

# FitMax<sup>®</sup>

THE CHAMPIONS' CHOICE



FitMax<sup>®</sup> brand is made by professional sportsmen and people for whom SPORT is a real passion.

catalogue of products









# CONTENTS

ADMISSION	3
ABOUT THE COMPANY	4
AMINO ACIDS	15
PROTEINS	27
GAINERS	35
CARBOHYDRATES	39
CREATINES	41
TESTOSTERONE BOOSTERS	47
REDUCERS OF FAT	49
REGENERATORS OF JOINTS	55
SUBSTITUTES OF MEALS	61
OTHERS	65





**Dear Ladies and Gentleman!**

I've been taking up the professional promotion of Armwrestling for several years. I've also achieved successes in the sport many times.

This sport taught me the rules, which I follow while preparing sports products of the highest quality. The quickness of taking a decision, precision of execution, the most effective technique and fair play rules decided of the success of both in the sport and business.

As well I, as workers and co-workers of our company are sharing the passion for practicing various sports. That's why we do know what is essential to win the fight with the opponent, yourself and stand on the podium. That's why we've become the producer of the highest quality dietary supplements of the FitMax® brand and the producer of the sports equipment Mazurenko Armwrestling Equipment. Our products are accessible in many countries on different continents.

I encourage you to familiarize with our offer. We are experienced in the cooperation with companies, organizations and individual clients. We can implement any unusual order. We guarantee attractive prices, professional service and high quality products. Every order is carried out with highest thoroughness and competence.

**Yours sincerely,  
Igor Mazurenko  
President of the Board  
World Armwrestling Champion 2011**



**FitMax® invests in sport.**

FitMax® is the main sponsor of the international tournament Nemiroff World Cup, which takes place annually in Warsaw. Thanks to sponsoring we gained new partners in i.e. Russia, Ukraine, Bulgaria.

**FitMax® the champions' choice!**

very day we work with the best thinking of the best. That's why we are the producer of the highest quality foodstuff of the special purpose and dietary supplements.

We came into being from the unfading passion for sport.

The best in a gym, on a ring, on the track and field cooperate with us.

**Join our team! Become a member of the FitMax® Team!**

## Development

FitMax® Brand and its products for the very beginning became revolutionary among dietary supplements. Prepared by the professionals, tested and given an opinion by the most outstanding sportsmen, constantly improved due to the cooperation with the most demanding clients create an offer ideal for everyone who works on their body. Day-to-day we develop and gain increasing number of awards, trade partners and clients, not only in our country but also abroad.

## High technology and innovations

In our highest technology laboratory we create, test, improve and implement. Qualified and competent staff carefully control the technological process to enable the formation of a perfect product. Our rich and innovative line of dietary supplements and nutrients enables anyone to create individual and effective program of achieving desired perfection.



