



Men's Strength & Conditioning
Pre Workout

Supplement Facts		
Serving Size 1 Stick Pack (10g)		
Servings Per Container 15		
	Amount Per Serving	% Daily Value
Calories	5	
Total Carbohydrate	1 g	< 1%*
Muscle Matrix	7800 mg	**
GlycoCarn® (Glycine Propionyl-L-Carnitine HCL, USP), Agmatine Sulfate, Sustamine® L-Alanyl-L-Glutamine, Kre-Alkalyn® creatine, N-Acetyl L-Cysteine		
Neuro Factors	600 mg	**
N-Acetyl L-Tyrosine, AlphaSize® Alpha-Glycerol Phosphoryl Choline, Caffeine Anhydrous, SerinAid® PhosphatidylSerine		
Nitrate/Anti-Oxidant Blend	105 mg	**
Purple Sweet Potato Extract, Beet Root Extract, Fulvic Acid Mineral Base		

*Percent Daily Values are based on a 2,000 calorie diet.
**Daily Value not established.

Other Ingredients: Natural Flavor, Citric Acid, Silicon Dioxide, Modified Cornstarch, Sucralose, Acesulfame-K, Maltodextrin.

Men's Strength & Conditioning
Post Workout

Supplement Facts		
Serving Size 1 Stick Pack (17g)		
Servings Per Container 15		
	Amount Per Serving	% Daily Value
Calories	10	
Total Carbohydrate	2 g	1%*
Vitamin A	625 IU	12%
Vitamin B6	3 mg	152%
Proprietary Amino Acid Complex	12 g	**
L-Leucine, L-Glutamine, L-Isoleucine, L-Valine, N-Acetyl L-Cysteine, L-Phenylalanine, L-Tyrosine, L-Lysine, L-Threonine, L-Methionine, L-Tryptophan, Aspartic Acid		
Anti-Stress/Recovery Matrix	2430 mg	**
Kre-Alkalyn® creatine, Nutramunity™ beta 1,3/1,6 glucan from Saccharomyces cerevis, Purple Sweet Potato Extract, Beet Root Extract, Rhodiola Rosea Powder, Rhaponticum Carthamoides (Maral Root) Extract, Fulvic Acid Mineral Base		

*Percent Daily Values are based on a 2,000 calorie diet.
**Daily Value not established.

Other Ingredients: Natural Flavor, Malic Acid, Sucralose, Silicon Dioxide, Acesulfame-K, Maltodextrin, Beta Carotene (for color). Contains Soy.



Women's Cardio
Pre Workout

Supplement Facts

Serving Size 1 Stick Pack (7g)
Servings Per Container 15

	Amount Per Serving	% Daily Value
Calories	5	
Total Carbohydrate	2 g	1%*
Energy Anti-Oxidant Blend	4410 mg	**
GlycoCarn® (Glycine Propionyl-L-Carnitine HCL, USP), Sustamine® L-Alanyl-L-Glutamine, Agmatine Sulfate, N-Acetyl L-Cysteine, Caffeine Anhydrous, Diindolylmethane (DIM), Fulvic Acid Minerals		
Cognitive Matrix	325 mg	**
AlphaSize® Alpha-Glycerol Phosphoryl Choline, Purple Sweet Potato Extract, Beet Root Extract, Rhodiola Rosea Powder, Rhaponticum Carthamoides (Maral Root) Extract		

*Percent Daily Values are based on a 2,000 calorie diet.

**Daily Value not established.

Other Ingredients: Maltodextrin, Natural Flavor, Citric Acid, Modified Cornstarch, Silicon Dioxide, Sucralose.

