

Stronger Faster Healthier

Protein Additives

Key Ingredients	Physical Benefit	MainerWhey Formulation							
		Pure Whey	Pre	Post	Fortified	HW	Endurance	Daily Balance	Rejuvenate
Arginine/citruline	Enhances blood flow to exercising muscles/removes toxic work by product- lactic acid		×						
Aspartate	Enhances endurance, decreases lactate and ammonia levels, increases availability of free fatty acids						×		
Beta alanine	Supplies cellular energy during exercise		×				×		
Carnitine	Enhances fatty acid transport into mitochondria/drives ATP synthesis			×		×			
Chondroitin sulfate	Maintains joint mechanics			×					×
Co-enzyme Q-10	Replaces cellular energy after exercise and enhances energy production via mitochondria			×					
Creatine	Muscle energy		×	×					
Glucosamine	Decreases inflammatory diseases			×					×
Glutamic Acid	Inhibits insulin overshoot					×			
Glutamine	Stimulates skeletal muscle hypertrophy/stimulates infection fighting			×		×			×
Isoleucine	Branched chain amino acid used preferentially by skeletal muscle			×	×				
Leucine	Branched chain amino acid used preferentially by skeletal muscle			×	×				
Low GI Carb	Decreases hunger and sustains energy without affecting insulin release or fatty weight gain		×	×	×	×	×	×	×
Phenylalanine	Enhances anabolic muscle growth by naturally releasing growth hormones				×				
Ribose	Increased ATP synthesis/cellular energy		×	×		×	×		
Stevia	Flavor enhancer	×	×		×	×	×	×	×
Taurine	Prevents muscle fatigue and atrophy		×	×		×			
Tyrosine	Stimulates skeletal muscle hypertrophy/stimulates the release of Growth Hormone				×	×			

Meets Olympic Standards for use by athletes



All products are formulated with undenatured whey protein derived from free range grass fed cows