitamin B6 contributes to a reduction in tiredness and fatigue
• Vegan Friendly
• Halal Certified Product

60 Capsules (30 Servings)
**BCAA 6K TABLETS**

BCAA 6K Branched Chain Amino Acids tablets contain three of the 9 Essential Amino Acids, Leucine, Isoleucine and Valine in a 4:1:1 ratio.

BCAA 6K Tablets provide 6000mg of BCAAs per serving (6 tablets) and can be taken throughout the day or before and after a workout. BCAA 6K Tablets can be taken by active individuals and are suitable for anyone taking part in intense training.

The addition of advanced, highly bio-available form of Vitamins B6 & B12 to the BCAA 6K complex will also help to enhance your energy levels and endurance helping to further maximise your training while simultaneously enhancing recovery.

**KEY BENEFITS**
- 6000mg BCAA Per Serving
- Added Vitamins B6 & B12
- Halal Certified Product

PER ONE SERVING
- 4g L-Leucine
- 1g L-Isoleucine
- 1g L-Valine
- B6/B12 Vitamins

240 Tablets (40 Servings)
**L-CARNITINE 3000 LIQUID WITH GREEN TEA**

L-Carnitine is a liquid supplement containing 50mg of Green Tea Extract and 3000mg of L-Carnitine per 15ml per serving.

L-Carnitine plays a critical metabolic role in stimulating weight loss as it helps transport fats to the Mitochondria where they are burned for energy. Clinical research has shown L-Carnitine supports athletic performance and endurance. Through a greater reliance on fat for energy, the body reduces depletion of muscle Glycogen. This combined with the reduction of Lactic Acid accumulation in muscles can extend exercise capacity before fatigue.

**KEY BENEFITS**
- 3000mg L-Carnitine Per Serving
- Featuring 50mg Green Tea Extract Per Serving
- Essential Amino Acid
- Suitable for Vegans
- Halal Certified Product

**FLAVOURS**
- Fruit Burst
- Sour Apple
- Tangy Orange

480 ml (32 Servings)
iDRIVE INSULIN DRIVER + GDA

i-DRIVE GDA is a Glucose Disposal Agent designed to enhance the effects of Insulin in your body. Insulin has the ability to increase protein synthesis, inhibit protein breakdown and Drive Amino Acids, Creatine, and other vital Anabolic Nutrients into the muscle tissue, which could help your body store the glucose it transports as glycogen (GDA) in the muscle instead of being stored as fat, potentially creating a powerful glycogen pump and improving muscle fullness.

KEY BENEFITS
- Support Intra-Muscular Carbohydrate, Amino Acid, Creatine & Other Anabolic Nutrients Uptake
- Tested for Athletes
- Halal Certified Product

120 Capsules (60 Servings)
TEST-X TESTOSTERONE SUPPORT

Test X provides a unique blend of Fenugreek, D-Aspartic Acid, Beta Ecdysterone, Maca Root, Mucuna Pruriens & 5-Methyl-7-Methoxyisoflavone with added Estrogen Busting ingredients to promote balanced Estrogen levels and is recommended for anybody taking part in regular high intensity exercise.

KEY BENEFITS
- Supports Natural Testosterone Production
- Added Estro-Buster Formula
- Tested for Athletes
- Halal Certified Product

120 Capsules (30 Servings)
SEX BOMB FOR HIM

Sex Bomb is an active libido enhancement supplement for men that works to create faster sexual arousal, enhancing sensitivity through improved blood flow.

KEY BENEFITS
- Promotes Male Sexual Health
- Boost Sex Drive
- Plant Based Veggie Shell well suited for consumers with dietary, religious or cultural restrictions
- Halal Certified Product

120 Capsules (60 Servings)

SEX BOMB FOR HER

Sex Bomb is an active libido enhancement supplement for women that works to create faster sexual arousal, enhancing sensitivity through improved blood flow.