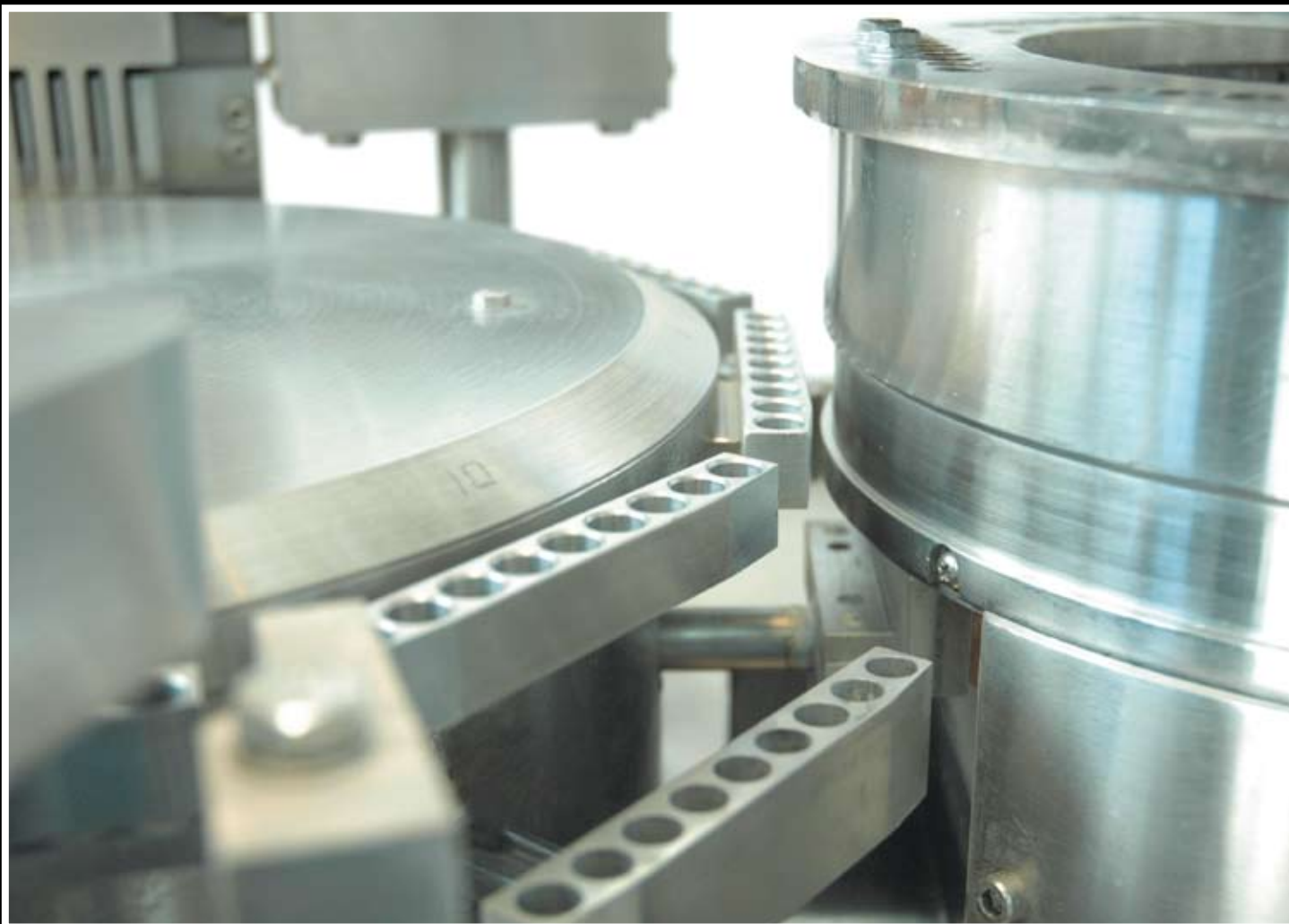


## Researches and quality control

As the main producer of the dietary supplements and foodstuff of the special purpose, in order to be up to increasing demands of the market and to ensure the appropriate quality of the products we cooperate with the best suppliers of products and raw materials. Each delivery is controlled in order to make the final product a perfect one. Quality is the most important for us. Systematic improvement of the products is the result of tests, analysis and opinions of the most demanding clients – sportmen. That's why we are proud to sign our logo on each product, confirming the highest class and quality.

## Experience

We have been taking up sport for many years. Many of us have been professionally practicing various sport. We do know what is essential to win the fight with the opponent, yourself and stand on the podium. That's why we've become the supplier of the highest quality dietary supplements. Our products are accessible in different countries on various continents.





**Eurydyka Rechcygier**  
(POLAND)

Muay-Thai, Boxing and K1 amateur



**Michal Materla**  
(POLAND)

ADCC Vice-Champion



**Grzegorz Jakubowski**  
(POLAND)

A Legend of the Polish MMA



**Tomasz Jablonski**  
(POLAND)

Polish Boxing Champion

# Bodybuilders



**Marlena Wawrzyniak**  
(POLAND)

Finalist of the Polish Silhouette Fitness Championship  
The Strongest woman in Polish Armwrestling



**Marek Olejniczak**  
(POLAND)

Brown medallist of the European  
Body-building Championships



**Andrzej Majchrzyk**  
(POLAND)

WFF-WBBF World Body-building Vice-Champion



**Sergey Palkin**  
(UKRAINE)

Ukrainian Body-building Champion



## „The Professionals' World Cup - NEMIROFF WORLD CUP”

International Arm wrestling Tournament, go by the name of “the Professionals' World Cup - Nemiroff World Cup” took place for the first time in 2000, and called Złoty Tur Cup then. It took place in the capital of the Polish arm wrestling – Gdynia (next years it was converted into the Professionals' World Cup under the aegis of the professional organisation – the Professional Armwrestling League).

For the first few years the event was just crawling. However today, it is the most prestigious armwrestling event in the world, gathering the strongest competitors in the world.

Every autumn the leading players of the professional Arm wrestling come to Poland, invited by the organizer. Also John „The Legend” Brzenk from the USA both won and lost at the NEMIROFF WORLD CUP – written in the Guinness Book of World Records, as the man of the strongest arm in the world. Year-to-year the award pool, amount of the participants and interest of media (including TV broadcasts) and what's the most important - the sports level of the fights at the NEMIROFF WORLD CUP tables increase.

The most famous competitors in the world adjust their annual training cycle to be able to take part in this unique Tournament.





# Armrestlers



**Andrey Pushkar**  
(UKRAINE)

European and World  
Armrestling Champion



**Rustam Babayev**  
(UKRAINE)

European and World  
Armrestling Champion



**Lubomir Jagnesak**  
(SLOVAKIA)

European and World  
Armrestling Champion



**Sniezana Babayev**  
(UKRAINE)

European and World  
Armrestling Champion



**Arsen Lilijev**  
(RUSSIA)

European and World  
Armrestling Champion



**Khadzimurat Zoloev**  
(RUSSIA)

European and World  
Armrestling Champion

# FitMax<sup>®</sup>

THE CHAMPIONS' CHOICE



# THE GREAT BCAA

**FitMax<sup>®</sup>**  
THE CHAMPIONS' CHOICE

The reasons why people chose the one, not the other sports of life a various. There are different individual determinants conducting everyone's attitude, degree of effort involvement in training both professional and reactionary. No matter what drives us, what results we do achieve, the demands of our body increase vitally.

