

WELCOME TO OUR WORLD OF SPORTS & NUTRITION

WNT – WORLD NUTRITION TECHNOLOGIES

WNT offers a wide range of sports supplements for all athletes. Our aim is to give our customers the opportunity to improve their training results while contributing to a healthier lifestyle. Behind the brand is many years of experience and research from the foremost experts in both the U.S. and Europe.

All WNT's supplements are manufactured in modern, high technology factories that are certified for food - and food supplement manufacturing. All our products are doping free and completely safe to use for both the enthusiast and professional athletes.

Why supplements?

Both the enthusiast and elite athletes need to supplement their diet with one or more nutritional supplements. In today's stressful society we are often careless about eating well and regularly. The result is fast food and other low-nutrient foods that do not contain optimal nutrition for sportsmen. The need to supplement the normal diet is great, supplements are an easy and safe way to ensure their daily nutritional intake. Think of the body as a high performance engine, fueled with the wrong fuel, it will not perform optimally. The same thing happens to a poor diet, the results are not as expected or absent altogether.

A dietary supplement is as it sounds, a supplement, and not something that will replace the normal diet. On the contrary, a nutrient-rich food intake is the absolute base. However, you can usefully supplement the food intake of a dietary supplement as an extra snack or for optimal recovery after training, provided the rest of today's intake comes from regular nutritionally balanced meals. To optimize training results, a balanced diet consisting of carbohydrates, proteins, little and the right fats, vitamins and minerals. Supplements do not perform any miracles, but gives the user the tools to more easily achieve their goals, the real effort must come from individuals themselves.

For information:

- Dosing spoon comes with all WNT's powder products.
 - Numbers in parentheses after the size, ex. 60 (20), refers to the number of days the product is sufficient according to the recommended daily dose.
 - For further information, please visit our website: www.wnt.se.
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- Basic products are the foundation of WNT's Sportline. The products are intended for all who participate in sports and exercise. Nutrient intake is ensured, providing the basic nutrition needed for physical activities.
 - Additional products for basic products.
 - Advanced supplement for hard-training individuals who want to maximize their performance.

FOR WEIGHT GAIN

SUPER GAINER consists of a balanced composition of proteins and carbohydrates with extremely high energy for those who train hard and want to increase both muscle mass and weight. Contains protein for muscle growth, creatine for increased performance and glutamine and BCAAs to improve recovery after exercise. SUPER Gainer contains a large amount of carbohydrate that accelerates the storage of muscle glycogen for improved recovery and faster weight gain. A portion of SUPER gainer gives you half the daily requirement of vitamins and minerals. Also suitable as an energy-rich snacks throughout the day. In addition, completely free from all artificial additives. Available in the flavors chocolate, strawberry and vanilla.

Dosage:

Mix 2 heaping scoops powder with 4 cups water or milk in a shaker or blender. Ingested after exercise or as a daily supplement for maximum effect.

Packaging: 2.0 kg (12 servings) 4.5 kg (27 servings)

625 kcal per serving (167g)

Protein 25 g

Carbohydrate 120 g

Fat 3.3 g

L-Glutamine 2000 mg

Creatine 5000 mg

RECOVERY

SUPER MASS is a perfect all-round supplement for all who participate in sports, and consists of a combination of protein and carbohydrates for quick recovery. It has a high protein content, which reduces muscle breakdown and contains glutamine and BCAA for enhanced recovery after exercise. The carbohydrates accelerates storage of muscle glycogen to further increase recovery. MASS SUPER is also enriched with amino acids L-arginine and L-carnitine. A portion of SUPER MASS gives you half the daily requirement of vitamins and minerals. Also suitable as an energy-rich snacks throughout the day. In addition, completely free from all artificial additives. Available in the flavors chocolate, strawberry, melon and vanilla.

Dosage:

Mix 2 scoops of powder with 4 cups water or milk in a shaker or blender. Ingested after exercise or as a daily supplement for maximum effect.

Packaging: 1.7 kg (20 servings)

315 kcal per serving (84g)

Protein 25 g

Carbohydrate 50 g

Fat 1.1 g

L-Glutamine 2000 mg

L-Arginine 1000 mg

RECOVERY FOR WOMEN

FEMALE RECOVERY is an excellent recovery product designed especially for girls. It contains both whey protein and soy, and a mixture of carbohydrates which are adapted to be taken after training. The high protein content improves recovery and reduces muscle breakdown associated with exercise. Enriched with roseroot for enhanced physical performance, and green tea extract, L-carnitine and alpha lipoic acid. One serving gives you 30% of the daily requirement of vitamins B12, C, E and folic acid and the minerals iron and chromium. In addition, completely free from all artificial additives. A jar of FEMALE RECOVERY is enough for an entire month with three workouts per week. Available in flavors of blueberry, yogurt and raspberry-lime.

Dosage:

Mix 1.5 scoop of powder with 2.5 cups water, milk or juice in a shaker or blender. Ingested after exercise or as a daily supplement for maximum effect.

Packing: 660g (12 servings)

205 kcal per serving (55g)

20 g of protein

Carbohydrate 30 g

Fat 0.6 g

Protein–SPORT MEAL

SPORTS MEAL is a perfect all-round supplement for all who participate in sports, with as much protein as carbohydrates. SPORTS MEAL is intended for use as a supplement to the daily diet or as a complete meal replacement. It has a high protein content, is enriched with L-glutamine and L-carnitine, and may advantageously also be used after training for effective recovery. The carbohydrates accelerates storage of muscle glycogen to further increase recovery. Enriched with fiber (inulin) for increased bowel health. One serving provides half the daily requirement of vitamins and minerals. In addition, completely free from all artificial additives. Available in the flavors chocolate, strawberry and vanilla.

Dosage:

Mix 2 scoops of powder with 3 cups water or milk in a shaker or blender. Ingested after exercise or as a daily supplement. For weight loss consumed 1-2 servings daily as a meal replacement.