KEY BENEFITS
- Promotes Female Sexual Health
- Boost Sex Drive
- Plant Based Veggie Shell well suited for consumers with dietary, religious or cultural restrictions
- Halal Certified Product

120 Capsules (60 Servings)
CLA, L-CARNITINE & GREEN TEA

CLA, L-Carnitine & Green Tea is ideal for anyone looking to improve their body composition in conjunction with a balanced diet and regular exercise. A compound product that contains a naturally occurring Fatty Acid CLA (Conjugated Linoleic Acid), highly absorbed L-Carnitine Tartrate and concentrated Green Tea Extract (Camellia Sinensis) in easy-to-swallow softgels.

**KEY BENEFITS**
- Easy to Swallow Veggie Softgels
- Popular Amongst those on a Weight Management Plan
- Halal Certified Product

100 Softgels (50 Servings)

L-CARNITINE 1500

L-Carnitine plays a critical metabolic role in stimulating weight loss as it helps transport fats to the Mitochondria where they are burned for energy. Clinical research has shown L-Carnitine supports athletic performance and endurance. Through a greater reliance on fat for energy, the body reduces depletion of muscle Glycogen. This combined with the reduction of Lactic Acid accumulation in muscles can extend exercise capacity before fatigue. L-Carnitine L-Tartrate capsules can be recommended pre-workout.

**KEY BENEFITS**
- High Strength 1500mg L-Carnitine
- Naturally Occurring Amino Acid
- Premium L-Tartrate Form
- Plant Based Veggie Shell well Suited for Consumers with Dietary, Religious or Cultural Restrictions
- Halal Certified Product

120 Capsules (60 Servings)
**KRE-ALKALYN® 1500**

Kre-Alkalyn® 1500 contains a patented Creatine in a pharmaceutical delivery system providing maximum stability and absorption. Kre-Alkalyn® 1500 is pH buffered for maximum absorption and stability. Kre-Alkalyn® 1500 delivers high levels of Creatine allowing you to experience more efficient and explosive results.

**KEY BENEFITS**
- Easy to Swallow Veggie Capsules
- Unrivalled Purity - 1500mg Per Serving
- Halal Certified Product

![KRE-ALKALYN® 1500 Image]

120 Capsules (60 Servings)

---

**BETA-ALANINE 1500**

Beta Alanine is one of the 20 Amino Acids required in Protein synthesis. Amino Acids are the building blocks of Proteins whereby Beta Alanine is a non-essential Amino Acid and the only naturally occurring Beta-Amino Acid.

**KEY BENEFITS**
- Only Naturally Occurring Beta-Amino Acid
- Non-Essential Amino Acid
- Plant Based Veggie Shell well suited for consumers with dietary, religious or cultural restrictions
- Halal Certified Product

![BETA-ALANINE 1500 Image]

120 Capsules (60 Servings)
GLUTAMINE 4K
Glutamine 4K are formulated for rapid disintegration and maximum absorption. Glutamine is the most abundant Amino Acid in the body, comprising more than 60% of the free Amino Acid pool in skeletal muscle and greater than 20% of total circulating Amino Acids.

Glutamine 4K is made from the highest quality pharmaceutical grade Glutamine available on the market. Each serving provides 4000mg (4g) of Pure L-Glutamine.

KEY BENEFITS
- Supplementing with L-Glutamine (particularly post-workout) can help to restore Amino Acid levels that are diminished during your workout
- Easy to Swallow Veggie Capsules
- Pure Pharmaceutical Grade L-Glutamine Powder
- Conditionally Essential Amino Acid
- Halal Certified Product

120 Capsules (30 Servings)

L-GLUTAMINE POWDER
Glutamine is the most abundant Amino Acid within muscle tissue, however when you train, Glutamine levels can be significantly reduced as muscle tissue breaks down – even more so with the bodybuilding style of training. Supplementing with Glutamine (in particular post-workout) can allow you to restore the depleted Glutamine levels.

