

"The 9 Nutritionals Essential For Getting The Maximum Results With Your Body"

If being in the best physical condition you can possibly be in is your goal, you need to have more than the most popular bodybuilding supplements. Proteins, creatine, aminos etc., all have their place, and all of them are important for superior results. You also want to be sure you don't overlook the important fundamentals.

- **EFA Gold:** Essential Fatty Acids (EFAs) are crucial, yet misunderstood nutrients. Your body can't produce them - you have to get them through your diet. EFAs heal, carry vitamins, enhance metabolism and bring oxygen to the tissues. The benefits you'll want to know about can be found on page 36.

- **Joint Care:** If you suffer pain in your joints from training or past injury, then this information may mean more to your well-being than anything you've ever read. Here's a way that will potentially beat ANY of your problem pain areas once and for all. Read how on page 38.

- **Bev ZMA:** ZMA is a patented, all natural product, scientifically developed (specifically) to enhance recovery by improving the efficiency of your sleep. It's not theory, it has been laboratory tested and is clinically proven to significantly increase both anabolic hormone levels and muscle strength. Discover how by reading page 40.

- **Advanced Antioxidants:** Free radicals are public enemy #1. Truly a powerful enemy; they need to be combated by an even more powerful "enforcer". This Antioxidant Formula makes light work of arresting and neutralizing free radicals. Its high efficiency, "anticorrosive" actions make it the most powerful formula ever. Read all about it on Page 42.

- **Multiple Enzyme Complex:** Are you certain your body can digest the nutrients you take in?

Do you want to have more energy, look and feel better, or simply want to preserve the good health you now enjoy? Then find what will do this for you, like it has for thousands of other top notch athletes world-wide. Page 43.

- **Super Pak:** Can a balanced diet or an off the shelf multi-vitamin tablet provide sufficient nutrients to meet the demands of intense exercise? Find out the truth about vitamins on page 44.

- **Ms Power Pak:** Formulated exclusively for the health conscious female. This high potency pack has a soaring nutrient profile to combat exercise, diet or lifestyle related stress – AND it's SPECIFICALLY FOR WOMEN. Find out why women need a special vitamin emphasis and a potency of ingredients different from a man on page 46.

- **Ultra C:** Do you think vitamin C is about as exciting as watching grass grow? What if we told you Vitamin C is the only vitamin repeatedly proven to increase the human lifespan when taken in doses that exceed dietary levels of this vitamin. Sound worth investigating now? If so, you'll find out even more on page 48.

- **Ultra 4:** If you've been paying high prices for bottles and bottles of vitamin and mineral supplements that aren't even designed for what you do, stop wasting your money. Find out a better way to get what you REALLY need on page 49.

The supplements in the following section range from those that are crucially important, (and it's a bit ironic that they show up last in this guide), to some that are for specific problems like sleeping and joint pain. Take a look and make sure you're not missing something that is preventing you from looking and feeling your absolute best.