The nature provides us with many nutrients and non-nutritive substances in food, we eat every day. However the food ingredients were adjusted by the nature to keep life and achieve a certain development degree in a limited area. As the time was passing, a human being, their life and demands was changing. Humankind imposed on themselves being even more efficient community, where each human being should be a distinctive individual among the crowd, and that's what made people's achievements cross the borders set by the nature in the past. However we got something instead – the ability of intellectual development, which is now helpful in finding the answer to a question how fulfill the arising shortages. Years of researches and observations gave us first directions of how to satisfy intensified needs of the body, to enable us to follow the way of achieving a goal of being an outstanding entity.

That is how the idea of creating dietary supplements, enabling us to manage the difficulties of everyday life, appeared. Various environments developed a great awareness of the need of supplementation. One of such groups are sportsmen, who know exactly what is needed to achieve the desired results. The developed awareness makes us to pay attention to some basic substances among which one of the main ones is BCAA. So we can even call it the great BCAA, as its merits are huge.

Branched Chain Amino Acid, abbreviated to BCAA are three amino acids included to a group of eight exogenous amino acids, so the ones that are not synthesized by the human body, and must be supplied in order to make it work properly. At first glance, against a background of all the basic amino acids, they may be distinguished by a characteristic branched construction, to which they owe their name. These amino acids are Leucine, Isoleucine and Valine. Due to their built they have many properties unique for amino acids. They are valuable building (about 33% of muscles compose of BCAA) and energetic material. They enhance the immune and hormonal system. Their exceptionality seems to additionally confirm the fact, that most of the BCAA can be use directly by muscles. The fact gets even more important as we realize that blood in the human body flows, in big amounts, where it is mostly needed. During the physical effort that place, where the branched chained amino acids come very quickly and wait to be used, are of course muscles. Their only fault seem to be the low solubility in water, which is the cause of the problems with solubility of nutrients containing them and at the same time the convenience of usage. However it is worth to

mention that the technological progress is working on the elimination of this inconvenience. Considering each amino acid separately, we may notice the main roles they play.

Leucine has been the most famous one for a few last years. It owes its popularity to its anabolic and anti-catabolic properties. It may influence protein synthesis activation due to increasing secretion of some anabolic hormones like insulin, or human growth hormone. It enhances mTOR kinase activity in satellite cells. Both Leucine itself and its metabolites like ketoleucine and HMB reveal anti-catabolic properties that limit damage and disintegration of existing proteins. Also the influence of Leucine on the immune system and acceleration of its regeneration due to facilitation of amino acids absorption is a very important issue. Isoleucine (Leucine isomer) is the second amino acid of "the great branched three". It is used by the human body for building as well muscles as proteins of the blood plasma like hemoglobin (just like Leucine and Valine). It is also an energy carrier during the energy shortage. Together with Leucine they enhance regulation of blood sugar.

Valine is the last of the BCAA set, which just like the two previous amino acids participates in maintaining nitrogen balance. It is a building material of muscle cells and participates in energy metabolism, and also helps to overcome tiredness. Although some of the features of the above mentioned amino acids are similar and some a unique, it is necessary to remember that only all three in proper doses and proportions may ensure you optimal effects. It is worth to know that one of the main assignment of BCAA is building of the muscle cells. They are, just like many other amino acids the "bricks" used for building proteins. Nevertheless you should be aware of that their role of a building material does not sit well with the role of the energy supplier. When the body, during physical exertion exhausts almost all of the stocks of glycogen, it starts to reach for other sources i.e. branched chain amino acids. If their amount in a cardiovascular system is too low, then they are taken from the already built muscle cells. The determinant of such a state is an amount of Tyrosine and Phenylalanine in the bloodstream which is the signal for tearing out of the construction elements (BCAA) by the body due to the need of them, and at the same time releasing others, which are not currently needed and then are "wandering about" the bloodstream. It sounds terrible, but just after the proper amount of BCAA is supplied such a catabolism is not a problem anymore.

Branched chain amino acids may also protect the effects of the sportsmen hard work due to their metabolites i.e. ketoleucine and HMB. Ketoleucine is able to inhibit cortisol, commonly called a stress hormone secretion, which leads to the muscles damage. The hormone, hated especially by the people building their muscles, is found in the highest

concentrations in the morning and after training. In the small hours its amount in the body is three times greater than at the end of the day. That is why it is so important to deliver BCAA just after awaking. Contrary to a digested meal branched chain amino acids reach the bloodstream really fast and wait to be used.

Post-training time is also a time of a high cortisol concentration. However it should be remembered that amino acids should be supplied no sooner than 15 minutes after the end of the training. It is connected with a positive, detoxifying effect of cortisol during the first few minutes after training. Whereas HMB, just like ketoleucine probably reveals the ability to inhibit catabolic enzymes activity, intensifies the production of the anabolic hormones and reduces accumulation of fatty tissue.

One of the most interesting properties of branched chain amino acid, and more specifically Leucine, are anabolic properties. Leucine enhances secretion of some hormones inducing synthesis of such proteins as insulin and human growth hormone. Even more important seems to be the influence of the Leucine on mTOR kinase activation, which make sit similar to two above mentioned hormones. Such a similarity enables a direct initiation of the new protein synthesis. Above mentioned processes have an important influence on keeping muscles in a good condition and rebuilding existing damages.