Packaging: 1.2 kg (18 servings)

260 kcal per serving (67g)

Protein 25 g

Carbohydrate 25 g

Fat 5.1 g

L-Glutamine 1000 mg

SNACK & RECOVERY

DIET MEAL is a supplement for those who want a well-balanced snack. DIET MEAL has a high content of protein that prevents muscle deterioration and helps you maintain muscle while dieting, and increase satiety. DIET MEAL can be successfully used after training for more effective recovery. Enriched with fiber (inulin) for increased satiety and bowel health, and amino acids L-glutamine and L-carnitine. One serving gives you 30% of the daily requirement of vitamins and minerals. DIET MEAL contains a small amount of carbohydrates, low in fat and provides only 140 kcal per portion. Found in the flavors chocolate, strawberry and vanilla.

Dosage:

Mix 1 heaping scoop of powder with 3 cups water or milk in a shaker or blender. Take 1-2 servings daily as a nutritional supplement or as a snack during the low-energy diet.

Packaging: 710 grams (18 servings)

140 kcal per serving (39g)

20 g of protein

Carbohydrate 10 g

Fat 1.4 g Fiber 2.7 g

L-Glutamine 1000 mg

Protein snack

LOW CI MEAL is a reduced-calorie snack with plenty of protein for those who follow a low carbohydrate diet. It contains a balanced composition of casein, whey protein concentrate and whey protein isolate. The high protein content, along with added fiber (inulin) gives you a greater sense of satiety. LOW CI MEAL is also enriched with 30% of the daily requirement of vitamin A, B, C, E and folic acid and calcium. LOW CI MEAL is perfect as a protein-rich snack for those who follow a low-carb/GI-diet and provide only 105 kcal per serving. Available in flavors of chocolate and strawberry.

Dosage:

Mix 1 heaping scoop of powder with 3 cups water or milk in a shaker or blender. Take it as a complete snack if needed.

Packaging: 320 grams (11 servings)

105 kcal per serving (28g)

Protein 22 g

Carbohydrate 1.4 g

Fat 1.0 g Fiber 1.2 g

L-Glutamine 600 mg

Whey Protein Concentrate

WHEY PROTEIN is a protein supplement consisting of ultrafiltered whey protein concentrate that increases muscle growth, decrease muscle breakdown and improve recovery in conjunction with exercise. Excellent as a protein supplement for all who participate in sports and for those who eat a protein-restricted diet or follow a low-carb / GI diet. An additional intake of protein is thus good both for those who want to increase muscle mass and for those who want to get fit and lose weight. WHEY PROTEIN works well both as a snack, like when combined with a fruit and as an extra protein intake at breakfast, lunch and dinner. Free of aspartame and thickeners. Available in the flavors chocolate, blueberry, strawberry, vanilla, melon and neutral.

Dosage:

Mix 1 scoop of powder with 2 cups water or milk in a shaker or blender. Ingested after exercise or as a daily protein supplement for maximum effect.

Packaging: 0.4 kg (16 servings) 3.0 kg (120 servings) 1.0 kg (40 servings)

100 kcal per serving (25g)

Protein 19 g

Carbohydrate 1.9 g

Fat 1.6 g

ADVANCED SPORTS PROTEIN

TRIPLE protein is a protein supplement advanced and contains a blend of three different types of proteins, and is enriched with L-glutamine. The high protein content increases muscle growth, decrease muscle breakdown and improve recovery in relation to training and are therefore ideally suitable as a protein supplement for all who participate in sports. Also suitable for those who eat a protein-restricted diet, and therefore need an additional intake of protein to maintain muscle mass. TRIPLE PROTEIN works well both as a snack, like when combined with a fruit and as an extra protein intake at breakfast, lunch and dinner. TRIPLE Protein is free of aspartame. Available in the flavors chocolate, strawberry, vanilla and neutral.

Dosage:

Mix 1 scoop of powder with 3 cups water or milk in a shaker or blender. Ingested after exercise or as a daily protein supplement for maximum effect.

Packaging: 0.4 kg (16 servings) 3.0 kg (125 servings) 1.0 kg (41 servings)

95 kcal per serving (24g)

20 g of protein

Carbohydrate 1.5 g

Fat <1 g

L-Glutamine 2000 mg

NIGHT PROTEINS

NIGHT PROTEIN is a protein supplement consisting of calcium caseinate and specially formulated to be taken before bedtime. Calcium is taken up slowly by the body and supplies the muscles with amino acids during the night to give the body a better opportunity for reconstruction and recovery even while you sleep. With its high protein content gives NIGHT PROTEIN a wonderful feeling of satisfaction and can be successfully used as a snack during the day. Available in flavors of chocolate and blueberry yogurt.

Dosage:

Mix 1 scoop of powder with 4 cups water or milk in a shaker or blender. Taken with bedtime.

Packaging: 320 grams (12 servings)

95 kcal per serving (25g)

Protein 22 g

Carbohydrate 0.5 g

Fat 0.3 g

SOY PROTEIN ISOLATE

SOYA PROTEIN is a 100% vegetable protein supplement consisting of soy protein isolate without any additives. Perfect when you are a vegetarian, lactose intolerant or for some other reason are looking for a vegetable protein powder. SOYA PROTEIN contains all essential amino acids and has a very low fat content and is free of cholesterol. SOYA PROTEIN has a high protein content, which increases muscle growth and prevents muscle breakdown and are therefore ideally suitable as a protein supplement for the trainee. Also suitable for those who eat a protein-restricted diet. SOYA protein can also be used in baking and cooking of the meat substitute. In the taste-neutral.

Dosage:

Mix 1 scoop of powder with 3 cups water, juice or milk in a shaker or blender. Ingested after exercise or as a daily protein supplement for maximum effect.

Packing: 600 grams (20 servings)

110 kcal per serving (30g)

27 g of protein

Carbohydrate 0 g

Fat 0.15 g

PROTEIN FACTS

What is protein?

Proteins are the essential building blocks that make your body what it is. Proteins build up all the body tissues such as muscles, hair, skin, and nails, although the immune system antibodies, hormones, enzymes and neurotransmitters are also proteins. A protein is a molecule consisting of long chains of amino acids. We need 20 or so amino acids to form all the proteins needed in the body. The body can produce most of these essential amino acids, but eight of these the body cannot produce, and must therefore be supplied through food. Meat, eggs and dairy products are full of protein sources. The plant kingdom does provides us with proteins such as beans, lentils, peas, soy products, nuts and seeds, and to some extent flour, rice and potatoes. However, the vegetable proteins are not the same quality as animal protein.

