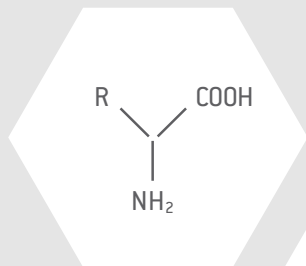


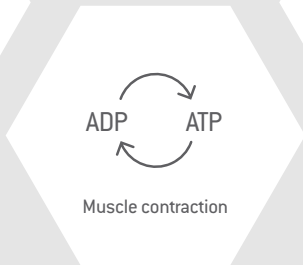
# MUSCLE BUILD-UP FOR PROS

## Product recommendations

In addition to a training and diet plan with sufficient protein intake, ambitious strength athletes also take advantage of specific supplements and nutrients. These help to get the most out of the training, support the training-adaptive effects and muscle protein synthesis.



**AMINO ACIDS**



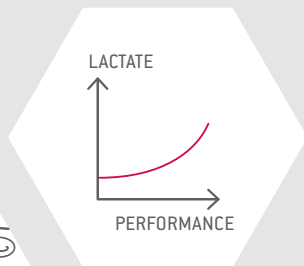
**CREATINE**



**CAFFEINE**



**NITRIC OXID**



**ACID BUFFER**

### AMINO ACIDS

High-quality amino products contain essential and semi-essential amino acids as well as a substantial amount of leucine. Leucine is the trigger amino acid for stimulating protein synthesis, i.e. muscle building.

**Intake:** Directly before, during or after training.



**AMINO 12500:** Take 1 ampoule directly before and/or after training.



**EAA:** 10 tablets in 2 portions directly before and after training.

### CREATINE

Creatine supports explosiveness and speed, and delays fatigue during intensive training. This permits harder and, thereby, more efficient training.

**Intake:** 5 g creatine per day, divided in 2 portions during at least 10 weeks.



### CAFFEINE

The right caffeine dosage gives you that extra kick during training! Caffeine not only increases performance, but also improves concentration and focus, which noticeably enhances the quality of training.

**Intake:** ACTIVATOR approx. 30-60 min prior to physical activity. Inform yourself about our caffeine gene test, which informs about the perfectly individualised intake.



### NITRIC OXID-METABOLISM

Specific products and substances promote NO metabolism and cause blood vessels to dilate. This optimises blood flow, microcirculation as well as nutrient supply and also increases muscle «pump».

**Intake:** approx. 30 min prior to physical activity or afterwards to support recovery.



PRE-WORKOUT BOOSTER, ideally combined with products from «Bloodflow/NO (Nitric Oxid)»

### ACID BUFFERING

BETA ALANINE increases the intracellular buffer capacity and thus delays the performance-inhibiting lactate accumulation during high-intensity training.

**Intake:** 2 x 2 tables with a meal.