However building and protection of what was built is not everything BCAA is responsible for. An extremely interesting is the fact that when the amount of carbohydrates is reduced in order to reduce the fatty tissue and supply the body with the appropriate amount of branched chain amino acids and well-prepared training, the significant reduction of fatty tissue with a accompanying maintenance of laborious muscles occur. Additionally BCAA helps to keep the blood sugar balance, which decreases the hunger and nervousness. The mentioned facts may be useful not only for the people wanting to get proper muscles or keep the weight balance, but also for the ones dreaming of losing the excess of unwanted fatty tissue.

An additional advantage of branched chain amino acids is liquidation of tiredness and sleepiness. Those feelings, while long physical exertion are caused among others by the excess of free Tryptophan in a cardiovascular system, which easily passes the blood-mind barrier and enhances serotonin, the hormone responsible for mentioned feelings, synthesis.

When the body is utterly exhausted, such a situation results from diminished amounts of competitive compounds, which are also capable of crossing the mentions barrier (i.e. BCAA) and increasing percentage of Tryptophan in the bloodstream. Supplying the body with appropriate amounts of branched chain amino acids before the intensified physical exertion, the amount of compounds competing with Tryptophan for an access to the brain is increased, which results in reduction of secretion of a hormone responsible for tired-

ness and sleepiness. In such a situation a sentence "I don't want to do that at all" that often comes to one's mind should never come again.

There are some substances that are able, in a unique way, to fulfill or enhance the activity of branched chain amino acids. Among them, lipoic acid, glutamine, citrulline and some essential amino acids are worth mentioning.

A very interesting substance is lipoic acid. It successfully increases sensitivity for insulin, which combined with BCAA improves nutrition and cell synthesis. Participation in carbohydrates and fats metabolism enhances redundant fatty tissue lost, and the ability of lipoic acid to eliminate free radicals and antioxidants regeneration (Vitamin C) enhances protection of built fatty tissue. Such a composition seems to be perfect to be used in the morning, when destructive factors are not raving in a body yet, and after training when nutrition of the body gains a certain importance with a simultaneous leveling of destructive factors.

The next described substance is glutamine. The number of its positive impacts on the body is so large, that it cannot simply be described in just a few sentences. Above all together with BCAA, they built a huge amount of muscle cells. It takes part in energy metabolism, and its proper amount in a bloodstream reveals anticatabolic activity. It can be found in larger amounts in brain, in order to be easily released as an energy infusion, improving concentration. In enhances growth hormone secretion which leads to protein synthesis assistance. An influence of glutamine on improvement of immune system functioning is priceless. As it can be seen, similar properties of glutamine and branched chain amino acids form a mighty mixture intensifying properties of individual compounds. So it is worth to take a dose of them every time fest and effective nutrition is needed, especially in the morning or about training time.

Citrulline is included to endogenous amino acids. As a precursor of Arginine, it contributes to among others synthesis of nitrogen oxide, especially important for those practicing strength sports. One of the most important features of nitrogen oxide is: improvement of oxygenated blood flow in the bloodstream, prevention of elementary bodies aggregation and improvement of immune system functioning and being a neurotransmitter. Production of Arginine after delivery of citrulline is significant. Additionally the feeling of pumped muscles while citrulline supplementation remains for quite a long time, which influences body nutrition, psychological mood improvement and positive visual effects. Citrulline enhances endogenous creatine synthesis which increases the intensity of exercises. Another positive feature of the compound is the acceleration of the body detoxification (i.e. due to elimination of ammonium and lactic acid). While using of described compound in the most stable form which is citrulline malate, we are entering the malic acid into the organism, which have a significant contribution in the process of the cellular respiration.



Combination of citrulline and BCAA reveals extremely complementary properties, which should be used at about training time in order to nourish and pump muscles.

Most of the amino acids exhibit some unique functions. Building muscles and not only, without a proper amount of at least one of the components destroys the pains taken to achieve best possible results.

That is why attention should be paid to some other amino acids, which are highly demanded during the training seasons. Lysine as an exogenous amino acid, enhances building muscle, cartilage and osseous tissue. It reveals antioxidant properties. It is a component of numerous hormones and its excess may lead to anemia. Arginine enhances synthesis of nitrogen oxide which influences pumping and nutrition of muscles. It additionally takes part in creatine synthesis, body detoxification and mood improvement. Histidine being a good donor and acceptor of hydrogen ions, becomes a constituent of many hormones. The significance of the impact on haematid production leads to physical efficiency. Threonine takes part in synthesis of many proteins in human body. Methionine is unusually essential in the process of genetic material replication. Knowing the meaning of particular amino acids it is easy to reach a conclusion that complex delivery of the together with BCAA, may assure optimal rebuilding of the organism functioning. Such a set may be taken almost every time a day in order to improve body regeneration.

Selection of proportions and substances, which are adjusted in order to increase the supplement activity is still important, and cannot be belittled. It is enough to realize what would be the bicycle without a wheel, a weight without a proper load or a ball without air... Although there are many main elements that can be pointed out in every device, always the wholeness makes them useful. It applies also to the supplementation. Only the well-weighted proportions and proper selection of supporting components is able to fulfill the requirements of the human body.