KEY BENEFITS
- Pure Pharmaceutical Grade Glutamine Powder
- The most Abundant Amino Acid in Muscle Tissue
- Conditionally Essential Amino Acid
- Halal Certified Product

250 g (50 Servings) - 500 g (100 Servings)
CREATINE 3000
Micronized Creatine Monohydrate has been proven to increase physical performance in successive bursts of short-term, high intensity exercise. Each serving provides 3000mg (3g) of Creatine Monohydrate.

KEY BENEFITS
- Easy to Swallow Veggie Capsules
- Creatine increases physical performance in successive bursts of short-term, high intensity exercise
- Halal Certified Product

CREATINE MONOHYDRATE
Creatine Monohydrate is suitable for anyone partaking in prolonged or high-intensity exercise, looking to improve physical performance. Applied Nutrition’s Creatine provides the purest, most readily absorbed Creatine Monohydrate formula available. Studies report that the increase of Creatine levels will help delay the onset of fatigue, increase energy metabolism in the muscle cells and enhance the body’s overall training capability.

KEY BENEFITS
- Increases Performance During High Intensity Training
- Can be Easily Mixed in Water
- Halal Certified Product

250 g (50 Servings) - 500 g (100 Servings)
LEUCINE 4K

L-Leucine is an Essential Amino Acid meaning it cannot be synthesised by the human body and therefore, must be consumed through our dietary food intake or in supplement form.

L-Leucine is the primary and most abundant out of the three Branched Chain Amino Acids (BCAAs). This is commonly found in high amounts in many animal-based foods such as lean meats, poultry and fish in varying amounts.

L-Leucine tablets are ideal for anyone taking part in intense physical activity. These can be taken either before or after a workout.

KEY BENEFITS

- Essential Amino Acid
- Primary Branched Chain Amino Acid
- Ideal for use Pre-Intra-Post Workout
- Stacks with BCAA Amino-Hydrate
- Halal Certified Product

OMEGA 3

Omega 3 is an Essential Fatty Acid sourced from Fish Oil, which is rich in EPA (Eicosapentaenoic Acid) and DHA (Docosahexaenoic Acid). As humans are incapable of synthesising Omega 3, it is essential that we consume them via dietary sources.

KEY BENEFITS

- Easy to Swallow Veggie Softgels
- EPA & DHA contributes to the normal function of the heart
- Halal Certified Product
**TRI-OMEGA 3-6-9**

Omega 3-6-9 contains a blend of Fish and Plant Oils, which provide a perfect blend of Omega-3, Omega-6 and Omega-3 Fatty Acids.

Omega 3-6-9 contains essential Fatty Acids that are made up of EPA (Eicosapentaenoic Acid) and DHA (Docosahexaenoic Acid) - both long chain Fatty Acids that have been shown to contribute to the normal function of the heart. This product is recommended for anyone who lacks a diet containing Omega 3-6-9.

**KEY BENEFITS**
- Easy to Swallow Veggie Softgels
- EPA & DHA contributes to the normal function of the heart
- Halal Certified Product

---

**CLA GOLD 1000**

CLA, otherwise known as Conjugated Linoleic Acid, is one of the most popular and widely used supplements within the Sports Nutrition and health industry. CLA is a naturally occurring Omega-6 Fatty Acid, which play a role in human health.

**KEY BENEFITS**
- Easy to Swallow Veggie Softgels
- Natural Source of Omega 6 Essential Fatty Acid
- Halal Certified Product
CALCIUM & MAGNESIUM
For the maintenance of healthy bones and normal nerve and muscle function, Calcium & Magnesium tablets is one of Applied Nutrition’s premium quality mineral complexes.

