

SUPERIOR 14 PRODUCTS CATALOGUE



2021

Martyn Ford
Bodybulider & Actor

SUPERIOR 14 PRODUCTS CATALOGUE

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WHY US?

From the heart of Europe our products travel hundreds of miles to over 200 destinations all over the 5 continents every day! Known for our good quality, our 2 State-of-the-Art production facilities and 400+ passionate colleagues make sure to deliver our 70 SKUs around the globe.

COMPANY VALUES

Our consumers' health is our top priority. For that, most of our net income goes to our R&D Department to make sure we are on top of the market being the first to deliver the latest products with unshaken quality.

PRODUCTION AND LOGISTICS

For each new recipe, we carefully check the quality of the individual ingredients and thoroughly test the flavor, scent and consistency of the finished new creation – until the recipe is perfect. Quality also means using the best raw materials along with the highest production standards. Our Quality Control Department applies 3 laboratory tests on raw materials, during production process, as well as on final items to make sure that our products reflect our company values.

Our international athletes join us in the biggest exhibitions and events (FIBO German, ACE festivals) worldwide for more than 10 years just to meet their fans at our booth.

OUR BRAND IN NUMBERS

Founded in the heart of Europe for more than 10 years.

We are available in over 40 countries with more than 150 satisfied partners-numbers are increasing.

Our sales numbers are dramatically increasing, especially in the middle and Far- East & Africa.

We offer more than 70 products worldwide.

Our team consists of hundreds of employees globally.

More than 700k followers and fans on social media.

The latest athlete to join our team is Mr. Olympia 2018, Shawn Rhoden!

OUR ATHLETES

VÖRÖS
MÁTIÉ



**CATHARINA
WAHL**

**MARYNN
FORD**



FORD



NAGY

**BETTINA
NAGY**

**BENCE
KALMÁR**



BALOGH

**ROBIN
BALOGH**



PROTEINS



WHEY CORE

**ADVANCED PROTEIN FORMULA
FORTIFIED WITH DIGESTIVE ENZYMES**



Superior 14 Whey Core Protein is an advanced Protein formula with added digestive enzymes for optimal uptake and absorption.

This delicious tasting Whey Protein Matrix delivers 25g high-quality protein and just 2.6g carbs per serving.

With added BCAAs and L-Glutamine to help prevent fatigue and refuel your muscles effectively.

Available in apple pie, milk chocolate, cookies & cream, strawberry and vanilla flavours.

NUTRITION FACTS

	PER 100 g	PER Serving 22 g	% (per serving)
Kcalories	1750 Kcal 404 kcal	386 Kcal 85 kcal	7%
Fat of which -Saturates	0.1 g 0.0 g	0.0 g 0.0 g	4%
Carbohydrate of which -Sugars	8.8 g 8.8 g	1.9 g 1.7 g	8%
Protein	24 g	5.3 g	48%
Sodium	0.07 g	0.017 g	2%
DIGESTIVE ENZYME BLEND			
Protease	125 mg	28.5 mg	1
Lactase	315 mg	72 mg	1
INFO: Reference intake of an average adult (9400 Kcal/3800 KJ).			
EPA has not been established.			

INGREDIENTS: Whey Protein Matrix (Whey Protein Concentrate, Whey Protein Isolate, Hydrolyzed **Whey Protein**, Skimmed milk powder, Vegetable oil (Vegetable medium chain triglycerides (MCT) from coconut oil), Emulsifier (Sodium carboxymethyl cellulose), Flavouring, Salt, Sweetener (Sucralose), Papain (from Carica papaya L., 1.5 FIP 120mg), Lactase enzyme (from Aspergillus sp. 60000 U/L).

ALLERGEN INFORMATION: Manufactured in a facility that processes milk, eggs, gluten, soy, peanuts, nuts.



PRO 6

ULTRA PREMIUM PROTEIN MATRIX WITH FIBER AND LACTASE ENZYME



2270 g

Superior 14 Quattro Protein is a Protein Matrix offering 6 sources of protein.

Containing Whey Protein Isolate for easy digestion and high levels of Amino Acids, this blend is also high in Whey Protein Concentrate that is absorbed quickly, just 30 minutes post-consumption.

With added Lactase enzyme for further improved digestion, Pro 6 is an ideal post-workout choice for those looking to build and retain lean muscle. Oat fibre has also been added to help keep gut bacteria healthy and give a feeling of fullness for longer.

This product is Gluten and Aspartame free.

Available in chocolate, strawberry and vanilla flavours.

Nutrition Facts			
Serving Size: 1 meal替飲 (約128 g)		Servings Per Container: 23	
	Per 128 g PRODUCT	PER SERVING(MD) 32 g	%DV Contribution
Energy	1,427 kJ 340 kcal	354 kJ 84 kcal	7 %
Carbohydrate	50.9 g	12.8 g	3 %
- Sugars	12.9 g	3.2 g	6 %
Protein	26.8 g	5.5 g	8 %
Fat	9.5 g	2.3 g	4 %
- Saturated	2.8 g	0.7 g	3 %
Dietary fibre	10.4 g	2.5 g	40 %
Sodium	1.0 g	0.2 g	5 %
Cholesterol	0.0 mg	0.0 mg	0 %
Total Sugars	12.9 g	3.2 g	6 %
Added Sugars	12.9 g	3.2 g	6 %
Water	120.0 g	29.0 g	0 %
Lactose-free protein	5.0 g	1.2 g	0 %

(%DV) Reference intake of an average adult (8,800 kJ/2,070 kcal).
 *Not a food for medical purposes.



QUATTRO PROTEIN

ULTRA PREMIUM PROTEIN MATRIX



Superior 14 Quattro Protein is a Protein Matrix offering 4 sources of protein.

Containing Whey Protein Isolate for easy digestion and high levels of Amino Acids, this blend is also high in Whey Protein Concentrate that is absorbed quickly, just 30 minutes post-consumption.

This product is Gluten and Aspartame free.

Available in raspberry-yoghurt, peanut butter-caramel, mango-peach, cookies & cream and chocolate-hazelnut flavours.

Nutrition Facts		
Serving Size:	1 heaping scoop (35 g)	
Per 100 g	PER SERVING	%RDI
PRODUCT	(35 g)	/ Serving
Energy	1495 kJ/ 343 kcal	6 %
Fat	2.1 g	1 %
- of which - Saturates	0.04 g	2 %
Carbohydrate	20 g	3 %
- Sugars	8.9 g	3 %
Protein	61 g	42 %
Salt	0.3 g	1 %
*RI: Reference intake of an average adult (8400 kJ/ 2000 kcal).		
† RI has not been established.		
Ingredients: Protein Blend (Whey Protein Concentrate, Milk Protein Concentrate, Whey Protein Isolate, Egg Albumin), Dextrose, Skimmed milk powder, Skinned cocoa powder 5%, Flavours, Vegetable oils (Vegetable oil, Medium Chain Triglycerides (MCT); from coconut and palm kernel), Sodium Calciummethyl Cellulose, Sweeteners (Sucralose, Aspartame), Vanilla extract.		
Allergen information: Made in a facility that uses: gluten, soy, egg and nuts.		



ISO DEFINITION

WITH GREEN TEA & GREEN COFFEE & CLA



4540 q

Iso Definition is a 86% Protein, CLA, L-Carnitine, green coffee and green tea containing food supplement powder with sweeteners.

Iso Pro is available in delicious chocolate, chocolate-hazelnut, banana, and strawberry flavours.

	Per 100 g	Per Serving 20 g	% DV (per serving)
Energy	1058 kJ/ 250 kcal	211 kJ/ 50 kcal	6 %
- of which carbohydrates	23.9 g	5.8 g	1 %
- of which - Sugars	0.6 g	0.2 g	1 %
- Carbohydrates - of which	2.9 g	0.7 g	2 %
- Sugars	0.9 g	0.2 g	9 %
Proteins	36.8 g	9.2 g	52 %
Fats	0.7 g	0.02 g	1 %
DA	33.7 g	8.0 g	1
Caffeine	22.3 g	5.6 g	1
Green Tea (Camellia Sinensis L.)	1.0 g	0.25 mg	1
Leaf extract			
- Polyphenols	0.64 g	160 mg	1
- Catechins	0.2 g	60 mg	1
- EGCG	0.07 g	21 mg	1
Green Coffee (Coffea Arabica L.) Leaf	0.57 g	140 mg	1
Java extract			
- Chlorogenic Acid	0.04 g	100 mg	1
- Caffeine	0.013 g	3 mg	1



ISO PRO

ADVANCED PROTEIN ISOLATE AND HYDROLYZED WHEY PROTEIN ISOLATE FORMULA



This high value protein is ideal for those looking to increase lean muscle mass and grow lean muscle tissue.

Isolate undergoes additional processing known as Cross-Flow Micro-Filtration to deliver a purer protein than Whey Concentrate. This separates the protein from fat, cholesterol and lactose, meaning it can help to maintain low levels of body fat whilst simultaneously assisting in the building of lean muscle.

Provides 26g Protein and less than 1g Carbs per serving! Gluten free.

Iso Pro is available in delicious chocolate-coconut, tiramisu, vanilla-banana and white-chocolate strawberry flavours.

Nutrition Facts

Serving Size: 1 measuring scoop (30 g)

Servings Per Container: 73

Per 100 g PRODUCT	PER SERVING 30 g	%RDI (serving)
Energy 1579 kJ/ 379 kcal	474 kJ/ 114 kcal	4%
Fat of which: - Saturated	2.8 g 0.6 g	1% 1%
Carbohydrate of which: - Sugars	1.2 g 0.4 g	0% 0%
Protein	26 g	53%
Salt	0.1 g	1%

*RI: Reference intake of an average adult (8400 kJ/ 2000 kcal).

t: tR has not been established.

INGREDIENTS: Protein Matrix [Whey Protein Isolate, Hydrolyzed Whey Protein Isolate, Cross-Flow & Ultra Filtration Whey Protein Concentrate, Skinned coconut powder (tR), Bovine Colostrum, Vegetable oil (Vegetable Medium Chain Triglycerides (MCT) from coconut oil), emulsifier (sodium lauroylmethyl cellulose), sweeteners (sucralose, erythritol), K, vanilla extract].

ALLERGEN INFORMATION: Made in a facility that uses gluten, soy, egg and nuts.



HYDRO WHEY ZERO

FORTIFIED WITH LACTASE ENZYME



Superior 14 Hydro Whey Zero provides an impressive 30g high-quality lean protein per serving, with added BCAAs to help your body meet the expenditure of intense muscular workouts.

Combining L-Leucine, L-Isoleucine, L-Valine and L-Glutamine into the mix, this formula has no added sugar and less than 1g carbs per serving. Essential Amino Acids cannot be made by the body and stimulate protein synthesis to set the stage for muscle growth. This clever addition of branched-chain Amino Acids will help your muscles to start growing and support anabolism even more than taking Whey Protein alone.

Superior 14 have also added Lactase Enzyme for optimal digestion and uptake of protein into the body.

Available in chocolate flavour.

Nutrition Facts			
Serving Size:	1 heaping scoop (34 g)		
Per 100 g	PER SERVING	%RDI	
PRODUCT	34 g	/serving	
Energy	1594 kJ 375 kcal	542 kJ, Jr 120 kcal	6%
Fat	2.2 g	0.75 g	1%
of which - Saturated	0.6 g	0.14 g	1%
Carbohydrate	1.0 g	0.34 g	0%
of which - Sugars	0.1 g	0.034 g	0%
Protein	38 g	30 g	60%
Salt	0.2 g	0.1 g	2%
Micronized L-Glutamine	2000 mg	680 mg	†
BCAAs	2000 mg	680 mg	†
- L-Leucine	1000 mg	340 mg	†
- L-Isoleucine	500 mg	170 mg	†
- L-Valine	500 mg	170 mg	†
L-Arginine	2000 mg	680 mg	†
Lactase Enzyme	20 mg	6.8 mg	†
†RI Reference intake of an average adult (8400 kJ/2000 kcal). †RI has not been established.			
INGREDIENTS: HYDROWHEY Matrix Whey Protein Isolate, Hydrolyzed Whey Protein Isolate, Cross-Flow & Ultra Filtered Whey Protein Concentrate, BCAAs (L-Leucine, L-Valine and L-Isoleucine (no free amino acid form)), Skimmed milk powder (0%), L-Arginine (free amino acid form), L-Glutamine (no free amino acid form), Emulsifiers (Soy lecithin, Sodium caseinate methylcellulose), Flavourings, Sweeteners (Gluconolactone, Isomaltulose-4), Vanilla extract, Lactase enzyme (from Aspergillus sp. 650000 UU).			
ALLERGEN INFORMATION: Manufactured in a facility that processes milk, egg, gluten, soy, peanut, nuts.			



RIPPED WHEY

SUPERIOR WHEY PROTEIN + WEIGHT MANAGEMENT FORMULA



1816 g

Shed body fat and get ripped faster with Superior 14 Ripped Whey

This low calorie, low carb, superior protein shake boasts added Green Tea, L-Carnitine and CLA to take your body's metabolism to the next level.

When you want to lose body fat to help show off your hard work in the gym, it's important you fuel your muscles with a high quality protein source to encourage the use of fat for energy and promote lean muscle development.

Superior 14 Ripped Whey should be enjoyed in the morning or around the time of your workout.

Available in banana, chocolate and strawberry flavours.



CASEIN COMPLEX



This slow digesting protein source is best taken before bed, for gradual overnight release of Amino Acids during sleep.

This product can help to reduce muscle breakdown during fasting periods and aid in muscle recovery.

Superior 14 Casein Complex is available in chocolate-caramel and vanilla-coconut flavours

Nutrition Facts		
Serving Size: 1 measuring scoop (30g)	Per 100 g PRODUCT	%RDI PER SERVING
	30 g	~80% Serving
Energy	1631 kJ / 385 kcal	459 kJ / 110 kcal
Fat, of which:	6.2 g	1.5 g
- Saturated	4.2 g	1.2 g
Carbohydrate, of which:	9.5 g	2.6 g
- Sugars	3.9 g	1.0 g
Protein	72 g	22 g
Salt	0.8 g	0.2 g
Papain Digestive Enzyme	133 mg	39.3 mg
Lactase Digestive Enzyme	367 mg	11 mg

*RDI Reference intake of an average adult (8400 kJ / 2000 kcal).
†Not yet established.

Ingredients: Milk Protein Blend (Beta Protein Concentrate, Micellar casein (from milk), Calcium caseinate (from milk)), coconut cream powder (5%), vegetable oil (Vegetable Medium Chain Glycerides (MCT) from coconut oil), flavours, emulsifier (sodium lauryl sulphate), stabiliser: Carrageenan; preservative: acetylacetone; Papain (from papaya), LIPase (lipase), salt, Lactase enzyme (from beta galactosidase (B-Gal)).

Allergen Information: Made in a facility that uses gluten, soy, egg and nuts.



100% VEGAN PROTEIN



500 g

Finally, a vegan protein that tastes great! Tesla Vegan Protein has been formulated from Pea and Rice Protein Isolate to offer a gluten free, dairy free, 100% vegan of the highest quality.

Low calorie and low carb, Tesla Vegan Protein can be enjoyed any time you fancy a protein boost, or post-workout to help your muscles rebuild and repair optimally.

Available in delicious Cappuccino and Salted Caramel flavours

Nutrition Facts			
SERVING SIZE: 1 HEAPING SCOOP (30 G) SERVINGS PER CONTAINER: 16			
CONTENT	PER 100 G PRODUCT	PER SERVING 30 G	%R%/ SERVING
ENERGY	1673 KJ/ 395 KCAL	502 KJ/ 119 KCAL	6%
FAT	3,0 G	1,1 G	2%
OF WHICH - SATURATES	1,3 G	0,4 G	2%
CARBOHYDRATE	14 G	4,2 G	2%
OF WHICH - SUGARS	0,2 G	0,06 G	0%
FIBRE	3,4 G	1,0 G	—
PROTEIN	75 G	23 G	49%
SALT	0,5 G	0,2 G	3%

*RI: REFERENCE INTAKE OF AN AVERAGE ADULT (8400 KJ/
2000 KCAL).
—: R HAS NOT BEEN ESTABLISHED.



SNACKS



SUPERIOR BAR



Boost your protein intake and enjoy a delicious, guilt-free treat with Superior Bar.

Packed with 17g protein and 20g carbs, this bar is a great way to end your workout and refuel your muscles.

We've blended high-quality protein sources with irresistible flavour favourites, layered them up and dipped them into milk chocolate for a snack you won't be able to resist!

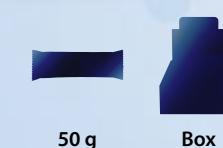
Available in chocolate-hazelnut, coconut-almond and salted caramel-peanut flavours.

Nutrition Facts			
Content	PER 100 g product	PER Bar (55 g)	*RI% / 55g
Energy	1344 kJ/ 321 kcal	739 kJ/ 177 kcal	10%
Fat	15 g	8,3 g	11%
of which:			
- Saturates	7,6 g	3,9 g	20%
Carbohydrate	36 g	20 g	8%
of which:			
- Sugars	3,4 g	1,9 g	2%
- Polyols	24 g	13 g	1
Fibre	6,6 g	3,6 g	1
Protein	31 g	17 g	34%
Salt	0,6 g	0,33 g	6%

*RI%: Reference intake of an average adult (8400 kJ/ 2000 kcal). t: RI has not been established.