The last thing, that should be discussed, is the safety of using and the size of portions. As you have already known the shortage of branched chain amino acids may have many negative outcomes in the body, including protein disintegration and the body impairment. So what happens if we supply the body with a large amount during the day? If it takes place regularly, for a longer period of time, nothing special will happen. The surplus will be decomposed in the liver to ketones and ammonium. Ammonium will be excreted in the form of urea, so there will be no need to bother about rare slight overdose. It is worth to mention that the amount of produced ammonium is much bigger if the body decomposes earlier built muscles than additionally delivered branched chain amino acids. So it is good to know the optimum value of consumption. We can supply the body with 5-50g of BCAA a day, while the most reasonable amount seems to be 20g. A fortiori many sources suggest to take 1-2g per

10kg of the body weight. Single portion should be equal to 3-6g. Of course every choice of the size of the portion should be adjusted to the individual needs of the body and take into consideration the legitimacy of use.

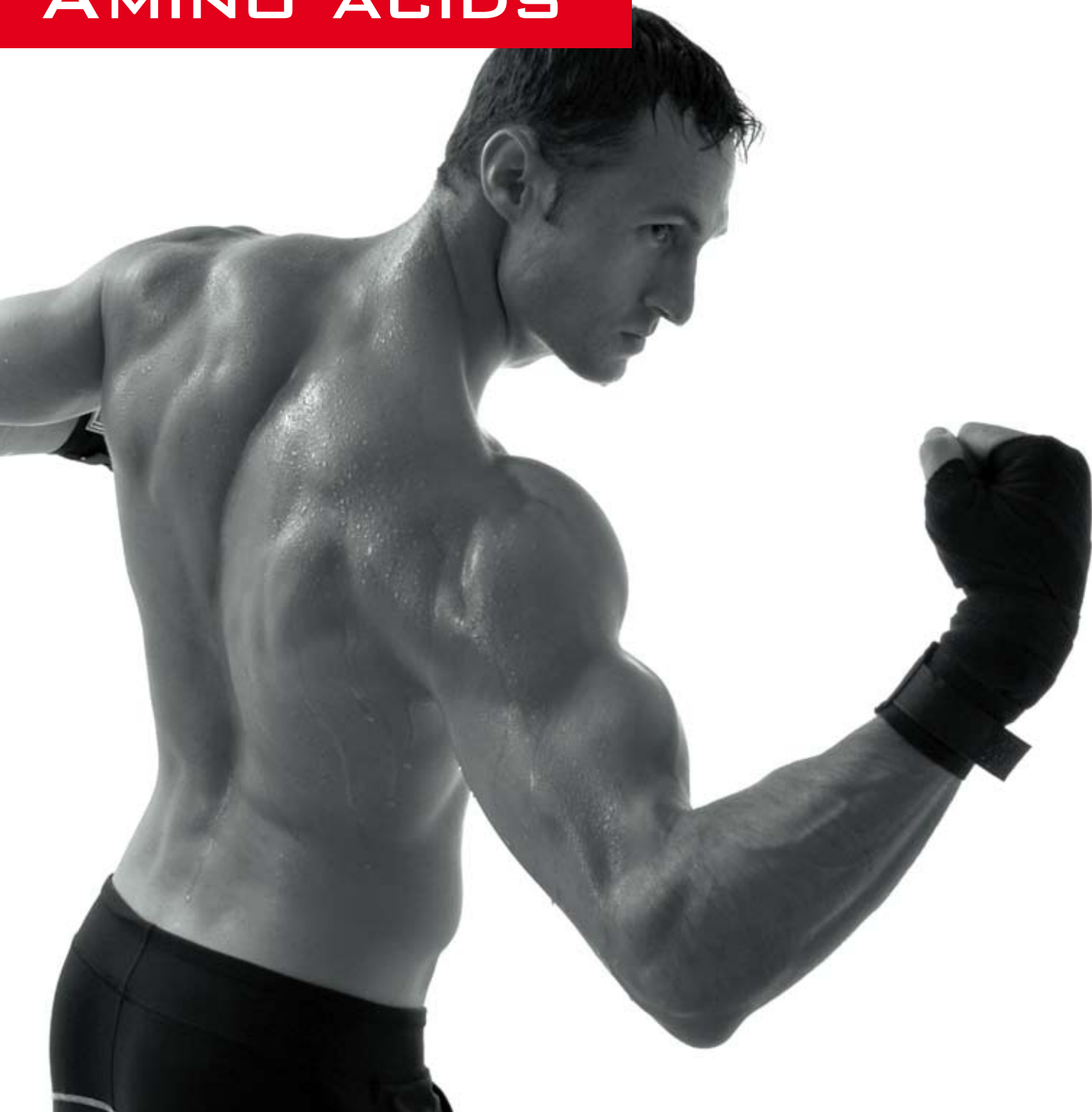
Taking into consideration the proportions of Leucine, Isoleucine and Valine, numerous researches using the proportion of 2:1:1 made us conclude that this will be the proper composition of supplementation while intensified exertion. However it should be remembered that introduction of amino acids in much different proportions may lead to insufficient use of all the components.

Each person is different, has different needs and chooses different ways he or she follows to become outstanding. In spite of that, one future identical for the whole population may be found which is a desire to become unrivalled. The nature did not spoon-feed the humankind. We have to take care ourselves for some compounds. That is why it is worth to think of the need of the constant development with keeping the spotless health. How can we help ourselves to finally move on.





