

Beverly International

No-Nonsense Supplements™

For over 40 years, Beverly International has earned a reputation for delivering the highest quality, research proven products on the market. Whether your personal goal is to build muscle, lose fat, increase strength, improve performance or all of the above, your results are 100% guaranteed with Beverly International.

While we can't promise you that we'll bring out a new product every month or purchase glitzy ads in your favorite fitness magazines; we can promise you research proven supplements that meet or exceed label claims, and always do what they say they do...produce results!

Our top of the line supplements aren't the only thing that make us special. Our supplement consultant team is made up of real people who really care about you and your results. We are here to answer your questions, clear up confusion and provide clear cut solutions and practical education to help you get the results you want. We're in this together.

Because of you, our valued clients, our no compromise – no non-

sense supplements, and our more than 40 years in the bodybuilding industry, we remain the recognized leader in legitimate bodybuilding nutrition and supplements.

This pamphlet highlights ten of our most popular Beverly International products; the products that people in your same situation have had the most success with. Our goal is to clearly explain what each product does and how it will best fit into your program. If after reading this you still aren't sure which products are best for you; how to best take the products, or if you have any other questions at all, please...we want you to call us at 800-781-3475 and let one of our Beverly International consultants help you make the best choices for your personal goals.



The Recognized Leader in Legitimate Bodybuilding Nutrition.





MUSCLE PROVIDER

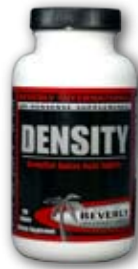
What: Muscle Provider is a premium, fast-acting protein blend. It consists primarily of Hydrolyzed Whey Protein (the most utilizable form of whey protein) and whey isolate. Lesser amounts of whey concentrate and egg white are included to maximize the amino acid profile.

Who: Athletes who want the highest quality whey formula available. If excellent taste, highest quality, easy digestion, complete utilization and proven results are important in a fast acting protein, Muscle Provider is for you.

Why: Muscle Provider has more hydrolyzed (pre-digested) protein than any other formula on the market. It won the 2008 Planet Muscle award for having the world's strongest amino acid profile and unmatched EAA and BCAA content. Your direct benefit is much greater utilization and absorption than an average whey protein powder.

How: Muscle Provider is perfect whenever you want to get high quality protein into your muscles FAST. First thing in the morning, before you train and after your workout are perfect time to take Muscle Provider.

Fast Fact: Muscle Provider Chocolate is considered our best tasting and easy to mix protein powder. If you're new to our proteins and you like Chocolate, this is where to start.



DENSITY

What: Pharmaceutical grade (NOT animal grade), laboratory tested formula of the eight Essential Amino Acids

Who: Anyone who wants to build lean, dense muscle tissue. Density is the number 1, most important supplement for anyone who is training and dieting to compete as a bodybuilder or fitness athlete. It is also excellent for the person who has poor eating habits or compromised health issues. Top 3 priority supplement for precontest or maximum fat loss while retaining muscle.

Why: Density supplies the eight essential amino acids that your body must have to manufacture any amino acid it needs for muscle repair and growth at any given time. Density is effective anytime that you want a rapid infusion of amino acids into your muscle. Density is easy to take, no digestion is required, and it works within minutes.

How: There are numerous tested ways that have proven effective. The most popular times are with meals and before training. Density is also effective when taken upon arising, after training, or even between meals. Here are three effective protocols.

1. Take 2-5 Density with each meal depending on your size and budget.
2. Take 5 Density first thing upon arising to immediately put your body into a positive nitrogen balance.
3. Take 5 or more Density before training (best), or immediately after training.



ULTIMATE MUSCLE PROTEIN

What: Ultimate Muscle Protein is a convenient, easy to mix and great tasting blend of the highest quality proteins.

It consists of 80% slow acting (micellar casein) and 20% fast acting proteins (whey isolate).

Who: UMP is your number one supplement choice if you want to build muscle and lose fat.

Why: Milk Protein Isolate, the main ingredient in UMP has been shown to be the best available protein for building muscle and while losing fat at the same time. UMP provides for a sustained release that feeds protein to your muscles for hours. It also contains added "critical cluster" aminos: glutamine, arginine, leucine, isoleucine and valine, the most important amino acids for building muscle.

How: Ultimate Muscle Protein is perfect in place of a meal, between meals, and after training. UMP is ideal before bed, as it feeds your muscles a timed released supply of aminos, keeping you in a positive nitrogen balance while you sleep.