PROTEIN BAR



This protein bar is high protein, low carb, and tastes amazing! Offering 24g protein, high fibre, no aspartame and no added sugar, it's the ideal go-to snack when you're feeling peckish or want something sweet post-workout.

Available in cappuccino, chocolate-raspberry, double chocolate and strawberry yoghurt flavours.

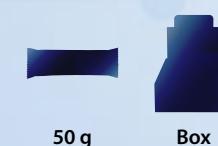
Nutrition Facts

Content	PER 100 g product	PER Bar (50 g)	>8% (PER Bar)
Energy	1692 kJ / 415 kcal	846 kJ / 200 kcal	10%
Fat	17 g	8.5 g	12%
of which: - Saturates	14 g	7 g	25%
Carbohydrate	14 g	7 g	8%
of which: - Sugars	6.4 g	3.2 g	4%
- Polys	6.5 g	3.2 g	1
Protein	46 g	23 g	46%
Salt	0.2 g	0.1 g	2%

*RNI: Reference intake of an average adult (8400 kJ / 2000 kcal).
It has not been established.



OAT BAR



Enjoy a guilt-free snack with Superior 14 Oat Bar. Enriched with 4.6g protein and fast digesting carbs, this delicious cocoa coated snack bar serves as a great post-workout treat.

Available in tasty banana and coconut flavours with cocoa coating.

Nutrition Facts	
Content	PER 100 g product
Energy	1951 kJ/ 466 kcal
Fat	21,46 g
-of which saturated fatty acids	10,95 g
Carbohydrate	58,30 g
of which sugar	12,6 g
Fibers	4,55 g
Proteins	7,61 g
Salt	0,1 g



PROTEIN SPREAD

WITH HAZELNUT & COCOA



400 g

Superior 14 Protein Spread is a guilt-free treat that tastes delicious.

This sugar-free hazelnut and cocoa spread with added Whey Protein is delicious served on protein pancakes or simply layered onto rice cakes.

Available in hazelnut & cocoa flavour.

Nutrition Facts			
	100G	15G	NRV*
ENERGY (KJ)	2023	303	24%
ENERGY (kCAL)	485	73	
FAT	32G	4,8G	46%
-OF WHICH SATURATED FAT	4,7G	0,7G	23,50%
CARBOHYDRATES	40G	6,0G	15%
-OF WHICH SUGARS	8,1G	1,2G	9%
-OF WHICH POLYOOLS	31,4G	4,7G	
FIBRE	2,2G	<0,5G	
PROTEIN	17,2G	2,6G	34,40%
SALT	0,43G	0G	7%

* REFERENCE INTAKE VALUE FOR AN AVERAGE ADULT (8400KJ / 2000kCAL)





Martyn Ford
Bodybuilder & Actor

14
Superior
SUPPLEMENTS

WEIGHT GAINERS



POWER MASS

MUSCLE AND SIZE DEVELOPMENT
WITH LACTASE ENZYME



4500 g

Power Mass provides 70 g Lean Protein, 7g L-glutamine, 13g BCAAs, 5g Creatine monohydrate, 1g L-Arginine, 1g CLA, 1g HMB per maxi size.

Available in chocolate, chocolate-hazelnut, banana, and strawberry flavours.

Supplement Facts

	Serving Size: 2 measuring-spoons (150 g)	Content	per 100g/150g	PER DAILY SERVINGS (150g)
Servings Per Container:	40	Protein	1050 mg	700 mg
		BCAA 2:1:1 Complex	150 mg	105 mg
		Creatine monohydrate	100 mg	70 mg
		Trusted source of	250 mg	175 mg
		of which total Creatine	180 mg	125 mg
		AMINO ACID COMPLEX	150 mg	105 mg
		BCAA 2:1:1 Complex	187 mg	125 mg
		-L-Glutamine	225 mg	150 mg
		-L-Valine	67 mg	45 mg
		-L-Isoleucine	67 mg	45 mg
		-L-Cysteine	33 mg	22 mg
		L-Arginine	260 mg	175 mg
		L-Citrulline DL-Water	17 mg	11 mg
		-L-Glycine	37 mg	25 mg
		RESBAL HMG COMPLEX	187 mg	125 mg
		Shilajit Extract	1000 mg	670 mg
		(Microscopicum amboinense)		
		root extract	330 mg	220 mg
		-Baccharis latifolia	27 mg	18 mg
		Fulvulus microcauda root extract	200 mg	130 mg
		-8% saponins	53.2 mg	35.2 mg
		Green tea (Camellia sinensis) leaf extract	180 mg	120 mg
		- Polyphenols	40 mg	27 mg
		- Galactose	10 mg	7 mg
		- EGCG	7 mg	5 mg

Nutrition Facts

	Serving Size: 2 measuring-spoons (150 g)		Servings Per Container (40)	
	PER 100 g PRODUCT	PER 150g (150g)	PER SUGAR	PER MAXI SIZE (300g)
Energy	1523 kJ 355 kcal	2285 kJ 518 kcal	27%	4577 kJ 1078 kcal
Total fat	1.2 g	1.8 g	3%	3.6 g
of which:				
- Saturated	0.8 g	1.2 g	6%	2.4 g
Carbohydrates	99 g	99 g	34%	198 g
of which:				
- Sugars	11.6 g	17.4 g	16%	34.0 g
Protein	20 g	22 g	94%	44 g
Salt	0.3 g	0.4 g	8%	0.9 g

NRV: Reference intake of an average adult (3420 kJ/ 8000 kcal).

Content	per 100g product	per serving 150g	NRV%* c: 150g	per maxi size 300g	NRV%* c: 300g
VITAMIN COMPLEX					
Beta-carotene	0,012 mg	0,018 mg	1	0,036 mg	1
Vitamin C	19 mg	29 mg	36%	58 mg	72%
Vitamin E	1,2 mg	1,8 mg	15%	3,6 mg	30%
Vitamin B1	0,13 mg	0,25 mg	21%	0,7 mg	62%
Vitamin B2	0,19 mg	0,43 mg	36%	0,96 mg	68%
Niacin	4,13 mg	8,2 mg	38%	12,4 mg	78%
Vitamin B6	0,17 mg	0,35 mg	35%	0,71 mg	75%
Folic acid	64 µg	126 µg	48%	192 µg	66%
Vitamin B12	1 µg	1,9 µg	60%	3 µg	120%
Biotin	16 µg	24 µg	48%	48 µg	66%

*100%: Nutrient Reference Values of an average adult.
c: NRV has not been established.



PLATINUM MASS

FAST AND SLOW RELEASING
PROTEIN AND CARBOHYDRATES



Make every second of your workout count, with Superior 14 Platinum Mass.

Ideal for post-workout consumption, this high-quality blend comprises both fast and slow releasing Protein and Carbohydrate sources to encourage lean muscle growth, replace lost glycogen stores and avoid muscle wastage, help speed up recovery and synthesise proteins optimally.

Can be taken as a 150g serving, or as a 300g maxi serving for those looking to pack on super size or after extremely high output activities.

Available in chocolate, strawberry and vanilla flavours.

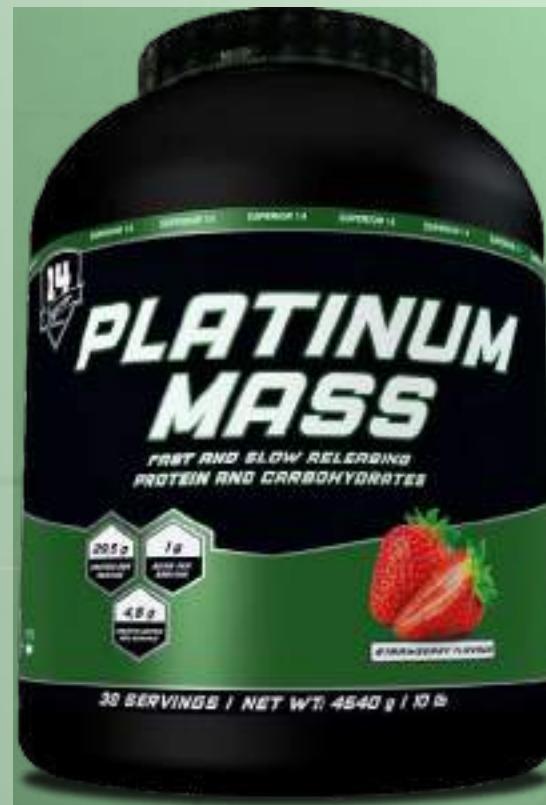
Nutrition Facts

Serving Size: 150g Ready-to-drink (300 g) Serving per Container: 15						
	Per 100 g	PER SERVING	%DV	PER MAXI SERVING	%DV	MARVEL
PRODUCT:	1500 g	225 g	29%	3000 g	58%	
Energy	1124 kJ ^a	168 kJ	29%	4862 kJ	58%	
285 kcal	42 kcal	29%	1215 kcal	58%		
Fat	1.3 g	2.0 g	3%	0.7 g	8%	
of which:						
- Saturates	0.0 g	0.4 g	2%	0.2 g	14%	
Carbohydrates	219 g	32.9 g	45%	101 g	89%	
of which:						
- Sugars ^b	134 g	19.6 g	18%	92 g	26%	
Protein	18.0 g	2.6 g	48%	0.9 g	40%	
Salt	0.0 g	0.2 g	0%	0.1 g	10%	

^a Reference intake of an average adult (2000 kJ / 480 kCal).
^b At which 3 g is sucrose per 100 g.

Ingredients: Carbohydrate Blend (Maltodextrin, Rice starch*, Protein Isolate*, Inulin (inulinase from yeast)*); Protein Blend (Whey Protein Isolate, Whey Protein Concentrate, Isomaltooligosaccharides from yeast)*; Flavoured whey protein isolate 4%, Pectin, Xanthan gum, Vegetable oil (Vegetable Medium Chain Triglycerides (MCCT) from coconut and sunflower (soybean) oil), Stevia rebaudiana extract, Vanilla extract.
Inulin (inulin) is a source of glucose and fructose.

Allergen information: Made in a facility that uses花生, 雞肉, 豆腐, 蛋, 花生.



SUPERIOR MASS PROFESSIONAL

HIGH PROTEIN GAINER FORMULA



Superior 14 Whey Core Protein is an advanced Protein formula with added digestive enzymes for optimal uptake and absorption.

This delicious tasting Whey Protein Matrix delivers 25g high-quality protein and just 2.6g carbs per serving.

With added BCAAs and L-Glutamine to help prevent fatigue and refuel your muscles effectively.

Available in apple pie, milk chocolate, cookies & cream, strawberry and vanilla flavours.

Supplement Facts

Nutrition Facts



CARBS PRO MATRIX

COMPLEX CARBOHYDRATE POWDER

Train for longer and work harder with Superior 14 Carbs Pro Matrix.

Taken before, during or after training, this powerful blend of Maltodextrin, Dextrose and Fructose will deliver fuel to your muscles fast when they need it most. Carbohydrates are your body's primary energy source and crucial for focus, power and strength.

Taking a Carbohydrate drink such as Carbs Pro Matrix during your workout can help to prevent your body going into catabolism and reduce physical and mental fatigue.

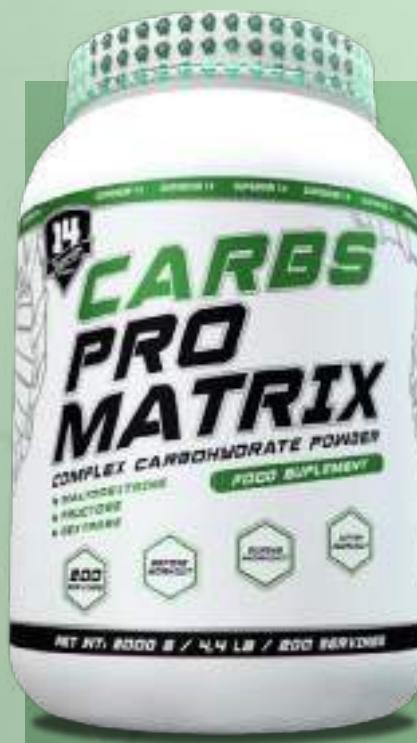
Available in unflavoured powder form.

Nutrition Facts		
Serving Size:	1 scoop (10 g)	
Per 100 g PRODUCT	PER SERVING	%RDI per serving
Energy Energy of which: - Sugars ^a	1700 kJ/ 400 kcal	170 kJ/ 40 kcal
Fat: of which: - Saturates	0 g	0 g
Carbohydrate of which: - Sugars ^a	100 g	10 g
Protein	0 g	0 %
Salt	0 g	0 %

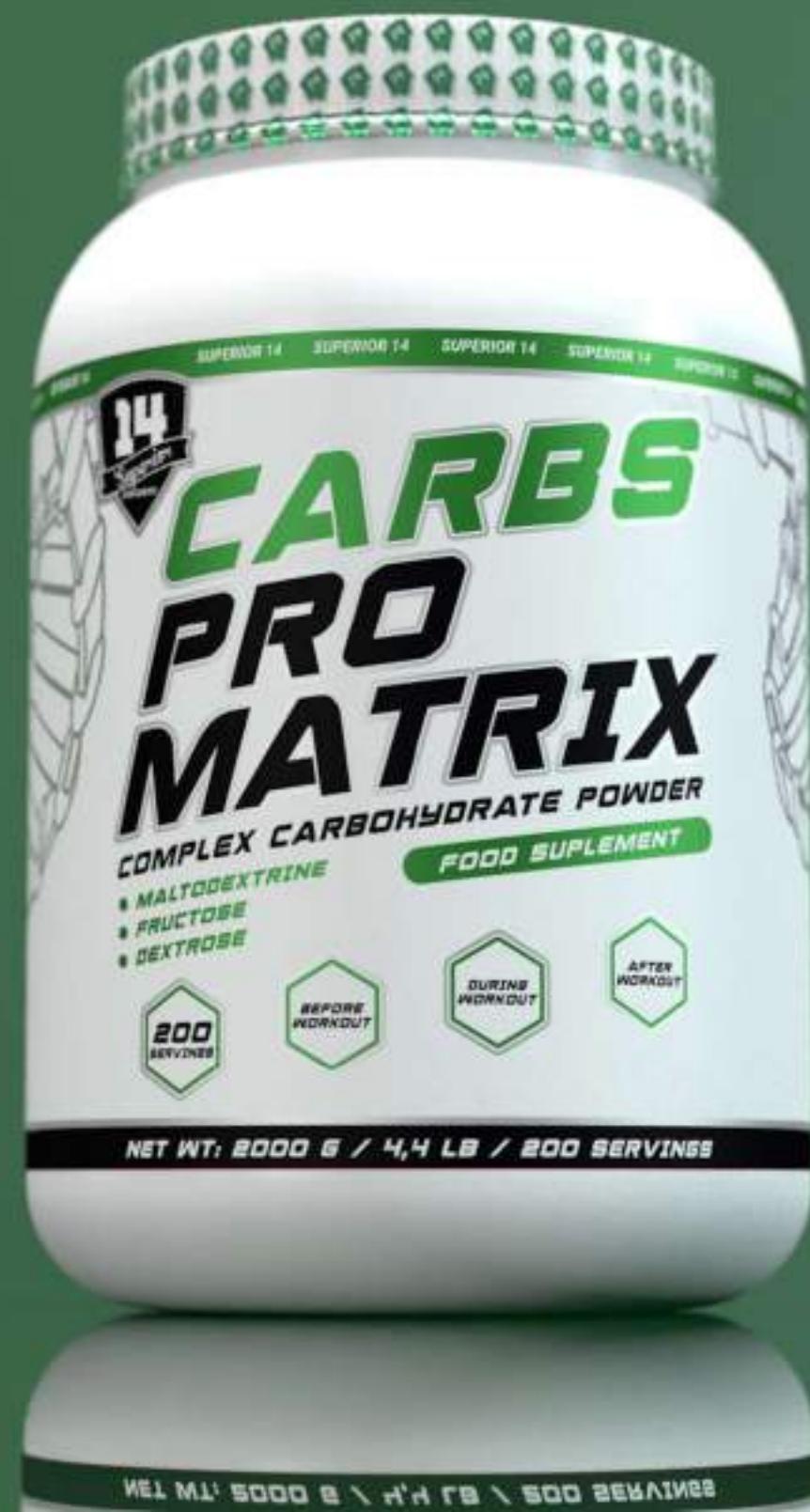
^aRI: Reference intake of an average adult (8400 kJ/ 2000 kcal).
^b RI has not been established.

INGREDIENTS: Carbs pro matrix (Maltodextrin, Dextrose, Fructose).

ALLERGEN INFORMATION: Manufactured in a facility that processes milk, egg, gluten, soy, peanuts, nuts.



2000 g



CREATINES



100% CREATINE MONOHYDRATE

PURE CREATINE MONOHYDRATE POWDER



300 g

Take your lean muscle growth up a notch with Superior 14 100% Creatine Monohydrate. Offering 3g high-quality Creatine per serving, this product is scientifically proven to increase physical performance and help to ensure your muscles recover more quickly during exercise, giving you more strength, speed and stamina than ever before.

Creatine Monohydrate increases the water content in your muscle cells, which can help to trigger the genes that pack on size. It also helps to increase ATP, leading to reduced fatigue and heavier lifts.

Creatine Monohydrate may also help you to achieve bursts of energy, especially during high-intensity activities. It can also help to boost brain function.