Why is it so important to have protein?

When eating, protein breaks down the body proteins into amino acids and very short chains of amino acids, known as peptides, using enzymes in gastric fluid and pancreatic juice. The amino acids are absorbed into the bloodstream from the intestine and transported to the liver where they are transformed into different proteins. The body uses any carbohydrates and fat as an energy source, but with a lack of energy, your body starts using protein instead. It is therefore extremely important to make sure to consume extra protein even while dieting. People who for various reasons eat too little food, those who lose weight, eat unilaterally or older people who have lost their appetite, have extra high protein requirements. Since we do not want our body to break down our muscles and use them as an energy source, we should make sure to eat enough protein at every meal. Man is dependent on a diet that has adequate protein composition for their survival. That is why it is so important that our diet contains enough proteins - and proteins of the right type!

How much protein do we need?

An increased ratio of protein and carbohydrates in the diet significantly improved body composition according to studies. Protein provides a greater feeling of satiety and elicits a higher thermogenic effect (higher energy consumption) compared to carbohydrates and fat. A high intake of protein also lowers insulin levels (fat-absorbing hormone), increases the immune system and maintains muscle mass. This means that all individuals, even those who do not exercise benefit from protein intake during the day. Of course, the need for the athlete compared to someone who is not working out is much higher. Too low a protein intake of an individual who is training significantly impairs the body's recovery and muscle growth.

According to the NFA the protein needs of an average person is 0.8 g of protein per kilogram of body weight. Many studies show that protein requirements are much higher than that, especially if you are physically active. With regular exercise 1.5-2 g of protein per kilogram of body weight is needed. For fitness practitioners the need is a bit lower, and for strength exercisers slightly higher. During periods of dieting or really hard training the body needs about 3 grams of protein per kilogram body weight.

Protein is protein?

Regarding sources of protein and muscle building, quality is more important than quantity. It is necessary that all the essential amino acids are added every day so that muscle building can be as effective as possible. Missing some important amino acids restricts muscle building and you get a poorer recovery. Protein is often measured by BV (biological value), which is a measure of your ability to take up and use the protein. Research has shown that whey protein (one of two milk proteins) has the highest biological value among all proteins and are thus the best composition of amino acids to the body to get the right building blocks for optimal muscle growth. Whey protein has such a very high content of branched amino acids (BCAA) to stimulate protein synthesis and decrease muscle degradation. Whey protein is the primary choice if you want to build muscle.

Milk consists of two protein groups; whey protein (about 20%), casein (80%). When making cheese, milk coagulates casein and encapsulates much of the fat. What remains is an aqueous solution of lactose, minerals and whey protein. The whey is dried or the membrane is then filtered to obtain whey protein. Whey protein may then undergo various treatment processes to remove carbohydrates (lactose) and fat. Whey protein consists of different protein fractions (beta-lactoglobulin, alpha-lactalbumin, bovine serum albumin and immunoglobulins, and six smaller protein fractions).

The protein fractions are heat sensitive and can be destroyed (De-natured) at high temperatures, so that protein's biological value drops. Although chemical treatment processes can de-nature some of these sensitive protein fractions. It is therefore crucial to the quality of the protein which cleaning method is used in the production of whey protein.

The purification process is relatively time consuming and expensive so this has a huge effect on the price of the product. It is important to recognize that quality and price in fact interrelated. The percentage of protein in a product says something about the purity, but not about the quality of the ingredients. Which cleaning method is used therefore affects the price of the protein, the gentler methods of the more expensive protein. Whey protein can be purified up to three different forms: concentrates, isolates and hydrolysates.

- concentrates contain a small proportion of carbohydrate, fat and cholesterol and the minimum proportion of total proteins compared to isolate and hydrolysates. In contrast, concentrates (if cleaned properly) contain a high proportion of bioactive (pristine) proteins.
- isolate has been further purified and is free of both fats and carbohydrates, and has a very high percentage of protein. It is usual with chemical "ion exchange" meaning the production of isolates, which are very damaging for the protein.
- hydrolyzate is a partially hydrolyzed protein, which means that the protein is broken down to free amino acids and short peptides. The result is a protein entirely free from fat and carbohydrates with a very rapid uptake and high BV.

	BV	Protein*	Fat	Carbohydrate
Egg (Whole)	100	12,3	9,7	0,0
Egg White	88	10,1	0,0	0,0
Chicken Breast	79	23,1	1,2	0,0
Meat (Beef Steak)	70-80	21,8	3,9	0,0
Fish (Cod)	70	19,5	0,8	0,0
Milk (3%)	60	3,4	3,0	4,8
Whey Protein Concentrate	104	77,0	6,0	6,7
Whey Protein Isolate	159	92,0	< 1,0	< 1,0
Casein	77	88,0	1,1	1,9
Soy protein Isolate	74	90,0	0,5	0,0

BV = biological value * g/100g

WNT'S PROTEIN

TRIPLE PROTEINS

Exclusive blend of three different forms of whey protein: whey protein concentrate (cross-flow membrane filtration), whey protein isolate (cross-flow ultrafiltration and micro-filtration) and whey protein (microbial enzymatic hydrolysis).

Highest possible biological value.

Enriched with the 2 g glutamine per serving for maximum recovery and muscle growth.

TRIPLE PROTEIN is designed for people who want the best whey protein to ensure maximum results from your workout. Perfect as a protein-rich snack.

WHEY PROTEIN

Whey protein concentrate (cross-flow membrane filtration).

A high biological value.

WHEY PROTEIN is intended for anyone who needs an extra intake of protein. Suitable for those who want to increase muscle mass and for those who want to get fit and lose weight. Ingested after exercise or as protein-rich snack.

NIGHT PROTEINS

Calcium caseinate

Slow uptake

Saturating

NIGHT PROTEIN is intended to be taken before bedtime for reconstruction and recovery during the night. Excellent also as hearty snacks throughout the day.

SOYA PROTEINS

Soy protein isolate

Vegetable protein

Without any additives

SOYA PROTEIN is designed for people who are vegetarian or lactose intolerant. Ingested after exercise for muscle growth and recovery. It is also suitable as a protein-rich snack.