LEAN OUT

What: Lean Out is an advanced fat transport formula. It provides a mega dose of natural occurring lipotropics (fat mobilizers), fat catalysts and related insulin stabilizing cofactors that are instrumental in the metabolism of fats. The nutrients in Lean Out help your body retrieve fat out of storage and utilize it as energy.

Who: People who want to reduce body fat, improve their heart health, improve their body mass index (BMI), increase their energy level, and who want to increase their lean body mass while they lose fat.

Why: Lean Out ensures that while on a diet you'll activate stored bodyfat for extra energy and caloric needs instead of muscle. Even if not restricting calories, Lean Out still offers great benefit by stabilizing your insulin levels to prevent excessive fat gain and allow for fat loss.

How: Lean out can be taken with or without food but most find they are more consistent when they take it with meals. Take 1 capsule with each meal/shake for the first two weeks, then increase to 2 capsules at each meal/shake.



GLUTAMINE SELECT

What: A research based powder blend of l-glutamine and branch chain amino acids. It has a pleasant black cherry taste, mixes easily and contains no carbohydrates or fats.

One scoop provides 5 g of pure l-glutamine and 3 g of pharmaceutical grade branch chain amino acids. Each container provides 60 servings.

Who: Just about anyone who engages in any sport or physical activity will benefit from Glutamine Select.

Why: Research has proven that Glutamine Select will help you get more reps, increase your strength, improve your recovery, and increase your lean mass. During cardio and endurance activities Glutamine Select will prevent muscle degradation.

How: Use before, during, and/or after training or cardio. You can also take Glutamine Select between meals to sustain blood sugar levels while dieting. It is best mixed in a water bottle or shaker cup and sipped.



MUSCLE SYNERGY

What: Muscle Synergy is a science based formula that covers the three most important areas to the bodybuilder. It is designed to increase Nitric Oxide, increase muscle size and strength, and suppress muscle breakdown. The key ingredients are arginine, citrulline (these two are NO boosters); creatine; and HMB.

Who: Serious athletes who want to boost their size and strength; and those on restricted diets who do not want to lose any muscle size or strength.

Why: Muscle Synergy is a synergistic combination of potent bodybuilding ingredients. L-arginine and l-citrulline work together to give you the strongest NO pump; arginine and HMB together have been shown to preserve muscle under the most severe conditions; creatine and HMB are effective for strength and growth individually, but are much stronger when combined.

How: Take 16 tablets per day in two or more divided doses. Ideal times are upon arising and before training.



MASS AMINO ACID TABLETS

What: Each Mass tablet contains hydrolyzed casein peptides. This means that Mass is made up of naturally occurring amino acids found in milk which have been partially digested to make them easier for humans to absorb. This process also destroys any allergenic properties associated with milk protein. There are 500 tablets per bottle

Who: Athletes who want to increase muscle size and strength. Since Mass is produced from pure protein, it is free of fats, carbohydrates or any food additives so it is ideal for people who are on restricted diets. Anyone who is lifting weights will benefit from Mass.

Why: Mass Amino Acid Tablets are a rapid absorbing, pre digested protein source that acts almost like a trigger to force muscular gains. Taken before, during and after training it puts your body into a positive nitrogen balance (Positive Nitrogen Balance = Muscle Growth). Taken with meals, Mass maximizes the amino acid profile of your whole food so you can squeeze more muscle building nutrition out of the foods you eat.

How: For maximum results take a daily allotment of 1 tablet per every 10lbs of bodyweight. Mass Aminos can be taken with meals (including shakes) or the full allotment during training as an advanced method for muscle mass gains. Example: 180lb person would take 18 tablets a day over 6 meals or 3 per meal.



7-KETO MUSCLEAN

What: 7-Keto is a non-stimulant, thermogenic agent that is clinically proven to increase metabolism and promote healthy weight loss.

Who: Anyone who wants to improve their metabolism, burn more calories, and lose fat.

Why: If you are following a diet, or even if your metabolism is just slowing down as a result of aging, 7-Keto is proven in double-blind research studies to double your rate of weight and fat loss. 7-Keto MuscLean improves your metabolism and helps you burn more calories.

How: You can take 7-Keto with or without food. The best results come when you take 2 doses, about 8 hours apart. The full dose is 3 capsules twice a day. But you might have to work up to that amount if you are sensitive to caffeine.



SUPER PAK

What: The Super Pak is a super potency vitamin/mineral packet. Each packet contains a total of nine tablets and gel caps

comprising an all-inclusive, daily mega cycle of vitamin, mineral, and enzyme complexes. Each box contains 30 of these all-inclusive paks.