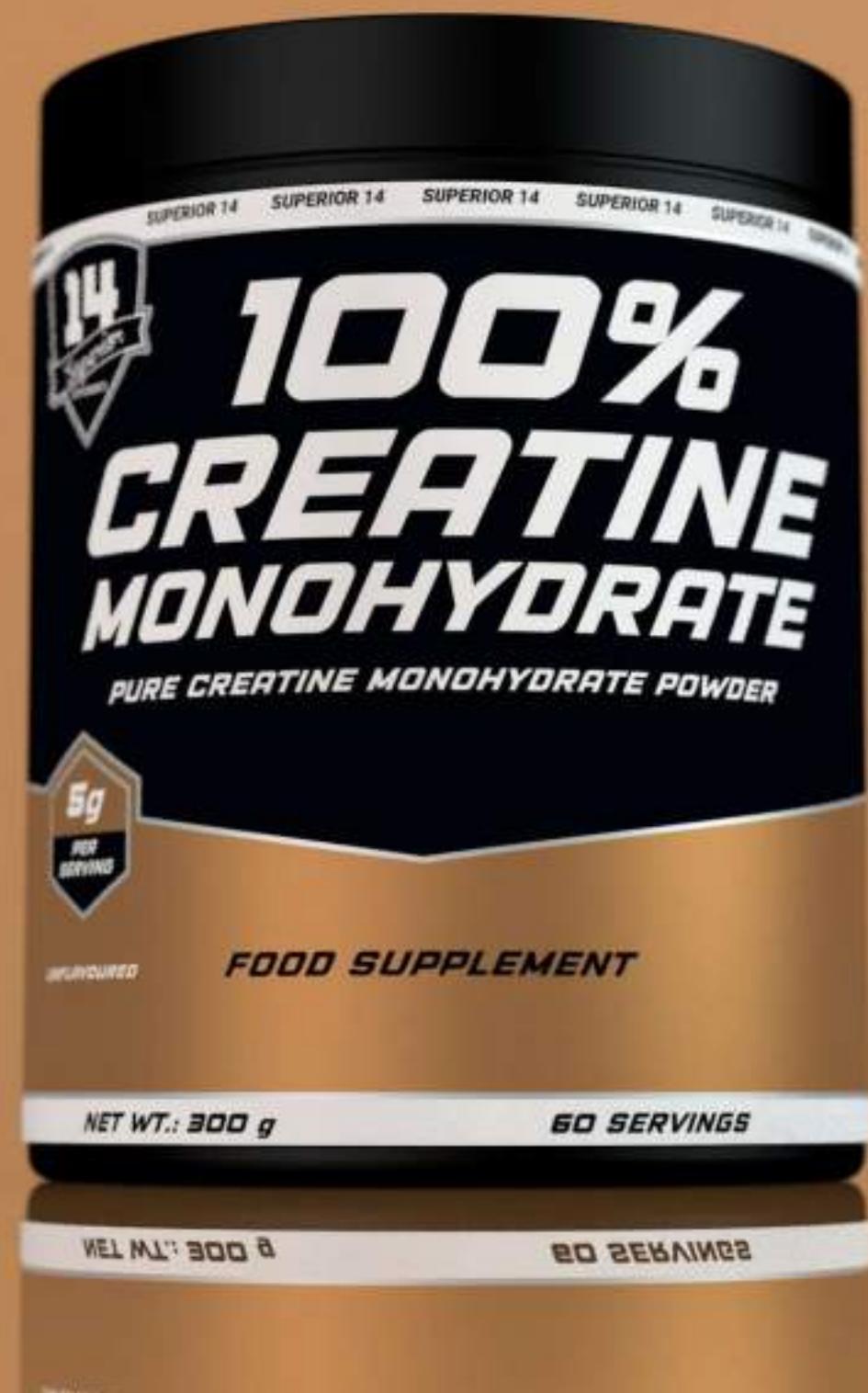
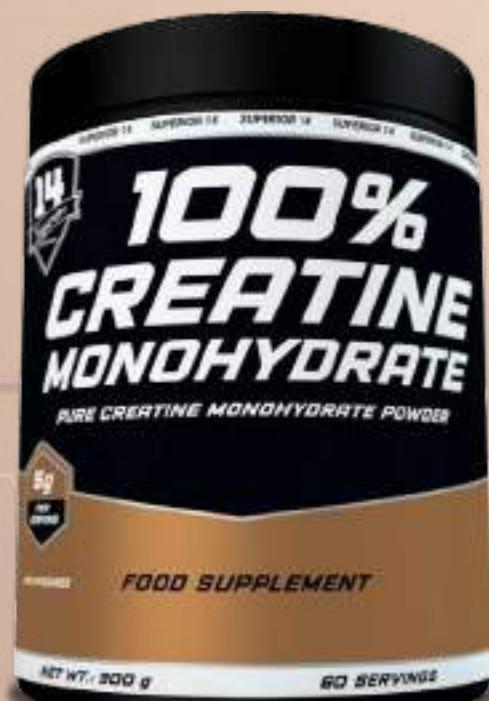
Superior 14 100% Creatine Monohydrate is available in unflavoured powder form.

Nutrition Facts		
Serving Size:	1 scoop (10 g)	
Per 100 g PRODUCT	PER SERVING	%RDI per serving
Energy	1700 kJ/ 400 kcal	2%
Fat: of which: - Saturates	0 g 0 g	0 % 0 %
Carbohydrate: of which: - Sugars**	100 g 4 g	2,0 % 4,4 %
Protein	0 g	0 %
Salt	0 g	0 %

*RI: Reference intake of an average adult (8400 kJ/2000 kcal).
** RI has not been established.

INGREDIENTS: Creatine monohydrate (Maltodextrin, Dextrose, Fructose).

ALLERGEN INFORMATION: Manufactured in a facility that processes milk, egg, gluten, soy, peanuts, nuts.



KREALKA MAX

CREATINE MONOHYDRATE
AND HERBAL COMPLEX



120 caps

Boost your performance and high intensity output, with Krealka Max.

Containing 3600mg Creatine per serving, this product can help to accelerate lean muscle growth and ensure your muscles can recover more quickly during exercise.

Creatine Monohydrate increases the water content in your muscle cells, which can help to trigger the genes that pack on size. It also helps to increase ATP, leading to reduced fatigue and heavier lifts.

Creatine Monohydrate may also help you to achieve bursts of speed and energy, especially during high-intensity activities. It can also help to boost brain function.

Fortified with a herbal complex designed to help fight fatigue and ensure you get the most out of your workout.

Available in capsule form.

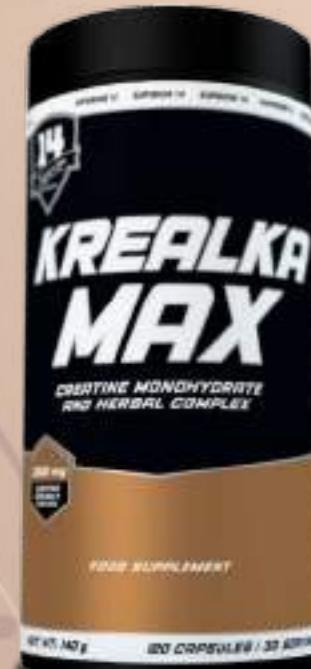
Supplement Facts

Portion Size: 2 capsules Daily portion size: 4 capsules

CONTENT	2 Capsules	4 Capsules
Creatine monohydrate of which:	1800 mg	3600 mg
-Total Creatine	1582 mg	3165 mg
Green Tea (<i>Camellia sinensis</i>) leaf extract	70 mg	140 mg
-Polyphenols	28 mg	56 mg
-Catechins	14 mg	28 mg
-EGCG	4.9 mg	9.8 mg
Black Tea (<i>Camellia sinensis</i>) leaf extract	80 mg	160 mg
-Polyphenols	15 mg	30 mg
White Tea (<i>Camellia sinensis</i>) leaf extract	40 mg	80 mg

Ingredients: Creatine monohydrate, Capsule shell (Gelatin, Colour (Titanium dioxide)), Green Tea (*Camellia sinensis*) leaf extract (standardized to 40% polyphenols, 20% catechins, 7% EGCG), Black Tea (*Camellia sinensis*) leaf extract (Standardized to 30% polyphenols), White Tea (*Camellia sinensis*) leaf extract (Standardized to 90% polyphenols, 55% catechins, 35% EGCG), Anti-caking agent (Calcium salts of orthophosphoric acid).

Allergen Information: Made in a facility that uses: milk, soy, eggs and nuts.



100% CREATINE MONOHYDRATE

PURE CREATINE MONOHYDRATE POWDER

Take your lean muscle growth up a notch with Superior 14 100% Creatine Monohydrate. Offering 4.8g high-quality Creatine per serving, this product is scientifically proven to increase physical performance and help to ensure your muscles recover more quickly during exercise, giving you more strength, speed and stamina than ever before.

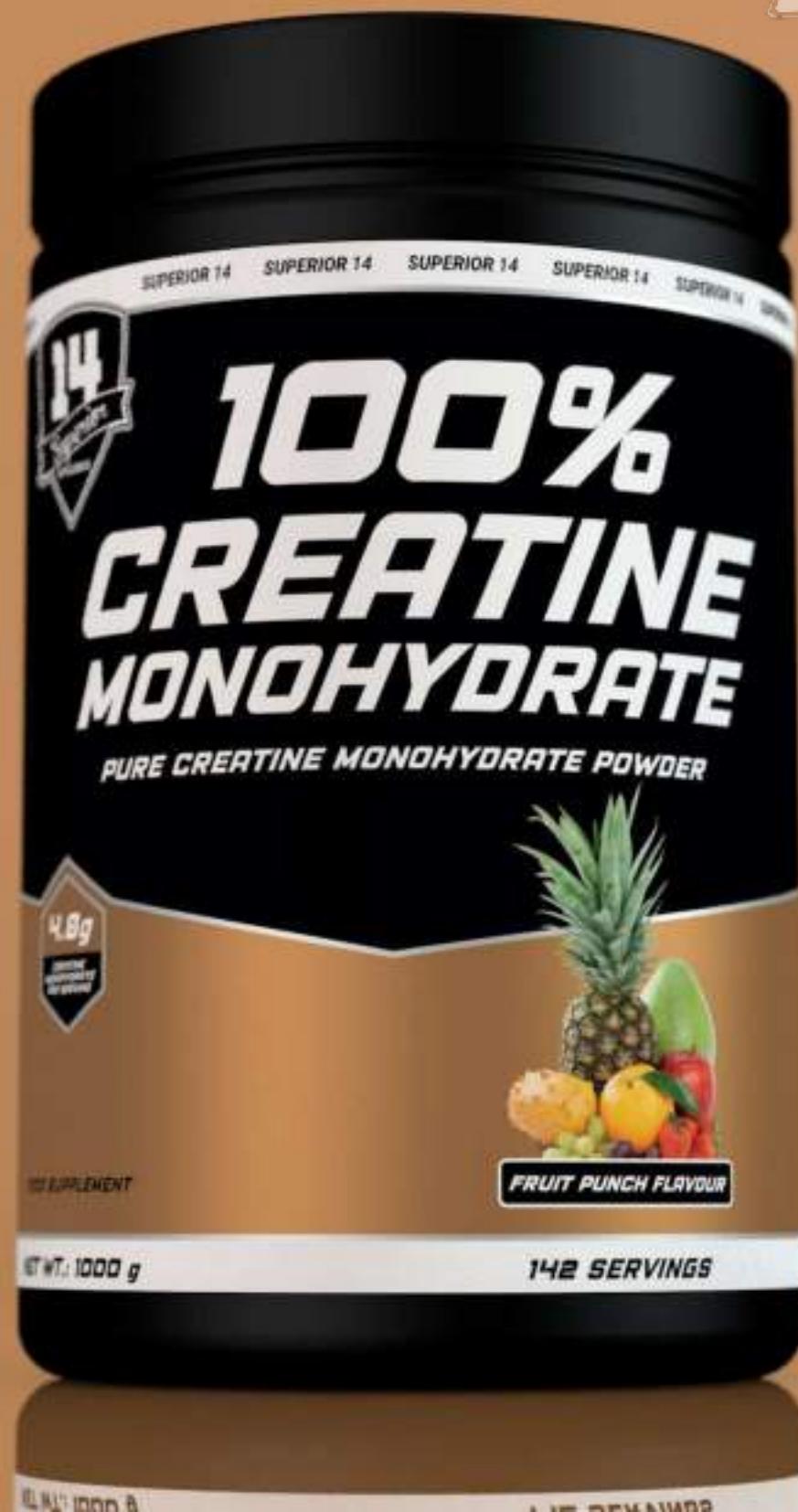
Creatine Monohydrate increases the water content in your muscle cells, which can help to trigger the genes that pack on size. It also helps to increase ATP, leading to reduced fatigue and heavier lifts.

Creatine Monohydrate may also help you to achieve bursts of energy, especially during high-intensity activities. It can also help to boost brain function.

Superior 14 100% Creatine Monohydrate is available in fruit punch and orange flavours.



Supplement Facts			
Serving Size:	1 Scooping Spoon (7 g)	Daily Servings:	14 g
Servings per Container: 142/71			
Calories	Per 100 g product	Per serving (7 g)	Per daily serving (14 g)
Creatine monohydrate of which - Creatine	77.6 g	56.2 mg	158.4 mg
68.3 g	47.5 g	35.2 mg	102.4 mg
Ingredients: Creatine Monohydrate, Microdextrose, Acid (Dibasic acid), Pineapple, Guava (Guava), Colour (Sunset Yellow/FCF) ^a .			
^a Sunset Yellow FCF may have an adverse effect on activity and attention in children.			
Allergen Information: Made in a facility that uses milk, egg, soy and nuts.			



A shirtless male bodybuilder with dark hair and a well-defined physique. He is standing in a three-quarter pose, facing slightly to his left, with his right arm bent and hand near his shoulder, and his left arm hanging down. His abdominal muscles are highly visible. The background is solid black, and he is wearing blue briefs.

Vörös Máté

IFBB Pro

AMINOS



100% CREATINE MONOHYDRATE

HYDROLYZED BEEF PROTEIN



350 tabs

Beef Protein is easier for the body to digest than steak.

This product has a great biological value and contains just 30 calories per portion.

Beef Amino Tablets are fast absorbing, making them a great post-workout option.

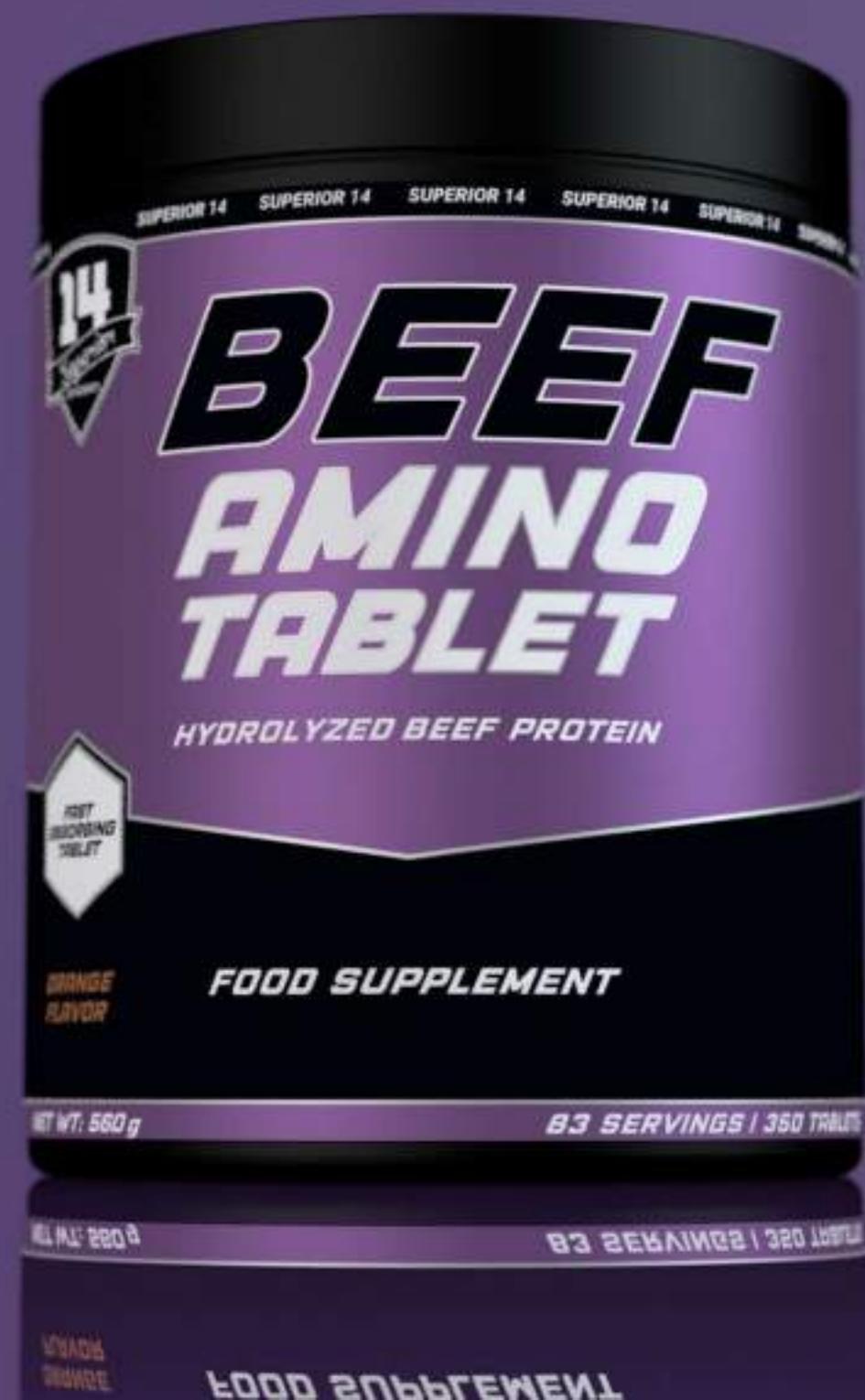
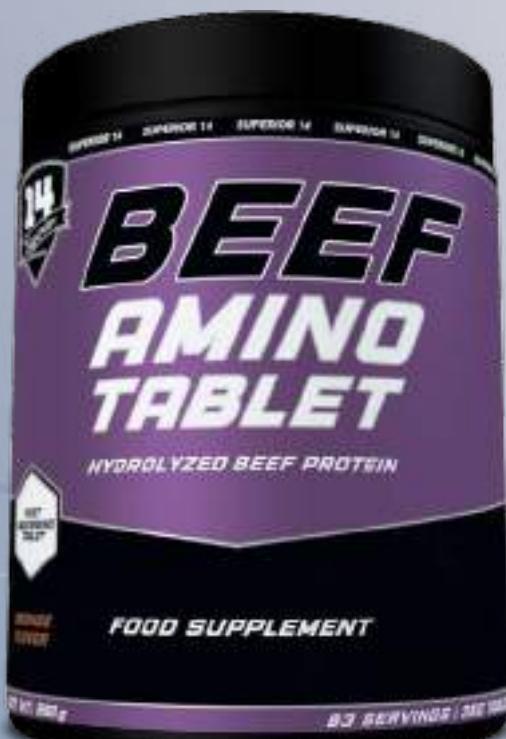
Available in orange flavour tablets.

