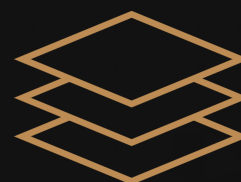


# DY NUTRITION

CHANGING THE GAME. AGAIN.



## TAKING SPORT NUTRITION TO THE NEXT LEVEL



UNIQUE BLEND OF  
PREMIUM INGREDIENTS



MIND-BODY  
CONNECTION



DESIGNED FOR  
HIGH-INTENSITY TRAINING



**"I KNOW WHAT IT TAKES TO TRANSFORM  
BOTH YOUR BODY AND MIND."**

Dorian Yates, 6x. Mr. Olympia.

  
**Dorian Yates**  
6x Mr. OLYMPIA





## Our Story

At DY Nutrition we're all about disrupting the status-quo in the sports nutrition market through our highest-grade, scientifically engineered nutritional supplements. We believe in giving everyone the opportunity to find their own body and mind transformation.

At DY Nutrition we are committed to helping customers achieve life-changing improvements in their fitness, performance and health through our wide range of nutritional supplements - developed in collaboration with our founder, bodybuilding legend, Dorian Yates.

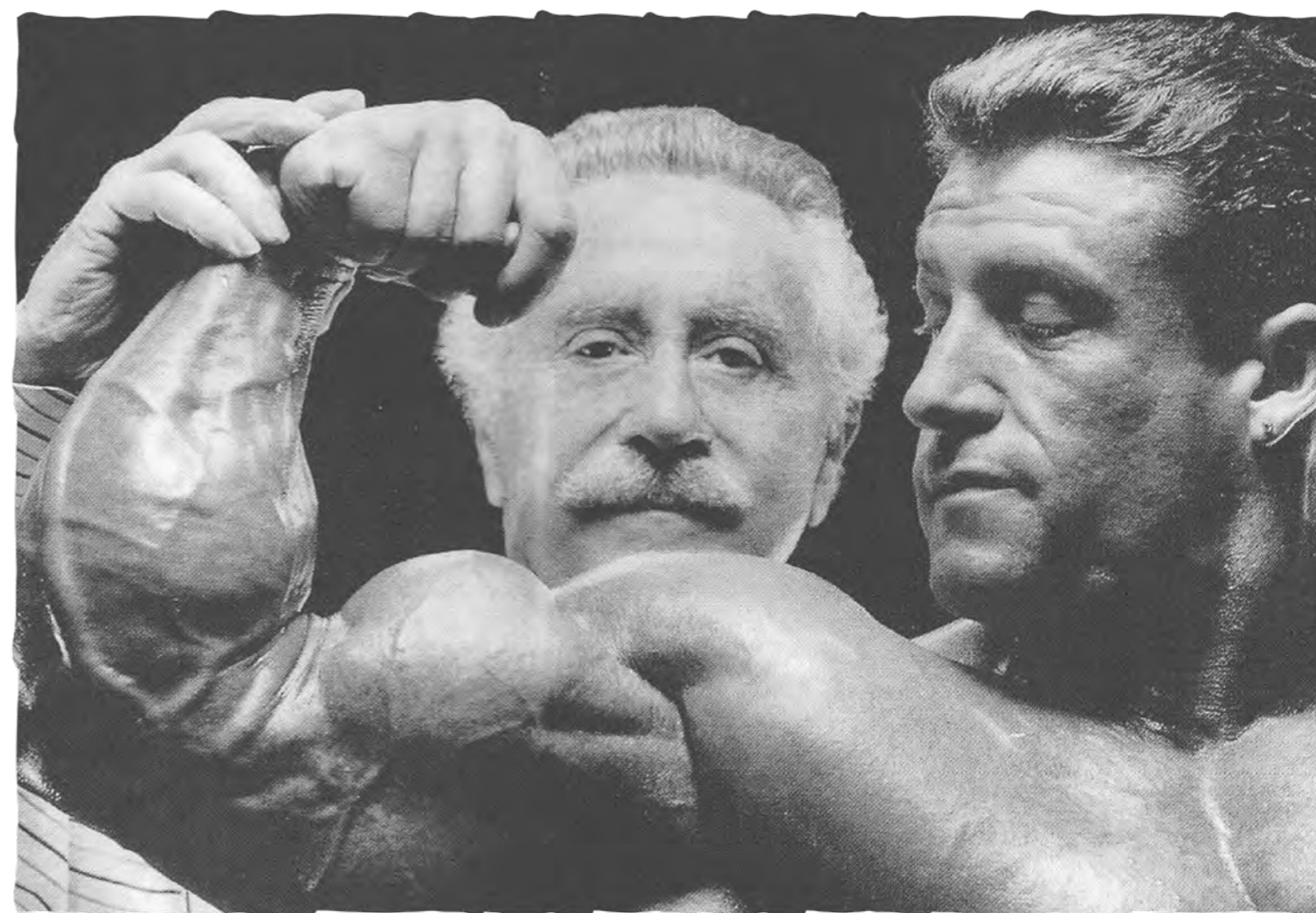
In the 1990s, Dorian's obsession with the then revolutionary high-intensity training method - combined with a carefully selected, high quality supplement programme - completely changed the game and led him to become one of the most successful bodybuilders in history, being crowned Mr. Olympia for six consecutive years.

We've changed the game again to bring you this innovative approach that complements all areas of physical training and incorporates a complete range of nutritional supplements accessible to everyone. It is Dorian's own transformational journey and philosophy that drives our mission to help everyone change their game.

## Our Mission

Everyone can benefit from our game-changing knowledge and expertise of health and wellness by tapping into the accessible and unsurpassed wisdom of Dorian Yates.

Dorian's knowledge and extensive experience have inspired us to create a range of products using the highest-quality ingredients to help customers maximize their own health and wellness journey.



## Research-Backed Products

Every ingredient in DY Nutrition formulas is supported by research and the thorough knowledge of our team of scientists and nutrition professionals.

We provide a complete range and system of the highest grade, scientifically engineered and third party tested nutritional supplements, suitable for optimising everyone's personal fitness journey.



## Quality Statement

Our top core brand value is quality.

Here at DY Nutrition we ensure our Quality Systems are driven throughout each step of the development and production process, this is from raw material evaluation to fulfillment.

All products undergo laboratory testing to confirm the integrity and quality of each product. As a standard several tests are implemented to support the validity and efficacy of raw material and final product.

All our products are made in manufacturing facilities that are routinely assessed by the British Assessment Bureau to demonstrate our ongoing commitment to ISO: 9001 standards, GMP, ISO:22000-2005.





## DY NUTRITION EXPOS WE HAVE ATTENDED

At DY Nutrition we enjoy showcasing our range of premium supplements at international expos to drive awareness of our brand, generate new trade business leads and engage with our end-consumers in key international markets.

Here's the lowdown on the leading international festival we have attended over the past years and the upcoming fitness trade show where we'll be exhibiting up next.

### 2022

- **Arnold Sports Festival UK, Birmingham** [🔗](#)

The Arnold Sports Festival UK is a celebration of health, fitness and nutrition, a full weekend of motivation and inspiration. The festival features the biggest and best multi-sport competitions, high quality experiences combined with the biggest and best brands in the world, exhibiting the newest freshest products on the market.

- **FITXPO UK, Liverpool** [🔗](#)

FITXPO UK is a groundbreaking three-day celebration of fitness, strength, health & wellbeing.

- **Smart Sport Expo & Fitness Festival, Budapest** [🔗](#)

Smart Sport Expo & Fitness Festival is Hungary's leading fitness festival that encourages its visitors to explore the latest innovations in the fitness and health industry.

- **IFBB Mr. Peru** [🔗](#)

An amazing competition organized by IFBB- the International Federation of Bodybuilding and Fitness and followed by the biggest Fitness Expo in Latin America.

## OUR UPCOMING FESTIVAL THIS YEAR

Dubai Muscle Show

### WHEN?

28-30 October 2022

### WHERE?

Dubai World Trade Center

## 2021

- **Dubai Muscle Show**

Dubai Muscle Show is Middle East's largest fitness event featuring some of the world's most entertaining sports competitions, such as strongman, calisthenics, boxing, mixed martial arts, kick-boxing, bodybuilding, weightlifting and many others.

- **Arnold Sports Festival UK, Birmingham** [🔗](#)

The Arnold Sports Festival UK is a celebration of health, fitness and nutrition, a full weekend of motivation and inspiration. The festival features the biggest and best multi-sport competitions, high quality experiences combined with the biggest and best brands in the world, exhibiting the newest freshest products on the market.

- **FIBO, Cologne, Germany**

FIBO is the leading European fitness and wellness trade fair, the flagship platform for business, networking and innovation in the world of fitness.

## 2019

- **BodyPower Expo, Mumbai, India**

BodyPower India is largest event in Asia for the international fitness market: sport, fitness, wellness and nutrition. The show attracts visitors and athletes and exhibitors cover the full spectrum of products, services and athletes. As part of the expo we organized the first edition of Dorian Yates Classic.

## 2018

- **Dubai Muscle Show** [🔗](#)

Dubai Muscle Show is Middle East's largest fitness event featuring some of the world's most entertaining sports competitions, such as strongman, calisthenics, boxing, mixed martial arts, kick-boxing, bodybuilding, weightlifting and many others.

- **Arnold Classic Europe, Barcelona** [🔗](#)

Held annually, Arnold Sports Festival Europe embrace visitors and athletes from all over the world, all together in the same place and with the same goal: a livelihood made by the sport and healthy life.

- **EVLS Prague Pro, Prague** [🔗](#)

EVLS is Europe's Most Prestigious Bodybuilding event held in Prague, Czech Republic.

- **IFBB Tiger Classic, Diamond Cup Romania**

An event always brilliantly organized by IFBB in collaboration with the Romanian Federation.

- **Go Active Show, Warsaw**

Go Active Show is an international trade taking place in Warsaw, Poland that promotes movement and active lifestyle as a source of good health and form. The event combines a classic exhibition, which is a broad overview of the market for products and services of sports demonstrations, workshops, seminars and meetings of different sports stars.

- **BodyPower Expo, Birmingham** [🔗](#)

BodyPower Expo is UK's number one health and fitness show dedicated to exhibitors in the fitness industry and featuring some of Europe's largest fitness competitions - fit factor stage show, powerlifting championships, bodybuilding championships, strongman championships, plus CrossFit, gymnastics.

- **FIBO, Cologne, Germany** [🔗](#)

FIBO is the leading European fitness and wellness trade fair, the flagship platform for business, networking and innovation in the world of fitness. During this year's trade we've had the global launch of the Shadow line.



