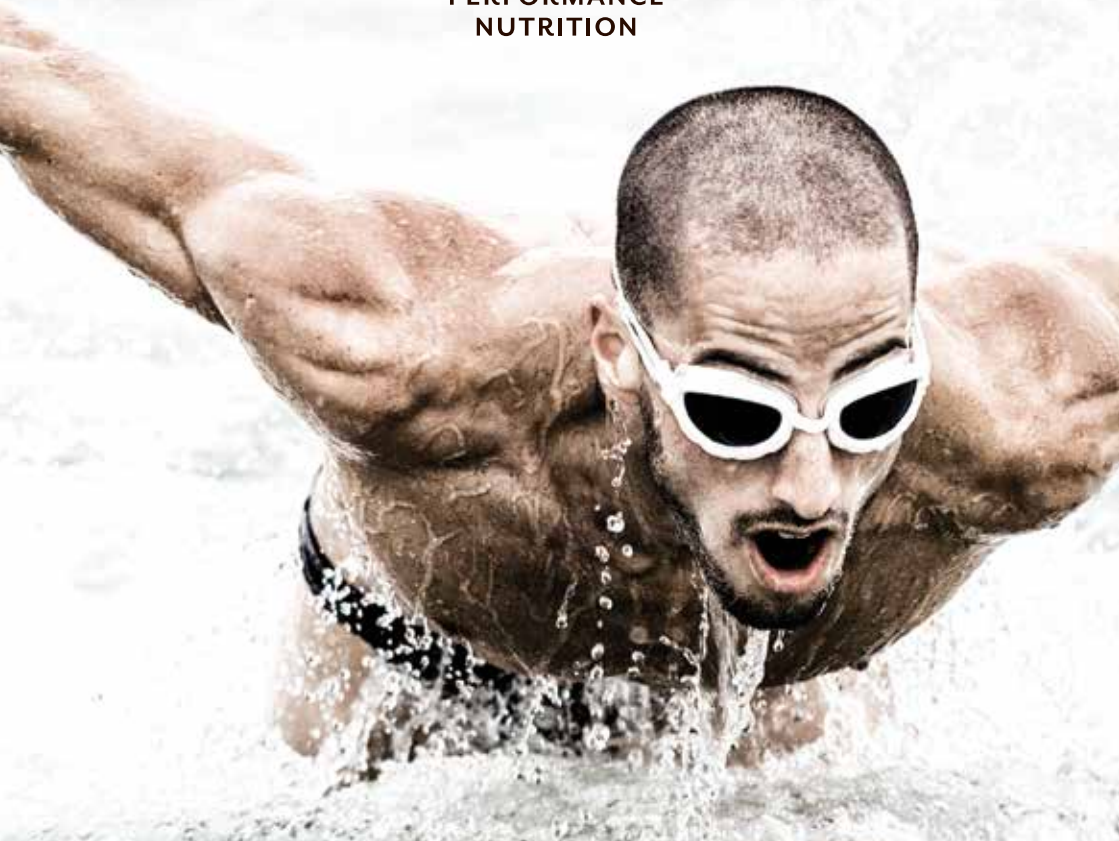


# ISOWHEY<sup>®</sup> SPORTS

OPTIMAL  
— PERFORMANCE —  
NUTRITION



➤ **FOR SUPERIOR  
ATHLETIC  
PERFORMANCE**

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**INTRODUCING  
ISOWHEY® SPORTS**  
A UNIQUE RANGE  
FROM LEADING PROTEIN  
SPECIALISTS, ISOWHEY®

**AMINO ACIDS >**  
**PROTEIN >**  
**PRE-WORKOUT >**  
**ENDURANCE >**  
**POST-WORKOUT >**

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IsoWhey Sports has evolved from the passion that IsoWhey has for peak health and research-based nutritional supplementation. Each product contains ingredients sourced only from world leaders in nutraceutical science and provides doses aimed at delivering results.

Our commitment to providing pure, nutritional ingredients that truly complement a healthy lifestyle means that the entire IsoWhey Sports range is also free from all artificial colours, flavours, sweeteners, and added fructose.

IsoWhey Sports provides superior products and ingredients for optimal performance nutrition.



# HIGH PROTEIN, HIGH CARB

FORMULATED SUPPLEMENTARY SPORTS FOOD

FLAVOURS: CHOCOLATE, VANILLA

SIZE: 1.2kg

PRE

DURING

POST

A high protein, high carbohydrate formula designed specifically for athletes with increased energy demands.

Featuring a triple-protein blend of premium whey protein concentrate and isolate plus casein, High Protein, High Carb aids muscle repair and growth<sup>†</sup> when exercise demands are high. The fast-acting carbohydrate waxy maize starch delivers energy when it's needed, plus high dose amino acids for elite athletes who require a formula to support elevated nutritional needs.

Whey protein has rapid absorption and is generally used around the time of exercise, facilitating protein uptake and usage by muscle tissue. WPC is 80% protein and contains lactose and about 5% fat. Whereas, WPI is 90% protein and has minimal lactose and fat.



WPC takes a little longer to digest and absorb due to its additional macronutrient content, therefore may be useful for athletes wanting to increase muscle size as opposed to maintaining a leaner muscle mass and body composition.

Casein has a slow absorption rate and, high in glutamic acid, is mostly used to provide a steady supply of protein during the overnight fast, when muscle repair is taking place, or after resistance training to help maintain muscle mass.<sup>†</sup>

*All nutritional information is for the chocolate flavour.*

22.3g 14.6g 2g

PROTEIN

CARBS

FAT

## SERVING SUGGESTION



SERVING  
SIZE (50g)

=



1.5 LEVEL  
SCOOPS

Mix 1 serve into 200mL of water, milk or milk substitute. Consume once daily.



High protein diets increase the body's need for water. It is recommended to increase your daily water intake with use of this formula.

**INGREDIENTS:** Whey protein concentrate (45.7%), maltodextrin, sweeteners (xylitol, steviol glycosides), maize starch (5%), cocoa powder, whey protein isolate (3%), calcium caseinate (3%), creatine monohydrate, natural flavours, vitamin and mineral blend (calcium carbonate, magnesium oxide, ascorbic acid [vitamin C], dl-alpha-tocopheryl acetate [vitamin E], ferrous fumarate [iron], nicotinamide [vitamin B3], zinc oxide, manganese sulfate, pyridoxine hydrochloride [vitamin B6], cyanocobalamin [vitamin B12], d-calcium pantothenate [vitamin B5], riboflavin [vitamin B2], retinyl acetate [vitamin A], thiamin hydrochloride [vitamin B1], copper gluconate, sodium molybdate [molybdenum], selenomethionine [selenium], potassium iodate [iodine], cholecalciferol [vitamin D3], chromium nicotinate, folic acid, biotin), L-glutamine, sunflower or soy lecithin, enzymes, *Lactobacillus acidophilus*, *Bifidobacterium lactis*.