Nutrition Facts					
Content	PER PORTION	%R* PORTION	PER DAILY PORTION	%R* DAILY PORTION	
Energy	63 kJ/15 kcal	1%	126 kJ/30 kcal	2%	
Fat of which: -Saturates	0,004 g	0%	0,008 g	0%	
Carbohydrate of which: -Sugars	0,04 g	1%	0,16 g	0%	
Protein	0,006 g	0%	0,012 g	0%	
Salt	0 g	0%	0 g	0%	

*R: Reference intake of an average adult (8400 kJ/2000 kcal)

Ingredients: Hydrolyzed Beef Protein Concentrate, Bulking agents (Cellulose, Maltodextrin), Anti-caking agents (Talc, Calcium salts of phosphoric acid, Magnesium salts of fatty acids), Flavourings.

Allergy Information: Manufactured in a facility that processes milk, egg, gluten, soy, peanuts, nuts.



W.M.B. AMINO 6300

WHEY & MILK & BEEF PROTEIN

This superior protein matrix combines fast digesting Beef Protein with high-quality Whey Protein Isolate.

Its high biological value and low calorie content makes W.M.B. Amino 6300 a great choice for those looking to build and retain lean muscle mass, ensure fast recovery and replenish your muscles post-workout.

Available in orange flavour tablets.



Nutrition Facts

Portion Size: 3 tablets/Daily Portion: 6 tablets

CONTENT	PER PORTION	%RDI ^a PORTION	PER DAILY PORTION	%RDI ^b DAILY PORTION
Energy	70 kJ/ 17 kcal	1%	140 kJ/ 33 kcal	2%
of which:	0,03 g	0%	0,06 g	0%
- Saturates	0,01 g	1%	0,02 g	0%
Carbohydrate	1,32 g	1%	2,64 g	1%
of which:	0,03 g	1%	0,06 g	0%
- Sugars	0,03 g	1%	0,06 g	1%
- Polyols	1,0 g	1	2,0 g	1
Protein	2,15 g	4%	6,3 g	13%
Salt	0,04 g	1%	0,08 g	1%

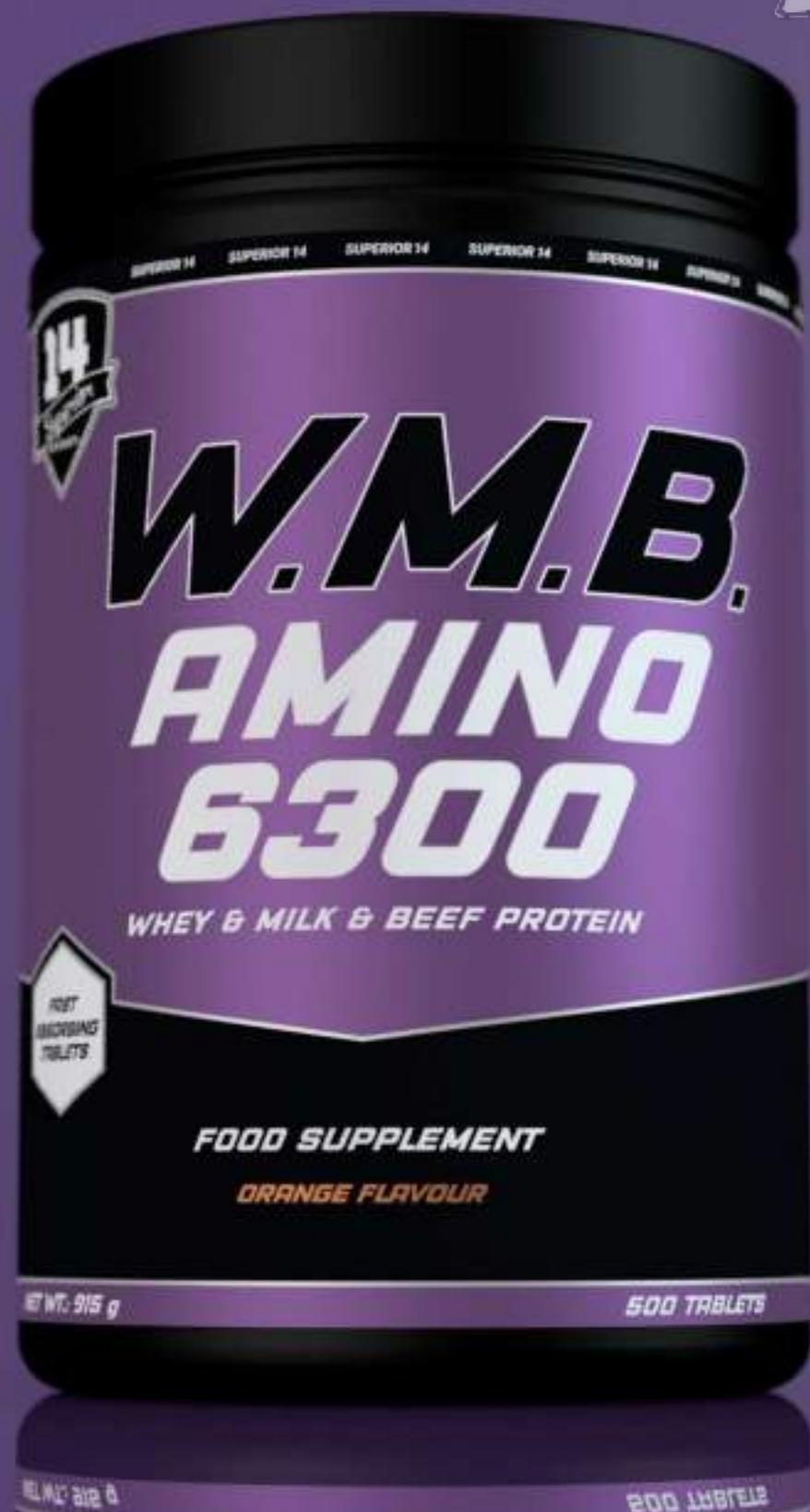
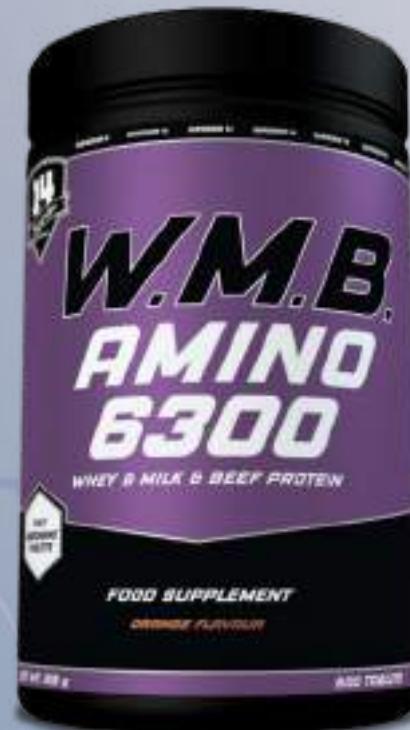
*RDI: Reference intake of an average adult (8400 kJ/ 2000 kcal).

^aIt has not been established.

INGREDIENTS: Protein Matrix (Whey Protein Isolate, Milk Protein Isolate, Hydrolysed Beef Protein Concentrate), Bulking agents (Maltodextrin, Cellulose), Anti-caking agents (Tapioca, Magnesium salts of fatty acids), Sweetener (Sorbitol), Flavourings, Anti-caking agent (Calcium salts of ethoxphosphate acids), Colour (Sunset Yellow).

**Sunset Yellow FCF - May have an adverse effect on activity and attention in children.

ALLERGEN INFORMATION: Manufactured in a facility that processes milk, egg, gluten, soy, peanuts, nuts.



AMINO CHEWABLE TABLETS

PRE & POST WORKOUT FORMULA
DELIVERS AMINOS & BCAA'S

Chew your way to sustainable lean muscle tissue with Superior 14 Amino Chewable Tablets.

5 tablets contain just 26 calories and can be enjoyed any time of day to deliver Aminos and BCAAs that go straight to the muscle.

With high quality Whey Protein Isolate to promote muscle growth and recovery, these tasty tablets can help to supplement a well balanced diet and consistent workout regime.

Available in tasty strawberry flavour.

Nutrition Facts				
Serving Size: 5 tablets.				
Content	1 tablet	1 tablet	5 tablets	5 tablets
	10g*	10g*	50g*	50g*
Energy	22 kJ/ 5.2 kcal	0%	110 kJ/ 26 kcal	1%
Fat	0 g	0%	0 g	0%
of which: - Saturates	0 g	0%	0 g	0%
Carbohydrates	0.53 g	0%	2.65 g	0%
of which: - Sugars	0.01 g	0%	0.05 g	0%
- Polyols	0.38 g	1	1.9 g	1
Protein	0.91 g	1%	4.55 g	5%
Salt	0.03 g	0%	0.15 g	3%

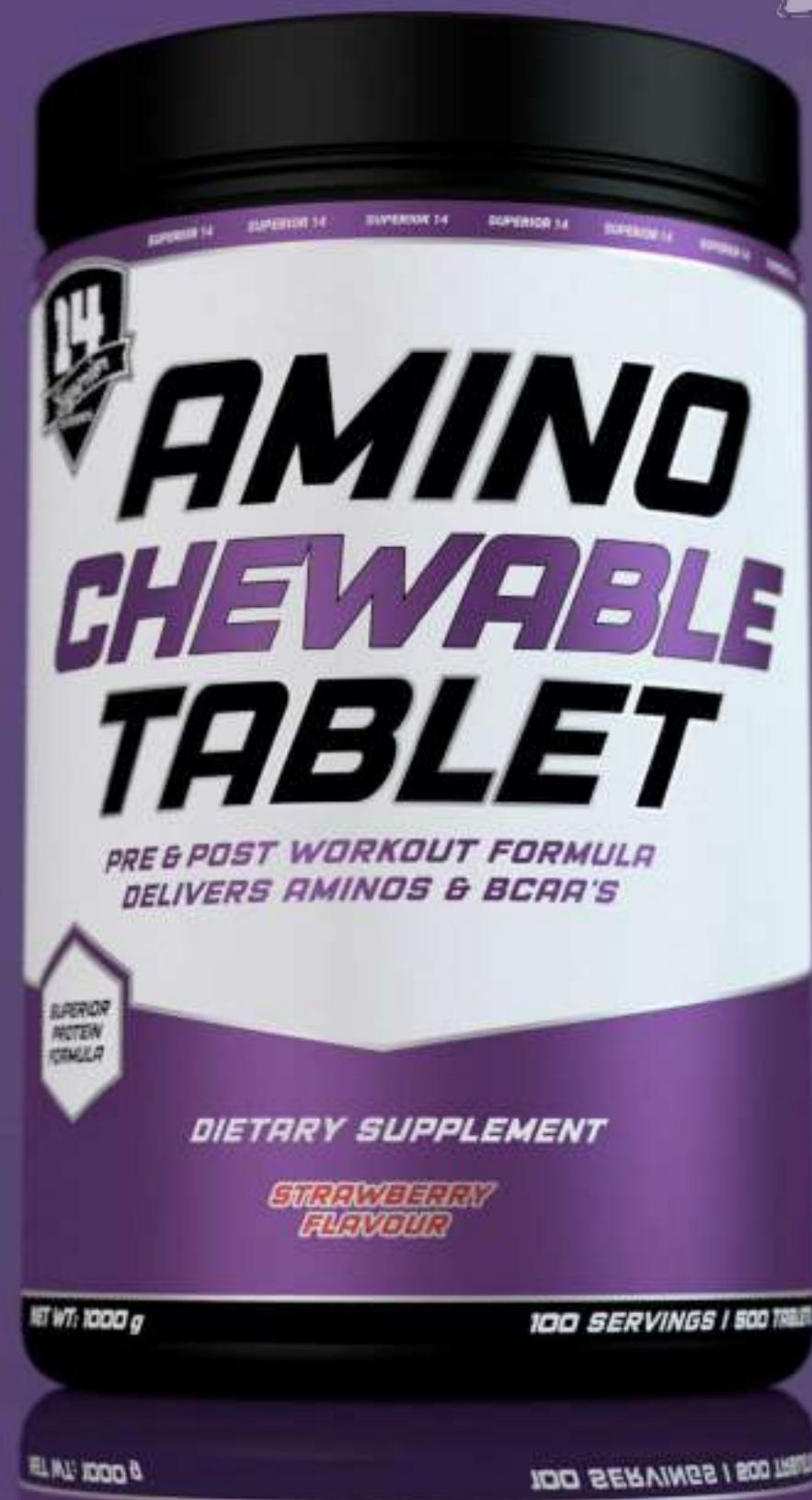
*RNI: Reference intake of an average adult (8400 kJ/2000 kcal)
I: RI has not been established.

INGREDIENTS: Whey Protein Isolate, Milk Protein Isolate, Hydrolyzed Whey Protein Concentrate, Bulking agents (Dextrose, Maltodextrin), Mannitol (Sorbitol), Anti-caking agents (Calcium salts of orthophosphoric acid, Magnesium salts of fatty acids, Silicon dioxide, Swimmers Cytitol), Flavourings, Acid (Citric acid).

ALLERGEN INFORMATION: Manufactured in a facility that processes milk, egg, gluten, soy, peanuts, nuts.



350 tabs 500 tabs



BCAA + B6

**BCAA AMINO ACID WITH
VITAMIN B6 BCAA 2:1:1 RATIO**



Superior 14 BCAA + B6 is a premium Branched Chain Amino Acids containing food supplement that provides a huge 8000mg of high-quality BCAAs per serving.

BCAAs are the building blocks for protein. They are essential in that the body cannot make them from other compounds.

This product has been developed with a 2:1:1 BCAA ratio for the optimal prevention of fatigue and increased protein synthesis.

BCAAs play a vital role in muscle and energy production during exercise. They promote muscle recovery and encourage the use of fat for energy.

To enhance this product even further, Vitamin B6 has been added to assist in the proper metabolism of proteins, carbs and fats.

Available in tablet form.

Nutrition Facts

Serving Size: 5 tablets.

Content	1 tablet	1 tablet SERV*	5 tablets	5 tablets SERV*
Energy	22 kJ/ 5.2 kcal	0%	110 kJ/ 26 kcal	1%
Fat, of which: - Saturates	0 g	0%	0 g	0%
Carbohydrate, of which: - Sugars	0.53 g	0%	2.65 g	0%
- Polyois:	0.01 g	0%	0.05 g	0%
Protein	0.91 g	1%	4.55 g	5%
Salt	0.03 g	0%	0.15 g	3%

*RI: Reference intake of an average adult (8400 kJ/2000 kcal)
I.R has not been established.

INGREDIENTS: Whey Protein Isolate, Milk Protein Isolate, Hydrolyzed Whey Protein Concentrate, Bulking agents (Cellulose, Maltodextrin), Humectant (Sorbitol), Anticaking agents (Calcium salts of orthophosphoric acid, Magnesium salts of fatty acids, Silicon dioxide), Sweetener (Cyclitol), Flavourings, Acid (Citric acid).

ALLERGEN INFORMATION: Manufactured in a facility that processes milk, egg, gluten, soy, peanuts, nuts.



BCAA 20:1:1

EXTRA SOLUBLE BCAA FORM



BCAA 20:1:1 provides branched chain amino acids, L-Citrulline, vitamin B6, magnesium and zinc containing foodstuff intended to meet the expenditure of intense muscular effort, especially for athletes with sweetener.

Provides 5068 mg of high-quality BCAAs in a convenient powder format.

Vitamin B6 and magnesium contribute to normal energy-yielding metabolism.

Vitamin B6 contributes to normal protein and glycogen metabolism and normal red blood cell formation.