LOW GI MEAL

Whey protein concentrate, calcium caseinate, whey protein isolate

Enriched with fiber (inulin) and 30% of the daily requirement of vitamin A, B, C, E, folic acid and calcium.

High feeling of satisfaction from both the fiber and calcium.

LOW GI MEAL is perfect as a protein-rich snack for those who follow a low-carb/GI-diet and provide only 105 kcal per serving.

PRESTATIONSHÖJARE

CREATINE POWDER is a prestationshöjare with pure creatine monohydrate is the highest quality without any additives. Creatine provides increased strength and muscle mass and improves endurance and recovery. Creatine is a naturally occurring substance in the body's energy metabolism and is mainly found in meat and fish. Scientific studies have shown that athletes have increased strength, muscle mass and endurance and recover faster using creatine. CREATINE POWDER can be combined with other nutritional supplements and can be used by all who participate in sports.

Dosage:

Loading Dose (Week 1): 1 scoop of powder mixed in a glass of water ingested 4 times/day. Maintenance Dosage: 1 scoop before and 1 scoop immediately after exercise. On the days you are not training take 1 scoop in connection with any meal. After about 8 weeks, your kreatindepåer maximum met, then recommended a break for 4 weeks. Then begins a new period of maintenance dosing regimen (for 8 weeks, etc.).

1 serving (1 scoop)

Creatine 5 g

Package: 500 g (100 servings)

RECOVERY & MUSCLE GROWTH

GLUTAMINE POWDER is a pure glutamine supplementation for rapid recovery and muscle growth. Glutamine is the most abundant amino acid in the body and converted to a large extent during intensive training. An additional intake of glutamine in connection with exercise increases muscle growth and faster recovery. Glutamine is an essential amino acid in both muscle building and diet. Glutamine POWDER can be combined with other nutritional supplements and can be used by all who participate in sports.

Dosage:

Mix 1 scoop of powder in a glass of water. Take it as a daily supplement for maximum effect.

Package: 500 g (100 servings)

1 serving (1 scoop)

L-Glutamine 5 g

ENERGY DRINK

CARBO ENERGY is the perfect energy drink for all kinds of sports. The carbohydrate composition provides a quick energy uptake, increases endurance and performance and provides extra energy in the context of training and competition. Carbohydrates also provide an improved recovery by återinlagring of glycogen in the muscles. CARBO ENERGY contains a B-complex vitamin necessary for energy and carbohydrate metabolism, essential minerals to restore electrolyte balance and vitamin C to maintain a functioning immune system during and after strenuous physical activity. CARBO ENERGY can be used both before, during and after training or competition. Is the taste of lime.

Dosage:

Mix 1.5 scoop of powder with 3 cups water in a shaker or water bottle. Energy Supplements: 1 serving consumed before or during exercise. Recovery: 1 serving consumed immediately after exercise. Carbohydrate-charge time: 2 servings per day for 3 days before training / competition.

Packaging: 1.5 kg (27 servings)

205 kcal per serving (54g)

Protein 0 g

Carbohydrate 50 g

Fat 0.2 g

ACCESSORIES

SHAKER SCREW LOCK is a great accessory for those who light and easy to blend into their supplements. A grid is included to streamline the mixture. Can easily be washed in a dishwasher. Holds 700ml.

SMART SHAKE FEMALE is a small and handy shaker with two clever containers going to screw over the shaker, a container of powder and of tablets and capsules. With SmartShake Female, you can easily take with you everything you need for a successful workout, with no mess! A grid is included to streamline the mixture. The shaker can easily be washed in a dishwasher. Holds 500ml

PERFORMANCE & FAT LOSS

RIPPED CAPS is designed to be used in the diet for those who want to increase fat loss and improve athletic performance before an intense workout. RIPPED CAPS contain guarana (caffeine) for increased alertness and fat loss as well as rose root for increased mental performance. RIPPED CAPS also contains citrus aurantium, and L-carnitine to further improve the fat metabolism, and chromium to balance the blood glucose level. For best effect, RIPPED CAPS combined with a low calorie diet and regular exercise.

Dosage:

10 capsules a day before meals, as follows: 5 capsules on an empty stomach before breakfast or morning workout and 5 capsules before lunch.

Package: 100 capsules (10 servings) 200 capsules (20 servings)

The daily dose (10 caps) contains:

Guarana 1350 mg (standardized for 22% caffeine)

Bitter Orange extract 1340 mg

(Standardized for 6% synephrine)

Rosenrotextrakt 200 mg

(Standardized for 3% pink wines)

L-carnitine 200 mg

L-Phenylalanine 100 mg

Calcium 40 mg

Chromium 125 micrograms

FAT LOSS

DIET CAPS are designed to achieve a successful long term weight loss and contain green tea, citrus aurantium, Citrimax, cayenne pepper, L-carnitine and guarana (caffeine) for increased fat burning. In addition, chromium added to balance blood sugar levels. Caffeine increases pin assembly and may also provide extra energy when dieting. For best effect, DIET CAPS is combined with a low calorie diet.

Dosage:

9 capsules a day before meals as follows: 3 capsules on an empty stomach before breakfast or morning workout and 3 capsules before lunch and dinner.

Package: 100 capsules (11 servings) 200 capsules (22 servings)

Guarana 900 mg (standardized for 22% caffeine), Citrimax ® HCA 600 mg Bitter Orange Extract 670 mg (standardized for 6% synephrine) Green tea extract 630mg (standardized for 45% EGCG and 6% caffeine) Baikal skullcapextrakt 130 mg (standardized for 60 % b-ring flavonoids and 10% flavan) Cocoa Extract 300 mg (standardized for 10% theobromine) Rosenrotextrakt 200 mg (standardized for 3% pink wines) Cayenne Pepper 20 mg L-Carnitine 200 mg Calcium 235 mg Magnesium 50 mg Potassium 150 mg Chromium 125 micrograms

INCREASED MUSCLE GROWTH

ANABOLIC CAPS contains the branched chain amino acids L-Leucine, L-Isoleucine and L-Valine, often called BCAA (branched chained amino acids). BCAAs make up about 1/3 of muscle protein and is essential for muscle growth and recovery as it stimulates protein synthesis and reduces muscle breakdown after exercise. ANABOLIC CAPS containing four times as much L-leucine as the other free form amino acids (4:1:1). ANABOLIC CAPS are suitable for power-exerciser or endurance athletes during periods of intense exercise or diet.

