

SUPPLEMENT	BENEFITS	
MRP / PROTEIN POWDER	PROVIDES AMINO ACIDS INCREASES BODYWEIGHT MAINTAINS LEAN BODY MASS	
FISH OIL (containing EPA & DHA)	REDUCES TRIGLYCERIDE LEVELS REDUCES CHOLESTEROL MAINTAINS NORMAL BP REDUCES BODYFAT/STRESS INCREASES HDL MAINTAINS FLEXIBLE JOINTS PREVENTS INFLAMMATION REDUCES RECOVERY TIME	REDUCES INSULIN RESISTANCE AIDS FAT-SOLUBLE VITAMIN ABSORPTION REDUCES LDL INCREASES AEROBIC METABOLISM AIDS GLYCOGEN STORAGE ASSISTS IN BLOOD CLOTTING AIDS IN MUSCLE FUNCTION
L-GLUTAMINE	ENHANCES IMMUNITY/DIGESTION REDUCES CORTISOL LEVELS ENHANCES PROTEIN SYNTHESIS	REDUCES INSULIN LEVELS INHIBITS FATTY-ACID OXIDATION BOOSTS GROWTH HORMONE LEVELS
GREEN TEA EXTRACT (containing EGCG)	ANTIOXIDANT REDUCES LDL REDUCES HIGH BP REDUCES ANXIETY REDUCES INFLAMMATION	ENHANCES METABOLISM ENHANCES FAT OXIDATION BOOSTS ENERGY LEVELS REDUCES CARTILAGE DEGENERATION INCREASES RELAXATION
MULTIVITAMIN	SUPPLIES 100% RDI's	

VITAMIN C (anti-oxidant)	<p>BOOSTS IMMUNE SYSTEM PROMOTES HEALING PROMOTES COLLAGEN FORMATION MAINTAINS/REPAIRS CONNECTIVE TISSUE</p>	<p>INCREASES MUSCULAR CONTRACTIONS REDUCES LACTATE LEVELS ENHANCES IRON ABSORPTION</p>
VITAMIN B-COMPLEX	<p>REDUCES HOMOCYSTEINE LEVELS ENHANCES MACRONUTRIENT METABOLISM ENHANCES ENERGY/RECOVERY</p>	<p>BOOSTS GROWTH HORMONE LEVELS RBC FORMATION NERVOUS SYSTEM DEVELOPMENT</p>
CAFFEINE	<p>IMPROVES AEROBIC PERFORMANCE DELAYS FATIGUE REDUCES MUSCLE PAIN REDUCES INSULIN RESISTANCE INCREASES FORCE PRODUCTION</p>	<p>ENHANCES FAT / MUSCLE GLYCOGEN AS ENERGY SOURCE INCREASES FAT METABOLISM DECREASES CARB METABOLISM (GLYCOGEN-SPARING) INCREASES ALERTNESS / FOCUS</p>
CREATINE	<p>REDUCES TOTAL CHOLESTEROL INCREASES HDL REDUCES VLDL ENHANCES STRENGTH / POWER INCREASES MUSCLE MASS INCREASES EXERCISE WORK OUTPUT INCREASES PROTEIN SYNTHESIS</p>	<p>BOOSTS RMR ENHANCES MEMORY DECREASES BODYFAT CONVERTS TO CP TO PRODUCE ATP FOR ANAEROBIC ENERGY REDUCES RECOVERY TIME INCREASES LACTIC ACID TOLERANCE</p>
FIBER	<p>DECREASES TOTAL CHOLESTEROL ENHANCES INTESTINAL HEALTH ENHANCES REGULARITY REDUCES CARDIOVASCULAR DISEASE REDUCES LDL SLOWS CARB ABSORPTION ENHANCES AMINO ACID ABSORPTION ENHANCES NUTRIENT ABSORPTION</p>	<p>ENHANCES IMMUNE SYSTEM ENHANCES SATIETY TO LESSEN APPETITE PROCESSES FAT REDUCES CANCER RISK REDUCES DIABETES RISK ENHANCES INSULIN SENSITIVITY STABILIZES GLUCOSE LEVELS</p>
GARLIC	<p>REDUCES BP REDUCES CHOLESTEROL REDUCES CORTISOL LEVELS REDUCES TRIGLYCERIDE LEVELS</p>	<p>INCREASES TESTOSTERONE LEVELS INCREASES METABOLISM STABILIZES INSULIN LEVELS</p>
BRANCHED-CHAIN AMINO ACIDS (BCAA's) (leucine/isoleucine/valine)	<p>ENHANCES PROTEIN SYNTHESIS BOOSTS GROWTH HORMONE LEVELS REDUCES PROTEIN BREAKDOWN MAY DELAY FATIGUE BOOSTS MENTAL ALERTNESS</p>	<p>REGULATES INSULIN LEVELS BOOSTS TISSUE GROWTH/REPAIR PRESERVES MUSCLE MASS ANTI-CATABOLIC</p>
VITAMIN E (anti-oxidant)	<p>REDUCES CANCER RISK REDUCES HEART DISEASE RISK REDUCES LACTATE LEVELS</p>	<p>MAINTAINS MUSCLE TISSUE BOOSTS TESTOSTERONE PRODUCTION IMPROVES ENERGY FUNCTIONING</p>
ZMA (anti-oxidant)	<p>PROTEIN/DNA/RNA SYNTHESIS IMMUNE RESPONSE WOUND HEALING TESTOSTERONE PRODUCTION INCREASES STRENGTH</p>	<p>ENHANCES SLEEP/RECOVERY INCREASES IGF-1 RELAEASE GOWTH/REPAIR OF MUSCLE TISSUE MUSCLE/NERVE FUNCTION INCREASES METABOLIC RATE</p>

SELENIUM (anti-oxidant)	REDUCES CELLULAR OXIDATIVE DAMAGE REDUCES RECOVERY TIME IMMUNE RESPONSE	
CALCIUM	BONE/TEETH MAINTENANCE MUSCLE/NERVE CONTRACTION AIDS IN FAT LOSS	
MAGNESIUM	ENHANCES MUSCLE RELAXATION MUSCLE/NERVE CONTRACTION	REDUCES DIABETES RISK REDUCES OSTEOPOROSIS RISK
SOY	REDUCES TOTAL CHOLESTEROL REDUCES LDL INCREASES HDL MAINTAINS BONE DENSITY	
L-CARNITINE	REDUCES TRIGLYCERIDE LEVELS INCREASES HDL INCREASES FAT METABOLISM	
ZINC (anti-oxidant)	MUSCLE CONTRACTION ENHANCES IGF-1 RELEASE INCREASES STRENGTH	INCREASES TESTOSTERONE PRODUCTION PROSTATE HEALTH