# AMINO ACIDS



# AMINO 2000



tablets 150, 300 pieces

Foodstuff satisfying body demands while intense physical effort, especially sportsmen.

2000 mg of protein hydrolysates in one pill. Perfect aminogram. High BCAA amino acids concentration. Progressive process of amino acids absorption. No stomach problems.

FitMax® AMINO 2000, tablets, is a product, which base consists of hydrolyzed: whey protein and egg white. Enzymatic hydrolysis of proteins, provides high quality, highly digestible peptides. It provides an excellent base of both endo- and exogenous amino acids of a really high bioavailability.

**Ingredients:** hydrolyzed whey protein, hydrolyzed egg white.

**Recommended use:** 1 dose (3 tablets), three times a day, 1 dose in the morning, before and after a training. Wash down with a lot of water or a drink containing carbohydrates (at least 250-300 ml). The product should not be administered to pregnant women and nursing mothers.

**Storage:** Store in a dry place at room temperature. Keep out of reach of children.

#### NUTRITIVE VALUE 1 portion - 3 tablets

Contents:	in portion (3 tabl.)	in 100 g
Energetic value	93,5 kJ / 22,1 kcal	1556,1 kJ / 367,2 kcal
Protein	4,90 g	81,70 g
Carbohydrates	0,12 g	2,00 g
Fat	0,22 g	3,60 g

Amino acids:	in portion (3 tabl.)	in 100 g
Glutamic acid	944 mg	15727 mg
Aspartic acid	461 mg	7680 mg
Leucine*/**	424 mg	7067 mg
Proline	387 mg	6454 mg
Lysine*	365 mg	6086 mg
Valine*/**	302 mg	5025 mg
Isoleucine*/**	257 mg	4289 mg
Serine	255 mg	4248 mg
Phenylalanine*	223 mg	3717 mg
Threonine*	218 mg	3636 mg
Tyrosine	211 mg	3513 mg
Alanine	199 mg	3309 mg
Arginine	184 mg	3064 mg
Methionine*	137 mg	2288 mg
Glycine	110 mg	1838 mg
Cysteine	93 mg	1552 mg
Histidine	81 mg	1348 mg
Tryptophan*	52 mg	858 mg

\* - exogenous amino acids; \*\* - branched-chain amino acid (BCAA)



# AMINO Millenium



powder 600 g

Foodstuff satisfying body demands while intense physical effort, especially sportsmen.

Powdery whey protein hydrolysate. Increased rate of absorption. Source of endogenous and exogenous amino acids. High solubility. Strong anabolic and anti-catabolic activity.

**FitMax® AMINO Millenium** is a powder product, which base consists of hydrolyzed whey protein. Enzymatic hydrolysis of proteins, provides high quality, highly digestible peptides. The form in which they exist i.e. powder enables their extremely fast use. This product provides an excellent base of both endo- and exogenous amino acids of a really high bioavailability.

**Ingredients:** hydrolyzed whey protein, flavors: coffee, peanut, cream, thickener: acacia gum, acidity regulator: citric acid, sweeteners: aspartame, acesulfame-K.

**Recommended use:** 1 dose (15 g - 2/3 scoop) dissolve in 250 ml of water or milk. Consume 0,5 min after preparation. Drink 1-3 times a day – best: in the morning just after waking up and after a training. Inside the packet there is a scoop. 1 scoop is 22,5 g of the powder. The product should not be administered to pregnant women and nursing mothers.

**Storage:** Store in a dry place at room temperature, keep out of reach of children.

**CAUTION!** Product contains source of phenylalanine. It contains sweetening substances. Without dyes.

**Available flavours:** coffee-peanut.



## NUTRITIVE VALUE

## 1 portion - 15 g

Contents:	in portion (15 g)	in 100 g	
Energetic value	240,6 kJ / 56,9 kcal	1604,0 kJ / 379,6 kcal	
Protein	11,07 g	73,80 g	
Carbohydrates	0,69 g	4,60 g	
Fat	1,10 g	7,33 g	
Minerals:	in portion (15g)	in 100 g	RDA*** (in portion)
Potassium	412,5 mg	2750,0 mg	20,6%
Phosphorus	82,5 mg	550,0 mg	11,8%
Calcium	75,6 mg	504,0 mg	9,5%
Sodium	20,6 mg	137,3 mg	-
Magnesium	11,7 mg	78,0 mg	3,1%

\*\*\* - percent of Recommended Dietary Allowance

Amino acids:	in portion (15 g)	in 100 g
Glutamic acid	1893 mg	12622 mg
Aspartic acid	1182 mg	7883 mg
Leucine*/**	1163 mg	7756 mg
Lysine*	1008 mg	6721 mg
Threonine*	802 mg	5343 mg
Phenylalanine*+Tyrosine	692 mg	4610 mg
Valine*/**	633 mg	4221 mg
Isoleucine*/**	627 mg	4180 mg
Proline	627 mg	4180 mg
Serine	588 mg	3918 mg
Alanine	529 mg	3528 mg
Cysteine+Methionine*	466 mg	3105 mg
Arginine	297 mg	1983 mg
Glycine	207 mg	1378 mg
Histidine	201 mg	1337 mg
Tryptophan*	155 mg	1035 mg

\* - exogenous amino acids; \*\* - branched-chain amino acid (BCAA)



# BASE L-Glutamine 4000



powder 250 g, 500 g

Foodstuff satisfying body demands while intense physical effort, especially sportsmen.