KEY BENEFITS
- Gluten Free & Suitable for Both Vegans & Vegetarians
- Per 3 Tablets Contain 100% RI’s for Calcium & Magnesium
- Well Suited for Consumers with Dietary, Religious or Cultural Restrictions
- Halal Certified Product

MILK THISTLE
A traditional herbal medicinal product used to relieve the symptoms associated with occasional overindulgence of food and drink such as indigestion and upset stomach based on traditional use only.

KEY BENEFITS
- Popular, Effective Herbal Remedy
- Helps Relieve Indigestion & Upset Stomach
- 300mg Per Tablet
- Halal Certified Product
MULTI-VITAMIN COMPLEX

Multi-Vitamin Complex contributes to the normal function of the immune system during and after intense physical exercise, the nervous system as well as normal muscle and cognitive function and the normal formation of connective tissue.

KEY BENEFITS
- 30+ Vitamins, Minerals, Probiotics & Antioxidants
- Only the Most Bioavailable Sources Used
- Leading Dosages of Every Ingredient
- Halal Certified Product

VITAMIN-B COMPLEX

An extra high potency Vitamin B-Complex made up of several vitamins that work well together to support nervous system health and promote energy metabolism.

KEY BENEFITS
- Highly Dosed B Vitamin Tablets
- 7 B-Vitamins + Biotin, Inositol, PABA & Choline
- Contributes to the Reduction of Tiredness & Fatigue
- Halal Certified Product
**VITAMIN B12**

Vitamin B12 is a naturally occurring B-Complex vitamin that promotes the health of the circulatory and nervous systems and supports energy metabolism.

**KEY BENEFITS**
- Suitable for Vegans & Vegetarians
- Contributes to the Reduction of Tiredness & Fatigue
- Contributes to Normal Red Blood Cell Formation
- Halal Certified Product

90 Tablets (90 Servings)

---

**VITAMIN D3**

Vitamin D contributes to the maintenance of normal muscle function and normal function of the immune system.

**KEY BENEFITS**
- High Strength 5000iu Tablets
- Promotes Normal Bone Health
- Required for Maintenance of Immune Function
- Halal Certified Product

90 Tablets (90 Servings)
**VITAMIN C 1000MG**

Vitamin C is an essential water-soluble vitamin that has a wide range of functions in the human body, with its primary function being an excellent antioxidant.

**KEY BENEFITS**
- Suitable for Vegans
- Added Rose Hips
- Veggie friendly well suited for consumers with dietary, religious or cultural restrictions
- Halal Certified Product

**ZINC**

Zinc is a essential mineral that is involved in numerous aspects of cellular metabolism. It is required for the catalytic activity of many enzymes and it plays a role in immune function, protein synthesis. Zinc also supports normal growth and development. A daily intake of Zinc is required to maintain a steady state because the body has no specialized Zinc storage system.

**KEY BENEFITS**
- Essential Mineral
- Easily Absorbed Source
- Contributes to the Normal Function of the Immune System During & After Intense Physical Exercise
- Halal Certified Product
**FLAVO DROPS**

Flavo Drops are the perfect way to keep what you eat interesting, which we know can be hard while you’re dieting, whether your goals are weight-loss, mass-gain, or simply staying healthy.

Available in a huge variety of enticing sweet flavours and contain zero calories, making them ideal for satisfying your sweet-tooth cravings, without the extra sugar, fat or carbohydrates.

Flavo Drops can be added to your smoothies, powders, coffees and everything in-between.

**KEY BENEFITS**
- Zero Calories, Carbohydrates & Sugar
- Vegan Friendly
- 100% Natural Flavouring & Natural Colouring
- Halal Certified Product

**FLAVOURS**
- Apple
- Banana
- Blackcurrant
- Bubblegum
- Cherry
- Chocolate
- Coffee
- Lemon & Lime
- Lemon
- Mixed Berry
- Passion Fruit
- Raspberry
- Strawberry
- Toffee
- Vanilla
- White Chocolate

38 ml (150 Servings)
**CAPSULES**

Pro CBD™ is a unique combination of CBD Powder 99% Purity, Turmeric Extract 95% Purity & KSM-66® Ashwagandha Extract. Each of the three ingredients have been specifically chosen for their unique properties along with added Astralgin® & BioPerine®.