Magnesium contributes to a reduction of tiredness and fatigue and normal muscle function.

Zinc contributes to normal carbohydrate metabolism, normal metabolism of fatty acids and normal protein synthesis.

Available in mango-maracuja, and bubblegum flavours.

Supplement Facts			
	Serving Size	2 measuring spoons (7.2 g)	Servings Per Container
Kcalories	100.400 g	100% DV*	100% DV*
BCAA's 20:1:1	10.0 g	4000 mg	1
L-Leucine	4.4 g	4000 mg	1
L-Isoleucine	1.5 g	250 mg	1
L-Valine	1.5 g	250 mg	1
L-Citrulline	1.0 g	1000 mg	1
Vitamin B6	1.0 mg	25% DV**	100% DV**
Magnesium	75.0 mg	32.5 mg	100% DV**
Zinc	30.0 g	1.0 mg	100% DV**

*DV = Reference intake of an average adult (6000 kJ/1500 kcal).
**DV = Reference intake of an average adult.
DV% = Daily Value based on 2000 kcal diet.
†Branched Chain Amino Acids: L-Leucine, L-Isoleucine, L-Valine. In 20:1:1 ratio.
‡L-Citrulline: Citrulline, Lysine, Arginine, Alanine, Taurine, L-Glutamine, Magnesium, Zinc, Beta-alanine, L-Glutamate, L-Glutamine, L-Glutamate, Zinc oxide, Potassium hydrogen carbonate, Colour (E102), Sweetener (E955).
**Mango Maracuja Flavour – May have an adverse effect on activity and attention in children.
††Whey protein isolate is a healthy diet source of whey, casein and eggs.



BCAA POWDER

MICRONIZED BRANCHED-CHAIN AMINO ACIDS



Take your performance up a notch with Superior 14 BCAA Powder. These high level micronized branched-chain Amino Acids in a ration of 2:1:1 offer optimal prevention of fatigue and help deliver increased protein synthesis.

The body cannot make essential BCAAs itself, so adequate intake of these Amino Acids is fundamental to proper muscle and energy production during exercise. These instant BCAAs can also help to promote faster recovery and encourage the use of fat for energy.

Available in mojito, cola, green apple and lemon flavours.

Supplement Facts		
Serving Size:	6 g (2 scoops)	
CONTENT	PER 100G PRODUCT	PER SERVING
BCAA	89.33 g	5000 mg
L-Leucine	41.67 g	2500 mg
L-Isoleucine	20.83 g	1250 mg
L-Valine	20.83 g	1250 mg

Ingredients: Branched Chain Amino acids (L-Leucine, L-Isoleucine, L-Valine), Malic Acid (Citric acid), Flavourings, Sweetener (Sucratose), Emulsifier (Soy lecithin).

Allergy information: Manufactured in a facility that processes milk, egg, gluten, peanuts, nuts.



BCAA ZERO

2:1:1 RATIO BCAA POWDER
WITH ELECTROLYTES



BCAA ZERO is a premium Branched Chain Amino Acids with Electrolytes containing food supplement that provides 5000mg of high-quality BCAAs per serving.

BCAAs are the building blocks for protein. They are essential in that the body cannot make them from other compounds.

This product has been developed with a 2:1:1 BCAA ratio for the optimal prevention of fatigue and increased protein synthesis.

BCAAs play a vital role in muscle and energy production during exercise. They promote muscle recovery and encourage the use of fat for energy. Superior 14 BCAA ZERO is free of gluten, Lactose, aspartame or Sugar.

Superior BCAA Zero is available in peach ice tea flavor

Supplement Facts

Serving Size: 10 g (1 measuring scoop)
Servings Per Container: 35

CONTENT	PER 100 g PRODUCT	PER SERVING
BCAA's	50 g	5000 mg
L-Leucine	25 g	2500 mg
L-Isoleucine	12.5 g	1250 mg
L-Valine	12.5 g	1250 mg
Sodium	1554 mg	155 mg
Magnesium	1154 mg	113 mg (9% RDI*)
Potassium	6000 mg	680 mg (30% RDI*)

Ingredients: BCAA Complex (L-Leucine, L-Isoleucine, L-Valine), Potassium citrate, Inulin (from Chicory), Acid (Citric Acid), Flavourings, Salt, Magnesium oxide, Colour (Caramel), Sweetener (Sucralose), Emulsifier (Soylecithin).

Allergen Information: Manufactured in a facility that processes milk, eggs, gluten, soy, peanuts, nuts.



BCAA EXPLODE LIQUID



Get a huge 3000 mg BCAAs per serving, with Superior 14 BCAA Explode Liquid.

Enhanced with A-AKG for improved blood flow and B Vitamins for optimal uptake of protein, this explosive liquid supplement combines L-Isoleucine, L-Valine and L-Glutamine which cannot be made by the body and stimulate protein synthesis to set the stage for muscle growth.

Grow lean muscle more effectively, support anabolism, speed up recovery and enhance performance, all in one tasty liquid.

Available in explosive blackcurrant, grapefruit, lemon-lime, orange and pineapple flavours.

Supplement Facts			
	Serving Size: 40 ml	Servings Per Container: 15	
Content	Per 100 ml product	Per serving (40 ml)	%DV/ Reference Value
Vitamin B6	4.8 mg	1.2 mg	20% DV*
Vitamin B11	0.62 mg	0.15 mg	15% DV/RV
BCAA's	3000 mg	800 mg	-
A-AKG Complex	539 mg	135 mg	-
L-Lysine	575 mg	144 mg	-
- Calcium Methyl-Butyrate	147 mg	37 mg	-

*DV = Nutrient Reference Values of an average adult.
† RV = Reference Values not yet established.

Ingredients: Water, BCAAs (L-Valine, L-Isoleucine, L-Glutamine), Amin (Dihydroxyacetone, Arginine, AAKG (L-arginine, Calcium Alpha-Ketoglutarate), Flavouring, Preservatives (Potassium sorbate, Sodium benzoate), Sweeteners (Ascorbic acid, Saccharin), Emulsifier (Soy lecithin), Pyridoxine hydrochloride, Colourants (Tocopheryl 4H*, Indigo carmine), Cannaflavonoids).
**Potassium IAE may have an adverse effect on activity and attention in children.

Allergen Information: Made in a facility that uses gluten, milk, egg and nuts.



BCAA + GLUTAMINE

AMINO ACID DRINK POWDER



Discover a superior level of performance, with Superior 14 BCAA + Glutamine Powder. This Amino Acid drink delivers a whopping 10000mg Amino Acids, plus 7000mg Glutamine per serving.

Branched Chain Amino Acids are essential in that they cannot be made by the body itself. They account for approximately 35% of the essential Amino Acids- the building blocks for protein.

The addition of Glutamine in this formula provides a powerful combination that helps deliver optimal recovery, increased protein synthesis and enhanced energy levels.

Available in blackcurrant, cola, pear and strawberry flavours.

Supplement Facts

Serving Size: 10 g (1 scoop)
Daily serving: 20g

Content:	per 100g product	per serving (10 g)	per daily serving (20 g)
L-Leucine	25 g	2500 mg	5000 mg
L-Isoleucine	12,5 g	1250 mg	2500 mg
L-Valine	12,5 g	1250 mg	2500 mg
L-Glutamine	25 g	3500 mg	7000 mg

INGREDIENTS: L-Glutamine, L-Leucine, L-Isoleucine, L-Valine, Acid (Citric acid), Flavouring, Sweetener (Sucrose), Colours (Ponceau 4R*, Indigo carmine).

*Ponceau 4R. May have an adverse effect on activity and attention in children.

ALLERGEN INFORMATION: Manufactured in a facility that processes milk, egg, gluten, soy, peanuts, nuts.



EAA AMINO

ESSENTIAL AMINO ACID



This great-tasting, powerful formula is packed with all 9 essential Amino Acids, plus added Vitamins B12 and B6.

Especially effective as an intra or post-workout supplement, taking Superior 14 EAA Amino will assist in muscle and energy production during exercise and encourage the use of fat for energy.

The addition of Vitamins B12 and B6 further assists in fat metabolism and aids in the breakdown of protein for proper use by the body.

Superior 14 EAA Amino is available in 5 delicious flavours: Blackcurrant, Bubblegum, Mango-Maracuja, Pear and Tropical Fruit.

Supplement Facts

Serving Size: 2 measuring scoops (13 g)

CONTENT	PER 100G PRODUCT	PER SERVING (13g)
L-Leucine (BCAA)	8,46 g	1100 mg
L-Isoleucine (BCAA)	3,85 g	500 mg
L-Valine (BCAA)	3,85 g	500 mg
L-Lysine	8,46 g	1100 mg
L-Phenylalanine	3,85 g	500 mg
L-Threonine	7,3 g	950 mg
L-Tyrosine	3,85 g	500 mg
L-Histidine	0,77 g	100 mg
L-Methionine	0,77 g	100 mg
Vitamin B12	9,6 µg	1,25 µg (50% NRV*)
Vitamin B6	9 mg	1,2 mg (35% NRV*)

*NRV: Nutrient Reference Values of an average adult.

INGREDIENTS: EAA complex (L-leucine, L-Lysine, L-Threonine, L-Tyrosine, L-Isoleucine, L-Valine, L-Phenylalanine, L-Histidine, L-Methionine), Maltodextrin, Acid (citric acid), Flavourings, Sweetener (sucralose), Pyridoxine hydrochloride, Colours (Ponceau 4R***, Indigo carmine), Cyanocobalamin.

***Ponceau 4R: May have an adverse effect on activity and attention in children.

ALLERGEN INFORMATION: Manufactured in a facility that processes milk, egg, gluten, soy, peanuts, nuts



100% L-GLUTAMINE POWDER



This product contains 100% L-Glutamine Amino Acid.

Glutamine is the most abundant Amino Acid found in the muscles. It is used in the biosynthesis of proteins. L-Glutamine is a fundamental building block for the maintenance and repair of lean muscle tissue.

During intense training sessions, Glutamine levels are greatly depleted. As it is conditionally essential for the repair of muscle tissue, this product not only contributes to the growth of lean muscle, but also to recovery.

Available in unflavoured powder form.

Supplement Facts		
Serving Size:	1 scoop (5 g)	
Servings Per Container:	60	
Content	Per 100 g	Per serving
L-Glutamine	100 g	5000 mg
Ingredients: L-Glutamine (as free amino acid form).		
Allergen information: Made in a facility that uses milk, soy, egg and nuts.		



ARG L-ARGININE

CONDITIONALLY ESSENTIAL
AMINO ACID L-ARGININE



120 caps

Conditionally essential Amino Acid L-Arginine can increase the production of Nitric Oxide, a powerful neurotransmitter that helps the blood vessels to relax, thus improving circulation.

This product contains 5286mg per daily portion, contributing to greater stores of growth hormone, reduced blood pressure, lower inflammation and lower blood sugar.

Available in capsule form.

Supplement Facts		
Serving Size:	1 scoop (5 g)	
Servings Per Container:	60	
Content	Per 100 g	Per serving
L-Glutamine	100 g	5000 mg
Ingredients: L-Glutamine (as free amino acid form).		
Allergen information: Made in a facility that uses milk, soy, egg and nuts.		



ARGININE AKG POWDER



Arginine AKG powder can increase the production of Nitric Oxide, a powerful neurotransmitter that helps the blood vessels to relax, thus improving circulation.

For muscular development, reduced fatigue, increased performance and enhanced recovery time, this product is an excellent choice.

Available in unflavoured powder form.

Supplement Facts		
Serving Size: 1 scoop (6 g)		
Content	Per 100 g product	Per serving (6 g)
AKG complex	100 g	6060 mg
- L-Arginine	99 g	4140 mg
- Calcium Alpha Ketoglutarate	31 g	1140 mg
Ingredients: AKG complex (L-Arginine, Calcium Alpha Ketoglutarate).		
Allergen Information: Made in a facility that uses milk, soy, egg and nuts.		



2021



BETA ALANINE

WITH CAFFEINE AND VITAMINS



100 caps

Superior 14 Beta Alanine enhances exercise performance by increasing exercise capacity and decreasing fatigue. It is an antioxidant with immune-boosting and anti-aging properties.

Beta Alanine is the building block of Carnosine, a molecule that helps buffer acid in muscles to help you improve exercise endurance and protect your body from the production of lactic acid.

This product is fortified with Caffeine and Vitamins for a pre-workout boost to help you take your performance and fat burning to the next level.

Available in capsule form.

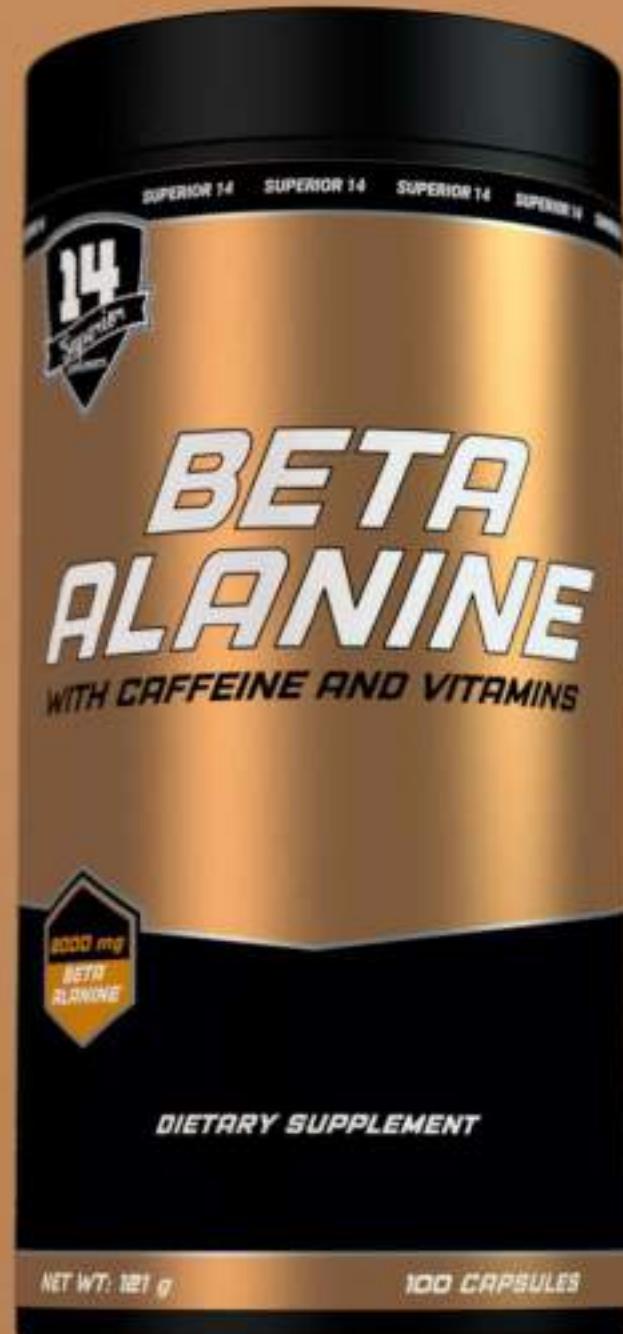
Supplement Facts

Serving Size:	1-3 capsules	Per 1 capsule	Per 3 capsules
<i>Percent Per Container: 100-333</i>			
Content			
Vitamin B1	0.19 mg (1% NRV*)	0.57 mg (5% NRV*)	
Vitamin B2	0.23 mg (16% NRV*)	0.69 mg (49% NRV*)	
Vitamin B3	2.67 mg (16% NRV*)	8.01 mg (50% NRV*)	
Vitamin B5	0.99 mg (16% NRV*)	2.97 mg (49% NRV*)	
Vitamin B6	0.23 mg (16% NRV*)	0.69 mg (49% NRV*)	
Vitamin B12	2.5 µg (100% NRV*)	7.5 µg (300% NRV*)	
Vitamin C	19.3 mg (16% NRV*)	48 mg (49% NRV*)	
Vitamin E	2 mg (16% NRV*)	6 mg (50% NRV*)	
Biotin	8.33 µg (16% NRV*)	25 µg (49% NRV*)	
Beta Alanine	857 mg	2571 mg	
Caffeine	33.3 mg	100 mg	

*NRV: Nutrient Reference Value of an average adult.

Ingredients: Beta alanine, Bulking agent (methylcellulose), Capsule shell [gelatin, colour (titanium dioxide)], Caffeine anhydrous, Luteinoids extract, Anti-caking agent (silicon dioxide), DL-alpha-tocopheryl acetate, Nicotinamide, D-pantothenate Calcium, Anti-caking agents (calcium salts of orthophosphoric acid), Pyridoxine hydrochloride, Riboflavin, Thiamine hydrochloride, D-Biotin, Cyanocobalamin.

Allergen Information: Made in a facility that uses gluten, milk, soy, egg and nuts.



Big Galal

2014 KSA Champ - 1st place
2015 World Champ - 1st place
2015 Egypt Nation - 1st place
2017 Kuwait Classic 212 - 2nd place
2018 Mr Olympia Kuwait Pro - 2nd place
2019 Lebanon Pro/AM - 3rd place



FOR WOMEN



SUPER SHAPER

WEIGHT MANAGEMENT FORMULA



60 caps



Drop body fat faster and shape up with Superior 14 Super Shaper weight management formula.

Taken daily alongside a calorie restricted diet, these carefully crafted capsules contain Glucomannan to help control hunger and contribute to a feeling of fullness, plus Bitter Orange to boost the metabolism and increase thermogenesis.