Giant amount of ultra pure L-glutamine: 4000 mg in a dose. Supports proteins reconstruction. Improves post-training regeneration. The addition of Vitamin B<sub>6</sub> enhances amino acids absorption.

FitMax® BASE L-Glutamine 4000, powder, is a foodstuff containing high quality micronized L-glutamine, endogenous amino acid of an extremely wide activity: supports amino acids and glycogen synthesis, improves nitrogen economy, enhances detoxification and immune system functioning. Due to that effectively accelerates regeneration of the body. The effect of the product components is enhanced by the addition of Vitamin B<sub>6</sub>.

**Ingredients:** L-glutamine, Vitamin B<sub>6</sub>.

**Recommended use:** 2,5 scoop (4 g) 2 or 3 times a day, in the morning, before and after training. Wash down with a lot of water or drink containing carbohydrates (at least 250-300 ml). Inside the packet there is a scoop. 1 scoop is 1,6 g of the powder. The product should not be administered to pregnant women and nursing mothers.

**Storage:** Store in a dry place at room temperature, keep out of reach of children.

NUTRITIVE VALUE		1 portion - 4 g
Contents:	in portion (4 g)	in 100 g
Energetic value	68,0 kJ / 16,0 kcal	1700,0 kJ / 400,0 kcal
Protein	4,0 g	99,99 g
Carbohydrates	0,0 g	0,0 g
Fat	0,0 g	0,0 g
L-glutamine	4000 mg	99,99 g
Vitamine B <sub>6</sub>	2,0 mg (100% RDA*)	30,3 g

\* - percent of Recommended Dietary Allowance



# BCAA+Citrulline



powder 600 g

Foodstuff satisfying body demands while intense physical effort, especially sportsmen.

Reduces decay and increases recovery of muscles tissue. Reduces symptoms of tiredness and overtraining. Improves the blood flow in the body. Enhances detoxification. Enhances energy metabolism.

**FitMax® BCAA+Citrulline**, is food product supplementary diet with aminoacids with branched chains (BCAA) L-leucine, L-isoleucine and L-valine also it has been enriched with CITRULLINE MALATE. Citrulline, is an aminoacids which participates in the synth of the hormone gas-nitric oxide NO-in therms of exercise make it easier to manufacture. Citrulline is also a precursor of creatine. Directions FitMax® BCAA+Citrulline before start training affects the increase in strenght and endurance durning training. Product designed for physically active people as a means to facilitate the development of strenght and muscle mass.

**Ingredients:** L-leucine, L-isoleucine, L-valine, fruit powders: lemon and grapefruit, citrulline malate, natural flavors: lemon and grapefruit, the acidity regulator: citric acid, sweeteners: aspartame and acesulfame K, thickener: acacia.

**Recommended use:** 1 dose (10 g powder - 1/2 tamped scoop FitMax®, the package or 2 flatt table spoon) dissolve in 200 ml of water, drink 1-2 times a day; before a meal or before or after training before bedtime. Consume directly after preparation. Drink plenty of water (min. 250-300 ml). Do not use durning pregnancy or lactation.

**Storage:** Keep in dry place in a room temperature, out of the reach of small children.

**CAUTION!** It contains sweetening substances. Product contains source of phenylalanine. Natural flavors.

**Available flavours:** lemon-grapefruit.

## NUTRITIVE VALUE

Contents:	1 portion - 10 g	
	in portion (10 g)	in 100 g
Energetic value	117,3 kJ / 27,6 kcal	1173,0 kJ / 276,0 kcal
Protein	6,0 g	60,0 g
Carbohydrates	0,0 g	0,0 g
Fat	0,0 g	0,0 g
L-leucine*	3,0 g	30,0 g
L-isoleucine*	1,5 g	15,0 g
L-valine*	1,5 g	15,0 g
Citrulline malate	1,0 g	10,0 g

\* - branched-chain amino acid (BCAA)





# BCAA+Glutamine



powder 600 g

Foodstuff satisfying body demands while intense physical effort, especially sportsmen.

Reduces decay and increases recovery of muscles tissue. Reduces symptoms of tiredness and overtraining. Supports fatty tissue reduction. Enhances energy metabolism. Maintains positive nitrogen balance.

**FitMax® BCAA+Glutamine**, is food product supplementary diet with amino acids with branched chains (BCAA) - L-leucine, L-isoleucine and L-valine also it has been enriched with L-glutamine. Systematically providing those amino acids is necessary for proper regeneration of the muscle protein. Directions FitMax® BCAA +Glutamine before start training affects the increase in strength and endurance during training. Product designed for physically active people as a means to facilitate the development of strength and muscle mass

**Ingredients:** L-glutamine, L-leucine, L-isoleucine, L-valine, fruit powders: lemon and grapefruit, natural flavors: lemon and grapefruit, the acidity regulator: citric acid, sweeteners aspartame and acesulfame K, thickener: acacia.