**PROTEINS**

# WHEY PROTEIN SHADOWHEY HYDROLYZED



90% rapid-acting, **high-quality protein** and essential nutrients

Rich in Amino Acids that fortify the muscle mass and **prevents catabolism**

Protein is broken down to peptides that are **rapidly digested**

**Highest rate of absorption** by the human body

## NUTRITIONAL INFORMATION

CONTENT	PER 100G PRODUCT	PER 30G SERVING	RI%(PER SERVING)
Energy	1621 kJ / 382 kcal	405 kJ / 96 kcal	5%
Fat	2.1 g	0.5 g	1%
- of which saturated	0 g	0 g	0%
Carbohydrates	0.8 g	0.2 g	0%
- of which sugars	0 g	0 g	0%
Protein	90 g	23 g	46%
Salt	0.3 g	0.08 g	1%
HMB	833 mg	208 mg	N/A
D-Aspartic Acid	833 mg	208 mg	N/A
Iron	46.6 mg	11.7 mg	N/A
Zinc	33.3 mg	8.3 mg	N/A
Lactase Enzyme	20 mg	5 mg	N/A

\*RI: Reference intake for an average adult ( 8400 KJ / 2000 kcal ).  
\*N/A: RI has not been established.

## FLAVORS



CHOCOLATE



COOKIES  
and CREAM



VANILLA



STRAWBERRY  
BANANA

## PRODUCT DESCRIPTION

**Shadowhey Hydrolysed Protein** contains 90% rapid-acting, high-quality protein, and essential nutrients. Provides 22g of lean protein per serving. Contributes to the growth and maintenance of muscle mass. Ideal for post-workout or a quick surge of highly bioavailable protein.

## DOSING

**For first-time gym-goers:** start by mixing 1 scoop of powder with 250ml of water or skimmed milk. Drink 1 serving after each training session or physical exercise

**For serious gym goers:** mix 2 scoops of powder with 250-350ml of water or skimmed milk. Drink 1 serving after your workout or in-between meals in order to reach your fitness goals, you can supplement your daily protein intake to reach 2,2g of protein per body kilo.

## PACKAGING



2270 g **Container**  
~ 90 Servings



1 **Scoop** (25g)  
1 Serving

# WHEY PROTEIN SHADOWHEY ISOLATE



26g per serving of **highest quality** whey protein isolate

Perfect for post-workout or as meal replacements as **high source of protein**

High absorption for **Enhanced Muscle Building** Rate

**Speeds up the recovery** period after intense workouts

## NUTRITIONAL INFORMATION

CONTENT	PER 100G PRODUCT	PER 30G SERVING	RI%(PER SERVING)
Energy	1638 kj / 386 kcal	491 kj / 116 kcal	6%
Fat	3.4 g	1 g	2%
- of which saturated	2.9 g	0.9 g	5%
Carbohydrates	2.4 g	0.7 g	0%
- of which sugars	0 g	0 g	0%
Protein	86 g	26 g	52%
Salt	0.2 g	~0 g	1%

\*RI: Reference intake for an average adult ( 8400 KJ / 2000 kcal ).

## FLAVORS



CHOCOLATE



COOKIES and CREAM



STRAWBERRY



STRAWBERRY BANANA



VANILLA CARAMEL



PISTACHIO

## PRODUCT DESCRIPTION

**Shadowhey Isolate** contains only pure, cross-flow filtered whey protein isolate for maximum bioavailability.

Contains 26 grams of the highest quality, rapid-acting whey protein isolate per serving, ideal for post-workout or a quick surge of convenient protein.

## DOSING

**For first-time gym-goers:** start by mixing 1 scoop of powder with 250ml of water or skimmed milk. Drink 1 serving after each training session or physical exercise.

**For serious gym goers:** mix 2 scoops of powder with 250-350ml of water. Drink 1 serving after your workout, in the morning or in-between meals. In order to reach your fitness goals, you can supplement your daily protein intake to reach 2,2g of protein per body kilo.

## PACKAGING

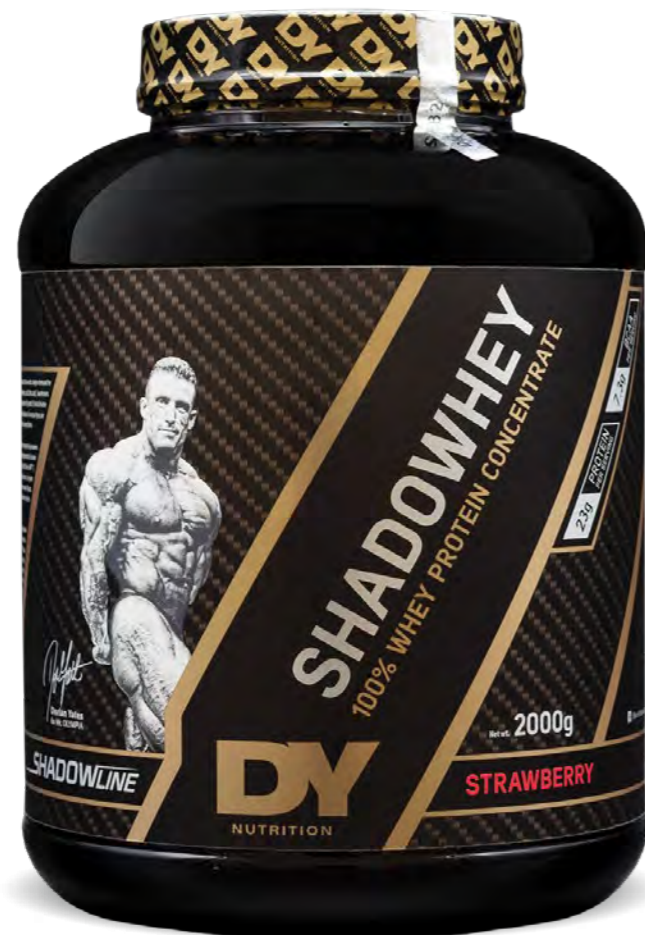


2000 g **Container**  
~ 66 Servings



1 **Scoop** (30g)  
1 Serving

# WHEY PROTEIN SHADOWHEY CONCENTRATE



Naturally **high in BCAA** and glutamine for muscle building & recovery

Contributes to the development of **lean muscle tissue**

Convenient **source of protein** between meals throughout the day

**Delicious flavors** to choose and enjoy it daily

## NUTRITIONAL INFORMATION

CONTENT	PER 100G PRODUCT	PER 30G SERVING	RI%(PER SERVING)
Energy	1627 KJ / 385 kcal	488 KJ / 116 kcal	6%
Fat	6 g	1.8 g	3%
- of which saturated	4.2 g	1.3 g	7%
Carbohydrates	5.4 g	1.6 g	1%
- of which sugars	4.9 g	1.5 g	2%
Fiber	2.7 g	0.8 g	N/A
Protein	76 g	23 g	46%
Salt	0.4 g	0.1 g	2%

\*RI: Reference intake for an average adult ( 8400 KJ / 2000 kcal ).

\*N/A: RI has not been established.

## FLAVORS



## PRODUCT DESCRIPTION

**Shadowhey** is the highest quality whey protein concentrate available on the market, containing over 23 grams of protein per scoop.

**Shadowhey Protein Concentrate** is designed for physically active people and athletes who want to enhance recovery times between sessions of physical exercise and also fortify their assault on building muscle. Naturally high in BCAAs and Glutamine, Shadowhey is rapidly digested and perfect post-workout or as a convenient source of protein between meals throughout the day.

## DOSING

**For first-time gym-goers:** start by mixing 1 scoop of powder with 250ml of water or skimmed milk. Drink 1 serving after each training session or physical exercise.

**For serious gym goers:** mix 2 scoops of powder with 250-350ml of water. Drink 1 serving after your workout or in-between meals.

## PACKAGING



2000 g **Container**  
~ 66 Servings



1 **Scoop** (30g)  
1 Serving

# MASS GAINER

## GAME CHANGER MASS



**Excellent quality** sources of whey protein and essential vitamins

**Powerful blend** of protein, minimal fat, carbohydrates, crucial creatine

Deliver a **quality source of nutrients** to sustain energy and performance

High-quality source of calories to **gain quality muscle mass**

### NUTRITIONAL INFORMATION

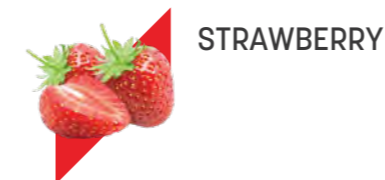
CONTENT	PER 100G PRODUCT	PER 150G SERVING	RI%(PER SERVING)
Energy	1695KJ / 399kcal	2542KJ / 599kcal	6%
Fat	1.7 g	2.6g	4%
- of which saturated	1 g	1.5 g	8%
Carbohydrates	64 g	96 g	37%
- of which sugars	6.6g	9.9 g	11%
Protein	32 g	48 g	96%
Salt	0.02g	0.03g	1%

\*RI: Reference intake for an average adult ( 8400 KJ / 2000 kcal ).

### FLAVORS



CHOCOLATE



STRAWBERRY



ALMONDS



CHOCOLATE NUTS



STRAWBERRY BANANA



COOKIES and CREAM



VANILLA

### PRODUCT DESCRIPTION

**Dorian Yates's Game Changer Mass** contains excellent quality sources of whey protein and essential vitamins & minerals, leading to a constant trickle of amino acids and nutrients into the bloodstream for continuous muscle recovery and repair.

We've added a convenient source of calories for athletes looking to enhance their muscular development. Combined with crucial creatine and complex sources of carbohydrates, the formula helps to deliver a quality source of nutrients to sustain energy and performance in the gym, in addition to increasing your overall daily calorie intake.

### DOSING

Mix 2 scoops of powder (150g) to 400 ml of cold water or skimmed milk and shake well.

On training days, drink 1 serving immediately after workout.

On non-training days, drink 1 serving between meals.

### PACKAGING



3000 g **Container**  
20 Servings



2 **Scoops** (150g)  
1 Serving

# METABOLIC MASS GAINER

## LEAN MUSCLE CATALYST



Contains all **9 EAA & Creatine Monohydrate**

**99 g of Carbohydrates** per serving

Contains **9 vitamins & 4 Minerals**

**42 g of Protein** per serving

### NUTRITIONAL INFORMATION

CONTENT	PER 100G PRODUCT	PER 150G SERVING	RI%(PER SERVING)
Energy	1676KJ / 395kcal	2514KJ / 592kcal	30 %
Fat	2.1 g	3.2g	5 %
- of which saturated	1.2 g	1.8 g	9 %
Carbohydrates	66 g	99 g	38 %
- of which sugars	5 g	7.5 g	8 %
Protein	28 g	42 g	84 %
Salt	0.1 g	0.15 g	3 %

\*RI: Reference intake for an average adult ( 8400 KJ / 2000 kcal ).