Dosage:

2 capsules 30 minutes before workout and 2 capsules immediately after training. On the days you are not training ingested two capsules on an empty stomach before breakfast and 2 capsules before dinner.

The daily dose (4 caps) contains:

L-Leucine 2000 mg L-isoleucine 500 mg L-Valine 500 mg

Packaging: 60 capsules (15 servings)

120 capsules (30 servings)

HIGH RANK SPORT PROTEIN

AMINO TABS contains the amino acids your body needs to increase muscle growth, improve performance and accelerate recovery. It consists of an advanced aminocomplex for those who wish to increase their daily protein intake with meals or as an extra protein supplements if necessary. The free amino acids is readily absorbed and become building blocks of the structure of the proteins in the body. AMINO TABS has a high proportion of L-leucine is an essential amino acid for muscle growth.

Dosage:

2 tablets with meals 3 times/day or 4 tablets before bedtime.

Packing: 60 tablets (10 servings)

120 tablets (20 servings)

Daily dose contains:

4 tablets 6 tablets

L-Leucine (BCAA) 552 mg 828 mg

L-Isoleucine (BCAA) 268 mg 402 mg

L-Valine (BCAA) 256 mg 384 mg

L-Lysine 260 mg 390 mg

L-Threonine 212 mg 318 mg

L-Methionine 76 mg 114 mg

L-phenylalanine 104 mg 156 mg

L-Tryptophan 72 mg 108 mg

L-Arginine 152 mg 228 mg

L-Cysteine 88 mg 132 mg

L-alanine 152 mg 228 mg

L-Aspartic acid 408 mg 612 mg

L-Glutamic acid 624 mg

Glycine 936 mg 56 mg 84 mg

L-Histidine 56 mg 84 mg of

L-proline 180 mg 270 mg

L-Serine 152 mg 228 mg

L-Tyrosine 332 mg 498 mg

POWER, PERFORMANCE & MUSCLE GROWTH

Pumped TABS is an advanced pre-workout product for the serious athlete. Pumped TABS consists of beta-alanine, which prevents lactic acid formation in the muscles and increases exercise capacity, L-arginine, which affects blood flow and "pump" in the body and creatine that provides increased strength and muscle mass and improved endurance and recovery. Pumped TABS also contains caffeine and taurine for increased alertness and improved physical performance, and glucuronolactone. In addition, niacin added which is necessary for energizing the metabolism in the body, and L-citrulline and pomegranate extract. With Pumped TABS allows you to exercise harder and longer!

Dosage:

8 tablets taken 1 hour before exercise. Need not be taken on workout days off.
Packing: 160 tablets (20 servings)

The daily dose (8 tabs) contains:

Beta-Alanine 1600 mg caffeine 200 mg 3000 mg Creatine glucuronolactone 500 mg L-Arginine 1000 mg L-Citrulline 1000 mg pomegranate extract 150 mg (40% ellagic acid) 500 mg of taurine Xantinolnikotinat 108 mg

FOR STRENGTH

ZMA CAPS are a super product for athletes. ZMA Caps contain an EU-approved patented synergistic combination of zinc monomethionine, zinc aspartate, magnesium citrate, magnesium oxide and vitamin B-6. In clinical studies at Washington University showed that ZMA increased levels of testosterone in a natural and safe manner. After 8 weeks, participants' strength increased by about 12% and testosterone levels by about 30%. ZMA can also improve sleep. Well suited for women.

Dosage:

3 capsules (2 capsules for women) per day on an empty stomach 1 hour before bedtime.

Not to be taken with calcium-rich drinks or meals when calcium reduces the absorption of zinc. Packaging: 90 capsules (30 servings)

The daily dose contains:

3 capsules (2 capsules) 450 mg Magnesium (300 mg) (from magnesium and-oxide) zinc 30 mg (20 mg) (from zinkmonometionin and aspartate) 10.5 mg Vitamin B6 (7 mg)

PRESTATIONSHÖJARE

Creatine TABS is a prestationshöjare with pure creatine monohydrate. Creatine provides increased strength and muscle mass and improving endurance and recovery. Creatine is a naturally occurring substance in the body's energy metabolism and is mainly found in meat and fish. Scientific studies have shown that athletes have increased strength, muscle mass and endurance and recover faster using creatine. CREATINE TABS can be combined with other nutritional supplements and can be used by all who participate in sports.

Dosage:

Loading dose (1st week): 5 tablets taken 4 times daily. Maintenance Dosage: Take 3 tablets before and 2 tablets immediately after exercise. On the days you are not training ingested 5 tablets with meals.

Packaging: 120 tablets (24 servings)

The daily dose contains:

5 tablets 20 tablets Creatine 5000 mg 20000 mg

STRENGTH & FAT LOSS

Creatine pyruvate is a creatine supplementation in the form of kreatinpyruvat that provides increased performance and improved durability and increased strength and muscle mass. The creatine is bound to pyruvate, which is a substance in the fat burning process in the body. Pyruvates alter the flow of energy in the cells so that muscle cells use more fat for energy, causing the body's ability to burn fat and increase your energy to train harder. Should be taken before your workout for best effect. Many CREATINE pyruvate users experience less or completely lost the collection of water compared to regular creatine monohydrate.

Dosage:

5 tablets taken 1 hour before workout with 1/2 liters of fluid. Need not be taken on workout days off.

Packaging: 120 tablets (24 servings)

The daily dose (5 tabs) contains:

Kreatinpyruvat 5000 mg

MAXIMUM MUSCLE GROWTH

NO2 CAPS is specifically designed for serious strength exercisers who wish to increase muscle growth, faster recovery and prolonged muscle pumps. NO2 CAPS containing a combination of BCAA, L-glutamine and AAKG (L-arginine alpha-ketoglutarate). AAKG containing the amino acid L-arginine which is involved in the production of nitric oxide. Nitric oxide dilates blood vessels and allow increased blood flow of vital nutrients and oxygen to the muscles, essential for muscle growth and muscle pump. Branched chain amino acids and L-glutamine increase muscle growth and further accelerate recovery, as they stimulate protein synthesis and reduces muscle breakdown after exercise.