**KEY BENEFITS**
- 10mg Pro CBD™ Per Serving - Zero THC
- Relax, Recharge, Recover & Anti-Stress Formula
- Turmeric Extract (95% Purity)
- Added Astralgin® for Maximum Absorption
- KSM-66® Ashwagandha Extract
- Halal Certified Product

**500MG DROPS**

**KEY BENEFITS**
- 500mg Pro CBD™ per 30ml Bottle, Co2 Extracted
- Zero THC
- Vegan Friendly
- Natural Flavouring
- 30ml bottle contains approx. 720 drops
- Halal Certified Product

**FLAVOURS**
- Apple
- Orange

**60 Capsules (30 Servings)**

**30 ml (720 Drops)**
**RECOVERY GEL**
Pro CBD™ Recovery Gels delivers a unique blend of Vitamins and Electrolytes blended with Pro CBD™ from Hemp (contains ZERO THC) with added Glucosamine, Chondroitin and MSM packed into a convenient sized gel sachet.

**KEY BENEFITS**
- 25mg Pro CBD™ Per Gel - Zero THC
- Joint Support Formula
- Glucosamine, Chondroitin & MSM
- Electrolytes & Zinc
- Vitamin C & B-Vitamins
- Halal Certified Product

**FLAVOURS**
- Fruit Burst

---

**PROTEIN & HEMP**
Pro CBD™ is 99% Pure CBD Cannabidiol Isolate, it is derived entirely from NONE-GMO, PESTICIDE FREE, Co2 Extracted industrial Hemp Seed Oil, from the mature stalks and stems of the plant.

Protein & Hemp has been developed using a unique blend of Whey Protein Concentrate, Micellar Casein and L-Theanine blended with Pro CBD™ from Hemp (contains ZERO THC).

Protein & Hemp has been designed to digest slowly over a sustained period of time (up to 7 hours) thus supplying your muscles with the amino acids required to synthesise muscle tissue, facilitating growth and maintenance of muscle mass with the added benefits of a unique Digestive Enzyme blend.

**KEY BENEFITS**
- 30mg Pro CBD™ Per Serving - Zero THC
- Added AstraGin® for Maximum Absorption
- May Contribute to the Maintenance & Growth of Muscle Mass
- Added DigeZyme® & LacoSpore®
- Halal Certified Product

**FLAVOURS**
- Chocolate
- Vanilla

---

60 g (1 Serving)

750 g (25 Servings)
750ml STAINLESS STEEL SHAKER

The new Applied Nutrition stainless steel shaker. Strong and reliable shaker for your protein shakes which can withstand prolonged usage. A great alternative to your plastic shaker cup!

AVAILABLE IN 3 COLOURS

2.5 LITRE JUG

Ensure optimal hydration throughout the day with the Applied Nutrition 2.5 litre / 88 oz water jug.

AVAILABLE IN CLEAR GREY & MATT GREY

700ml SHAKER

A 700ml capacity shaker with the Applied Nutrition branding. The shaker is complete with a mesh grill insert, screw on top, clip cap and leak proof design.
STRING BAG
An Applied Nutrition branded bag with a drawstring for speed and convenience.

CONVENIENT AND DURABLE

BASEBALL CAP
Black & White Branded Applied Nutrition Cap / Snapback.

AVAILABLE IN BLACK

SPORTS WATCH
Branded Applied Nutrition Digital Sports Watch

AVAILABLE IN BLACK

WIRELESS BLUETOOTH SPEAKER
Long battery life & very loud, take your music everywhere you go.
Train on the go.

TAKE YOUR MUSIC EVERYWHERE YOU GO