Who: The Super Pak is uniquely designed for hard training athletes including bodybuilders, fitness athletes, and anyone who works out for 200 minutes or more each week.

Why: The Super Pak is easy to use. You could open nine bottles of individual nutrients each morning, or take just one Super Pak. The nutrients in the exclusive Super Pak formula are essential for more than a thousand of your chemical and enzymatic processes. The Super Pak's advanced formulation is designed to improve your metabolism, maximize your energy levels, and help you build muscle, lose fat, and perform at your peak potential.

How: Take one pak with your first or largest meal of the day.



ULTRA 40

What: Ultra 40 is a nutrient dense protein food (in tablet form) derived from raw Argentinean beef liver that is concentrated by vacuum drying at a low temperature. It is free of fats, carbohydrates, and any food additives.

Who: Anyone who wants to increase lean body mass, people who want more energy, anyone on a restricted diet, as well as those who are clinically stressed.

Why: Ultra 40 comes from grass fed, steroid free Argentinean beef and is the most potent liver product on the market. The concentration process removes unwanted calories and the addition of B-12 enhances protein metabolism.

How: Beginners start with 6 tablets per day, one or two tablets with each meal or shake. Intermediates and advanced take one tablet per every 10 lbs of bodyweight divided over four to six meals (and shakes).

PUTTING IT ALL TOGETHER

1st Step: The first step we need to take is to make sure that you currently receive our No Nonsense Newsletter. The No Nonsense Newsletter is our leading source of nutritional education. You can sign up for the No Nonsense Newsletter at <http://www.beverlypublications.com/signup/> or just click on the picture of our latest NNN on our www.bodybuildingworld.com home page.

2nd Step: Here's a really brief summary of what works best for specific goals. Supplements for each program are listed in priority order to help you choose a supplement program to meet your goals and your budget. You can build your own supplement plan using the listed program as a guideline, or call us and we'll help you choose the best supplements to reach your goal and fit your budget. (1-800-781-3475).

Prioritized List of the Best Supplements for: **FIGURE COMPETITORS AND FEMALES WHO WANT TO LOSE FAT AND IMPROVE BODY COMPOSITION**

1. Choose 1 or 1 each of the proteins listed:
 - a. **Ultimate Muscle Protein** (we recommend you start with the vanilla flavor) – best for losing fat while adding lean muscle.
 - b. **Muscle Provider** (we recommend the chocolate flavor – it is our best selling product)
2. **Lean Out** – helps you burn stored bodyfat. It is (next to a quality protein supplement) the most important supplement you can take.
3. **Glutamine Select plus BCAAs** – helps you recover and protects your lean muscle tissue.
4. **7 Keto MuscLEAN** – improves your metabolism for continued fat loss.
5. **Density** – essential amino acids to build lean, toned muscles

Prioritized List of the Best Supplements for: **COMPETITION OR MAXIMUM FAT LOSS**

1. **Ultimate Muscle Protein** (between meals and before bed) and **Muscle Provider** (before and/or after training)
2. **Density** (essential amino acids)
3. **Lean Out and 7 Keto MuscLEAN** (and **Energy Reserve**, too, the last 4 weeks)
4. **Glutamine Select plus BCAAs**
5. **Ultra 40**

Prioritized List of the Best Supplements for: **BUILD MUSCLE WHILE LOSING STORED FAT**

1. Choose 1 or 1 each of the proteins listed:
 - a. **Ultimate Muscle Protein** (we recommend you start with the vanilla flavor) – best for losing fat while adding lean muscle
 - b. **Muscle Provider** (we recommend the chocolate flavor – it is our best selling product)
2. **Mass aminos or Density (choose one)**
3. **Ultra 40**
4. **Glutamine Select**
5. **Lean Out**

Prioritized List of the Best Supplements for: **ATHLETE WHO WANTS TO GAIN MAXIMUM STRENGTH AND MUSCLE SIZE**

1. **Muscle Synergy**
2. **Mass Maker and Ultra Size or Mass Maker and Muscle Provider**
3. **Creatine Select plus Phosphates**
4. **Mass**
5. **Ultra 40**

EVERYDAY SUPPLEMENTS THAT EVERYONE NEEDS

1. **Super Pak** (for anyone who is serious about their workouts) or **Ultra 4** (an advanced multi vitamin/mineral for the recreational lifter).
2. **EFA Gold** (essential fatty acids to improve your appearance, support fat metabolism, and improve energy levels).

BEVERLY INTERNATIONAL
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If you have any questions at all about the recommended supplements you can get more info in our online supplement guide (click on Beverly Product Catalog in yellow box at top of www.bodybuildingworld.com home page).