**SUPPLEMENT**
- Whey Protein Isolate
- Whey Protein Concentrate
- Hydrolysed Whey Protein
- Soy Protein Isolate
- Pea Protein Isolate
- Casein
- Egg Protein (Albumen)

**AMINO ACID SUPPLEMENTS**
- BCAA
- Leucine
- Creatine Monohydrate
- Beta Alanine
- Glutamine
- Ornithine
- Arginine
- EAA
- Lysine
- Glycine
- Amino Acid, which becomes essential in people who have heavy metabolic demands.
- Aquatic Acid

**BCAA**
- A combination of leucine, isoleucine and valine amino acids

**Leucine**
- The most powerful amino acid in branched chained amino acids.

**Creatine Monohydrate**
- A muscle fuel made from glycine and arginine, which enhances performance.

**Beta Alanine**
- An amino acid, which helps reduce (buffer) lactate acid build up inside cells.

**Glutamine**
- A conditionally EAA which becomes essential under periods of heightened stress.

**Ornithine**
- An amino acid which aids the mitochondria.

**Arginine**
- An amino acid, which makes creatine and converts it to nitric oxide in the body.

**EAA**
- An amino acid, which阶s makes neurotransmitters to improve mental function.

**Lysine**
- An amino acid, that makes neurotransmitters to improve memory and concentration.

**Glycine**
- A ARA, which becomes essential in people who have heavy metabolic demands.

**Aquatic Acid**
- An amino acid found abundantly within mammalian tissues.

**Creatine**
- A carnosine, which is bound to glycyline.

**CREM**
- A compound used for fat loss, that has barely any human evidence of efficacy.

**VITAMINS, MINERALS AND OTHER NUTRACEUTICALS**

**Vitamin C**
- An antioxidant vitamin involved in numerous pathways and immune support.

**Vitamin B12**
- An amino acid that makes neurotransmitters to improve mental function.

**Vitamin B6**
- A coenzyme & vitamin called Pyridoxine.

**Magnesium**
- An amino acid which improves blood flow.

**COCG (Chlorella)**
- A compound that aids the mitochondria and reduces stress on age.

**Vitamin E**
- A fat soluble vitamin often supplemented as mixed tocopherols or food sources.

**Vitamin D**
- A unique fat soluble vitamin with hormone like functions.

**CoQ10 (Ubiquinol)**
- An amino acid which makes neurotransmitters to improve memory and concentration.

**Amino Acid, which becomes essential in people who have heavy metabolic demands.

**Aquatic Acid**
- A compound used for fat loss, that has barely any human evidence of efficacy.

**Inulin**
- A compound used for fat loss, that has barely any human evidence of efficacy.

**Acetyl-L-Carnitine**
- A compound used for fat loss, that has barely any human evidence of efficacy.

**Tyrosine**
- An amino acid, that makes neurotransmitters to improve memory and concentration.

**Acetyl-L-Carnitine**
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**B-complex**
- A compound used for fat loss, that has barely any human evidence of efficacy.

**Green Tea Extract**
- A compound used for fat loss, that has barely any human evidence of efficacy.

**Caffeine**
- A compound used for fat loss, that has barely any human evidence of efficacy.

**Tyrosine**
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