These capsules contain caffeine and are best taken in the morning.

Super Shaper is available in capsule form.

Supplement Facts	
SERVING SIZE:	2 CAPSULES
SERVINGS PER CONTAINER:	10
CONTENT	PER SERVING (2 CAPSULES)
GLUCOMANNAN	250 mg
Cayenne pepper powder	100 mg
Caffeine	100 mg
Bitter Orange [Citrus aurantium] powder	100 mg
Green Coffee Powder	100 mg
- Caffeine	0,6 mg
Acetyl-L-carnitine	100 mg
 INGREDIENTS: Filling agent (Maltodextrin), Glucomannan (Inosphaerulus Janex), Capsule shell (Fiberin, Colloid [Titanium dioxide]), Cayenne pepper [Capsicum annuum L.] powder, Acetyl-L-carnitine hydrochloride, Caffeine anhydrous, Bitter orange [Citrus aurantium] powder, Green Coffee [Kaffee Robusta L.] powder (standardized to 0,6% caffeine), Anti caking agents (Magnesium salts of fatty acids, calcium salts of orthophosphoric acids).	
ALLERGEN INFORMATION: Made in a facility that uses: egg, nuts, milk, soy, and gluten.	



PREMIUM COLLAGEN CAPSULES



60 caps

Plump up your skin with Superior 14 Premium Collagen capsules.

Collagen and Hyaluronic Acid are naturally produced by the body and contribute to the hydration and elasticity of the skin, as well as the health of bones, tendons and ligaments. In fact, collagen makes up 75% of the dry weight of your skin. As you age, your skin loses collagen and your bones may begin to weaken.

Taking Superior 14 Premium Collagen capsules daily can help to improve the skin by reducing wrinkles and dryness.

Vitamin C has also been added to neutralise free radicals and promote the skin's own natural collagen production.

Available in capsule form.

Supplement Facts		
PORTION SIZE: 1 CAPSULE, DAILY PORTION: 2 CAPSULES PORTIONS/DAILY PORTIONS PER CONTAINER: 60/30		
AMOUNT	PERSERVING: 1 CAPS.	PER DAILY PORTION: 2 CAPS.
VITAMIN C	20 MG (25% NRV*)	40 MG (50% NRV*)
COLLAGEN	460 MG	920 MG
HYALURONIC ACID	20 MG	40 MG

*NRV: NUTRIENT REFERENCE VALUES OF AN AVERAGE ADULT

INGREDIENTS: Hydrolyzed Beef Collagen, Capsule shell [Gelatin, Colour (Titanium dioxide)], L-Ascorbic acid, Hyaluronic acid sodium (standardized to 90% sodium hyaluronate), Bulking agent (Cellulose), Anti-caking agents (Silicon dioxide, Magnesium salts of fatty acid).

ALLERGEN INFORMATION: Made in a facility that uses egg, nuts, milk, soy, and gluten.



GREEN TEA & L-CARNITINE

WEIGHT MANAGEMENT FORMULA



This powerful weight management formula contains a unique blend of key ingredients to stimulate the metabolism and optimise energy.

A thermogenic fat burner, Superior 14 Green Tea & L-Carnitine works to increase body heat to accelerate fat burning and calorie expenditure.

Boasting 100mg Green Tea extract per serving, which triggers enzymes to get adipose cells to release their stored fat, thus increasing the amount of fat used for energy.

The inclusion of L-Carnitine in this product increases the use of fat as an energy source, enhances fat metabolism and aids recovery.

Available in capsule form.

Supplement Facts	
SERVING SIZE: 1 CAPSULE	
SERVINGS PER CONTAINER: 30	
CONTENT	PER SERVING (1 CAPSULE)
L-CARNITINE L-TARTRATE	444 mg
-L-CARNITINE	302 mg
Green tea (Camellia sinensis) leaf extract	100 mg
-Polyphenols	40 mg
-Catechins	20 mg
-EGCG	7 mg
INGREDIENTS: L-Carnitine L-Tartrate, Capsule shell (Gelatin, Colour (Titanium dioxide)), Baking agent (Maltodextrin), Green tea (Camellia sinensis) leaf extract (Standardised to 40% Polyphenols, 20% Catechins and 7% EGCG), Anti-caking agents (Silicon dioxide, Calcium salts of orthophosphoric acid).	
ALLERGEN INFORMATION: Made in a facility that uses egg, nuts, milk, soy, and gluten.	



DREAM BODY

WHEY PROTEIN FORMULA
WITH GREEN COFFEE EXTRACT

900 g

Fire up your metabolism, lose fat faster and support lean muscle growth with Superior 14 Dream Body Whey Protein.

Armed with 23g lean protein per serving, this aspartame free, gluten free formula has a delicious creamy taste and just 3.6g carbs.

We've even added Green Coffee to the mix to help increase the release of fat burning enzymes in the body.

Enjoy twice daily for just 119 calories per shake!

Available in creamy strawberry flavour.

Nutrition Facts			
SERVING SIZE: 1 SCOOP (30 g)			
SERVINGS PER CONTAINER: 30			
AMOUNT PER SERVING	PER 100 g	PER SERVING	*R% PRODUCT
ENERGY	1672 kJ/ 395 kcal	502 kJ/ 119 kcal	0%
FAT	4.7 g	1.4 g	2%
OF WHICH: SATURATES	1.7 g	0.5 g	3%
CARBOHYDRATE	12 g	3.6 g	1%
OF WHICH: SUGARS	3.1 g	0.9 g	1%
FIBRE	2.4 g	0.7 g	L
PROTEIN	7.9 g	23 g	69%
SALT	0.85 g	0.26 g	0%
GREEN COFFEE (Coffea Robusta L.) BEAN EXTRACT	16.8 mg	5.30 mg	L
-CHLOROGENIC ACID 8.4 mg	2.89 mg	L	
-CAFFEINE 0.34 mg	0.1 mg	L	

*R%: REFERENCE INTAKE OF AN AVERAGE ADULT (8400 kJ / 2000 kcal). L: RI NOT ESTABLISHED.

INGREDIENTS: Whey Protein Matrix (Whey Protein Concentrate, Whey Protein Isolate, Hydrolysed Whey Peptides), skimmed milk powder, Vegetable oils (Vegetable Medium Chain Triglycerides (MCT) from coconut oil), Flavourings, Emulsifier (Sodium carboxymethyl cellulose), Sweetener (Saccharin), Salt, Green Coffee (Coffea Robusta L.) Bean Extract (standardized to 50% chlorogenic acid and 2% caffeine), Colour (Ponceau 4R)**.
** Ponceau 4R: May have an adverse effect on activity and attention in children.

ALLERGEN INFORMATION:
Made in a facility that uses gluten, soy, egg and nuts.



PREMIUM COLLAGEN FIBER + AMINO



450 g

Plump up your skin and optimise fat burning with Premium Collagen.

Collagen and Hyaluronic Acid are naturally produced by the body and contribute to the hydration and elasticity of the skin, as well as the health of bones, tendons and ligaments. In fact, collagen makes up 75% of the dry weight of your skin. As you age, your skin loses collagen and your bones may begin to weaken.

Taking Superior 14 Premium Collagen before you sleep can help to improve the skin by reducing wrinkles and dryness. Containing just 48 calories per serving and added fibre and digestive enzymes to enhance the feeling of fullness and ensure effective uptake, helping your skin and your muscles rebuild and repair whilst you rest.

Available in tasty green apple and peach flavours.



Nagy Bettina

Fitparade Absolute Winner
3x World Champion
2x European Champion



N.O. BOOSTERS



HYPER RUSH

**EXTREME PRE-WORKOUT
FORMULA**



380 g

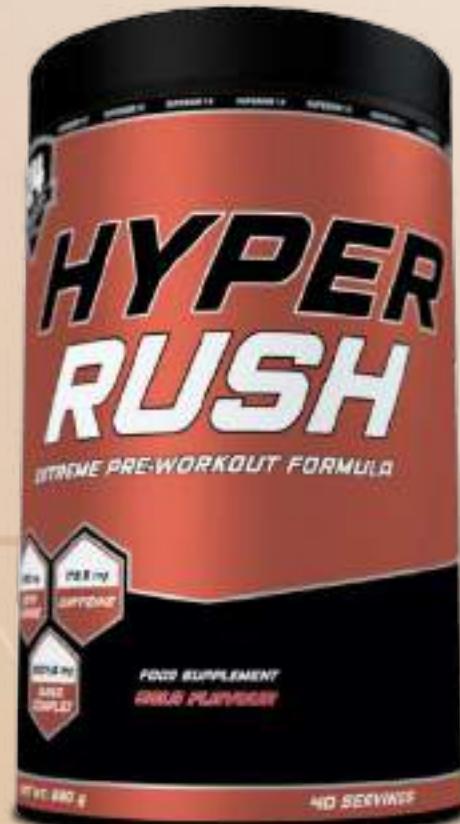
Starting your workout the right way is fundamental to results. Ensure your energy levels are at their peak and maximise your focus and pump, with Hyper Rush Extreme Pre-Workout Formula.

This combination of Caffeine, A-AKG and Beta Alanine is designed to meet the expenditure of intense workouts when taken 30 minutes prior to training.

Great tasting and easy mixing.

Available in cola and mojito flavours.

Nutrition Facts				
Serving Size	1 scoop (5.5 g)	Per serving	Per 100g	%DV (per 100g size)
Calories	114 kJ / 27 kcal	21.4 kJ / 5.2 kcal	39.6 kJ / 9.3 kcal	7%
Fat	0.5 g	0.5 g	0.5 g	0%
of which:				
Saturates	0.1 g	0.1 g	0.1 g	0%
Carbohydrates	4.2 g	7.6 g	13.1 g	7%
of which:				
-Sugars	0.6 g	0.6 g	1.0 g	1%
-Protein	3.8 g	7.0 g	12.6 g	6%
Salt	0.9 g	0.9 g	0.9 g	0%
Vitamins & Minerals	500 mg	20.0 mg	118.9 mg	118.9 mg
L-Citrulline 3C	31.3 g	125.2 mg	399.5 mg	
-L-Ornithine	17.3 g	14.6 mg	12.0 mg	
Beta-Alanine	38.0 g	27.0 mg	19.3 mg	
A-AKG complex	21.1 g	2004.5 mg	4009 mg	
-L-Arginine	14.0 g	1500 mg	1750 mg	
-Glycine Alpha	6.1 g	581.2 mg	1163 mg	
Inositol citrate	1.7 mg	200 mg	300 mg	
Caffeine	186 mg	186 mg	330 mg	
Ginseng	1000 mg	1000 mg	1000 mg	
(Garcinia Alimentaria)	1000 mg	1000 mg	1000 mg	
Total	518 mg	50 mg	100 mg	
Polyphenols	328 mg	328 mg	500 mg	
Cathechins	264 mg	264 mg	400 mg	
-EGCG	92.8 mg	92.8 mg	112 mg	
Flavonoids	400 mg	400 mg	500 mg	
Green tea extract	100 mg	100 mg	150 mg	
CoQ10	100 mg	100 mg	150 mg	
CoQ10 antioxidant	100 mg	100 mg	150 mg	
CoQ10	100 mg	100 mg	150 mg	
Glutamine	210 mg	210 mg	40 mg	
(Pectin isolated extract)				
Garlic	45 mg	44 mg	6.8 mg	
Black pepper	10 mg	0.9 mg	1.5 mg	
Green eyelash extract	10 mg	10 mg	15 mg	
Protein	3.8 g	0.6 g	1.8 mg	
Whey protein isolate (an average value) (20.5% D.O. 3500 IU/g)				
**RDI = Average Reference Value of an average adult				
Ingredients: L-Citrulline Di-Malate 1:1, Beta-alanine, Amino Complex (L-Alanine, L-Glutamine, L-Glutamate), Anti-caking agent (Silicon dioxide), Colour (Carmoisine), L-Tyrosine free amino acid blend, Dihydroxyethyluronium, Flavouring, Green tea (Camellia sinensis) leaf extract (standardized to 4% Polyphenols, 2% Catechins, 2% EGCG), Inositol (L-Glycine), Acetyl-L-carnitine HCl, Beta-alanine (Keto-acid), Beta-alanine (Alpha-keto-acid), Malic acid, Nicotinamide, Guarana (Paullinia cupana) seed extract (standardized to 2% Caffeine), Anti-nausea agent (Calcium salts of inositolphosphate acid), Black pepper (Piper nigrum) fruit extract (standardized to 5% Piperine).				



A-AKG N.O.4

100 tabs

AKG is a chemical naturally produced in the body up until the age of 40, but then starts to drastically reduce. This complex can help to increase both health and lifespan, whilst increasing the production of Nitric Oxide resulting in vasodilation during resistance exercise.

This blend of 4 anabolic Amino Acids can assist in muscular development, support anabolism and help you to see real results.

Take 2 tablets prior to training for optimal benefits.

Available in tablet form.

Supplement Facts

Serving Size: 2 tablets

Content	(1 tablet)	(2 tablets)
A-AKG complex	1000 mg	2000 mg
- L-Arginine	680 mg	1360 mg
- Calcium Alpha-ketoglutarate	250 mg	500 mg

Ingredients: A-AKG Complex (L-Arginine, Calcium Alpha-Ketoglutarate), Maltodextrin, Bulking Agent (Cellulose), Anti-Caking Agents (Magnesium Salts Of Fatty Acids, Calcium Salts Of Orthophosphoric Acid, Talc).

Allergen information: Made in a facility that uses milk, soy, egg and nuts.



TORNADO SHOT



Energise your workouts in a shot with Superior 14 Tornado Shot. This explosive pre-workout formula has been devised to help lift energy levels, increase alertness and contribute to better strength, speed, focus and performance.

Formulated with Beta-Alanine, Caffeine, Taurine and Niacin, for the ultimate reduction of tiredness and fatigue and normal energy-yielding metabolism.

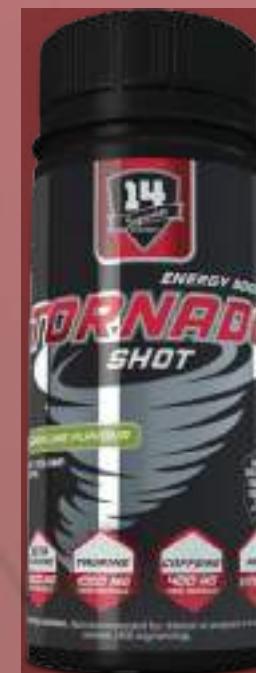
We've added B Vitamins to these tasty shots to assist in the uptake of Amino Acids and keep the immune system healthy.

Available in grapefruit and lemon lime flavours.

Supplement Facts

Serving Size: 1 ampoule (60 ml)		
CONTENT	PER 100ml	PER SERVING (60 ml)
Beta-alanine	8333 mg	5000 mg
Taurine	1667 mg	1000 mg
Caffeine	667 mg	400 mg
Vitamin B3	67 mg	40 mg (250% NRV*)
Vitamin B6	4.6 mg	2.76 mg (110% NRV*)
Vitamin B12	54 µg	32 µg (1280% NRV*)

*NRV: Nutrient Reference Values of an average adult.



2021



TESTO BOOSTERS



STANABOL X

NATURAL T-BOOSTER FORMULA WITH
VITAMINS AND HERBAL EXTRACTS



120 tabs

Fire up your T-Levels with Stanabol X. This powerful blend of active ingredients such as Tribulus, Maca Root and L-Aspartic Acid will help to give your body the natural boost you've been waiting for.

Your body produces Testosterone naturally, but enhanced levels can help to increase lean muscle growth and aid recovery. This safe and effective product has been carefully crafted to support your body's natural Testosterone levels without presenting any side effects.

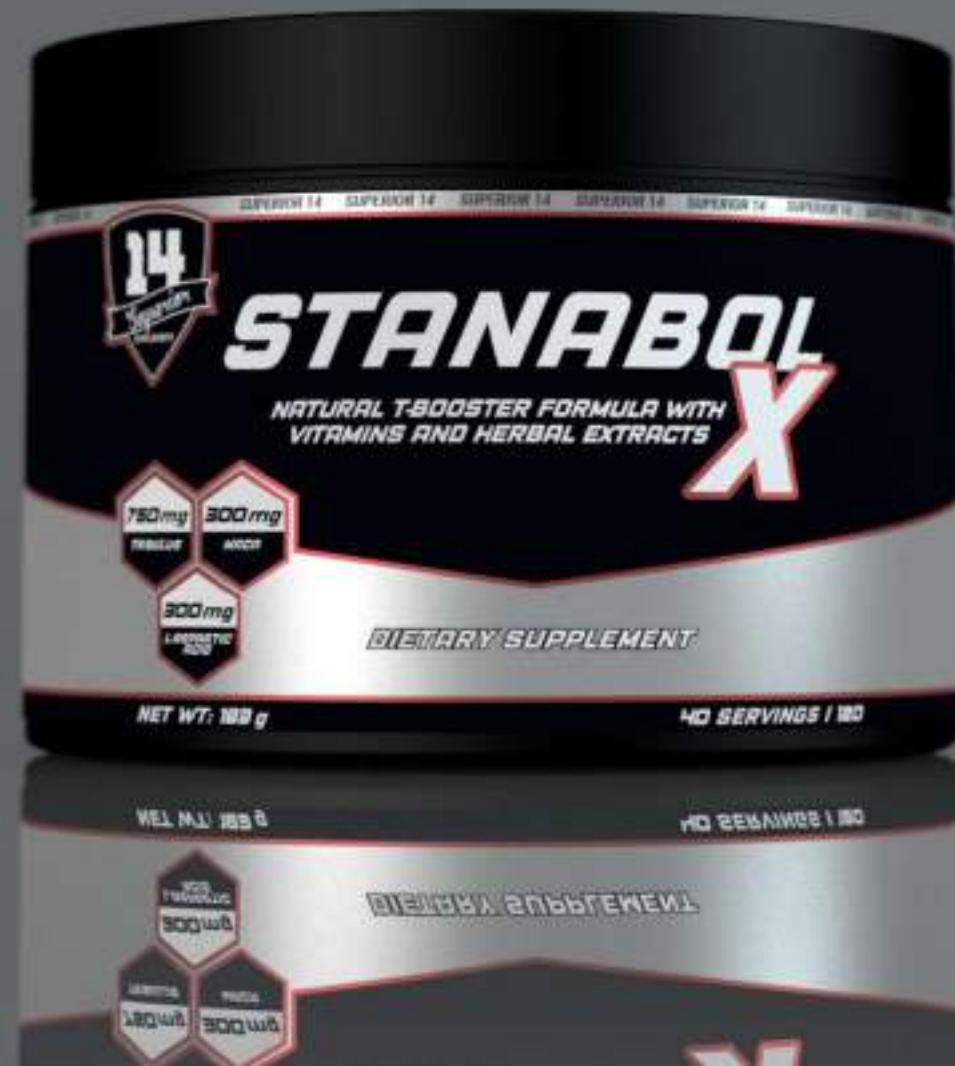
With added vitamins for optimal uptake and digestion of BCAAs, improved recovery time and overall good health.