**NOTICE:** Contains milk and soy products. Contains xylitol: Excess consumption may have a laxative effect. Phenylketonurics: Contains phenylalanine. Not to be used as a sole source of nutrition. Should be used in conjunction with a balanced diet and appropriate exercise program. Not suitable for children under 15 years of age or pregnant women: Should only be used under medical or dietetic supervision.



## KEY FEATURES AND BENEFITS

› Source of three types of protein from grass-fed New Zealand cows, using a cold filtration extraction process:

**Calcium caseinate:** casein is the protein form that is obtained from the curds fraction of dairy milk (as is cheese); it is high in glutamic acid and is digested at a slower rate than whey protein, thus supplying the body with a sustained release of amino acids.

**Whey protein concentrate (WPC):** the protein form that remains after excess fluid, fat, carbohydrate and casein are removed from the whey fraction of dairy milk, high in protein fractions and BCAAs.

**Whey protein isolate (WPI):** is WPC further refined to remove fat and carbohydrate, including lactose, giving 90% protein content but lower in bioactive compounds than WPC.

› More than 21g\* of protein per serve for support of muscle structure and growth.

› 14g\* (chocolate) and 16g\* (vanilla) of carbohydrates for sustained energy.

› Carbohydrate sourced from waxy maize starch, which contains a large amount of branched starch called amylopectin that helps restore muscle energy reserves.†

› High dose of amino acids that contribute to optimal muscle growth.†

› Creatine provides energy to support contracting muscles during anaerobic exercise.

\*When consumed as part of a healthy and varied diet.

### HIGH PROTEIN, HIGH CARB NUTRITION INFORMATION (CHOCOLATE)\* Servings per container = 24. Serving size = 50g.

	Per serve	Per 100g		Per serve	Per 100g		Per serve	Per 100g
Energy	764kJ (183Cal)	1530kJ (365Cal)	Iodine	34.4mcg	68.9mcg	Glutamic acid	4150mg	8300mg
Protein	22.3g	44.5g	Chromium	25mcg	50mcg	Glutamine (added)	500mg	1000mg
Fat	- total - saturated	2.0g 1.4g	Molybdenum	46.2mcg	92.4mcg	Glycine	413mg	826mg
Carbohydrate	- total	14.6g	Thiamin	800mcg	1.6mg	Histidine	395mg	789mg
Available	- sugars	2.0g	Riboflavin	1.3mg	2.5mg	Isoleucine	1340mg	2680mg
	- lactose	1.4g	Niacin	7.3mg	14.7mg	Leucine	2180mg	4350mg
Unavailable	- xylitol	4.7g	Pantothenic acid	1.4mg	2.8mg	Lysine	1810mg	3620mg
Dietary fibre	less than 1g	1.2g	Vitamin B6	1.2mg	2.4mg	Methionine	599mg	1200mg
Sodium	65mg	130mg	Folate	146mcg	293mcg	Phenylalanine	704mg	1410mg
Potassium	292mg	585mg	Vitamin B12	1.5mcg	2.9mcg	Proline	1300mg	2610mg
Magnesium	175mg	349mg	Biotin	18.4mcg	36.7mcg	Serine	1060mg	2120mg
Calcium	327mg	653mg	Vitamin A	158mcg	315mcg	Threonine	1420mg	2850mg
Iron	5.4mg	10.9mg	Vitamin C	29.4mg	58.8mg	Tryptophan	388mg	776mg
Zinc	4.7mg	9.4mg	Vitamin D	0.9mcg	1.8mcg	Tyrosine	706mg	1410mg
Manganese	923mcg	1.9mg	Vitamin E	7.4mg	14.8mg	Valine	1250mg	2490mg
Copper	262mcg	524mcg	Alanine	1030mg	2070mg	Creatine monohydrate	1.5g	3g
Selenium	10mcg	20mcg	Arginine	558mg	1120mg	Enzyme mix	50mg	100mg
			Aspartic acid	2170mg	4340mg	<i>L. acidophilus</i>	1.9 billion CFU	3.8 billion CFU
			Cysteine/cystine	529mg	1060mg	<i>B. lactis</i>	850 million CFU	1.7 billion CFU

\*Based on average amounts.

# 100% LEAN WPI+

FORMULATED SUPPLEMENTARY SPORTS FOOD

FLAVOURS: CHOCOLATE, VANILLA

SIZE: 1.2kg/1.28kg

PRE

DURING

POST

This high quality, high protein, low carbohydrate powder is scientifically designed to support muscle recovery. It boasts over 24g\* of pure whey protein isolate with less than 3g\* of carbohydrates per serve. Plus, 100% Lean WPI+ contains green tea, alkaline pomegranate, digestive enzymes and probiotics for digestive balance.

WPI is produced from pasteurised whey that has non-protein elements removed. It is 90% protein and has minimal lactose and fat. It is useful for individuals who are looking for a very low lactose way to increase their protein intake. WPI is highly bioavailable, easy to digest and contains high levels of BCAAs.

Our gut is home to numerous bacteria, typically in a balance of both good and bad bacteria. A healthy digestive system has a balance of both good and bad bacteria.



Causes for the balance to be disturbed include:

- › eating a poor diet high in refined carbohydrates
- › insufficient dietary fibre
- › exposure to environmental toxins.

Probiotics are micro-organisms (mostly bacteria) that are essential and beneficial to digestive balance.

All nutritional information is for the chocolate flavour.

22.6g 2.4g 1.1g

PROTEIN

CARBS

FAT

## SERVING SUGGESTION



SERVING  
SIZE (30g)



1 HEAPED  
SCOOP

Mix 1 serve into 200mL of water, milk or milk substitute. Consume once daily.

**INGREDIENTS:** Whey protein isolate (83%), sweeteners (xylitol, stevia extract powder), medium chain triglycerides powder, cocoa powder, green tea leaves powder (*Camellia sinensis*), chocolate flavour, L-ornithine, xanthan gum, soy lecithin, pomegranate fruit rind powder (*Punica granatum*), L-valine, enzymes, *Lactobacillus acidophilus*, *Bifidobacterium lactis*.

**NOTICE:** Contains milk and soy products. Contains xylitol: Excess consumption may have a laxative effect. Phenylketonurics: Contains phenylalanine. Contains 42.5mg caffeine per serve from green tea. Not to be used as a sole source of nutrition. Should be used in conjunction with a balanced diet and appropriate exercise program. Not suitable for children under 15 years of age or pregnant women: Should only be used under medical or dietetic supervision.



High protein diets increase the body's need for water. It is recommended to increase your daily water intake with use of this formula.