### FLAVORS



CHOCOLATE



STRAWBERRY



ALMONDS



PISTACHIO



COOKIES  
and CREAM



VANILLA

### PRODUCT DESCRIPTION

**Dorian Yates's Metabolic Mass Gainer** contains a powerful combination of top-quality Whey Protein, Creatine, vitamins, and essential nutrients. Recommended for physically active people and strength training athletes. Whey Protein is derived from milk.

More specifically, whey is a byproduct of the dairy making process. Whey is essential because of its high protein content. Proteins are the fundamental elements of all the cells in the human body. In turn, proteins are made of amino acids. Some amino acids are produced by your body's cells, while others are supplied by the food you eat.

### DOSING

**For first-time gym-goers:** drink 1 serving after each training session or physical exercise.

**For Mass-Hungry Trainers:** drink 1 serving after each workout and in-between meals, in order to reach your muscle-mass building goals.

### PACKAGING



6000 g **Bag**  
40 Servings



2 **Scoops** (150g)  
1 Serving

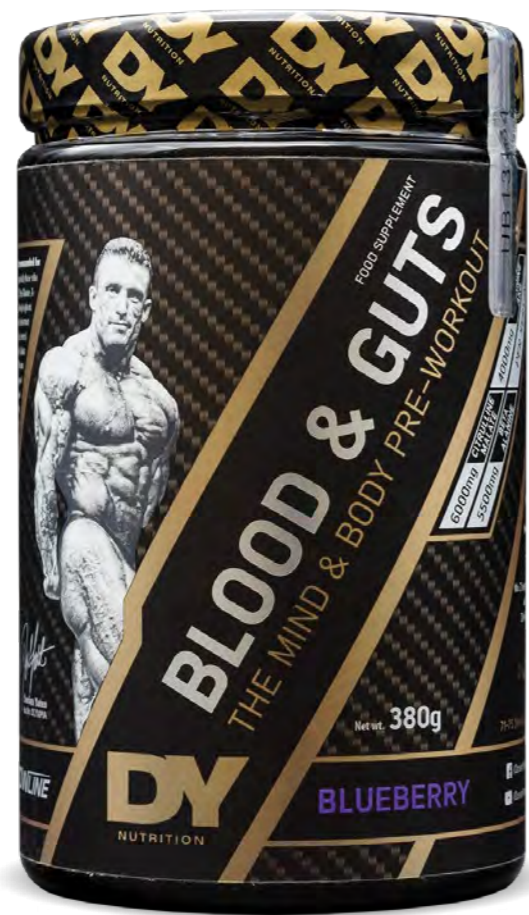


# **PRE-WORKOUT**

# BLOOD AND GUTS

## PRE-WORKOUT

PUSH YOUR LIMITS



Boost focus, energy and strength during physical exercise

Generates **powerful muscular contractions**, sustains focus

Boosts performance by extending **muscle endurance**

Improves the **athletic performance** for endurance sports

### NUTRITIONAL INFORMATION

CONTENT	PER 100G PRODUCT	PER 19G SERVING
Vitamin B3	250 mg	47.6 mg (297%NRV**)
L-Citruline DL-Malate (2:1)	315 g	5985 mg
of which L-Citruline	215 g	4085mg
A-AKG complex	211 g	4009 mg
- L-Arginine	14.1 g	2679 mg
- Calcium Alpha Ketoglutarate	7 g	1130 mg
Beta-Alanine	28.95 g	5500 mg
L-Tyrosine	2630 mg	500 mg
Green tea (Camellia sinesis)		
leaf extract 30:1	1320 mg	250 mg
- Total Polyphenols	1254 mg	237 mg
- Caffeine	66 mg	13 mg
Sweet orange (Citrus sinesis)		
100% peel extract	980 mg	186 mg
Caffeine anhydrous	1840 mg	350 mg
Guarana (Paullinia cupana) extract	210 mg	41 mg
- Caffeine	46 mg	9 mg
Black pepper (Piper Nigrum)		
(25-35:1) extract	10 mg	1.9 mg
- Piperine	9 mg	1.7 mg

\*\*NRV - Nutrient Reference Value of an average adult

### FLAVORS



STRAWBERRY



COLA



BLUEBERRY



KIWI-PEAR



BUBBLEGUM



MOJITO



WATERMELON

### PRODUCT DESCRIPTION

**Blood and Guts is a pre-workout** nutritional supplement designed to boost focus, energy and strength during physical exercise, enabling you to push past your mental and physical limits.

Our goal with Blood and Guts was to create a product that embodies Dorian's famous training philosophy and his exceptional work ethic. That's why the revolutionary Blood and Guts pre-workout contains solid doses of key nutrients, fused together through Dorian's lifelong experience, to create the most intense pre-workout supplement on the market today.

### DOSING

**Before working out:** the effects kick in 15 minutes after product ingestion.

Before exercising when cycling, running or practicing sports. You don't need to finish it before starting exercising.

### PACKAGING



380 g **Container**  
20 Servings



2 **Heaping Scoops** (~19g)  
1 Serving

# BLOOD AND GUTS PRE-WORKOUT

20 SACHETS 380G BOX



**Boost focus, energy and strength**  
during physical exercise

Generates **powerful muscular contractions**, sustains focus

Boosts performance by extending  
**muscle endurance**

Improves the **athletic performance**  
for endurance sports

## NUTRITIONAL INFORMATION

CONTENT	PER 100G PRODUCT	PER 19G SACHET
Vitamin B3	250 mg	47,6 mg (297%NRV**)
L-Citruline DL-Malate (2:1)	31,5 g	5985 mg
of which L-Citruline	21,5 g	4085 mg
A-AKG complex	21,1 g	4009 mg
- L-Arginine	14,1 g	2679 mg
- Calcium Alpha Ketoglutarate	7 g	1330 mg
Beta Alanine	28,95 g	5500 mg
L-Tyrosine	2630 mg	500 mg
Green tea (Camellia sinensis) leaf extract 30:1	1320 mg	250 mg
- Total Polyphenols	1254 mg	237 mg
- Caffeine	66 mg	13 mg
Sweet orange (Citrus sinensis) 100% peel extract	980 mg	186 mg
Caffeine anhydrous	1840 mg	350 mg
Guarana (Paulina cupana) extract	210 mg	41 mg
- Caffeine	46 mg	9 mg
Black Pepper (Piper Nigrum) (25-35:1) extract	10 mg	1,9 mg
- Piperine	9 mg	1,7 mg

\*\*NRV - Nutrient Reference Value of an average adult.

## FLAVORS



KIWI-PEAR



WATERMELON



STRAWBERRY



MANGO

## PRODUCT DESCRIPTION

### Dorian Yates' Blood and Guts

formula put intensity at the forefront  
of your training sessions.

From the very first serving, a swift  
infusion of a blistering combination of  
ingredients including a staggering  
5985mg citrulline malate, 4009mg  
arginine AKG, and 5500mg  
beta-alanine is designed to maximize  
training performance.

Our goal with Blood and Guts was to  
create a product that embodies  
Dorian's famous training philosophy  
and his exceptional work ethic. That's  
why the revolutionary Blood and Guts  
pre-workout contains solid doses of  
key nutrients, fused together  
through Dorian's lifelong experience,  
to create the most intense  
pre-workout supplement on the  
market today.

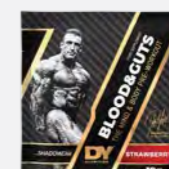
## DOSING

Mix 1 sachet (~19g) in 200-300ml of  
water, 30 minutes before exercise.

## PACKAGING



380 g **Box**  
20 Servings



19 g **Sachet**  
1 Serving

# #M6TEEN LIQUID PRE-WORKOUT

## LIQUID



Boosts performance by extending **muscle endurance**

**Relentless energy** source and refreshing taste

Includes powerful **vitamin B** complex

Delivering a burst of caffeine for **unparalleled mental focus**

## NUTRITIONAL INFORMATION

CONTENT	PER 100ML PRODUCT	PER 60ML SERVING	NRV% (PER SERVING)
Vitamin B6	4.6 mg	2.7 mg	197%
Vitamin B12	54 µg	32 µg	1280%
Battle-Blend:	10.21 g	6.12 g	0%
- Beta-Alanine			
- Taurine			
- Caffeine			
- Vitamin B3			

\*RI: Reference intake for an average adult ( 8400 KJ / 2000 kcal ).  
\*N/A: RI has not been established.



## FLAVORS



BLUEBERRY



MOJITO



PEACH



CHERRY

## PRODUCT DESCRIPTION

#M6Teen detonates a quick surge of commanding strength and endurance throughout your body, by employing dominating doses of Beta-Alanine and Taurine. The Battle-Blend enhances energy levels while also delivering a burst of caffeine for unparalleled mental focus.

Furthermore, #M6teen has your 6 with its powerful vitamin B complex. Gear up with an ammo kit of 12 explosive shots.

#LockAndLoad with 4 fresh flavors: Blueberry, Peach, Cherry, Mojito.

## DOSING

Fire 1 shot (60ml ampule) 30 minutes before deployment on the battlefield.

Before Working Out: the effects kick in 30 minutes after product ingestion.

Before exercising when cycling, running, or exercising outdoors.