Dosage:

2 capsules 30 minutes before workout and 2 capsules immediately after training. On the days you are not training ingested two capsules on an empty stomach before breakfast and 2 capsules before dinner.

Packaging: 120 capsules (30 servings)

The daily dose (4 caps) contains:

L-Arginine alpha-ketoglutarate 1000 mg L-Glutamine 400 mg L-Leucine 1000 mg L-Isoleucine 250 mg L-Valine 250 mg? MUSCLE GROWTH

NOS TABS comprises AAKG (L-arginine alpha-ketoglutarate) which contains the amino acid L-arginine, which is involved in the production of nitric oxide. Nitric oxide is a key molecule including dilates blood vessels and increased blood flow allows the essential nutrients and oxygen to the muscles without increasing blood pressure. This means that the lactic acid more rapidly transported and that anabolic nutrients more efficiently taken up by muscle. NOS TABS provides a significantly improved muscle pumps, increased muscle growth and strength. For optimum performance, the NOS TABS ingested 30 minutes before meals.

Dosage:

2 tablets 3 times a day 30 minutes before meals. Note Must be taken on an empty stomach for best absorption. Do not exceed 9 tablets per day.

Package: 100 tablets (16 servings)

The daily dose (6 tabs) contains:

L-Arginine alpha-ketoglutarate 6000 mg

FOR STRENGTH

Pyruvate TABS is a super product for bodybuilders and want to improve their shape. Pyruvate occurs naturally in the body's energy forming citric acid cycle and is formed during the degradation of glucose. Pyruvate also increases insulin sensitivity, leading to reduced storage of fat, and more efficient absorption of nutrients. Also contains calcium which is important for the body's energetic metabolism and may contribute to increased fat burning. Pyruvate TABS should be combined with a low carbohydrate diet for maximum effect.

Dosage:

2 tablets at breakfast and 1 tablet before bedtime. Should be taken with a carbohydrate-restricted diet.

Packing: 60 tablets (20 servings)

The daily dose (3 tabs) contains:

Kalciumpyruvat 3000 mg Total 260 mg calcium

INCREASED STRENGTH & ENDURANCE

Tribulus CAPS are a super product for bodybuilders and want increased strength and muscle mass as testosterone in the body are important for muscle growth. Tribulus CAPS contains the entire 65 mg of the active substance protodioscin per capsule. To enhance the effect and uptake Bioperine (black pepper extract) is added. Tribulus Terrestris has also at numerous studies shown positive effects on libido, potency and hormonal balance, for both men and women who because of age (> 40 years) has reduced its own production of testosterone. Tribulus CAPS do not contain hormones (doping agents) and without affecting the body's own natural production.

Dosage:

Men taking 1 capsule at breakfast and one capsule at dinner. Women take one capsule every other day with meals.

Packaging: 60 capsules (30 servings)

The daily dose (2 caps) contains:

Tribulus Terrestris 1300 mg (standardized for 40% Saponins and 10% Protodioscin) Bioperine ® 5 mg

REDUCING FAT

CLA CAPS contains conjugated linoleic acid (CLA) which is an essential fatty acid found naturally, primarily in dairy products and meat, but in small amounts. CLA has a key role in the regulation of fat metabolism in the body and promote fat loss positively by blocking the production of negative prostaglandins. These prostaglandins inhibit the fat burning process and impair the body's ability to use fat as an energy source. CLA also affects the good prostaglandins, which leads to increased burning of fat and preservation of muscle mass, an ideal situation at the school. Simply burn more body fat and store less.

Dosage:

3 capsules per day with meals. (After using for 3 months is recommended a break for 1 month.)

Packaging: 120 capsules (40 servings)

The daily dose (3 caps) contains:

Safflower Oil 3000 mg, including CLA (conjugated linoleic acid) 2400 mg c9, t11
1125 mg of t10, c12 CLA 1125 mg of the other 150 mg

FAT REDUCTION

L-Carnitine TABS is one of the most powerful L-karnitintillskott and are of the highest quality. L-Carnitine is an amino acid needed in the body's fat burning process and helps the body convert fat into energy. If L-carnitine is no deterioration of the body's ability to burn fat during physical activity. The body can itself produce certain amounts of L-carnitine, but the physical activity combined with diet diet, an extra supply to be good. L-Carnitine is found in small amounts in animal foods, but not to the vegetable diet. L-Carnitine TABS also improves recovery and decreases the body's production of lactic acid.

Dosage:

2 tablets on an empty stomach before breakfast or before training.

Packing: 60 tablets (30 servings)

The daily dose (2 caps) contains:

L-carnitine 2000 mg

CHROM TABS consists of trivalent chromium, the form that best is available to be bound to picolinate to improve uptake. Chromium is an essential mineral that helps the body to keep blood sugar on an even level, which in turn can increase the metabolism, giving more energy, reduce sötbegäret and improve protein digestion. Chromium is also included in the GTF molecule used in the utilization of carbohydrates. Chromium deficiency can therefore lead to reduced burning of carbohydrates. CHROM TABS also contains calcium which is important for the body's energetic metabolism and may contribute to increased fat burning.

Dosage:

One tablet a day with breakfast.

Package: 100 tablets (100 servings)

The daily dose (1 tab) contains:

Chromium (from Chromium Picolinate) 200 micrograms Calcium 98 mg

PROTEIN RECOVERY

PROTEIN DRINK is a recovery drink with 53g high quality protein per bottle and a well balanced amount of carbohydrates. The perfect recovery drink for those who want to increase the quality muscle mass. Excellent to take after exercise. Available in the flavors chocolate, strawberry and vanilla.

Dosage:

1-2 servings before and / or after exercise or as an energy-rich snack.