Women's Cardio
Post Workout

Supplement Facts

Serving Size 1 Stick Pack (15g)
Servings Per Container 15

	Amount Per Serving	% Daily Value
Calories	10	
Total Carbohydrate	2 g	1%*
Vitamin A	551 IU	11%
Proprietary Amino Acid Complex	12 g	**
L-Leucine, L-Glutamine, L-Isoleucine, L-Valine, N-Acetyl L-Cysteine, L-Phenylalanine, L-tyrosine, L-Lysine, L-Threonine, L-Methionine, L-Tryptophan, Aspartic Acid		
Anti-Stress/Recovery Matrix	555 mg	**
Nutramunity™ beta 1,3/1,6 glucan from Saccharomyces cerevis, SerinAid® PhosphatidylSerine, Purple Sweet Potato Extract, Beet Root Extract, Rhaponticum Carthamoides (Maral Root) Extract, Rhodiola Rosea Powder, Fulvic Acid Mineral Base		

*Percent Daily Values are based on a 2,000 calorie diet.

**Daily Value not established.

Other Ingredients: Natural Flavor, Maltodextrin, Malic Acid, Sucralose, Silicon Dioxide, Acesulfame-K, Beta Carotene (for color). Contains Soy.



Multivitamin & Mineral Complex

Supplement Facts

Serving Size 1 Stick pack (8g)
Servings Per Container 15

	Amount Per Serving	% Daily Value
Calories	20	
Total Carbohydrate	7 g	2%*
Dietary Fiber	5 g	20%*
VitaBerry® & VitaVeggie® Complex (Antioxidant Fruit & Veggie Blend)	500 mg	**
VitaBerry® (Grape and Grape Seed Extract, Wild Blueberry and Wild Blueberry Extract, Raspberry and Raspberry Seed Concentrate, Cranberry, Prune, Tart Cherry, Wild Bilberry and Wild Bilberry Extract, Strawberry), VitaVeggie® (Broccoli Sprout Concentrate, Onion Extract, Tomato, Broccoli, Carrot, Spinach, Kale, Brussel Sprout).		
Proprietary Antioxidant Blend	620 mg	**
Nutramunity™ beta 1,3/1,6 glucan, naturally derived from Saccharomyces cerevisiae, Tocotrienols from palm oil, Beet Root Powder Extract, Astaxanthin		

*Percent Daily Values are based on a 2,000 calorie diet.

**Daily Value not established.

Other Ingredients: Prebiotic Dietary Fiber (VitaFiber™ -IMO from Corn Starch), Malic Acid, Natural Flavor, Sucralose, Silicon Dioxide, Maltodextrin.

Hydration & Replenishment

Supplement Facts

Serving Size 1 Stick Pack (17g)
Servings Per Container 15

	Amount Per Serving	% Daily Value
Calories	45	
Total Carbohydrate	12 g	4%*
Sugars	10 g	**
Magnesium	50 mg	12%
Sodium	100 mg	4%
Potassium	150 mg	4%
Electrolyte Recovery Matrix	3 g	**
Sustamine® L-Alanyl-L-Glutamine, Magnesium Citrate, Potassium Chloride, Sodium Chloride		
Hydration Replenishment Complex	12 g	**
Pure Cane Sugar, D-Ribose, Fulvic Acid Mineral Base		

*Percent Daily Values are based on a 2,000 calorie diet.

**Daily Value not established.

Other Ingredients: Malic Acid, Natural Flavor, Silicon Dioxide, Maltodextrin, Sucralose, Acesulfame-K, Grape Skin Extract.

Whey Protein

Supplement Facts

Serving Size 1 scoop (32g)
Servings Per Container 30

	Amount Per Serving	% Daily Value
Calories	120	
Calories from Fat	5	
Total Fat	0.5 g	1%*
Cholesterol	15 mg	5%
Total Carbohydrate	4 g	1%*
Sugars	2 g	**
Protein	25 g	
Calcium	92 mg	9%
Sodium	140 mg	6%

*Percent Daily Values are based on a 2,000 calorie diet.

**Daily Value not established.

Ingredients: Whey Protein Isolate, Natural Flavor, Xanthan Gum, Guar Gum, Sucralose, Salt, Maltodextrin. Contains milk and soy.