## KEY FEATURES AND BENEFITS

- Over 22g\* of pure protein from WPI per serve from grass-fed New Zealand cows, using a cold filtration extraction process.
- WPI may assist with exercise performance and body composition by helping to increase lean body mass.†
- Low carbohydrate; less than 2.5g\* (chocolate) and 5g\* (vanilla) per serve.
- BCAAs for supporting muscle repair and maintaining muscle mass.†
- L-ornithine is an amino acid involved in excretion of ammonia, which can interfere with the production of energy.
- 42.5mg\* of caffeine per serve from antioxidant green tea.
- The antioxidant and alkaline pomegranate, a natural source of potassium and vitamin C.



†When consumed as part of a healthy and varied diet.

### 100% LEAN WPI+ NUTRITION INFORMATION (CHOCOLATE)\* Servings per container = 40. Serving size = 30g.

	Per serve	Per 100g		Per serve	Per 100g
Energy	478kJ (114Cal)	1595kJ (380Cal)	Isoleucine	1321mg	4403mg
Protein	22.6g	75.4g	Leucine	2741mg	9138mg
Fat, total	1.1g	3.5g	Lysine	2866mg	9553mg
- saturated	less than 1g	2.2g	Methionine	573mg	1911mg
Carbohydrates, total	2.4g	7.9g	L-ornithine (added)	360mg	1200mg
Available	- sugars less than 1g	1.5g	Phenylalanine	673mg	2243mg
- lactose	less than 1g	less than 1g	Proline	2517mg	8390mg
Unavailable	- xylitol	1.4g	Serine	1196mg	3988mg
		4.8g	Threonine	1769mg	5899mg
Dietary fibre	less than 1g	less than 1g	Tryptophan	374mg	1246mg
Sodium	135mg	449mg	Tyrosine	922mg	3074mg
Potassium	8.3mg	28mg	Valine	1196mg	3988mg
Magnesium	4.7mg	15.8mg	Valine (added)	77mg	257mg
Calcium	22mg	72mg	Medium chain triglycerides	1.0g	3.3g
Alanine	972mg	3240mg	Enzyme mix	25mg	83mg
Arginine	498mg	1661mg	<i>L. acidophilus</i>	2.25 billion CFU	7.5 billion CFU
Aspartic acid	2582mg	8640mg	<i>B. lactis</i>	750 million CFU	2.5 billion CFU
Cysteine/cystine	498mg	1661mg	Pomegranate fruit rind powder	100mg	333mg
Glutamic acid	3315mg	11049mg	Green tea leaves powder	500mg	1.7g
Glycine	2617mg	8723mg			
Histidine	698mg	2326mg			

\*Based on average amounts.

# PRE-WORKOUT FUEL

FORMULATED SUPPLEMENTARY SPORTS FOOD

FLAVOUR: BERRY

SIZE: 500g

PRE

DURING

POST

A scientifically researched formula to support exercise performance. The amino acids creatine monohydrate, L-arginine, beta-alanine and L-carnitine provide energy to support the body during strenuous exercise. Pre-Workout Fuel also contains beetroot as a natural source of nitrates, caffeine from green coffee, and *Panax ginseng*.

Nitric oxide is involved in the dilation of blood vessels which enables adequate blood flow and tissue oxygenation to all organs including the muscles, heart, lungs and brain. Optimal circulation means optimal delivery of oxygen and nutrients.

## KEY FEATURES AND BENEFITS

- › Contains beetroot juice for its nitrate content.
- › L-arginine is a precursor for nitric oxide.

## SERVING SUGGESTION



SERVING SIZE (10g)

=



1 HEAPED SCOOP

Mix 1 serve into 200mL of cold water.



20-30 MINS PRIOR TO EXERCISE

=



1 SERVE DAILY

**INGREDIENTS:** Creatine monohydrate, maltodextrin, beta-alanine, L-arginine monohydro-chloride, sweeteners (xylitol, steviol glycosides), beetroot juice powder, natural flavours, food acid (citric acid), green coffee extract (*Coffea arabica*), L-carnitine tartrate, ginseng root powder (*Panax ginseng*), pomegranate powder, L-taurine, microcrystalline cellulose, silica anhydrous, coenzyme Q10.

**NOTICE:** Contains 100mg caffeine per serve. Contains xylitol: Excess consumption may have a laxative effect. Not to be used as a sole source of nutrition. Should be used in conjunction with a balanced diet and appropriate exercise program. Not suitable for children under 15 years of age or pregnant women: Should only be used under medical or dietetic supervision.

FOR OPTIMAL PERFORMANCE



- › Green coffee for a natural source of caffeine (100mg per serve).
- › Creatine provides energy to support contracting muscles during anaerobic exercise.
- › L-carnitine assists in the transport of fat across cell membranes for use as an energy source for heart and skeletal muscles.
- › Antioxidant and amino acid beta-alanine acts to buffer acidity in the body produced by high intensity exercise.
- › Taurine is involved in muscle contractility. It helps exercising muscles rid itself of lactic acid, helping them to work for longer periods.

4.8g

2.7g

<1g

PROTEIN

CARBS

FAT

## PRE-WORKOUT FUEL NUTRITION INFORMATION\*

Servings per container = 50. Serving size = 10g.

	Per serve	Per 100g
Energy	146kJ (35Cal)	1460kJ (348Cal)
Protein	4.8g	48.2g
Fat	- total - saturated	less than 1g less than 1g
Carbohydrate	- total	27.3g
Available	- sugars	less than 1g
Unavailable	- xylitol	1g
Sodium	0.48mg	4.8mg
Green coffee extract equiv. to caffeine	102mg	1g
Creatine monohydrate	100mg	1g
Beta-alanine	3g	30g
L-arginine	1200mg	12g
L-carnitine	909mg	9g
Beetroot juice powder	500mg	5g
L-carnitine tartrate	100mg	1g
Ginseng root powder	100mg	1g
Pomegranate powder	100mg	1g
Taurine	60mg	600mg
Coenzyme Q10	15mg	50mg

\*Based on average amounts.



# CAFFEINE + D-RIBOSE ENERGY CHEWS

AUST L 273165

FLAVOUR: VANILLA

SIZE: 90 CHEWABLE TABLETS

PRE

DURING

POST



Chewable tablets that provide pure caffeine to help increase energy expenditure and improve sports performance. D-ribose assists in energy recovery in muscles post-exercise, while coenzyme Q10 (CoQ10) contributes to energy production throughout the body.

## CAFFEINE

A cup of brewed coffee contains 95-200mg of caffeine. Coffee has long been consumed for the physiological effects of its caffeine content.

Caffeine may stimulate thermogenesis, resulting in the breakdown of fats stored in adipose tissue and, in combination with exercise, may increase the metabolic rate.

Some people experience a “caffeine crash” with a dropoff in energy levels after the caffeine has been used by the body. The actions of D-ribose and CoQ10, and their elimination times in the body, may lessen this crash effect.

## DIRECTIONS FOR USE FOR ADULTS

Chew up to 4 tablets daily prior to exercise or as directed by your healthcare practitioner.