Package: 500 ml (2 servings)

215 kcal per serving (250 ml)

250 ml 500 ml

Protein 26.5 g 53 g

Carbohydrate 25 g 50 g

Fat 1 g of 2 g

Vitamin B6 0.6 mg 1.2 mg

HIGH DOSE VITAMIN AND MINERAL SUPPLEMENTS

DAILY CAPS is a very complete multivitamin and mineral supplement containing the vitamins, minerals, and many of the antioxidants your body needs to function optimally. DAILY CAPS is high dose and are ideal for the athlete who needs an extra supply of vitamins and minerals. Also suitable for those who do not get enough fruits and vegetables. Most minerals are chelated, which means they are bound to a carrier molecule. DAILY CAPS is a "one a day" in capsule form and is available both with and without iron.

Dosage:

One capsule a day with meals.

Packaging: 60 capsules (60 servings) Daily dose (1 caps) contains:

Beta-carotene 2.4 mg vitamin A 2.2 mg Vitamin D 10 micrograms Vitamin C 150 mg Vitamin E 83 mg Vitamin B-1 25mg Vitamin B-2 25mg Vitamin B-6 25 mg Vitamin B-12 100 micrograms Niacin 100 mg Pantothenic Acid 50 mg

Biotin Folic acid 300 micrograms 800 micrograms Choline bitartrate 10 mg Inositol 10 mg 25 mg of calcium (from the calcium citrate and calcium carbonate) magnesium 7.2 mg (from magnesium aspartate and-oxide) zinc (from zinc picolinate) 15 mg, Chromium (GTF) 200 micrograms copper (from copper gluconate) 2 mg Iron (from carbonyl iron) 10 mg

Potassium 5 mg (from potassium citrate and aspartate) Manganese (from manganese gluconate) 5 mg Iodine (from potassium iodide) 150 mcg Selenium 200 mcg (from selenomethionine and selenate) Molybdenum (from sodium molybdate) 150 mcg Lutein (FloraGLO ®) 500 micrograms

25 MG BETA-CAROTENE

BETA-CAROTENE MEGA contains 25 mg beta carotene per capsule in a dry water soluble form for the best absorption. The body converts beta-carotene as needed, to vitamin A, the rest is stored in the tissues where it acts as an antioxidant and protects skin cells against free radicals. Beta carotene also gives the skin a yellowish-brown hue which gives the impression of a fresh sunburn

Dosage:

One capsule a day with meals.

Packaging: 30 capsules (30 servings)

The daily dose (1 caps) contains:

Beta-carotene 25 mg

(Provitamin A 42 000 IU)

HIGH DOSE MIX OF ALL OF B–VITAMINS

VITAMIN B–50 contains a high dose and balanced mix of all the B vitamins. Vitamin B-50 is designed for those who are careless with food and exercise a lot. The need for B vitamins increases during exercise but everyone can benefit from a daily supplement. B vitamins required for growth of skin, hair and nails. They are also important for normal nerve function and for the energy and carbohydrate metabolism in the body.

Dosage:

One capsule a day with meals.

Package: 100 capsules (100 servings)

The daily dose (1 caps) contains:

Vitamin B-1 50 mg Vitamin B-2 50 mg

Vitamin B-6 50 mg

Vitamin B-12 50 micrograms

Niacin 50 mg

Folic acid 400 mcg

Biotin 50 mcg

Pantothenic Acid 50 mg

Kolinbitartat 50 mg

Inositol 50 mg

PABA 50 mg

ACID NEUTRAL C VITAMIN 1000 mg

C-1000 Buffered contains magvänligt acid and neutral vitamin C. Each tablet contains 1000 mg of vitamin C from calcium ascorbate. Vitamin C is an important antioxidant necessary for energy meta motoring and the nervous system to function normally. Vitamin C is also a need for a normally functioning immune system and to maintain the function of the immune system during or after strenuous physical activity.

Dosage:

One tablet a day with meals.

Package: 100 tablets (100 servings)

The daily dose (1 tab) contains:

Vitamin C 1000 mg (from calcium ascorbate)

Calcium 115 mg

VITAMIN E FROM MIXED TOCOPHEROLS

E-SUPER COMPLEX contains a unique blend of naturally occurring tocopherols oesterfierade and are of the highest biological quality. Vitamin E is a very important antioxidant, protecting DNA, proteins and fats against free radical damage. Vitamin E also plays a significant role in the growth of hair, skin and nails and is essential for a properly functioning immune system.

Dosage:

One capsule a day with meals.

Packaging: 50 capsules (50 servings)

The daily dose (1 caps) contains:

Vitamin E (826 mg) 1000 IU

(100% natural vitamin E from d-alpha, beta-d-d-delta and gamma-d-tocopherol.)

HIGH DOSE MINERAL SUPPLEMENTS

SUPER MINERALS TABS is an advanced and newly developed multi-mineral supplement with a unique combination of selected minerals combined with innovative ingredients. SUPER MINERALS TABS contains twice as much calcium as magnesium and colloidal trace elements. SUPER MINERALS TABS also contains Bioperine, digestive enzymes (amylase, lactase, protease, lipase, cellulase) and Trikatu botanical blend of a well functioning digestive and probiotics (Lactospore®).

Dosage:

2 tablets per day with meals.

Packing: 60 tablets (30 servings)

Daily dose (2 tablets) contains:

Vitamin D (Ergocalciferol of) 5 micrograms
600 mg of calcium (from coral calcium citrate, calcium carbonate, dicalcium phosphate)
Phosphorus (from dicalcium phosphate) 11.2 mg
Iron (from ferrous fumarate) 18 mg
Magnesium (from magnesium oxide) 300 mg
Zinc (oxide) 15 mg
Iodine 75 micrograms
(From potassium iodide, Atlantic seaweed (kelp))
Selenium (from L-selenomethionine) 25 g
Copper (from copper gluconate) 1000 micrograms
Manganese (from manganese gluconate) 10 mg
Chromium (from Chromium Picolinate) 25 g
Molybdenum (Sodium Molybdate from) 190 micrograms
Potassium (from the potassium chloride) 50 mg
Boron 3 mg (the boron complex (borcitrat, aspartate, glycinate))
Cobalt (from koboltaminosyrakelat) 125 micrograms
The nickel (nickel sulfate) 109 micrograms
Vanadium (from natriummetavanadat) 122 micrograms
Chlorine (from the potassium chloride) 45.2 mg
Bioperine ® Nature's Thermonutrient™ 1520 micrograms
(Piper nigrum) (standardized for 95% piperine)
DigeZyme ® Multi-enzyme complex 10 mg
(Amylase, lactase, protease, lipase and cellulase)
Ginger root extract (Zingiber officinale) 5 mg
(Standardized for 5% gingerols (125 micrograms))
Lactobacillus sporogenes Lactospore ® 3 mg
(15 billion spores per gram)
Trikatu botanical blend 3.52 mg
(Piper longum fruit, Piper nigrum fruit and Zingiber officinalis roots and rhizomes)