Available in tablet form.

Supplement Facts

Per Serving (3 tablets / Portions Per Container: 40)		
Content	PER TABLET	PER 3 TABLETS
Tribulus terrestris fruit extract	250 mg	750 mg
-40% saponins	100 mg	300 mg
Panax Ginseng root extract	100 mg	300 mg
-ginsenosides	2 mg	6 mg
Wild Yam (Dioscorea opposita) extract	100 mg	300 mg
-diogenins	15 mg	45 mg
Maca Root (Lepidium meyenii) powder	100 mg	300 mg
Rice bran (Oryza sativa L.) hull extract	100 mg	300 mg
-beta-sitosterols	30 mg	90 mg
Ajwain (Methi sativa) grass powder	50 mg	150 mg
L-Aspartic acid	100 mg	300 mg
Beta-alanine	100 mg	300 mg
Coffee	40 mg	120 mg
Vitamin B3	50 mg	150 mg (52% NRV) ¹ (166% NRV) ²
Vitamin B6	15 mg	45 mg (114% NRV) ¹ (342% NRV) ²
Zinc	17 mg	51 mg (120% NRV) ¹ (518% NRV) ²

¹NRV: Nutrient Reference Values of an average adult.
²NRV: Nutrient Reference Values of an average adult.



STANABOL MAX POWDER

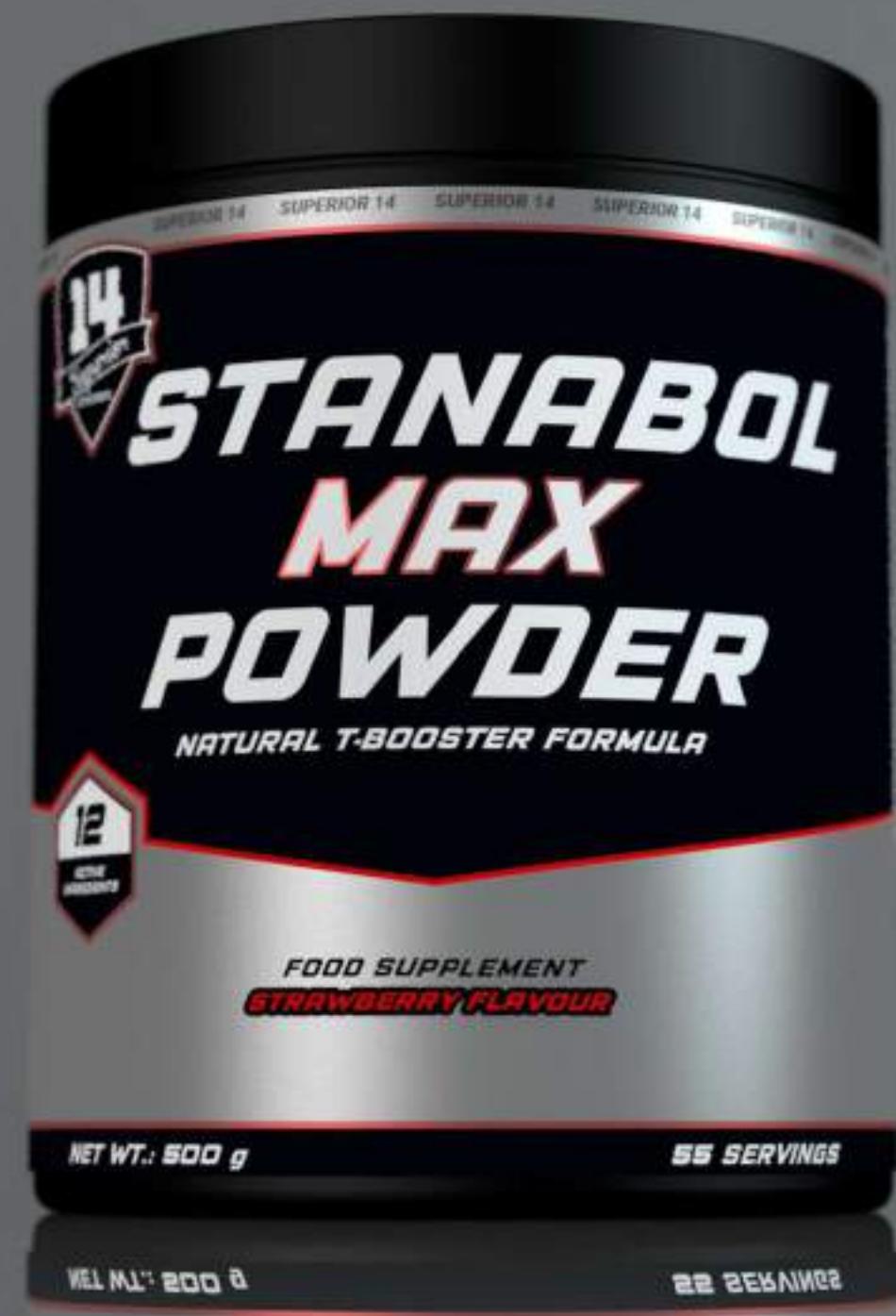
NATURAL T-BOOSTER FORMULA



Fire up your T-Levels with Stanabol Max Powder. With 12 active ingredients including Tribulus, Zinc and D-Aspartic Acid.

Your body produces Testosterone naturally but enhanced levels can help to increase lean muscle growth and aid recovery. This safe and effective product has been carefully crafted to support your body's natural Testosterone levels without presenting any side effects.

Available in lemon-lime and strawberry flavours.



TESTO X

TESTOSTERON BOOSTER

120 caps

Fire up your T-Levels with Superior 14 Testo X. Boasting a whopping 1484mg Tribulus and 1500mg D-Aspartic Acid per serving, this powerful blend has also been fortified with Maca Root, Zinc and Magnesium.

Your body produces Testosterone naturally but enhanced levels can help to increase lean muscle growth and aid recovery. This safe and effective product has been carefully crafted to support your body's natural Testosterone levels without presenting any side effects.

Available in capsule form.

Supplement Facts		
	8 capsules	6 capsules
Magnesium	90 mg (16% NRV*)	72 mg (12% NRV*)
Zinc	10 mg (100% NRV*)	20 mg (200% NRV*)
Chestnut	18.2 µg (65% NRV*)	36.4 µg (115% NRV*)
Vitamin B6	80 mg (187% NRV*)	60 mg (125% NRV*)
Vitamin B12	0.11 µg (1% NRV*)	0.09 µg (1% NRV*)
Tribulus Terrestris Extract	742 mg	1484 mg
- Superior	705 mg	1470 mg
D-Aspartic acid	250 mg	500 mg
Siberian Ginseng (Eleutherococcus senticosus) root extract	100 mg	200 mg
Steviosides	1.2 mg	2.4 mg
Maca Root (Lepidium meyenii) powder	120 mg	90 mg
Afalfa (Medicago sativa L.)	120 mg	90 mg
Hemp powder		
Gymnema (Gymnema sylvestre) leaf extract	75 mg	150 mg
Gymnemic acid	16.25 mg	32.5 mg
Wild Yam (Dioscorea villosa) root extract	75 mg	150 mg
Diosgenin	12 mg	24 mg
Panax Ginseng root extract	75 mg	150 mg
- Ginsenosides	2 mg	5 mg
Sea Almonds (Terminalia catappa) fruit powder	75 mg	150 mg
Kirby Bee (Pithecellobius vulgaris L.) extract	75 mg	150 mg
Paraginkgo (Tigovaria flacourteana Gouan) seed extract	37.5 mg	75 mg
- Saponins	7.5 mg	15 mg

*NRV: Nutrient Reference Values of an average adult



GH PRO-MAX

120 caps

Combining 2000mg Arginine, Ornithine and Lysine into one capsule, Superior 14 GH Pro-Max can help to stimulate the body's production of Growth Hormone.

These highly anabolic Amino Acids are fundamental to muscular development, to help support anabolism and help you to see real results. Fortified with Vitamin B6 to support the breakdown of protein for optimal uptake.

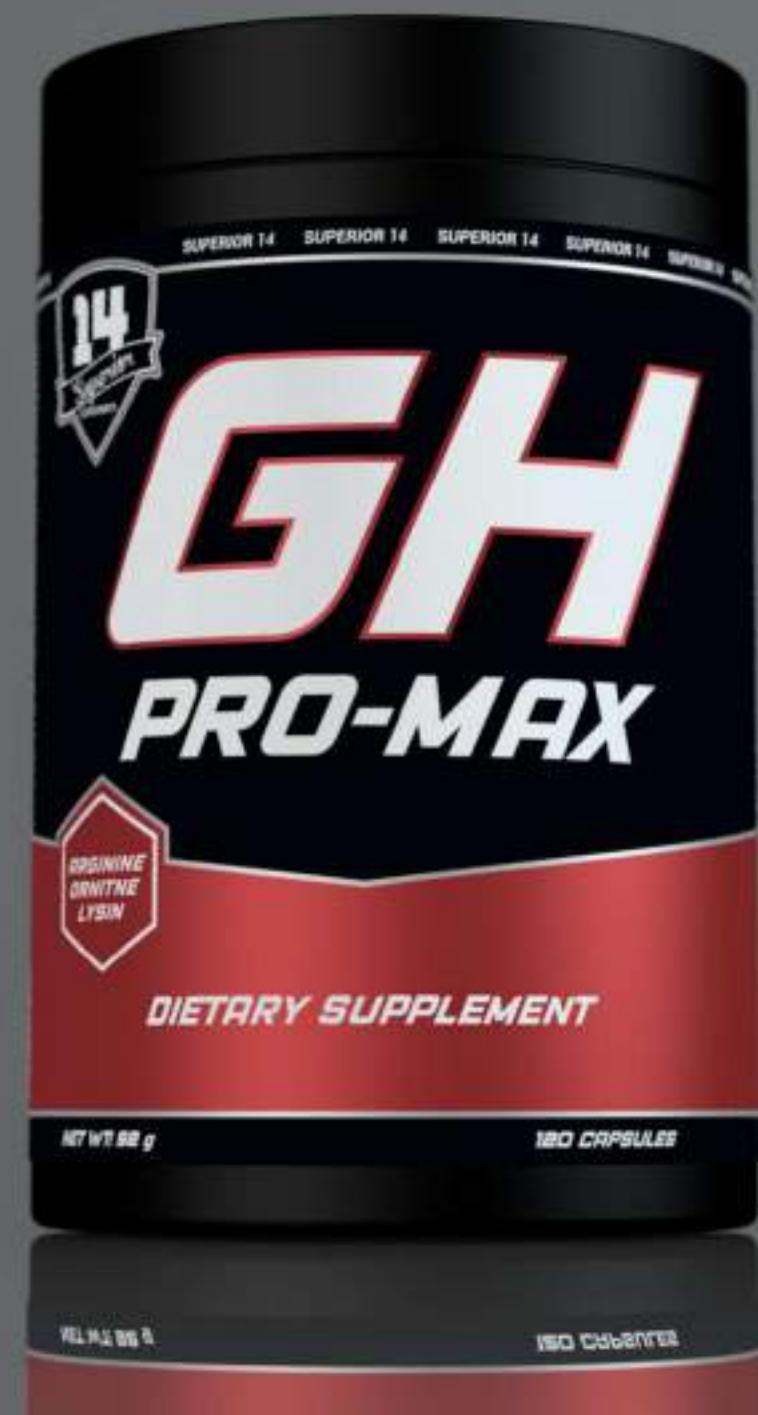
Available in tablet form.

Nutrition Facts		
Serving size:	4 capsules	NRV%
Amount per daily serving	4 capsules	NRV%
Vitamin B6	1.4 mg	100%
A-AKG Complex	1200 mg	
- L-Arginine	828 mg	
- Calcium Alpha Ketoglutarate	348 mg	
L-Ornithine HCl	600 mg	
L-Lysine	450 mg	

*NRV%: Nutrient reference values.

INGREDIENTS: AAKG Complex (L-Arginine, Calcium Alpha-Ketoglutarate), L-Ornithine hydrochloride, Capsule shell [Gelatin], Colour [Titanium dioxide], L-Lysine, Bulking agent (Maltodextrin), Anti-caking agents (Silicon dioxide, Calcium salts of orthophosphoric acid), Pyridoxine Hydrochloride.

ALLERGEN INFORMATION: Made in a facility that uses gluten, soy, egg and nuts.



HMB

CALCIUM HYDROXYMETHYL BUTYRATE



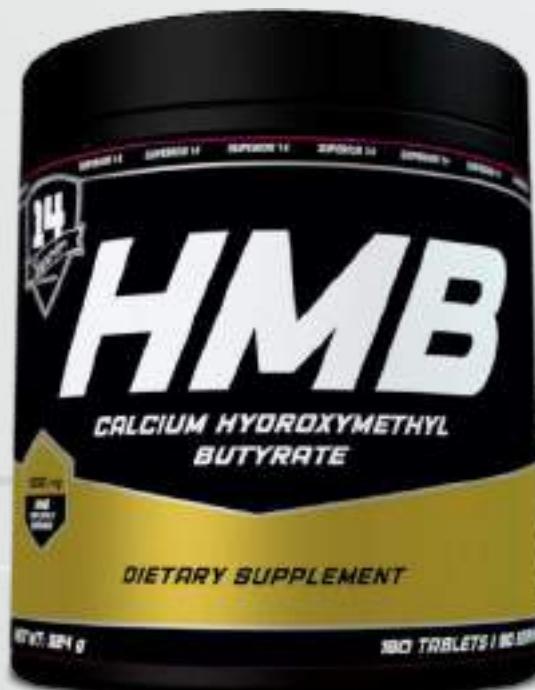
180 tabs

Supplementing your diet with a minimum 3g a day of HMB has been shown to have anti-catabolic effects on the body, enhance protein synthesis and help to increase muscle mass.

Superior 14 HMB packs a whopping 4g HMB into each daily serving to help you reach your goals and avoid unwanted muscle breakdown.

Available in tablet form.

Supplement Facts		
Serving Size: 2 tablets Daily Serving: 4 tablets		
Servings/Daily Servings Per Container: 90/45		
Content	PER SERVING (2 tablets)	PER DAILY SERVING (4 tablets)
Calcium hydroxymethyl butyrate monohydrate -of which HMB	2000 mg 1100 mg	4000 mg 3200 mg
INGREDIENTS: Calcium Hydroxymethyl Butyrate Monohydrate (88% HMB), Microcrystalline Cellulose, Magnesium Salts of Fatty Acids, Silicon Dioxide, Stabilizer (Polyvinylpyrrolidone (PVP)), Bulking Agent (Cellulose), Humectant (Sorbitol).		
ALLERGEN INFORMATION: Manufactured in a facility that processes milk, egg, gluten, soy, peanuts, nuts.		



ZMB6

ZINC, MAGNESIUM & B6 VITAMIN

90 caps



Grow then recover with Superior 14 ZMB6 capsules.

This effective blend of Zinc, Magnesium and Vitamin B6 has been said to be the most powerful night recovery supplement ever made.

ZMB6 encourages increased production of your own testosterone as well as enhanced thyroid function, insulin, immune system levels and most notably quality of sleep.

Take before bed to benefit sleep patterns and depth of sleep.

Available in capsule form.

Supplement Facts

Portion Size: 1 capsule

Content	/ Portion (1 capsule)	%NRV*
Zinc	15 mg	150%
Magnesium	219 mg	58%
Vitamin B6	4.4 mg	314%

*NRV: Nutrient Reference Values of an average adult.

Ingredients: Magnesium oxide, Zinc gluconate, capsule shell [gelatin, colour (Titanium dioxide)], Anti-caking agent [silicon dioxide], Pyridoxine hydrochloride, Maltodextrin, Anti-caking agent [calcium salts of orthophosphoric acid].

Allergen Information: Made in a facility that uses milk, soy, egg and nuts.