## D-RIBOSE

Ribose is the sugar that begins the metabolic process for the production of adenosine triphosphate (ATP), the major source of energy used by cells of the body for normal function including muscle tissue.

## KEY FEATURES AND BENEFITS

- › Convenient chewable tablets containing caffeine, D-ribose and CoQ10 for effective intake of nutrients that help support energy production.
- › Caffeine may improve sports performance.
- › Caffeine may stimulate thermogenesis (heat production), resulting in the breakdown of fat tissue.
- › In combination with exercise, caffeine may increase metabolic rate.

### CAFFEINE + D-RIBOSE ENERGY CHEWS ACTIVE INGREDIENTS

Each chewable tablet contains:

Caffeine	25mg
D-ribose	500mg
Ubidecarenone (CoQ10)	30mg

**WARNINGS:** Suitable for adults only. Contains ribose and glucose. Do not take while on warfarin therapy without medical advice.

If symptoms persist consult your healthcare practitioner. Vitamin supplements should not replace a balanced diet. Always read the label. Use only as directed.

# NITRATE ENDURANCE GEL

FORMULATED SUPPLEMENTARY SPORTS FOOD - ENERGY SUPPLEMENT

FLAVOUR: TROPICAL

SIZE: 30mL GEL PACKET

PRE

DURING

POST

Assists in providing energy during times of strenuous exercise.

Endurance athletes are realising the scientific benefits of consuming dietary nitrates, which increases natural nitric oxide (NO) production by the body. Nitrates are obtainable in the diet via the consumption of certain vegetables such as beetroot, spinach, green leafy vegetables and turnips.

NO works in the body by relaxing and widening blood vessels, therefore involved in blood flow, and delivery of nutrients and oxygen, to organs and tissues.

## KEY FEATURES AND BENEFITS

- Contains Oxystorm® red spinach extract standardised to a minimum of 9% inorganic nitrates (or 180mg per serve).
- Two Nitrate Endurance Gels provides 360mg of nitrate, while you need 500mL of beetroot juice to get 326mg of nitrate.

FOR OPTIMAL PERFORMANCE



- Each 30mL gel packet delivers a concentrated carbohydrate blend of glucose and maltodextrin, in a form that is easily consumed and quickly digested.
- Provides a large fuel boost, useful before and during sustained strenuous exercise.
- Nitrate energy gel is easy to take and is designed to ensure a standardised amount of nitrate per sachet. After ingestion, nitrates are rapidly absorbed and the bio-availability is 100%.
- Can be used by performance athletes, body builders, sports people and people who exercise regularly.

<1g

PROTEIN

21g

CARBS

<1g

FAT

## SERVING SUGGESTION

SERVING SIZE (30mL)

=



1 GEL



2-3 HOURS PRIOR TO EXERCISE

=



1 SERVE



3 DAYS BEFORE EVENT

=



LOADING BASIS

**INGREDIENTS:** Water, maltodextrin, glucose, *Amaranthus hybridus* (red spinach) leaf extract, citric acid anhydrous, natural lemon flavour, natural tropical flavour, guar gum, xanthan gum, potassium sorbate, sodium propionate.

## NITRATE ENDURANCE GEL NUTRITION INFORMATION (TROPICAL)\*

Servings per pack = 1. Serving size = 30mL.

	Per serve	Per 100g
Energy	349.5kJ (83Cal)	1165kJ (277Cal)
Protein	377mg	1.1g
Fat, total	56.3mg	187.6mg
- saturated	42.8mg	142.6mg
Carbohydrates, total	21g	69.9g
Available - sugars	10.4g	34.6g
Sodium	11.7mg	38.9mg
Potassium	21.8mg	72.6mg
<i>Amaranthus tricolor</i> (red spinach) leaf extract	2.01g	6.7g

\*Based on average amounts.

**NOTICE:** Not to be used as a sole source of nutrition. Should be used in conjunction with a balanced diet and appropriate exercise program. Not suitable for children under 15 years of age or pregnant & lactating women. Should only be used under medical or dietetic supervision.

Consume with adequate fluid intake. Follow directions on label to avoid GI upset.

# ENERGY GELS

FORMULATED SUPPLEMENTARY SPORTS FOOD

FLAVOURS: TROPICAL, MOCHA

SIZE: 35mL GEL PACKET

PRE

DURING

POST

Activity lasting longer than 45 minutes begins to diminish glycogen stores and the body relies more heavily on blood glucose to provide the fuel required to keep you going. Ingesting a rapidly absorbed carbohydrate fuel is important to provide a fuel supply for active muscles.

Each 35mL Energy Gel delivers a carbohydrate blend of glucose and maltodextrin (over 24g\* for Mocha and over 25g\* for Tropical).

Coenzyme Q10 helps protect from free radicals that are generated during exercise. Athletes have a higher metabolic requirement for CoQ10.

Numerous studies of *Panax ginseng* have shown results in endurance performance.

Caffeine (in Mocha flavour only) works on the adenosine neuromodulatory system in the brain, a system heavily involved in pain processing.



## KEY FEATURES AND BENEFITS

- › Delivers over 24g\* of rapidly absorbed carbohydrate per serve required for performance and recovery.
- › Fructose free, for better digestibility and gastrointestinal tolerance.
- › *Panax ginseng* supports oxygen uptake and breathing capacity.
- › *Coffea arabica* seeds for a natural source of caffeine (11.1mg per serve in Mocha flavour only).

All nutritional information is for the mocha flavour.

<1g      24.3g      0g

PROTEIN

CARBS

FAT

## SERVING SUGGESTION

SERVING SIZE (35mL)

=



1 GEL

Consume in conjunction with adequate water intake.



15 MINS  
PRIOR TO  
EXERCISE

=



1 SERVE



2+ HOURS  
EXERCISE

=



1 SERVE  
EVERY  
30MIN

**INGREDIENTS:** Purified water, maltodextrin, glucose, mocha flavour natural, guar gum, xanthan gum, sodium chloride, potassium phosphate, potassium sorbate, *Panax ginseng*, sodium propionate, ubidecarenone (Coenzyme Q10), *Coffea arabica*.

## ENERGY GEL NUTRITION INFORMATION (MOCHA)\*

Servings per pack = 1. Serving size = 35mL.

	Per serve	Per 100g
Energy	400.5kJ (96Cal)	1144kJ (273Cal)
Protein	13.3mg	38mg
Fat	0mg	0g
- total	0mg	0g
- saturated	0mg	0g
Carbohydrates	24.28g	69.38g
Available	12.1g	34.6g
- sugars	12.1g	34.6g
Sodium	63.4mg	181mg
Potassium	65.4mg	186.8mg
<i>Panax ginseng</i>	70mg	200mg
Coenzyme Q10	15mg	42.9mg
<i>Coffea arabica</i> (coffee) equiv. to caffeine	556.5mg 11.1mg	1590mg 31mg

\* Based on average amounts.