## PACKAGING



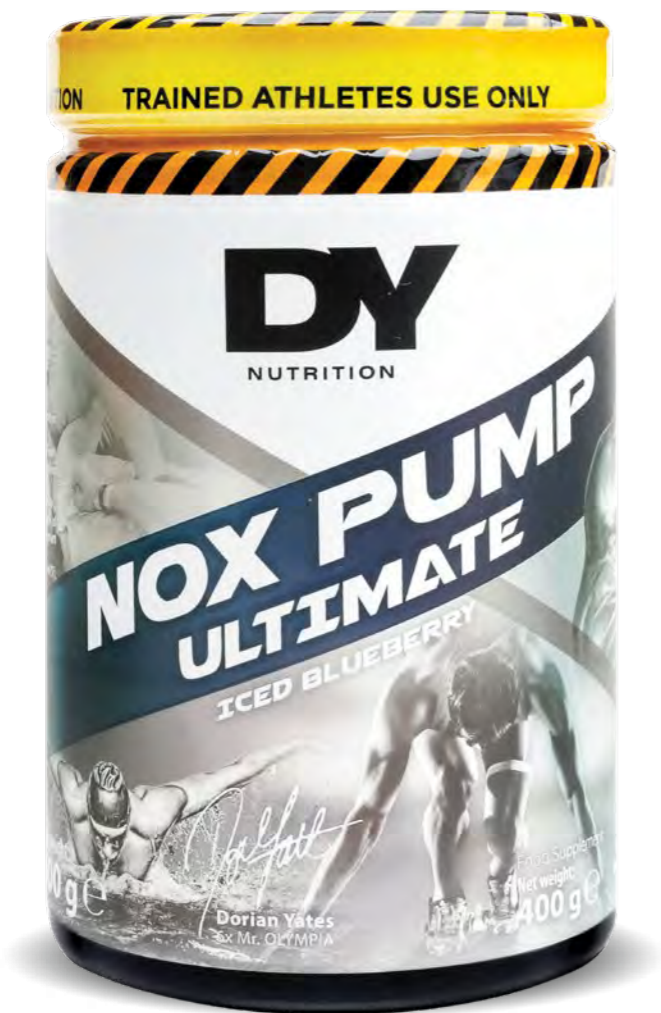
12x60 ml **Box**  
12 Servings



60 ml **Ampule**  
1 Serving

PRE-WORKOUT

# NOX PUMP ULTIMATE PRE-WORKOUT



**Extreme pumps** and **increased strength**

**Improved endurance** and delayed muscle fatigue

Enhanced **mind-muscle connection**

Supports **high intensity** from the beginning to the end

## NUTRITIONAL INFORMATION

CONTENT	PER 100G PRODUCT	PER 20G SERVING
L-Citrulline	25 g	5,000 mg
Tri-Methyl Glycine	25 g	5,000 mg
Beta Alanine	16 g	3,200 mg
L-Ornithine	7,5 g	1,500 mg
L-Tyrosine	5 g	1,000 mg
Caffeine Anhydrous	1,75 g	350 mg
Juniper Berry Extract	1,5 g	300 mg
Kigelia Africana	1,5 g	300 mg
AstraGin®	0,25 g	50 mg
BioPerine™	0,05 g	10 mg

## FLAVORS



BUBBLEGUM



FRUIT PUNCH



COTTON CANDY



GREEN APPLE



ICED BLUEBERRY



STRAWBERRY-KIWI

## PRODUCT DESCRIPTION

Nox Pump Ultimate is the ultimate pre-workout for any athlete who wants to enhance every aspect of their training.

An extreme combination of the most powerful ingredients such as Beta-Alanine, Caffeine or Juniper Extract will work together to keep you focused, energized and strong until the end of your training.

Moreover, due to the Tri-Methyl Glicine you will avoid a severe fatigue after intense workouts and the recovery period will be shorter.

Using Nox Pump Ultimate there will be no bad or low intensity trainings!

## DOSING

Mix 1 scoop of powder (20g) to 250-400 ml of cold water and shake well.

Consume 30 minutes before beginning activity.

## PACKAGING



400 g **Container**  
20 Servings



1 **Scoop** (20g)  
1 Serving

A muscular man is shown from the waist up, shirtless, wearing large black headphones and holding a black dumbbell in his right hand. He is looking down and to the left. A large, bright red arrow points diagonally upwards from the bottom left towards the top right, passing behind the text. The background is a dark, smoky, blue-grey color.

# INTRA-WORKOUT

# HIT BCAA 10:1:1

## PERFORMANCE ENDURANCE EFFICIENCY



Sustains **muscle growth** and exercise efficiency

**Explosive Muscle Pumps** and Improved Performance

Supports Prolonged **Muscle Endurance**

Improves **muscle recovery** time during and after training

### NUTRITIONAL INFORMATION

CONTENT	PER 100G PRODUCT	PER 20G SERVING	RI%(PER SERVING)
Energy	1020 KJ/ 240 kcal	204 KJ/ 48 kcal	2%
Fat	0 g	0 g	0%
- of which saturated	0 g	0 g	0%
Carbohydrates	0 g	0 g	0%
- of which sugars	0 g	0 g	0%
Protein	60 g	12 g	24%
Salt	0 g	0 g	0%
BCAAs 10:1:1	60 g	12000 mg	N/A
L-Leucine	50 g	10000 mg	N/A
L-Isoleucine	5 g	1000 mg	N/A
L-Valine	5 g	1000 mg	N/A
L-Citrulline DL-Malate (2:1)	15 g	3000 mg	N/A
L-Citrulline	10.25 g	2050 mg	N/A
Beta-Alanine	10 g	2000 mg	N/A
L-Tyrosine	5 g	1000 mg	N/A

\*RI: Reference intake for an average adult ( 8400 KJ / 2000 kcal ).  
\*N/A: RI has not been established.

### FLAVORS



STRAWBERRY



ORANGE



MANGO



PEACH



PINEAPPLE

### PRODUCT DESCRIPTION

HIT BCAA 10:1:1 is a unique formula that contains a massive 12 grams of Branched Chain Amino Acids per serving, designed to minimize tissue breakdown during training and enhance recovery time between sets. Its potent ingredients enable you to stave off catabolism during training. Through the inclusion of Citrulline Malate and Beta-Alanine in substantial dosages, improves endurance and prolongs intensity, allowing you to increase your reps on each lift. Each BCAA hit results in swelling muscle pumps, explosive strength gains, and powerful muscular contractions, right up until the last rep of your workout. Furthermore, 10 grams of L-leucine per serving enables you to fuel your training sessions and prevent the excessive breakdown of this vital amino acid.

### DOSING

Mix 2 scoops of powder (20g) with 500-600ml of water.  
For first-time gym-goers: drink 1 serving (20g) before or while exercising.

### PACKAGING



400 g **Container**  
20 Servings



1 **Scoop** (20g)  
1 Serving

# HIT BCAA 4:1:1 + GLUTAMINE

## MUSCLE DEFENDER



Sustains **muscle growth** and exercise efficiency

Improves **muscle recovery** time during and after training

Fortifies the **Immune System**

Helps you to train with **higher intensity**, more frequently

### NUTRITIONAL INFORMATION

CONTENT	PER 100G PRODUCT	PER 15G SERVING
Energy	223 KJ/ 52 kcal	34 KJ/ 8 kcal
Fat	0.2	0
- Of which Saturates	0.1	0
Carbohydrates	2.4	0.4
- Of which sugars	0.1	0
Fibre	0	0
Protein	0	0
Salt	0.2	0.03

\*RI: Reference intake for an average adult ( 8400 KJ / 2000 kcal ).

### FLAVORS



STRAWBERRY



CHERRY



PEACH

### PRODUCT DESCRIPTION

This formula was built to contribute to the maintenance of normal muscle function and immunity, making it the perfect intra or post-workout partner for anyone engaged in high intensity training.

#### HIT BCAA 4:1:1 + Glutamine

supplement was built to cater to the maintenance of normal muscle function and muscle mass, muscle endurance, optimal performance, recovery and immunity, containing 5000mg L-Glutamine Monohydrate, L-Leucine 5000mg, L-Isoleucine 1250mg and L-Valine 1250mg.

### DOSING

Mix two scoops (15g) with 350-500ml of cold water.

### PACKAGING



450 g **Container**  
30 Servings



2 **Scoops** (15g)  
1 Serving

A full-page background image of a muscular man with a beard, shirtless, standing in a gym. He is wearing black shorts, blue socks, and black sneakers. His hands are on his hips, and he is looking upwards. A large red diagonal graphic cuts across the center of the image. Overlaid on this graphic is the text 'POST-WORKOUT' in white, bold, sans-serif capital letters.

**POST-WORKOUT**

# THE GLUTAMINE RECOVERY

## MUSCLE DEFENDER



Helps you to **train with higher intensity**

Enhance faster **tissue recovery**

Fortifies the **Immune System**

**Pure source**, not flavors added

### NUTRITIONAL INFORMATION

CONTENT	PER 100G PRODUCT	PER 4,5G SERVING
L-Glutamine (free form of amino acid)	99 g	4500 mg
Beta-Glucan	1000 mg	45 mg

### PRODUCT DESCRIPTION

The **Glutamine** is designed to replenish the body's most abundant amino acid post-workout to enhance muscle tissue recovery. A fortified immune system is also paramount for a faster recovery. Combined with Beta-Glucan, L-Glutamine improves your body's natural defence systems, strengthening its network of cells, supporting tissues, and organs that work together to protect the body. The end result is simple: train with higher intensity, more frequently, and recover more effectively than ever before – only when The Glutamine is part of your post-workout nutrition.

**L-Glutamine** is an amino acid naturally found in foods and produced by the body. Although, those 2 sources produce a small amount of Glutamine that is rapidly used after minimal physical exercise. L-Glutamine has been proven to aid in the muscle recovery after a workout and even decrease the soreness that might be present after an intense training session. L-Glutamine is used as a fuel source for immune cells, such as the white blood cells. Further enhancing the immune system.

Beta-Glucan is a soluble type of fiber which can be partially dissolved in liquids. Beta-Glucan boosts the immune system and heart health by increasing chemicals that prevent infections and by lowering cholesterol and triglycerides. Beta-Glucan also and acts as a blood sugar regulator.

### DOSING

Mix 1 scoop (~4,5g) of powder with 250 ml of cold water. Drink 1 serving immediately after your workout.

### PACKAGING



300 g **Container**  
66 Servings



1 **Scoop** (4.5g)  
1 Serving

# THE CREATINE

## CELLULAR HYDRATION ENDURANCE BOOST



Supports prolonged **muscle endurance**

Provides bigger Muscle Pumps and **cell hydration**

Amplifies muscular contractions and **boosts energy levels**

Effective, **high-absorbable** and fighting fatigue formula

### NUTRITIONAL INFORMATION

CONTENT	PER 100G PRODUCT	PER 8G SERVING
Vitamin B1	13,75 mg	1,1 mg
Vitamin B2	17,5 mg	1,4 mg
Vitamin B3	200 mg	16 mg
Vitamin B5	68,7 mg	5,5 mg
Vitamin B6	14 mg	1,1 mg
Biotin	0,6 mg	50 µg
Folic acid	2,5 mg	0,2 mg
Vitamin B12	31 µg	2,5 µg
Creatine monohydrate	37,5 g	3000 mg
- of which Creatine	32,9 g	2640 mg
Tri-creatine Malate	37,1 g	2968 mg
- of which Creatine	27,8 g	2224 mg
Beta-Alanine	12,5 g	1000 mg
Taurine	6,25 g	500 mg

\*RI: Reference intake for an average adult ( 8400 KJ / 2000 kcal ).

\*N/A: RI has not been established.

### FLAVORS



STRAWBERRY



CHERRY



PEACH

### PRODUCT DESCRIPTION

The Creatine is a combination of 3 grams creatine monohydrate and 3 grams of tri-creatine malate that massively increases training performance and overall strength in the gym.