Ahmed Wardany

2006-2008 Africa Championship - 1st place
2008 Qatar Cup - 1st place
2010 Mediterranean Championship - 1st place
2010-2011-2012-2013-2014 World Championship 1st place
2012 Mr Olympia Amature - 1st place
2013 Mr Olympia Amature - 1st place
2017 Kuwait Classic - 1st place and Pro Card
2017 Kuwait Classic professional - 1st place
2018 Indiana Pro - 4th place
2018 Ireland Pro - 4th place
2018 New York Pro - 3rd place
2018 Qualified Mr Olympia Las Vegas
2019 Amateur Olympia Tunisia Pro Qualifier 2nd
2019 IFBB Monsterzim Pro - 2nd place

FAT BURNERS



MEGA RASP TABLETS

WEIGHT MANAGEMENT FORMULA

120 tabs

Speed up fat loss with Superior 14 Mega Rasp. This caffeinated weight management formula fortified with herbal extracts can help your body to burn more fat when used daily alongside a calorie restricted diet.

The addition of Chromium can help to ensure proper glucose metabolism and prevent your body from storing unwanted fat. Zinc also helps to support the metabolism and encourage proper function of the thyroid gland, whilst Caffeine perfectly complements these ingredients to further boost effectiveness.

Available in tablet form.

Supplement Facts

Portion Size: 1-3 tablets

Content	/ portion (1 tablet)	/ portion (3 tablets)
Chromium	8.7 µg	26.1 µg (55% NRV*)
Zinc	1.25 mg	3.75 mg (57% NRV*)
Green Coffee (<i>Coffee arabica L.</i>) powder	120 mg	360 mg
- Caffeine	8.72 mg	2.16 mg
Siberian Ginseng	67 mg	201 mg
(<i>Eleutherococcus senticosus</i>) root and rhizomes extract		
- Betaheriosides	0.54 mg	1.6 mg
Bitter Orange	16 mg	48 mg
(<i>Citrus aurantium</i>) powder		
Ginsana	14 mg	42 mg
(<i>Pausinaria cupana</i>) seed extract		
- Caffeine	7.6 mg	22.8 mg
Kola Nut	14 mg	42 mg
(<i>Cola acuminata</i>) Seed Extract 5:1		
- Caffeine	1.7 mg	5.1 mg
White Willow	14 mg	42 mg
(<i>Salix alba</i>) bark extract		
- Salicin	5.1 mg	15.3 mg
Green Tea	25 mg	75 mg
(<i>Camellia sinensis</i>) leaf extract		
- Polyphenols	23.8 mg	71.4 mg
- Catechins	4 mg	12 mg
- EGCG	1.75 mg	5.25 mg
Cayenne Pepper	8 mg	24 mg
(<i>Capsicum annuum L.</i>) powder		
Caffeine	37 mg	111 mg
L-carnitine	104 mg	312 mg
L-Tyrosine	87 mg	261 mg
Chitosan	34 mg	102 mg
Alpha Lipoic acid	30 mg	90 mg

*NRV: Nutrient Reference Values of an average adult.



MEGA RASP POWDER

WEIGHT MANAGEMENT FORMULA



300

Speed up fat loss with Superior 14 Mega Rasp Powder. This caffeinated weight management formula fortified with herbal extracts can help your body to burn more fat when used daily alongside a calorie restricted diet.

The addition of Chromium can help to ensure proper glucose metabolism and prevent your body from storing unwanted fat. Zinc also helps to support the metabolism and encourage proper function of the thyroid gland, whilst Caffeine perfectly complements these ingredients to further boost effectiveness.

Available in lemon-lime and mango-maracuja flavours.

Nutrition Facts	
	Per Serving
Calories	700 Total
Sugars	24g
Total Fat	17g
Sat. Fat	1g
Cholesterol	32mg
Carbohydrates	113g
Protein	10g
Fiber	11g
Vitamin A	1%
Vitamin C	1%
Iron	1%
Sodium	250mg
Calories from Fat	250
% Daily Value*	
*Based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your age, sex, weight, and activity level.	



L-CARNITINE

CONDITIONALLY ESSENTIAL AMINO ACID L-ARGININE



100 tab

L-Carnitine increases the use of fat as an energy source, enhances fat metabolism and aids recovery. This Amino Acid compound is naturally produced by the body from the age of 14, and due to its role of transporting free fatty acids to the place of energy production, it is one of the most popular supplements for getting in shape.

Superior 14 L-Carnitine tablets contain an impressive profile of L-Carnitine and L-Tartrate, giving you a whopping 3000mg per serving.

Superior 14 L-Carnitine is available in tablet form.

Supplement Facts		
Serving Size: 1 tablets/Daily Serving: 2 tablets		
Content	PER SERVING (1 tablets)	PER DAILY SERVING (2 tablets)
L-Carnitine L-Tartrate	1500 mg	3000 mg
- L-Carnitine	1020 mg	2040 mg

Ingredients: L-Carnitine L-Tartrate, Bulking Agents [Cellulose, Maltodextrin], Stabilizer [Polyvinylpyrrolidone (PVP)], Anti-Caking Agents [Magnesium Salts Of Fatty Acid], Silicon Dioxide, Calcium Salts of Antioxidative acids.



CLA

CONJUGATED LINOLEIC ACID

180 caps

CLA is an essential fatty acid presenting a wide range of proven benefits. Superior 14 CLA can help you to lose weight faster, by triggering a number of biochemical reactions inside the body to increase metabolic activity. CLA can also help the body to maintain fat loss and facilitate the building and repair of muscle tissue. Containing an impressive 2000mg CLA per daily portion, this product can also boost energy and endurance, making it an essential metabolic supplement.

CLA is a powerful antioxidant, proven to reduce the risk of cancer and boost the immune system by increasing the body's ability to absorb fat-soluble vitamins.

Superior 14 CLA is available in softgel capsule form.

Supplement Facts		
Portion Size: 2 softgel capsules Daily Portion: 4 softgel capsules		
Content	Per Portion (2 softgel capsules)	Per Daily Portion (4 softgel capsules)
Conjugated linoleic acid (CLA)	1000 mg	2000 mg
Ingredients: Conjugated linoleic acid (80% free fatty acid form), Capsule (gelatin), Humectant (Glycerol), Purified water;		
Allergen Information: Made in a facility that uses milk, soy, egg and nuts.		



VITAMINS





MULTI VITAMIN

ESSENTIAL VITAMIN & MINERAL COMPLEX

120 caps

Superior 14 Multi Vitamin is an essential Vitamin and Mineral complex comprising 13 Vitamins and 11 Minerals to help you ensure optimal health.

Just 2 tablets per day deliver all the essential Vitamins and Minerals needed to give your body and mind the boost it needs alongside a healthy, balanced diet.

Available in tablet form.

Supplement Facts

Serving Size: 2 tablets		
Servings Per Container: 60		
Content	Per serving (2 tablets)	%NRV* per portion
Vitamin A	365 µg	33%
Vitamin C	120 mg	150%
Vitamin D	10 µg	200%
Vitamin K	80 µg	80%
Vitamin E	20 mg	166%
Vitamin B1	1.8 mg	254%
Vitamin B2	1.2 mg	228%
Niacin	36 mg	226%
Pantothenic Acid	12 mg	200%
Vitamin B6	4 mg	285%
Folic acid	400 µg	200%
Vitamin B12	2 µg	80%
Biotin	30 µg	60%
Calcium	324 mg	42%
Phosphorus	250 mg	35%
Magnesium	200 mg	63%
Iodine	100 µg	66%
Iron	8 mg	57%
Selenium	50 µg	95%
Zinc	10 mg	100%
Copper	1 mg	100%
Manganese	2 mg	100%
Chromium	50 µg	125%
Molybdenum	50 µg	100%

*NRV: Nutrient Reference Values of an average adult.



ONE-A-DAY VITAMAX PACK



30 packs

Forget stacking your shelves with dozens of pill bottles. Superior 14 One-a-Day Vitamin Packs are your one pack a day solution to optimal health and high level sports performance. Combining a powerful blend of Vitamins with CLA to help support fat loss, plus L-Carnitine for enhanced fat metabolism.

This Multi Vitamin pack will help ensure you reach optimal health and performance levels, recover faster and take care of your bones, muscles, joints and immune system.

Available in mixed packet form.

Supplement Facts	
Vitamin C (ascorbic acid)	
Serving Size: 1 packet	
Servings Per Container: 30	
Calories: 0	
Calories from Fat: 0	
Total Fat: 0 g	
Saturated Fat: 0 g	
Trans Fat: 0 g	
Cholesterol: 0 mg	
Sodium: 0 mg	
Total Carbohydrate: 0 g	
Dietary Fiber: 0 g	
Sugars: 0 g	
Protein: 0 g	
Other Carbohydrates: 0 g	
Vitamin C (ascorbic acid) 100 mg	
Vitamin E (alpha-tocopherol)	
Vitamin A (retinyl palmitate)	
Vitamin D (cholecalciferol)	
Vitamin B6 (pyridoxine hydrochloride)	
Vitamin B12 (cyanocobalamin)	
Thiamine (vitamin B1)	
Riboflavin (vitamin B2)	
Niacin (vitamin B3)	
Pantothenic Acid (vitamin B5)	
Biotin (vitamin H)	
Folate (vitamin B9)	
Choline (vitamin B4)	
Vitamin K (phylloquinone)	
Vitamin B3 (niacinamide)	
Vitamin B2 (riboflavin)	
Vitamin B12 (cyanocobalamin)	
Vitamin B6 (pyridoxine hydrochloride)	
Vitamin B1 (thiamine)	
Vitamin B5 (pantothenic acid)	
Vitamin B9 (folic acid)	
Vitamin B7 (biotin)	
Vitamin B8 (inositol)	
Vitamin B10 (pantethine)	
Vitamin B11 (pantethate)	
Vitamin B12 (methylcobalamin)	
Vitamin B13 (adenosylcobalamin)	
Vitamin B14 (coenzyme B12)	
Vitamin B15 (pseudovitamin B12)	
Vitamin B16 (gamma, delta-dihydroxyoctanoate)	
Vitamin B17 (lauroyl lauroyl thioether)	
Vitamin B18 (gamma, delta-dihydroxyoctanoate)	
Vitamin B19 (beta, gamma-dihydroxyoctanoate)	
Vitamin B20 (gamma, delta-dihydroxyoctanoate)	
Vitamin B21 (gamma, delta-dihydroxyoctanoate)	
Vitamin B22 (gamma, delta-dihydroxyoctanoate)	
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Vitamin B177 (gamma, delta-dihydroxyoctanoate)	
Vitamin B178 (gamma, delta-dihydroxyoctanoate)	

CALCIUM, MAGNESIUM + ZINC

ESSENTIAL MINERALS



This combined supplement helps to support bone health and reduce inflammation by packaging together 3 vital minerals.

Additionally, Zinc has been proven to improve sleep quality and Magnesium can aid blood sugar control by enhancing the body's ability to use insulin. A proven anti-inflammatory tool, Magnesium has been shown to reduce markers of chronic inflammation.

Available in tablet form.

Supplement Facts

Portion Size: 1 tablet
Portions Per Container: 120

Content per	Per portion: (1 tablet)	%NRV:
Calcium	265 mg	45%
Zinc	2 mg	20%
Magnesium	107 mg	50%
Phosphorus	147 mg	21%
Copper	0.23 mg	22%
Boron	16 µg	—
L-Glutamine	34 mg	—

*NRV: Nutrient Reference Values of an average adult.

† NRV: has not been established.

INGREDIENTS: Calcium salts of orthophosphoric acid, magnesium oxide, calcium carbonate, bulking agents (cellulose), anti-caking agents (silicon dioxide, tin; magnesium salts of fatty acids), L-Glutamine, Stabiliser [Polyvinylpyrrolidone (PVP)], zinc citrate, copper sulphate, boric acid.

ALLERGEN INFORMATION: Made in a facility that uses milk, soy, egg and nuts.





VITAMIN C + ROSE HIP

IMMUNE SYSTEM SUPPORT

100 tabs

Rosehip has been found to contain high levels of polyphenols, carotenoids and Vitamins C and E, all of which have powerful antioxidant properties.

Vitamin C is one of the most powerful and widely used natural immune boosters around. It helps to encourage the production of white blood cells known as lymphocytes and phagocytes, which help protect the body against infection.

These super effective tablets offer 1000mg Vitamin C per portion, to help you meet your daily immunity needs in an instant.

Available in tablet form.

Supplement Facts

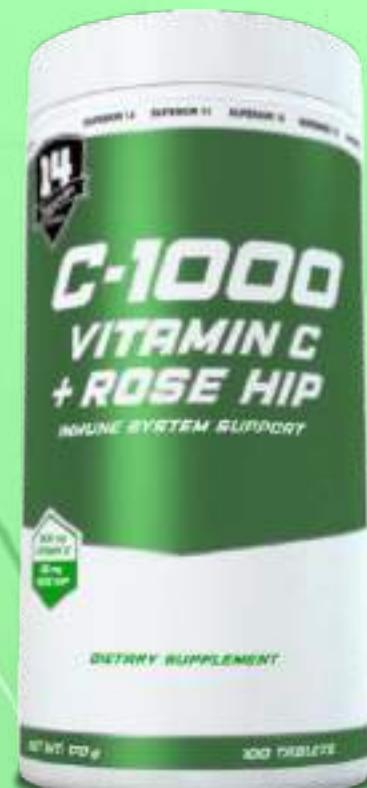
Portion Size: 1 tablet

Content per	Per portion (1 tablet)	%NRV*
Vitamin C	1000 mg	125%
Rose hip (Rosa Canina) fruit powder	50 mg	†

*NRV: Nutrient Reference Values of an average adult.

† NRV: has not been established.

Ingredients: L-ascorbic acid, Bulking agents (maltodextrin, cellulose), Anti-caking agents (Magnesium salts of fatty acids, Talc, Silicon dioxide, Calcium salts of orthophosphoric acid), Stabilizer [Polyvinylpyrrolidone (PVP)], Rose hip (Rosa canina) fruit powder, Humectant (Sorbitol), Stabilizer (Hydroxypropyl Methylcellulose).



CO-Q10 COENZYME

120 caps

CoQ10 can help to reduce high blood pressure and reduce oxidative damage. A naturally occurring chemical that exists in almost every cell of the human body, it plays a critical role in metabolism and energy production.

Production of CoQ10 decreases with age. Supplementing your diet with Superior 14 Co-Q10 Coenzyme increases concentrations in plasma and lipoproteins.

Available in softgel capsule form.

Supplement Facts

Portion Size: 2 softgel capsules

Content	/ 1 softgel capsule	/ 2 softgel capsules
Coenzyme Q10	50 mg	100 mg

Ingredients: Bulking agents (Soy bean oil, Soy bean lecithin), Capsule (Gelatin), Coenzyme Q-10, Humectant (Glycerol), Purified water, Colour (Titanium dioxide), Antioxidant (Tocopherols).

Allergen Information: Made in a facility that uses milk, soy, egg and nuts.



JOINT GUARD

CHONDROITIN, GLUCOSAMINE AND
MSM FORTIFIED WITH VITAMIN C



Superior 14 Joint Guard with MSM and added Vitamin C is a dietary supplement to help support healthy joints and prevent injury.

MSM is a natural source of the mineral sulphur, an important building block for healthy bones and joints. It can help to decrease inflammation, alleviate discomfort from arthritis and reduce joint pain.

The Glucosamine Sulphate contained within this product can be used to help treat osteoarthritis. This complex can also help to slow or prevent the degeneration of joint cartilage.

Available in capsule form.

Supplement Facts		
Portion Size: 4 capsules		
Content	Per Portion	%NRV/Portion
Glucosamine sulphate	1200 mg	
of which Glucosamine	720 mg	
Chondroitin sulphate	600 mg	
of which Chondroste	633 mg	
Methylsulphonylmethane	400 mg	
(MSM)		
Vitamin C	16 mg	22%*

*NRV: Nutrient Reference Values of an average adult.
†: NRV has not been established.

Ingredients: Bulking agent (Maltodextrin), Glucosamine sulphate (from shellfish), Chondroitin sulphate, Capsule shell (Gelatin, Colour (Titanium dioxide)), Methylsulphonylmethane (MSM). Anti-caking agents (Silica dioxide, Calcium salts of orthophosphoric acid), L-Ascorbic acid.



OMEGA 3



Superior 14 Omega-3 softgel capsules provide 1000 mg fish oil, plus 5mg Vitamin E all in one softgel.

Omega-3s can help to support heart health, lower blood pressure, support eye health reduce inflammation, improve skin, and reduce symptoms of depression.

With added Vitamin E, plus EPA and DHA for further reduction of inflammation and antioxidant properties.

Superior 14 Omega 3 is available in softgel capsule form.

Supplement Facts

Serving Size:	1 softgel capsule
Servings Per Container: 120	
Content	Per portion
Vitamin E	5 mg (41% NRV*)
Fish oil (Standardized to 18% EPA and 12% DHA)	1000 mg
Equiv. Eicosapentaenoic Acid	180 mg
Equiv. Docosahexaenoic Acid	120 mg

*NRV: Nutrient Reference Values of an average adult.
(8400 kJ/ 2000 kcal)

Ingredients: Fish oil (Standardized to 18% EPA and 12% DHA), Capsule (gelatin), Humectant (Glycerol), Purified water, DL-alpha-tocopherol.

Allergen information: Made in a facility that uses milk, soy, egg and nuts.



**STAY
FIT**



shop.superior14.com