**WARNINGS:** Not to be used as a sole source of nutrition. Should be used in conjunction with a balanced diet and appropriate exercise program. Contains caffeine. Not suitable for children under 15 years of age or pregnant & lactating women. Not suitable for individuals sensitive to caffeine. Should only be used under medical or dietetic supervision.

# ELECTROLYTE FORMULA

AUST L 220006

FLAVOUR: PINEAPPLE, BERRY

SIZE: 500g

PRE

DURING

POST



The ultimate sports rehydration formula – coconut water with a specific electrolyte composition and UltraMag® a unique blend of magnesium chelates. This formula assists with rapid replacement of fluid and electrolytes and supports energy, stamina and endurance.

Electrolyte Formula also assists in relieving muscular aches and pains and in preventing muscular cramps and spasms. Electrolytes are essential to maintain healthy cellular water distribution and acid-base balance.

## KEY FEATURES AND BENEFITS

Scientifically formulated isotonic drink that delivers a unique blend of coconut water, carbohydrates and electrolytes to support healthy hydration and energy production and the maintenance of peak condition during strenuous or endurance exercise.

- Provides a full spectrum of electrolytes that are lost during intense exercise – sodium, potassium, magnesium and chloride – for rehydration and helping the body's fluids stay in balance.
- Contains UltraMag® magnesium, a specialised delivery system that enhances absorption and intestinal tolerance of magnesium, to reduce muscular aches, pains and cramps.
- Provides 4% carbohydrate per isotonic dose to provide a rapid delivery of fluid and fuel, and maximise gastric tolerance and palatability.
- Contains 4200mg of malic acid.

All nutritional information is for the pineapple flavour.

<1g      21.5g      3.7g

PROTEIN

CARBS

FAT

## DIRECTIONS FOR USE FOR ADULTS

### During workout for rapid rehydration and sustained energy (isotonic):

Mix 1 dose (2 level scoops = 30g) into a 600mL bottle of water, shake and drink 30 minutes prior to exercise. Consume 1 dose during each hour of exercise up to four doses per day or as directed by your healthcare professional.

### During workout for rapid rehydration (hypotonic):

Mix 1 dose (2 level scoops = 30g) into no less than 650mL of water. Consume up to four doses daily or as directed by your healthcare professional.

### Magnesium and carbohydrate loading (hypertonic):

Mix 1 dose (2 level scoops = 30g) into no more than 450mL of water. Consume 1 dose three times daily, 2 to 3 days before an event or as directed by your healthcare professional.

## ELECTROLYTE FORMULA ACTIVE INGREDIENTS

Each 30g dose (2 level scoops) contains:

Cocos nucifera fruit juice powder (coconut water) equiv. to fresh	2g 9g
Magnesium amino acid chelate - UltraMag® equiv. magnesium	869.7mg 100mg
Calcium citrate equiv. calcium	94.8mg 20mg
Potassium phosphate monobasic equiv. potassium	326.7mg 95.4mg
Sodium chloride equiv. sodium equiv. chloride	762.6mg 300mg 462.6mg

**INACTIVES:** Maltodextrin, glucose, L-malic acid, steviol glycosides, silica colloidal anhydrous, natural pineapple flavour, acacia.

Each 30g dose provides approximately 21.5g of carbohydrate.

**WARNINGS:** Contains 13.5g of glucose per dose. Contains 1.2g of sodium per maximum recommended daily dose. If symptoms persist, consult your healthcare practitioner.

# ISOWHEY® SPORTS

## ENDURANCE >

A delicious sports rehydration formula – coconut water with an isotonic electrolyte composition and UltraMag® magnesium chelates. This formula assists with rapid replacement of fluid and electrolytes and supports energy, stamina and endurance.

BROAD SPECTRUM OF  
ELECTROLYTES, PLUS  
ULTRAMAG® MAGNESIUM

COCONUT WATER  
BASE FOR NATURAL  
HYDRATION

NO ARTIFICIAL COLOURS,  
FLAVOURS, SWEETENERS  
OR ADDED FRUCTOSE



[ISOWHEYSports.COM.AU](http://ISOWHEYSports.COM.AU)

ALWAYS READ THE LABEL. USE ONLY AS DIRECTED.  
AUST L 220006

# ENERGY BARS

SEED & NUT SNACK BAR

FLAVOURS: BERRY, CHOCOLATE

SIZE: 50g

PRE

DURING

POST

A specially formulated snack to provide a convenient source of fuel perfect for pre-, during and post-event fuelling.

Energy Bars can be consumed before an event as a part of a carbohydrate loading strategy and to ensure sufficient levels of muscle and liver glycogen, during an event to stabilise blood sugar levels and provide ongoing fuel, or after an event to replace expended nutrients and to maximise recovery.

They provide a combination of both simple and complex carbohydrates. Simple carbohydrates enable the rapid replenishment of glucose directly and quickly into the blood stream, whilst complex carbohydrate sources provide support to working muscles over a longer period of time.

Full of wholefoods, nuts, seeds and ancient grains, and without artificial chemicals, flavours or preservatives that can contribute to digestive discomfort and hinder performance.

WHOLEFOOD BARS



## KEY FEATURES AND BENEFITS

- › Provides high carbohydrate (Berry 22.8g, Chocolate 20.6g)\*, protein (10g)\* and fat (Berry 6.6g\*, Chocolate 8.1g) for an effective source of fuel for performance and recovery.
- › For pre-game carbohydrate loading, mid-session fuelling for endurance events or post-game recovery optimisation.
- › Contains antioxidants from goji, cocoa, chia and cranberries as well as trace vitamins and minerals.
- › Gluten free.
- › Suitable for vegetarians.

*All nutritional information is for the chocolate flavour.*

10g 20.6g 8.1g

PROTEIN



CARBS

FAT

## SERVING SUGGESTION

SERVING SIZE (50g) =  1 BAR

IsoWhey Sports Energy Bar is useful before, during or after sustained strenuous exercise. Contains a good source of protein.

 DURING OR AFTER EXERCISE =  1 SERVE DAILY

**INGREDIENTS:** Brown rice syrup, whey protein concentrate, almonds, dates, quinoa flakes (6%), cocoa nibs (6%), cocoa powder (4%), sunflower seeds, pepitas, chia seeds, puffed amaranth, natural flavour, salt, antioxidant (mixed tocopherols).

## ENERGY BAR NUTRITION INFORMATION (CHOCOLATE)\*

Servings per pack = 1. Serving size = 50g

	Per serve	Per 100g
Energy	847kJ (202 Cal)	1690kJ (405Cal)
Protein	10g	20g
Fat	- total - saturated	16.3g 3.7g
Carbohydrate	- total - sugars	41.3g 19g
Dietary fibre	2.4g	4.7g
Sodium	105mg	209mg

\*Based on average amounts.