Fortified with a subtle amount of beta-alanine and taurine, The Creatine enhances muscular contractions and improves cell metabolism, fighting off fatigue during your hardest sets.

### DOSING

Mix 1 heaping scoop (1 serving) with 250ml of cold water.

Before working out: Drink 1 serving before starting physical exercise.

### PACKAGING



316 g **Container**  
39 Servings



1 **Heaping Scoop** (8g)  
1 Serving



# **FAT BURNERS**

# BLACKBOMBS™ THERMOGENIC FAT BURNER



Perfect ingredients blend for  
**supreme fat burning** power

**Reduces appetite** & boosts energy levels

**Lowers the cholesterol** levels

Perfect for both **cardio** and **weight** trainings

## NUTRITIONAL INFORMATION

CONTENT	Per 2 tablets	RI
Berberine HCl	600mg	n/a
Capsicum 8:1	200mg	n/a
Teacrine	100mg	n/a
Theobromine	100mg	n/a
Choline (as bitartrate)	100mg	n/a
DL-Phenylalanine	100mg	n/a
Caffeine	100mg	n/a
Chromium (as Picolinate)	100.000 mcg	62,5%

\*RI: Reference intake for an average adult ( 8400 KJ / 2000 kcal ).  
\*n/a: RI has not been established.

## PRODUCT DESCRIPTION

**BLACKBOMBS™** is a powerful, all-encompassing thermogenic powerhouse like you've never seen before, hitting fat from every conceivable angle. It mercilessly breaks down fat cells, freeing them up to be utilized for fuel in the bloodstream.

**BLACKBOMBS™** crushes cravings, leaving you feeling satisfied between meals and easily adhering to your diet as you get leaner by the day. When it comes to getting shredded, **BLACKBOMBS™** is the only solution to make dieting an easy process.

## DOSING

**Blackbombs™** is an advanced formula. Start by taking 2 tablets with a 250 ml glass of cold water once per day, preferably in the morning

## PACKAGING



68 g **Container**  
30 Servings



2 **Tablets /day**  
1 Serving

FAT BURNER

# L-CARNITINE FAT BURNER

## LIQUID



Improves your **weight loss efforts**  
and lean muscle gains

Natural **energy booster**  
from Vitamin B5

Perfect for both **cardio and  
weight training**

**Refreshing** taste

### NUTRITIONAL INFORMATION

CONTENT	PER 100ML PRODUCT	PER 25ML SERVING	NRV% (PER SERVING)
L-Carnitine L-Tartrate	12.37 g	3000 mg	N/A
- of which Carnitine	8.43 g	2100 mg	N/A
Vitamin C	495 mg	124 mg	(155%NRV*)
Vitamin B5	22.6 mg	5.65 mg	(64%NRV*)
Vitamin B6	4.73 mg	1.18 g	(84%NRV*)
Chromium	4.73 mg	1,18 mg	(84%NRV*)

\*Rt: Reference intake for an average adult ( 8400 KJ / 2000 kcal ).  
\*N/A: RI has not been established.

### FLAVORS



ORANGE



PEACH

### PRODUCT DESCRIPTION

A powerful surge of 3000mg **L-Carnitine** L-Tartrate is one of the best ways that could improve your weight loss efforts and lean muscle gains. Fortified Chromium and essential Vitamins.

**L-Carnitine's** ability to increase the human body's energy production by consuming its fat reserves makes it a powerful fat burner. Inside the body's cells, L-Carnitine helps transport fatty acids into the mitochondria, where they can be burned for energy. Since L-carnitine helps increase mitochondrial function, it plays a key role in the body's fight against diseases and in healthy aging.

### DOSING

Drink 1 serving (1 ampule ~25ml) per day.

Drink 1 serving 30 minutes before starting physical exercise.

### PACKAGING



20x25 ml **Box**  
20 Servings



25 ml **Ampule**  
1 Serving

# SLENDER

## FAT BURNER

FOR ACTIVE WOMEN



Accelerated metabolic rate and improved **fat burning**

**Fights with the adipose tissue** and reduces the water retention

**Appetite Control Blend** with crucial L-Carnitine L-Tartrate

Contains **MSM** and **hyaluronic acid** for skin and joint support

### NUTRITIONAL INFORMATION

CONTENT	PER 100G PRODUCT	PER 15G SERVING	NRV% (PER SERVING)
Energy	545 kJ / 131 kcal	82 kJ/ 20 kcal	1%
Fat	0g	0g	0%
of which			
- Saturated	0g	0g	
Carbohydrates	23g	3.5g	1%
of which			
- Sugars	3.2g	0.5g	1%
- Polyols	10g	1.5g	n/a
Fibers	17g	2.6g	n/a
Protein	5.2g	0.8g	2%
Salt	0g	0g	0%

\*RI: Reference intake for an average adult ( 8400 KJ / 2000 kcal ).  
\*N/A: RI has not been established.

### FLAVORS



STRAWBERRY



RASPBERRY

### PRODUCT DESCRIPTION

**Slender - Cellulite and Fat Burner** is a powerful fat burning formula containing MSM, L-Carnitine, Bromelain, Hyaluronic acid, vitamins, essential nutrients, vital fiber, and 9 botanical extracts. Slender is designed to shape your body and enhance your anti-cellulite and fat burning efforts. It also improves your mood, raises energy levels, and blunts appetite.

### DOSING

Mix 2 scoops of powder (15 g) with 500 ml of cold water. When to use. In the morning or at noon: drink 1 serving after breakfast or lunch.

Do not use less than 5 hours prior to going to sleep.

### PACKAGING



450 g **Container**  
30 Servings



2 **Scoops** (15g)  
1 Serving

FAT BURNER

A muscular man is shown from the waist up, shirtless, in a gym setting. He is holding a pull-up bar with his right arm and a black shaker bottle in his left hand. The background is dark and out of focus, showing gym equipment. The text "NEW RANGE OF SUPPLEMENTS" is overlaid in white, bold, sans-serif font across the center of the image.

# **NEW RANGE OF SUPPLEMENTS**

# CA-ZN-MG

## Minerals



Normal function of **muscle**

**Immune system** boost

Contribute to **healthy bones**

**Reducing** tiredness and fatigue

### NUTRITIONAL INFORMATION

Serving Size: 1 tablet  
Daily dose: 3 tablets  
Daily Dose Per Container: 30

CONTENT	Per Serving (1 tablet)	Daily Dose (3 tablets)	%NRV*
Calcium	365 mg	1095 mg	135%
Zinc	2 mg	6 mg	60%
Magnesium	207 mg	621 mg	110%
Phosphorus	147 mg	441 mg	63%
Copper	0,23 mg	0,69 mg	66%
Boron	26 µg	78 µg	†
L-Glutamine	34 mg	102 mg	†

\*NRV – Nutrient Reference Value of an average adult.  
† – NRV not established.

 **Normal Muscle Function**

 **Protein Synthesis**

 **Immune System**

 **Healthy Bones**

 **Healthy Joints**

 **Healthy Teeth**

 **Reduction of Tiredness & Fatigue**

### PRODUCT DESCRIPTION

This essential tablet contains the big three macro and micro-minerals, Magnesium, Zinc and Calcium, as well as Phosphorous, Copper, Boron and L-Glutamine for optimal balance and synergistic effect. Combining Magnesium, Zinc and Calcium will contribute to a myriad of essential body systems including the normal function of muscle, the immune system, contribute to healthy bones, joints and teeth as well as reducing tiredness and fatigue.

### DOSING

As a dietary supplement take 3 tablets daily, one after each main meal, with plenty of water or other liquid.

### PACKAGING



90 **TABLETS**

CA-ZN-MG

# D3 + K1 Vitamins



## NUTRITIONAL INFORMATION

Serving Size: 2 capsules  
Portions Per Container: 45

CONTENT	Per Serving (2 capsules)	%NRV* (per portion)
Vitamin D	50 µg (2000 IU)	1000%
Vitamin K1	20 µg	26%

\*NRV – Nutrient Reference Value of an average adult.

 **Healthy Bones**

 **Healthy Joints**

 **Healthy Teeth**

 **Healthy Heart**

## PRODUCT DESCRIPTION

Vitamin D has really come to the fore as a 'must have' daily supplement, particularly since it was established as one of the most important micronutrients there is, when it comes to the immune system. It is now one of the most extensively researched vitamins, and for good reason. Vitamin K1 should be mainly consumed via the diet from leafy greens and various other vegetables, but vast amounts of the public don't consume enough of these food groups to meet their K1 requirements, and even if they do, the K1 in leafy greens isn't at all well absorbed by the body (top tip: microwave your greens to optimise absorption).

## DOSING

Take 2 capsules a day between meals.

## PACKAGING



90 **CAPSULES**

D3 + K1

Maintain a **healthy Immune System**

**Fight** disease and infection

Maintain **normal blood** clotting function

Regulate healthy amounts of **Calcium**

**and Phosphate** in the body

# B COMPLEX

## Vitamin



**Reduction** in tiredness and fatigue

Support **normal energy-yielding** metabolism

Normal **psychological function**

Support the normal functioning of the **nervous system**

### NUTRITIONAL INFORMATION

Serving Size: 1 tablet  
Servings per container: 100

CONTENT	Per Portion (1 tablet)	%NRV*
Vitamin B1	3,3 mg	300%
Vitamin B2	4,2 mg	300%
Vitamin B3	48 mg	300%
Vitamin B5	18 mg	300%
Vitamin B6	4,2 mg	300%
Folic acid	600 µg	300%
Vitamin B12	7,5 µg	300%
Biotin	150 µg	300%

\*NRV – Nutrient Reference Value of an average adult.

 **Protein Synthesis**

 **Immune System**

 **Healthy Eyes**

 **Oxidative Stress Protection**

 **Psychological & Nervous System**

### PRODUCT DESCRIPTION

There are 8 vitamins in what is known as the B vitamin complex, B1 (thiamin), B2 (riboflavin), B3 (niacin), B5 (pantothenic acid), B6 (pyridoxine), B7 (biotin), B9 (folate or folic acid), B12 (cobalamin). The B vitamins can all be found in the diet, mainly in cereals, legumes, meat and eggs, however they aren't always that well absorbed and utilised, making supplementation a convenient way to ensure you are getting enough.

### DOSING

As a dietary supplement, take one tablet daily with plenty of water. Each tablet delivers 78mg of B-Vitamin complex per serving (300% of daily requirement).

### PACKAGING



100 **TABLETS**

VITAMIN B COMPLEX

# MAGNESIUM

Organic



## NUTRITIONAL INFORMATION

Recommended Daily Serving Size: 3 tablets  
Servings Per Container: 30  
Tablets Per Container: 90

CONTENT	PER Serving (1 tablet)	Recommended Serving (3 tablets)
Magnesium	125 mg (33% NRV*)	375 mg (100% NRV*)

\*NRV – Nutrient Reference Value of an average adult.