ADVANCED CALCIUM SUPPLEMENTS

CALMAG TABS provides the optimum mix of calcium, magnesium and vitamin D, which together help maintain strong bones and teeth. Calcium and vitamin D is also necessary for normal muscle function, and magnesium are needed for protein synthesis and energy metabolism. Vitamin D increases the absorption and utilization of calcium in the body. Calcium is also important for the body's energetic metabolism and clinical studies indicate that a daily intake of 1,000 mg calcium provide a significantly improved combustion and reduced fat absorption.

Dosage:

One tablet at breakfast and dinner.
Packaging: 120 tablets (60 servings)

The daily dose (2 tabs) contains:

1000 mg of calcium (from calcium carbonate) magnesium (500 mg of magnesium oxide and citrate), 10 micrograms vitamin D (cholecalciferol by)

CHELATED ZINC

ZINC CAPS is a high dose mineral supplement and consists of zinc gluconate and zinc picolinate. ZINC CAPS containing chelated zinc, which means that the zinc molecule is bound to carrier molecules. Zinc is an important antioxidant and is needed for a functioning immune system and for fat metabolism.

Dosage:

One capsule a day with meals. Package: 100 capsules (100 servings)

The daily dose (1 caps) contains:

30 mg of zinc (from zinc gluconate and chelated picolinate)

HIGH DOSE MAGNESIUM

MAGNESIUM CAPS is a high dose, and mineral supplement contains the entire 500 mg of magnesium as magnesium oxide and magnesium citrate. Magnesium is important for muscle function, and protein synthesis in the body and for the optimum interaction between the muscles and nerves. Magnesium is also essential for energy metabolism and to maintain electrolyte balance.

Dosage:

One capsule a day with meals. Package: 100 capsules (100 servings)

The daily dose (1 caps) contains:

Magnesium 500 mg
(From magnesium oxide and citrate)

FERROUS IRON

IRON CAPS contains 18 mg ferrous iron in the form of chelated iron fumarate. This form of iron is of the best-absorbent and have been shown in studies substantially improved uptake and utilization of the mineral in the body. Iron exists mainly in the blood's red dye, the hemoglobin. It is the hemoglobin that carries oxygen in the air from the lungs to the tissues. Iron deficiency can cause reduced performance and lack of energy. Iron is also essential for energy metabolism and the immune system to function normally.

Dosage:

One capsule a day with meals.
Package: 100 capsules (100 servings)

The daily dose (1 caps) contains:

18 mg Iron (ferrous fumarate of chelated)

FISH OIL FROM COLD WATER FISH

OMEGA-3 CAPS is extracted from deep-sea fish caught in cold water for maximum quality and is free from A-and vitamin D supplements. Omega-3 fatty acids (EPA & DHA) are polyunsaturated fatty acids from fish oil. They are part of the body's cells and are therefore very important for the body's optimal functioning. Numerous scientific studies show its positive effects including blood pressure, cholesterol, inflammation, insulin sensitivity, and difficulty concentrating. An addition of omega-3 is recommended for all who do not eat oily fish twice a week. This contributes to a good balance between omega-3 and omega-6 fatty acids in the body.

Dosage:

Adults: 1-3 capsules daily with meals.

Children older than 12 years: 1 capsule per day.

Package: 100 capsules (33 servings)

The daily dose (3 caps) contains:

Natural Fish Oil 3600 mg

Omega-3 fatty acids 1440 mg

EPA 648 mg

DHA 360 mg

CRYSTAL PURE L-LYSINE

L-Lysine CAPS containing the essential amino acid L-Lysine. Essential means the body can not manufacture it, but it must be supplied through the diet. L-Lysine improves the absorption of calcium in the body and is necessary for the formation of new tissues. L-Lysine is essential for growth, development of muscle protein and recovery.

Dosage:

One capsule a day with meals. The extra needs ingested 2 capsules 3 times per day with meals.

Package: 100 capsules (100 servings)

The daily dose (1 caps) contains:

L-Lysine 500 mg (100% pure crystalline L-Lysine)

AVOCADO & SOY EXTRACT

AVOSOL contains the substance ASU ®, a natural extract based on avocado and soy. The substance is a registered trademark in several countries such as France where it has been used to treat osteoarthritis in more than 25 years. Avosol works by rebalancing the destructive and constructive processes in cartilage. ASU is well documented in osteoarthritis: 4 clinical studies in patients, four studies on cells or animals that explains the mechanism of action and a literature review from August 2002, which notes that ASU was the only documented plant product shown to be effective for osteoarthritis.

Dosage:

2 capsules daily with some liquid during meals.

Packaging: 60 capsules (30 servings)

The daily dose (2 caps) contains:

Extracts of 200 mg soybean (Glycine max L.) Extract of Avocado 100 mg (Persea americana Mill.

TIPS!

- Eat well composed and regular meals 5-6 times a day. Meals including snacks should consist of complex carbohydrates, high-quality protein and preferably fresh vegetables or fruit. Do not skip a meal!
- Make sure to eat as soon as possible immediately after exercise to quickly replenish energy depots and prevent muscle breakdown. This objective should consist of both protein and simple carbs.
- Avoid excess fat such as sauces, butter and dairy products but do not be afraid of "good" fats such as omega-3, etc.
- Drink plenty of water for a good balance.
- Work out and exercise regularly. A simple feel-good tip: Take an hour of morning walk before breakfast a couple times a week.
- Be sure to rest enough between workouts to avoid overtraining and getting enough sleep.
- WNT's powder products can be mixed with juice, water or milk. Try this out to the amount of liquid that suits you best.
- Water-The amount of dosage is only a recommendation. Do you want to vary the taste or have a creamier texture to your protein drink? Blend a smoothie with yogurt, milk and / or juice and add fruits, berries, seeds and nuts!