**NOTICE:** Contains milk and tree nuts. Made on equipment which processes peanuts and sesame, therefore these allergens may be present. Not to be used as a sole source of nutrition. Should be used in conjunction with a balanced diet and appropriate exercise program. Not suitable for children under 15 years of age or pregnant women: Should only be used under medical or dietetic supervision.

# ULTIMATE ENDURANCE

FORMULATED SUPPLEMENTARY SPORTS FOOD

FLAVOUR: TROPICAL

SIZE: 500g

PRE

DURING

POST

A high quality, fructose-free, nutritional formula designed to provide energy to support sustained performance during prolonged periods of exercise. Ultimate Endurance contains readily absorbed carbohydrate, hydrolysed PeptoPro® protein and medium chain triglycerides at doses to deliver optimal energy.

## PEPTOPRO®

PeptoPro® is a predigested milk protein derived from casein that consists of tiny fragments called (di- and tri-) peptides that are readily absorbed into the bloodstream to fuel the muscles. Unlike other protein and carbohydrate sports drinks that tend to be thick and hard to drink, especially when exercising, Ultimate Endurance and its PeptoPro® easily dissolves in water. The protein hydrolysates, or free amino acids, do not give this full feeling and are quickly taken up by the body and delivered to muscles.



## KEY FEATURES AND BENEFITS

- ▶ More than 40g\* of readily absorbed carbohydrates to fuel high rates of carbohydrate oxidation which is needed to maintain high intensity exercise.
- ▶ 6g\* of fast absorbed, hydrolysed PeptoPro® predigested casein protein to help restore muscle energy.
- ▶ Medium chain triglycerides (MCTs) are a unique form of dietary fat that are more rapidly absorbed and more quickly metabolised as fuel than more common long chain triglycerides.

4.9g 40.2g <1g

PROTEIN

CARBS

FAT

## SERVING SUGGESTION



SERVING SIZE (50g)



2 LEVEL SCOOPS

Mix 1 serve into 500mL of water. Shake well until powder is dissolved.



1-2 HOURS EXERCISE



1 SERVE PER HOUR



2+ HOURS EXERCISE



1-2 SERVES PER HOUR

Consume in conjunction with appropriate fluid intake.

## ULTIMATE ENDURANCE NUTRITION INFORMATION\*

Servings per container = 10. Serving size = 50g.

	Per serve	Per 100g
Energy	799kJ (191Cal)	1597kJ (382Cal)
Protein	4.9g	9.7g
Fat	- total - saturated	less than 1g less than 1g
Carbohydrate	- total	40.2g
Available	- sugars	1.9g
Sodium	125mg	250mg
Potassium	60mg	120mg
Magnesium	10mg	20mg
Calcium	15mg	30mg

\*Based on average amounts.

**INGREDIENTS:** Maltodextrin, casein hydrolysate (PeptoPro®) (12%), medium chain triglycerides powder (2%), food acid (citric acid), potassium phosphate, natural flavour, sweetener (steviol glycosides), sodium chloride, magnesium phosphate tribasic, calcium citrate. **NOTICE:** Contains milk product.

# REFUEL & REBUILD

FORMULATED SUPPLEMENTARY SPORTS FOOD

FLAVOUR: BERRY

SIZE: 500g

PRE

DURING

POST

A formula designed to supply working muscles with the essential nutrients needed for recovery post-exercise. Refuel & Rebuild combines pure whey protein, added BCAAs (2:1:1), beta-alanine, L-glutamine, magnesium and tart cherry.

As part of a healthy and varied diet, protein is necessary for tissue building and repair and contributes to the growth and maintenance of muscle mass, while magnesium contributes to a reduction of tiredness and fatigue and is also necessary for normal protein synthesis.

## KEY FEATURES AND BENEFITS

- More than 25g\* pure protein from WPC per serve for muscle synthesis, recovery and repair.
- Added BCAAs for protein synthesis and recovery.



- Amino acids consumed after exercise helps to maintain muscle and support recovery processes.
- Magnesium contributes to normal muscle function and metabolism.
- Over 6g\* of antioxidant tart cherry per serve, which contains anthocyanins, phenols and flavonols.
- L-glutamine is used in muscle glycogen resynthesis.
- L-ornithine is an amino acid involved in excretion of ammonia, which can interfere with the production of energy.

25.4g 18.8g 2.2g

PROTEIN

CARBS

FAT

## SERVING SUGGESTION



SERVING  
SIZE (50g)

=



1.5 LEVEL  
SCOOPS

Mix 1 serve into 200mL of water, milk or milk substitute. Consume after exercise once or twice daily.



FOLLOWING  
EXERCISE  
LASTING  
1-2 HOURS

=



1 SERVE  
PER HOUR

**INGREDIENTS:** Whey protein concentrate (58%), maltodextrin, tart cherry powder, L-glutamine, L-arginine monohydrochloride (0.9%), beta-alanine, magnesium gluconate, sunflower or soy lecithin, natural flavours, L-leucine (0.34%), L-ornithine monohydrochloride, L-valine (0.17%), L-isoleucine (0.17%), sweetener (steviol glycosides). **NOTICE:** Contains milk and soy products.

## REFUEL & REBUILD NUTRITION INFORMATION\*

Servings per container = 10. Serving size = 50g.

	Per serve	Per 100g
Energy	829kJ (198Cal)	1660kJ (396Cal)
Protein	25.4g	50.9g
Fat	2.2g	4.3g
- total	2.2g	4.3g
- saturated	1.5g	3.0g
Carbohydrate	18.8g	37.5g
Available	2.5g	5.0g
- sugars	46mg	91mg
Sodium	36.8mg (11.5% RDI)	73.6mg
Magnesium	1560mg	3130mg
Alanine	4560mg	9110mg
Glutamic acid	640mg	1270mg
Glutamine (added)	1560mg	3120mg
Isoleucine	2570mg	5150mg
Leucine	1430mg	2870mg
Valine	963mg	1930mg
Arginine	430mg	850mg
Beta-alanine (added)	6.25g	12.5g
Tart cherry powder		
L-ornithine		
Monohydrochloride (added)	100mg	200mg

\*Based on average amounts.



# ► INFORMED-SPORT CERTIFICATION

ISOWHEY SPORTS PRODUCTS ARE ALL MANUFACTURED IN AUSTRALIA AND NEW ZEALAND TO **ENSURE THE INTEGRITY OF PRODUCTS AT EVERY STAGE OF THE DEVELOPMENT PROCESS.**



IsoWhey Sports is proud to announce that the following supplements have been Informed-Sport approved. They now bear the Informed-Sport logo as well as an explanation of the Informed-Sport process.