 **Reduction of Tiredness & Fatigue**

 **Normal Muscle Function**

 **Healthy Teeth**

 **Brain & Nervous System**

## PRODUCT DESCRIPTION

Magnesium is the second most prevalent electrolyte in the human body. Deficiencies of this essential dietary mineral are common, especially in developed countries where deficiencies can contribute to high blood pressure, impaired glucose tolerance (linked to Diabetes) and excessive neural excitation linked to circuit dysfunction seen in many neurological diseases.

## DOSING

Each DY Nutrition Organic Magnesium tablet delivers 125mg of readily absorbed Magnesium citrate. Our recommended serving of 3 tablets per day provides 375mg of Magnesium delivering 100% of the daily recommendation.

As a dietary supplement, take 1 tablet 3 times daily, with plenty of water. For maximum benefit, consume daily as per directions.

## PACKAGING



90 **TABLETS**

**Protective effect** against depression and ADHD

Maintenance of **normal muscles, bones and teeth**

Effective metabolism of **protein and glycogen** (stored glucose)

Normal **red blood cell formation** for oxygen and energy delivery

MAGNESIUM ORGANIC

# MAGNESIUM + B6

Organic 



## NUTRITIONAL INFORMATION

Serving Size: 1 tablet  
Servings Per Container: 90

CONTENT	PER Serving (1 tablet)
Vitamin B6	8,2 mg (585% NRV*)
Magnesium	150 mg (40% NRV*)

\*NRV – Nutrient Reference Value of an average adult.



**Healthy Bones**



**Healthy Teeth**



**Nervous System  
Function**



**Immune System**



**Red Blood Cell  
Formation**

## PRODUCT DESCRIPTION

Combining Magnesium + B6 is becoming ever more popular the more we discover about their synergy. Our Magnesium + B6 supplement is much like our Organic Magnesium supplement, it just works that little bit harder for you. In most cases, when it comes to nutrition supplements, the combination of ingredients is what matters, and Magnesium and vitamin B6 are a perfect match.

## DOSING

Each serving provides research supported dosages of 150mg of Magnesium citrate and 8.2mg of Vitamin B6.

As a dietary supplement, take 1 tablet daily, with plenty of water. For maximum benefits, consume daily as directed.

## PACKAGING



90 **TABLETS**

Supports the **immune system**

**Normal structure** and function of bones

Contributes to the **normal formation of red blood cells**

Contributes to **healthy teeth**

MAGNESIUM + B6 - ORGANIC

# MULTIVITAMIN Complex



Improve your bodies ability to **manage stress**  
Aid **memory** and thinking skills  
**Reduce** inflammation  
Well-being and **manage anxiety**

## NUTRITIONAL INFORMATION

Serving Size: 2 tablets  
Servings Per Container: 30

CONTENT	PER Serving (2 tablets)	%NRV* per portion
Vitamin A	1600 µg	200%
Vitamin C	200 mg	250%
Vitamin E	24 mg	200%
Vitamin D	10 µg	200%
Vitamin B1	3,4 mg	309%
Vitamin B2	2,8 mg	200%
Niacin	36 mg	225%
Pantothenic acid	12 mg	200%
Vitamin B6	2,8 mg	200%
Folic Acid	400 µg	200 %
Vitamin B12	5 µg	200%
Vitamin K1	150 µg	200%
Biotin	100 µg	200%
Calcium	240 mg	30%
Magnesium	187 mg	49%
Iron	29 mg	207%
Zinc	20 mg	200%
Copper	2 mg	200%
Manganese	5 mg	250%
Molybdenum	100 µg	200%
Chromium	202 µg	505%
Selenium	110 µg	200%
Iodine	303 µg	202%
Coenzyme-Q10	4 mg	†
Ginkgo biloba leaf extract	60 mg	†
Panax ginseng extract	10 mg	†
- Ginsenosides	2 mg	†

\*NRV – Nutrient Reference Value of an average adult.  
†: NRV has not been established

-  **Brain & Nervous System**
-  **Healthy Eyes**
-  **Immune System**
-  **Healthy Bones**
-  **Reduction of Tiredness & Fatigue**
-  **Psychological Function**

## PRODUCT DESCRIPTION

When you need to know that you have all bases covered with as little hassle as possible – reach for the DY Nutrition Multivitamin Complex. This premium vitamin complex delivers the key nutritional components, in their most bioavailable (readily absorbed) forms, whilst ensuring they are available in optimal, research supported doses.

## DOSING

As a dietary supplement, take 1 serving (1 tablet) twice a day with plenty of water or other liquid. Each serving delivers the 24 key vitamins and minerals, plus 4mg Co-enzyme Q-10 and 220mg Panax Ginseng (adaptogens).

## PACKAGING



60 **TABLETS**

MULTIVITAMIN COMPLEX

# VITAMIN C PLUS

## Supplement



### NUTRITIONAL INFORMATION

Serving Size: 1 tablet  
Servings per container: 60

CONTENT	PER Serving (1 tablet)
Vitamin C	600 mg (750%*)
Citrus aurantium extract - Citrus bioflavonoids	100 mg 60 mg
Amla ( <i>Emblica officinalis</i> ) dry fruit powder	50 mg
Black Pepper ( <i>Piper Nigrum</i> ) fruit extract	5 mg
- Piperine	4,75 mg

\*NRV – Nutrient Reference Value of an average adult.

 Immune System Protection

 Reduction of Tiredness & Fatigue

 Brain & Nervous System

### PRODUCT DESCRIPTION

Vitamin C has become synonymous to health and wellbeing, in part due to its proven benefit to the immune system, but also due to its role in absorption of other critical nutrients such as iron. Vitamin C is an antioxidant which helps to reduce internal damage and stress and, is integral to the synthesis of collagen needed to form the bodies connective tissue and joints.

### DOSING

As a dietary supplement, take 1 serving (1 tablet) a day with plenty of water or other liquid.

### PACKAGING



60 TABLETS

VITAMIN C PLUS

Support our **immune system**

**Reduce** cortisol levels

Support **pancreatic health** and blood flow

**Reduce** the duration of a cold by 8-14%

# CLA

## Conjugated Linoleic Acid



### NUTRITIONAL INFORMATION

Serving Size: 1 softgel capsule  
Servings per container: 90

CONTENT	PER Serving (1 softgel capsule)
Conjugated linoleic acid (CLA)	1000 mg

 **Oxidative Stress Protection**

 **Fat Loss Aid**

 **Immune System Protection**

### PRODUCT DESCRIPTION

Conjugated Linoleic Acid (CLA) is a modified form of the Omega-6 fatty acid, Linoleic Acid. The term CLA, refers to a mixture of fatty acids that have the general structure of linoleic acid. CLA is found naturally in the diet, the same as Linoleic Acid is, but the two are not to be considered the same thing. Linoleic acid is necessary for normal growth and development in human's and is essential that we get it through our diet.

### DOSING

As a dietary supplement, consume 1 softgel daily, preferably between meals with water or another liquid.

### PACKAGING



90 **SOFTGELS**

CLA

Enhances the **fat burning** after workout

Helps the **weight management**

**Stops** the fat cell formation

**Reduces** the inflammation

# OMEGA-3

## Fish Oil



**330mg EPA & 220mg DHA** per serving

Beneficial effect on the **brain & vision**

Contributes to the **normal function of the heart**

Brain health and **development**

### NUTRITIONAL INFORMATION

Serving Size: 1 softgel capsule  
Servings per container: 60

CONTENT	PER Serving (1 softgel capsule)
Vitamin E	2 mg (16% NRV*)
Fish oil (Standardized to 33% EPA and 22% DHA)	1000 mg
Equiv. Eicosapentaenoic Acid	330 mg
Equiv. Docosahexaenoic Acid	220 mg

\*NRV – Nutrient Reference Value of an average adult.



**Healthy Heart**



**Healthy Brain**



**Healthy Eyes**

### PRODUCT DESCRIPTION

There are 4 main types of fat, saturated, monounsaturated, polyunsaturated and trans-fat. All of these fats are found naturally in our diet, and although we need all fats in moderation for various functions within the body, it is the unsaturated fats (monounsaturated and polyunsaturated fats) that are widely known for their beneficial contribution to overall health. It is for this reason that an Omega-3 fish oil has become one of the most popular nutrition health supplements in the world.

### DOSING

The current evidence supports a dietary recommendation of approximately 500 mg per day of EPA and DHA combined, this is also the case for cardiovascular disease risk reduction. For those that don't eat oily fish, the recommended consumption is just 2 softgels per day to provide 2000mg of Fish Oil, equating to a potent 660mg EPA and 440mg DHA (1000mg combined). In the case of existing cardiovascular disease, at least 1000mg of EPA and DHA is recommended

### PACKAGING



60 **SOFTGELS**

OMEGA-3 FISH OIL

# HIT PACK COMPLEX

Vitamins, Minerals, Omega-3 fatty acids,  
Lecithin and Coenzyme Q10



The **DY Nutrition HIT Pack Complex** consists of 8+ research backed ingredients that work in perfect harmony with one another. This premium nutrient complex delivers the key nutritional components, in their most **bioavailable** (readily absorbed) forms, whilst ensuring they are available in optimal, research supported quantities.

**The HIT Pack complex** assures you that with every capsule and tablet consumed, you pay into your body's much needed vitamin and nutrient insurance policy. Keeping you covered, to **empower** you to go about your day-to-day business with absolute confidence that you are meeting your **micronutrient requirements** and much more!

## NUTRITIONAL INFORMATION

Vitamin C + Rose hips tablet		
NUTRITION INFORMATION		
Portion Size: 1 tablet		
CONTENT	PER Portion (1 tablet)	%NRV* per portion
Vitamin C	1000 mg	1250%
Rosehip ( <i>Rosa Canina</i> ) fruit powder	50 mg	†
*NRV – Nutrient Reference Value of an average adult. †: NRV has not been established		

Ca-Zn-Mg tablet		
NUTRITION INFORMATION		
Portion Size: 1 tablet		
CONTENT	PER Portion (1 tablet)	%NRV* per portion
Calcium	365 mg	45%
Zinc	2 mg	20%
Magnesium	207mg	55%
Phosphorus	147 mg	21%
Copper	0,23 mg	22%
Boron	26 µg	†
L-Glutamine	34 mg	†
*NRV – Nutrient Reference Value of an average adult. †: NRV has not been established		

Lecithin capsule		
NUTRITION INFORMATION		
Portion Size: 1 softgel capsule		
CONTENT	PER Portion (1 capsule)	
Lecithin	1200 mg	

Multivitamin tablet		
NUTRITION INFORMATION		
Portion Size: 2 tablets		
CONTENT	PER Portion (2 tablets)	%NRV* per portion
Vitamin A	266 µg	33%
Vitamin C	120 mg	150%
Vitamin D	10 µg	200%
Vitamin K	60 µg	80%
Vitamin E	20 mg	166%
Vitamin B1	2,8 mg	254%
Vitamin B2	3,2 mg	228%
Vitamin B3	36 mg	225%
Vitamin B5	12 mg	200%
- Pantothenic Acid		
Vitamin B6	4 mg	285%
Folic acid	400 µg	200%
Vitamin B12	2 µg	80%
Biotin (Vitamin H)	30 µg	60%
Calcium	324 mg	40%
Magnesium	200 mg	53%
Iodine	100 µg	66%
Iron	8 mg	57%
Selenium	50 µg	90%
Zinc	10 mg	100%
Copper	1 mg	100%
Manganese	2 mg	100%
Chromium	50 µg	125%
Molybdenum	50 µg	100%
*NRV – Nutrient Reference Value of an average adult.		

Omega-3 softgel		
NUTRITION INFORMATION		
Portion Size: 1 softgel capsule		
CONTENT	PER Portion (1 softgel capsule)	
Fish oil (Standardized to 18% EPA and 12% DHA)	1000 mg	
Equiv. Eicosapentaenoic Acid	180 mg	
Equiv. Docosahexaenoic Acid	120 mg	

Joint Guard capsule		
NUTRITION INFORMATION		
Portion Size: 1 capsule		
CONTENT	PER Portion (1 capsule)	
Glucosamine sulphate - of which Glucosamine	300 mg	
Chondroitin sulphate	195 mg	
Methylsulfonylmethane (MSM)	200 mg	
	100 mg	

Q10 capsule		
NUTRITION INFORMATION		
Portion Size: 1 softgel capsule		
CONTENT	PER Portion (1 capsule)	
Coenzyme Q10	50 mg	

## PRODUCT DESCRIPTION

DY Nutrition's HIT Pack Complex is a Vitamin, mineral, omega-3 fatty acid, lecithin and Coenzyme Q10 containing dietary supplement. You could call it your 'one stop shop' for health, wellbeing and vitality. Not to be mistaken for just 'another' multi-vitamin, this meticulously engineered vitamin and health complex is a concerto of evidence backed, clinically dosed components that comprise an orchestra of health and performance benefits to the consumer.

## DOSING

1 Sachet/day

## PACKAGING



30 Sachets x 8 pcs

HIT PACK COMPLEX

# SLEEP AND RELAX

## Supplement



**Mental wellbeing** and high **quality of sleep**  
**Mind and body** rest and **regeneration**  
Normal production of **melatonin**  
Improved **nutrient delivery to muscle**

### NUTRITIONAL INFORMATION

SUPPLEMENT FACTS		
Serving Size: 2 measuring scoops (15 g)		
Servings per container: 30		
CONTENT	PER 100 g PRODUCT	PER SERVING (15 g)
Vitamin B6	9,33 mg	1,4 mg (100% NRV*)
Magnesium	1333 mg	200 mg (53% NRV*)
A-AKG Complex	16,67 g	2500 mg
- L-Arginine	11,50 g	1725 mg
- Calcium Alpha-Ketoglutarate	4,83 g	725 mg
Choline bitartrate	6667 mg	1000 mg
GABA (gamma-aminobutyric acid)	3333 mg	500 mg
L-Tryptophan	3333 mg	500 mg
Valerian (Valeriana officinalis) root extract	1000 mg	150 mg
Hop (Humulus lupulus L.) powder	1000 mg	150 mg
Lemon balm (Melissa officinalis) leaf extract	1000 mg	150 mg
L-Lysine HCL	667 mg	100 mg
L-Ornithine HCL	667 mg	100 mg
Melatonin	6,67 mg	1 mg

NUTRITION INFORMATION		
Serving Size: 2 measuring scoops (15 g)		
Servings per container: 30		
CONTENT	PER 100 g PRODUCT	PER SERVING (15 g)
Energy	448 kJ/ 111 kcal	67 kJ/ 17 kcal
Fat	0 g	0 g
of which		
- Saturates	0 g	0 g
Carbohydrate	6,13 g	0,92 g
of which		
- Sugars	6,13 g	0,92 g
Fibre	43 g	6,45 g
Protein	0 g	0 g
Salt	0 g	0 g

**Sleep Aid**

**Cell Renewal**

**Healthy Heart**

**Immune System**

**Oxidative Stress Protection**

**Psychological Function**

### PRODUCT DESCRIPTION

Poor sleep, fatigue and oxidative stress is a bad combination, the results of long, or even short-term exposure can detrimentally affect our health. The modern-day person can be under a lot of stress for a variety of reasons, this stress can lead to anxiety, inadequate rest & rehabilitation (R&R), ineffective sleeping patterns, compromised immune response and ultimately, poor performance and health. DY Nutrition's Sleep & Relax Supplement is literally 'what dreams are made of' with its evidence backed, optimally dosed combination of ingredients. Every ingredient is included with the next in mind, ensuring that all ingredients work synergistically to get you in a primed state for rest, recovery, and optimal regeneration. Exercise is nothing without adequate recovery.

### DOSING

As a food supplement, take 1 serving (15 g) with 250 ml of water, 30 minutes before bed.

### PACKAGING



30 **SERVINGS**

SLEEP AND RELAX

# MUSCLE FORCE

## Pre-workout liquid



Focussed and **ultra-effective workout**

**Fatigue delaying** qualities

**Focussed** and productive gym sessions

**Cellular energy** production

### NUTRITIONAL INFORMATION

#### NUTRITION INFORMATION

Serving Size: 60 ml  
Servings per container: 8

CONTENT	PER 100ml PRODUCT	PER SERVING (60 ml)
Beta-alanine	8333 mg	5000 mg
Taurine	1667 mg	1000 mg
Caffeine	142 mg	85 mg
Vitamin B3	67 mg	40 mg (250% NRV*)
Vitamin B6	4,7 mg	2,8 mg (200% NRV*)
Vitamin B12	54 µg	32 µg (1280% NRV*)

\*NRV – Nutrient Reference Value of an average adult.

 **Reduction of Tiredness & Fatigue**

 **Psychological Function**

 **Nervous System Function**

 **Normal Muscle Function**

### PRODUCT DESCRIPTION

The epitome of convenience, the embodiment of potency, our DY Nutrition Muscle Force pre-workout shot is meticulously formulated to bring you the ingredients needed for a focussed and ultra-effective workout/session.

Depending on how you take Muscle Force, it can either kick start you ready for a gritty weights session, or the moderate caffeine and high Beta-alanine content can deliver the energy promoting, fatigue delaying qualities needed for a focussed and productive session whether it be lifting weights, doing a HIT or HIIT session, a Met-con or even a spin class or body combat session.

### DOSING

Consume 1 serving (60ml shot)  
approximately 15-20 minutes before exercise

### PACKAGING



8 **SERVINGS**

MUSCLE FORCE

# TESTOBOOST

## Supplement



Raising **testosterone levels**

**Reduction** of tiredness & fatigue

Regulation of **hormonal activity**

**Energy** regulator

### NUTRITIONAL INFORMATION

SUPPLEMENT FACTS		
Serving Size: 2 scoops (9 g)		
Servings per container: 30		
CONTENT	PER 100 g PRODUCT	PER SERVING (9 g)
Vitamin B3	111 mg	10 mg (62% NRV**)
Vitamin B6	18,3 mg	1,64 mg (117% NRV**)
Zinc	178,5 mg	16,07 mg (160% NRV**)
<b>Carb matrix</b>	68 g	6,12 g
- Fructose	25 g	2,25 g
- Dextrose	25 g	2,25 g
- Maltodextrin	18 g	1,62 g
Tribulus terrestris fruit extract	2340 mg	211 mg
- 40% Saponins	936 mg	84,2 mg
Beta-alanine	1111 mg	100 mg
Citrus aurantium fruit powder	1111 mg	100 mg
- Bioflavonoids	666,6 mg	60 mg
Maca Root (Lepidium meyenii) powder	1111 mg	100 mg
D-Aspartic acid	1111 mg	100 mg
Siberian Ginseng	1111 mg	100 mg
Eleutherococcus senticosus) root extract		
- Eleutherosides	8,888 mg	0,8 mg
Wild Yam (Dioscorea opposita) tuber extract	1111 mg	100 mg
- Diosgenin	178 mg	16 mg
Caffeine	444 mg	40 mg
Alfalfa (Medicago sativa) grass powder	333 mg	30 mg

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

 **Reduction of  
Tiredness & Fatigue**

 **Normal Testosterone  
Levels**

 **Regulation of  
Hormonal Activity**

### PRODUCT DESCRIPTION

Testoboost has become the 'go to' supplement for people experiencing symptoms related to low testosterone. Low sex drive, erectile dysfunction, reduced mood and feeling of well-being, poor concentration or memory, fatigue, irritability and reduced muscular strength could well be caused by a sudden or gradual reduction in testosterone levels.

Testoboost has been formulated with synergy in mind. There is not a one stop ingredient that will miraculously boost testosterone in the supplement world, instead it is best to precisely combine various ingredients, in optimal quantities for maximal effect. Testoboost delivers the key players here such as Tribulus Terrestris, Maca Root, D-Aspartic Acid and a host of other ingredients that have been seen to have cumulative benefit (best effects when taken together) in raising testosterone levels.

### DOSING

Mix 1 Serving (9g) with 250 ml of water and take it between meals.