- PRE-WORKOUT FUEL
- REFUEL & REBUILD
- ELECTROLYTE FORMULA

These products are quality assured for athletes by global quality assurance program Informed-Sport. Each batch has been pre-market tested for substances prohibited on the World Anti-Doping Agency (WADA) banned substance list.



# BCAA POWDER

AUST L 230160

FLAVOUR: BERRY

SIZE: 250g

PRE

DURING

POST

Provides therapeutic amounts of three essential amino acids involved in building and maintaining lean, dense muscle mass: leucine, isoleucine and valine. Consumption of these before, during and after exercise promotes protein balance in skeletal muscle and may help to prevent muscle tissue breakdown during times of increased physical demands.

Leucine, isoleucine and valine make up one third of muscle protein and are valued for their anabolic and anti-catabolic properties. Without adequate amounts of these essential amino acids (which can only be obtained from dietary sources or supplementation), muscle recovery is delayed and/or muscle growth hindered.

BCAA Powder provides an ideal 2:1:1 ratio to delay muscle fatigue during exercise. When consumed post-workout, BCAAs have been shown to aid glycogen re-synthesis and support strength gains when consumed with a carbohydrate fuel source.

## DIRECTIONS FOR USE FOR ADULTS

Mix 1 dose (1 teaspoon = 6g) into 200mL of water. Consume twice daily, or as directed by your healthcare professional.

BCAA Powder can also be added to your protein powder drink for convenience.

**Weight training and resistance exercise:** Consume 1 serve (6g) 15 minutes before exercise; 1 serve (6g) during session; 1 serve (6g) post workout.

**Cardiovascular endurance exercise:** Consume 1 serve (6g) directly following exercise, and 1 serve every 2-4 hours following exercise/event.

FOR MUSCLE  
PROTEIN  
SYNTHESIS



## KEY FEATURES AND BENEFITS

- › BCAAs provide nutritional support for muscle building and athletic endurance.
- › When combined with resistance exercise, BCAAs promote an anabolic effect in skeletal muscle, making it suitable for body composition goals.
- › May reduce delayed onset muscle soreness (DOMS) associated with endurance and resistance exercise, when consumed before exercise and throughout the day on training days and after exercise.
- › Leucine, isoleucine and valine provided in a highly sought after 2:1:1 ratio.
- › Gluten free.
- › Suitable for vegans.

### BCAA POWDER ACTIVE INGREDIENTS

Each 6g dose (1 teaspoon) contains:

Leucine	2.48g
Isoleucine	1.24g
Valine	1.24g

**WARNING:** If symptoms persist, consult your healthcare practitioner. Always read the label. Use only as directed.

# CREATINE + HMB

AUST L 260676

FLAVOUR: WATERMELON

SIZE: 250g

PRE

DURING

POST



Specially formulated to help enhance strength and lean body mass when taken during loading and in conjunction with resistance exercise.

Creatine may assist athletic performance by increasing peak power output and repetition during high-intensity exercise. It supports overall muscle performance and endurance by acting as an energy reserve.

Beta-hydroxyl-beta-methylbutyric acid (HBA) is a metabolite of the branched-chain amino acid L-leucine. HMB has been shown to have an impact on both the synthesis and degradation pathways of protein in skeletal muscle.

Using a micronised form of creatine, IsoWhey Sports Creatine + HMB provides greater bioavailability. This formula can be taken as split doses for loading as well as everyday maintenance alongside IsoWhey Sports High Protein, High Carb and Pre-Workout Fuel.

## KEY FEATURES AND BENEFITS

- › Micronised creatine for better bioavailability.
- › May support athletic performance by increasing peak power output and repetition.
- › In conjunction with resistance exercise, may improve muscle strength.
- › In conjunction with resistance exercise, increases insulin-like growth factor (IGF-1) in muscles which may stimulate muscle growth.
- › May increase capacity for high-intensity exercise.
- › Using 3g of HMB plus 10g of creatine, in conjunction with resistance exercise, may enhance strength and lean body mass.

## DIRECTIONS FOR USE FOR ADULTS

**Loading:** Mix 1 dose (1 level scoop = 7g) into 100-200mL of water or juice. Consume 4-5 doses over a day for 7 days or as directed by your healthcare professional.

**Maintenance:** Mix 1 dose (1 level scoop = 7g) into 100-200mL of water or juice. Consume 1-2 doses daily or as directed by your healthcare professional.

**WARNINGS:** Seek professional advice before long-term use. If symptoms persist consult your healthcare practitioner. Always read the label. Use only as directed.

## CREATINE + HMB ACTIVE INGREDIENTS

Each 7g dose (1 level scoop) contains:

Creatine monohydrate - Creapure®	5g
Beta-hydroxyl-beta-methylbutyric acid (HBA)	750mg

# UM MAGNESIUM

AUST L 274439

FLAVOUR: ORANGE

SIZE: 250g

PRE

DURING

POST



Provides nutrients that are lost during times of moderate to intense physical exertion. Magnesium supports exercise peak performance by reducing muscle weakness and spasm. Magnesium has a fundamental role in muscle relaxation and contraction.

UltraMag®, as a magnesium amino acid chelate, enhances fast and efficient absorption, giving the body the best chance to obtain and utilise what it needs, as magnesium may help to increase oxygen uptake capacity and reduce blood lactate levels.

Contains a broad spectrum of nutrient cofactors to assist in facilitating energy production, metabolism and cellular repair.

Isowhey Sports UM Magnesium is a refreshing orange flavoured powder to have with water, or mixed into juices and smoothies everyday, particularly during or after endurance events.

## KEY FEATURES AND BENEFITS

- Offers a blend of key nutrients involved in energy production to support the increased nutrient demands of exercise.
- Features high-dose UltraMag® magnesium, in an amino acid chelate form.
- Magnesium and chromium participate in normal healthy blood sugar metabolism.
- Uses activated B vitamins for greater bioavailability, including folate and B6. B vitamins may assist with symptoms of tiredness and fatigue, they may be useful during times of stress and requirements may be elevated in athletes and active individuals.
- Contains bromelain and protease enzymes to assist normal healthy protein digestion.

## DIRECTIONS FOR USE FOR ADULTS

Mix 1 dose (1 heaped scoop = 6g) into 100-200mL of water juice. Consume once daily or as directed by your healthcare professional.

**WARNINGS:** Vitamin supplements should not replace a balanced diet. This product contains selenium which is toxic in high doses. A daily dose of 150mcg for adults from dietary supplements should not be exceeded. If symptoms persist consult your healthcare practitioner. Always read the label. Use only as directed.

### UM MAGNESIUM ACTIVE INGREDIENTS

Each 6g dose (1 level scoop) contains:

Magnesium amino acid chelate - UltraMag®	2.6g
equiv. magnesium 300mg	
Glutamine	500mg
Taurine	500mg
Levocarnitine tartrate	110mg
equiv. levocarnitine (L-carnitine) 75mg	
Ascorbic acid (vitamin C)	100mg
Thiamine hydrochloride (vitamin B1)	10mg

Riboflavin (vitamin B2)	25mg
Nicotinamide (vitamin B3)	10mg
Calcium pantothenate	27mg
equiv. pantothenic acid (vitamin B5) 25mg	
Pyridoxine 5-phosphate (P5P) (activated B6)	22mg
equiv. pyridoxine (vitamin B6) 15mg	
Pyridoxine hydrochloride	43mg
equiv. pyridoxine (vitamin B6) 35mg	
Calcium folinate	108mcg
equiv. folic acid (activated vitamin B9) 100mcg	
Cyanocobalamin (vitamin B12)	100mcg
Colecalciferol	25mcg
equiv. vitamin D3 1000IU	
Selenomethionine	75mcg
equiv. selenium 30mcg	
Protease	119.8mg
Bromelain	79.9mg (2.4 million PU)
Chromium picolinate	203mcg
equiv. chromium 25mcg	
Zinc amino acid chelate	25mg
equiv. zinc 5mg	
Calcium hydrogen phosphate	136mg
equiv. calcium 32mg	
Potassium citrate	138mg
equiv. potassium 50mg	

# GLUTAMINE POWDER

AUST L 220523

FLAVOUR: NEUTRAL

SIZE: 500g

PRE

DURING

POST

A pure, high-dose L-glutamine to help maintain healthy digestive function and muscle health in athletes. Glutamine Powder assists in muscle recovery following strenuous exercise by replenishing L-glutamine and supporting muscle glycogen resynthesis.

L-glutamine is the most abundant amino acid in the bloodstream. The body contains about 80g of free glutamine, with more than 95% located intracellularly. L-glutamine is found in high concentration in skeletal muscle, liver, brain, lungs and stomach tissue. It helps the body maintain the correct acid-alkaline pH balance through its role in ammonia detoxification via the urea cycle.

L-glutamine provides support for the growth and repair of the gastrointestinal lining, as well as helping to support a healthy immune system.

## DIRECTIONS FOR USE FOR ADULTS

Mix 1 dose (1 level scoop = 5g) into 200mL of water, milk or milk substitute. Consume once or twice daily or as directed by your healthcare professional.

Glutamine Powder can also be added to your protein powder drink for convenience.



## KEY FEATURES AND BENEFITS

- › Micronised formula, providing smaller particles for better absorption.
- › Highly purified (100%) and GMO free.
- › Assists the growth and maintenance of healthy muscles.
- › May help avoid the development of overtraining syndrome and assists in muscle repair after strenuous exercise by supporting muscle glycogen resynthesis.
- › Helps restore plasma L-glutamine levels depleted after periods of physical stress, such as prolonged exercise.
- › Supports energy production.
- › Provides nutritional support for the gastrointestinal mucosa integrity, growth and repair, and helps maintain healthy digestive function.

### GLUTAMINE POWDER ACTIVE INGREDIENTS

Each 5g dose (1 level scoop) contains:

L-glutamine	5g
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**WARNING:** If symptoms persist, consult your healthcare practitioner. Always read the label. Use only as directed.

# OVERTRAINING SYNDROME SUPPORT

AUST L 272736

SIZE: 60 TABLETS

PRE

DURING

POST

TRAINING  
SUPPORT



A specially formulated combination of nutrients and herbs designed to support the stress of athletes training at high intensities, both physically and mentally, and to assist in the recovery of symptoms of overtraining syndrome (OTS) during periods of intense exercise and physical exertion.

The most likely candidates for OTS are elite athletes, although recreational athletes can also over-train by doing too much too soon or failing to get adequate rest and nutrition.

This formula helps to support healthy immune function, recovery time, physical and mental stress, energy production and healthy cortisol production.

## KEY FEATURES AND BENEFITS

- › Supports athletes training at high intensities, assisting them with symptoms of OTS.
- › Supports the body in times of stress and physical exertion.
- › Supports the healthy immune system function.
- › Reduces the risk of developing the common cold and respiratory symptoms in people exposed to short periods of extreme physical stress.
- › Helps to support resistance to both physical and mental stress.
- › With the inclusion of the clinically trialled KSM-66® withania, shown to support healthy serum cortisol levels in response to stress, and Siberian ginseng, to help improve physical performance after periods of physical exertion and intense exercise.

## DIRECTIONS FOR USE FOR ADULTS

**Adults:** Take 1 tablet twice a day or as directed by your healthcare practitioner.

**WARNINGS:** Do not take while on warfarin therapy without medical advice.

Contains 3mg of lactose.

If symptoms persist consult your healthcare practitioner. Vitamin supplements should not replace a balanced diet. Always read the label. Use only as directed.

## OVERTRAINING SYNDROME SUPPORT ACTIVE INGREDIENTS

Each tablet contains:

<b>Herbal extracts standardised equiv. to dry:</b>	
<i>Withania somnifera</i> (winter cherry) root - KSM-66® equiv. to withanolides 15mg	3.75g
<i>Eleutherococcus senticosus</i> (Siberian ginseng) root equiv. to syringaresinol diglucoside 266.7mcg	500mg
<b>Herbal extract equiv. to dry:</b>	
<i>Astragalus membranaceus</i> (astragalus)	1g
<b>Nutrients:</b>	
Zinc amino acid chelate equiv. zinc 12.5mg	62.5mg
Ascorbic acid (vitamin C)	300mg
Ubidecarenone (Coenzyme Q10)	50mg

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# INTENSE PHYSICAL TRAINING PROGRAMS PLACE SIGNIFICANTLY **HIGHER NUTRITIONAL DEMANDS ON SPORTS PEOPLE**

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These increased needs for intense training are frequently not met through diet alone and supplements are an excellent method of overcoming noted deficits.

Furthermore, science continues to uncover naturally occurring compounds in foods that, at the right dose, can substantially improve the outcomes achieved from training. Complications such as muscle soreness and oxidative stress, that are often experienced by athletes, can also be reduced through the right supplementation.

IsoWhey Sports aims to represent an essential and beneficial component of any training regimen, providing researched, concentrated nutrition to ensure optimal performance.

Our team of qualified healthcare practitioners and clinical nutrition specialists have designed a cutting edge range of products based on years of scientific research and experience.

## **Benefits that you can expect include nutritional support for:**

- › Sustained energy and performance during endurance training/events
- › Optimal electrolyte replacement
- › Muscle recovery and reduced muscle soreness
- › Energy during anaerobic work
- › Optimal delivery of oxygen and nutrients to working muscles
- › Optimal lean muscle growth

IsoWhey Sports not only provides superior products, but also access to information on the newest developments in sports nutrition and recommendations for supplement protocols aimed at getting the best results possible from your training schedule.





# **ISOWHEY<sup>®</sup> SPORTS**

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nutrition advice or find us on Facebook.

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