### PACKAGING



30 **SERVINGS**

TESTOBOOST

# COLLAGEN COMPLEX

## Powder



**Normal collagen** formation within the body

Vitamin B6 for **energy production**

**Reducing** inflammation in bones and joints

**Hyaluronic acid** to support natural levels in our joints

### NUTRITIONAL INFORMATION

SUPPLEMENT FACTS			
Serving Size: 1 Scoop (15 g)			
Servings per container: 20			
CONTENT	PER 100 g PRODUCT	PER SERVING 15 g	*RI% (PER SERVING)
Vitamin C	600 mg	90 mg	112%
Zinc	73 mg	11 mg	110%
Selenium	733 µg	110 µg	200%
Sodium	54 mg	8,1 mg	
Collagen	67 g	10 g	
Hyaluronic acid	833 mg	125 mg	
Acai berry ( <i>Euterpe oleracea</i> ) fruit extract	1000 mg	150 mg	
Rose hip ( <i>Rosa canina</i> ) fruit powder	333 mg	50 mg	
Beetroot extract	300 mg	45 mg	

NUTRITION INFORMATION			
Serving Size: 1 Scoop (15 g)			
Servings per container: 20			
CONTENT	PER 100 g PRODUCT	PER SERVING 15 g	*RI% (PER SERVING)
Energy	1462 kJ/ 344 kcal	219 kJ/ 52 kcal	3 %
Fat	0 g	0 g	0 %
of which			
- Saturates	0 g	0 g	0 %
Carbohydrate	19 g	2,9 g	1 %
of which			
- Sugars	1,4 g	0,21 g	0 %
Protein	67 g	10 g	20 %
Salt	0,14 g	0,02 g	3 %

-  **Healthy Bones**
-  **Healthy Joints**
-  **Immune System**
-  **Healthy Blood Vessels**
-  **Normal Muscle Function**
-  **Healthy Skin**

### PRODUCT DESCRIPTION

Collagen is the most abundant protein in the body. It has a fibre like structure that makes it perfect as a form of connective tissue, meaning it literally connects bone to bone and bone to muscle, as well as being a major component of bone, skin, muscle, tendons and cartilage. Given Collagens abundance in the body, as well as its apparent benefit in alleviating joint pain and supporting skin health and appearance, it makes sense that quality collagen supplements have quickly become a staple in many people’s supplement regime. The problem is that not all collagen supplements are created equal. DY Nutrition’s Collagen Complex powder is combined with other ingredients that, together, produce a greater overall effect on the joints, as well as the connective tissue, the muscle and skin.

### DOSING

As a food supplement, mix 1 serving (15 g) with 250 ml of cold water and take it during the day between meals.

### PACKAGING



20 **SERVINGS**

COLLAGEN COMPLEX

# HIT EAA

## Amino-Acid Complex



Wound healing and **tissue repair**

**Enzyme** production

**Oxygen delivery** via red blood cells

**Glucose uptake** into cells to boost energy levels

### NUTRITIONAL INFORMATION

SUPPLEMENT FACTS			
Serving Size: 2 measuring scoops (13 g)			
Servings per container: 27			
CONTENT	PER 100 g PRODUCT	PER SERVING 13 g	*RI% (PER SERVING)
L-Leucine (BCAA)	8,45 g	1099 mg	
L-Isoleucine (BCAA)	3,94 g	512 mg	
L-Valine (BCAA)	3,94 g	512 mg	
L-Lysine	8,45 g	1099 mg	
L-Threonine	7,5 g	975 mg	
L-Tryptophan	4 g	520 mg	
L-Methionine	3,85 g	501 mg	
L-Phenylalanine	3,44 g	447 mg	
L-Histidine	0,5 g	65 mg	
Vitamin B6	9 mg	1,2 mg	(85% NRV**)

NUTRITION INFORMATION			
Serving Size: 2 measuring scoops (13 g)			
Servings per container: 27			
CONTENT	PER 100 g PRODUCT	PER SERVING 13 g	*RI% (PER SERVING)
Energy	714 kJ/ 168 kcal	93 kJ/ 22 kcal	1%
Fat	0 g	0 g	0 %
of which			
- Saturates	0 g	0 g	0 %
Carbohydrate	42 g	5,5 g	2 %
of which			
- Sugars	2,9 g	0,4 g	0 %
Protein	0 g	0 g	0 %
Salt	0 g	0 g	0 %

### PRODUCT DESCRIPTION

HIT EAA is a supplement to ensure you get a premium quality, bioavailable source of the 9 Essential Amino Acids (EAA's) everybody needs. The importance and role of the EAA's isn't limited to muscle tissue growth and repair as many might assume, far from it. In fact, they are critical to a whole host of other processes such as neurotransmission, glucose uptake into cells to boost energy levels, immune function, enzyme production and oxygen delivery via red blood cells. All of which can influence mood, happiness, wellbeing and overall energy levels.

One of the biggest challenges when exercising and lifting weights is getting adequate protein via the diet. In order to get maximum benefit from your protein you would need a 'complete' source of protein, meaning it would need to contain all the EAA's. The 9 EAA's include histidine, isoleucine, leucine, lysine, methionine, phenylalanine, threonine, tryptophan, and valine.

### DOSING

Mix 1 serving with 250 ml cold water. As a food supplement consume 1 serving between meals and/or before, during or after your workout.

### PACKAGING



27 **SERVINGS**

HIT EAA

# LIQUID COLLAGEN

Vitamin C + Hyaluronic Acid



**Immune system** protection

**Reduction** of tiredness & fatigue

Heathy **blood vessels**

Healthy **bones and joints**

## NUTRITIONAL INFORMATION

### NUTRITION INFORMATION

Serving Size: 25 ml (2×12,5 ml)

Servings per container: 20

CONTENT	PER 100ml PRODUCT	PER SERVING (25 ml)
Vitamin B6	0,82 mg	0,21 mg (15% NRV*)
Vitamin C	310 mg	77,5 mg (96% NRV*)
Collagen	11554 mg	2888 mg
Hyaluronic acid	380 mg	95 mg
Glycine	1917 mg	479 mg
L-Arginine	1145 mg	286 mg
Minerals from Mohai 1327		
- Sodium	1,14 mg	0,29 mg
- Potassium	0,45 mg	0,11 mg
- Calcium	17,28 mg	4,32 mg
- Magnesium	2,80 mg	0,70 mg
- Iron	0,19 mg	0,05 mg

\*NRV – Nutrient Reference Value of an average adult.



**Healthy Joints**



**Immune System**



**Healthy Bones**



**Healthy Skin**



**Healthy Blood Vessels**



**Reduction of Tiredness & Fatigue**

## PRODUCT DESCRIPTION

The modern way of life means that many of us live in a high stress, time poor society. This way of life means convenience and accessibility is top of many peoples list. If this is you, then DY Nutrition's Liquid Collagen is a must have for anyone wanting to support their joints and skin whilst on the go.

The handy liquid form of collagen, vitamin C and Hyaluronic acids provides you with 20 servings of the 3 key components of joints, connective tissue and skin.

## DOSING

As a food supplement, consume 1 serving (25ml) during the day between meals.

## PACKAGING



20 **SERVINGS**

LIQUID COLLAGEN

# L-CARNITINE XL

Liquid



Cellular **energy production**

**Boosting** antioxidant capacity

**Cell membrane** preservation

**Reducing** inflammation

## NUTRITIONAL INFORMATION

### NUTRITION INFORMATION

Serving Size: 25ml

Servings per container: 40

CONTENT	PER 100ml PRODUCT	PER SERVING (25 ml)
L-Carnitine L-Tartrate	12000 mg	3000 mg
Vitamin C	495 mg	124 mg (155%NRV*)
Pantothenic acid	22,6 mg	5,65 mg (64%NRV*)
Vitamin B6	4,7 mg	1,2 mg (85%NRV*)
Chromium	78 µg	20 µg (50%NRV*)

\*NRV – Nutrient Reference Value of an average adult.



**Immune System**



**Macronutrient Metabolism**



**Thermogenic Fat Burner**



**Fat Loss Aid**



**Reduction of Tiredness & Fatigue**

## PRODUCT DESCRIPTION

L-Carnitine has been a perennial supplement for decades, routinely used by many for the purported benefit to fatty acid oxidation (fat burning) and performance enhancement during exercise. Our L-Carnitine XL Liquid has taken L-carnitine supplements to the next level with a combination of L-carnitine L-tartrate, Vitamin C, Pantothenic acid, Vitamin B6 and Chromium.

Our L-carnitine L-tartrate form is widely considered the optimal form of L-carnitine thanks to its greater overall effect, adding L-tartrate to the L-carnitine brings with it a potent antioxidant benefit that you would otherwise miss in basic L-carnitine products.

By combining the other ingredients we see a synergistic (combined) benefit that seems to support functions such as cellular energy production, boosting antioxidant capacity, cell membrane preservation, offsetting some oxidative stress, reducing inflammation, and even increasing nitric oxide levels.

## DOSING

As a food supplement, take 1 serving (25 ml) 30 minutes before beginning activity

## PACKAGING



40 **SERVINGS**

L-CARNITINE XL



**APPAREL**

# APPAREL

**CHANGING THE GAME AGAIN - T-Shirt**  
**Made from 100% semi-combed ring spun cotton.**



## PRODUCT DESCRIPTION

Reinforcing tape on neck  
Elastane rib collar  
STYLE - CLASSIC  
Short sleeves  
Tubular

## SIZES

S  
M  
L  
XL  
XXL

## ELEMENTS



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# APPAREL

**WORK HARD IN SILENCE - T-Shirt**  
**Made from 100% semi-combed ring spun cotton.**



## PRODUCT DESCRIPTION

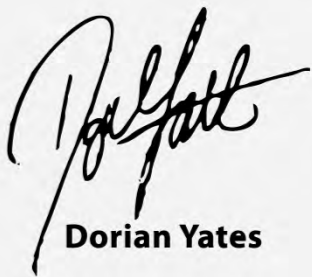
Reinforcing tape on neck  
Elastane rib collar  
STYLE - CLASSIC  
Short sleeves  
Tubular

## SIZES

S  
M  
L  
XL  
XXL

## ELEMENTS

**WORK HARD** IN SILENCE



**dynutrition.com**

# APPAREL

**EVERYTHING IS MENTAL - T-Shirt**  
**Made from 100% semi-combed ring spun cotton.**



## PRODUCT DESCRIPTION

Reinforcing tape on neck  
Elastane rib collar  
STYLE - CLASSIC  
Short sleeves  
Tubular

## SIZES

S  
M  
L  
XL  
XXL

## ELEMENTS

EVERYTHING IS **MENTAL**



**[dynutrition.com](https://dynutrition.com)**

# APPAREL

**RAISE THE VIBRATION - T-Shirt**  
**Made from 100% semi-combed ring spun cotton.**



## PRODUCT DESCRIPTION

Reinforcing tape on neck  
Elastane rib collar  
STYLE - CLASSIC  
Short sleeves  
Tubular

## SIZES

S  
M  
L  
XL  
XXL

## ELEMENTS

RAISE THE **VIBRATION**



Dorian Yates



**dynutrition.com**

APPAREL

# APPAREL

**BLOOD & GUTS - T-Shirt**  
**Made from 100% semi-combed ring spun cotton.**



## PRODUCT DESCRIPTION

Reinforcing tape on neck  
Elastane rib collar  
STYLE - CLASSIC  
Short sleeves  
Tubular

## SIZES

S  
M  
L  
XL  
XXL

## ELEMENTS



**BLOOD&GUTS**

**DY**  
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