**Recommended use:** 1 dose (10 g powder -1/2 tamped scoop FitMax®, the package or 2 flat table spoon) dissolve in 200 ml of water, drink 1-2 times a day; before a meal or before or after training or before bedtime. Drink plenty of water (min. 250-300 ml). Consume directly after preparation. Do not use during pregnancy or lactation.

**Storage:** Keep in dry place in a room temperature, out of the reach of small children.

**CAUTION!** Product contains source of phenylalanine. It contains sweetening substances. Natural flavors.

**Available flavours:** pineapple, lemon-grapefruit, lemon-cherry-grapefruit.

NUTRITIVE VALUE		
	1 portion - 10 g	
Contents:	in portion (10 g)	in 100 g
Energetic value	136,0 kJ / 32,0 kcal	1360,0 kJ / 320,0 kcal
Protein	8,0 g	80,0 g
Carbohydrates	0,0 g	0,0 g
Fat	0,0 g	0,0 g
L-glutamine	4,0 g	40,0 g
L-leucine*	2,0 g	20,0 g
L-isoleucine*	1,0 g	10,0 g
L-valine*	1,0 g	10,0 g

\* - branched-chain amino acid (BCAA)



\* Above data apply to lemon-grapefruit flavour.



# BCAA Pro 4200



tablets 120, 240 pieces

Foodstuff satisfying body demands while intense physical effort, especially sportsmen.

Giant amount of BCAA: 4200 mg of Branched Chain Amino Acids (BCAA) in a dose. 50% of BCAA Pro 4200 content is Leucine. Supports proteins reconstruction. Enhances energy metabolism.

**FitMax® BCAA Pro 4200**, tablets, is composed of 4200 mg of branched amino acids per dose, which perform a number of physiological functions in the body (building, energy, regulatory). They constitute approximately 33% of muscle tissue. They limit its disintegration and intensify regeneration. In addition, support the loss of excessive adipose tissue. The effect of the product components is enhanced by the addition of Vitamins C and B<sub>6</sub>.

**Ingredients:** L-leucine, L-isoleucine, L-valine, Vitamin C, Vitamin B<sub>6</sub>, bulking agents: microcrystalline cellulose, colloidal silica.

**Recommended use:** once a day, 1 dose (3 tablets) before a training. Wash down with a lot of water or a drink containing carbohydrates (at least 250-300 ml). The product should not be administered to pregnant women and nursing mothers.

**Storage:** Store in a dry place at room temperature. Keep out of reach of children.

#### NUTRITIVE VALUE

Contents:	in portion (3 tablets)	1 portion - 3 tablets
		in 100 g
Energetic value	72,2 kJ / 17,0 kcal	1093,9 kJ / 257,4 kcal
Protein	4,20 g	63,64 g
Carbohydrates	0,0 g	0,0 g
Fat	0,0 g	0,0 g
L-leucine*	2100 mg	31,81 g
L-isoleucine*	1050 mg	15,91 g
L-valine*	1050 mg	15,91 g
Vitamin C	80 mg (100% RDA**)	1212,1 mg
Vitamin B <sub>6</sub>	1,4 mg (100% RDA**)	21,2 mg

\* - branched-chain amino acid (BCAA);

\*\* - percent of Recommended Dietary Allowance



# BCAA stack II+EAA



tablets 120, 240 pieces

Foodstuff satisfying body demands while intense physical effort, especially sportsmen.

Giant amount of exogenous amino acids. 3000 mg of BCAA and 1500 mg of other EAA – essential for proper nutrition. Enhances proper body functioning.

**FitMax® BCAA stack II+EAA**, tablets, is composed of 4500 mg of amino acids belonging to either essential or conditionally essential amino acids in each portion. Supplying of them enables structures build, energy metabolism and many other processes in human body including nerve conduction and detoxification. The effect of the product components is enhanced by the addition of Vitamin B<sub>6</sub>.

**Ingredients:** L-leucine, L-isoleucine, L-valine, L-lysine, L-arginine, L-histidine, L-threonine, L-methionine, L-phenylalanine, Vitamin B<sub>6</sub>, bulking agents: microcrystalline cellulose, colloidal silica.

**Recommended use:** once a day, 1 dose (3 tablets) before a training. Wash down with a lot of water or a drink containing carbohydrates (at least 250-300 ml). The product should not be administered to pregnant women and nursing mothers.

**Storage:** Store in a dry place at room temperature. Keep out of reach of children.

## NUTRITIVE VALUE

Contents:	1 portion - 3 tablets	
	in portion (3 tablets)	in 100 g
Energetic value	76,5 kJ / 18,0 kcal	1159,4 kJ / 272,8 kcal
Protein	4,50 g	68,20 g
Carbohydrates	0,0 g	0,0 g
Fat	0,0 g	0,0 g
BCAA	3000 mg	45,5 g
L-leucine*	1500 mg	22,7 g
L-isoleucine*	750 mg	11,4 g
L-valine*	750 mg	11,4 g
The other EAA	1500 mg	22,7 g
L-lysine	453 mg	6,9 g
L-arginine**	414 mg	6,3 g
L-histidine**	180 mg	2,7 g
L-threonine	168 mg	2,5 g
L-methionine	150 mg	2,3 g
L-phenylalanine	135 mg	2,0 g
Vitamin B <sub>6</sub>	2,0 mg (100% RDA***)	30,3 mg

\* - branched-chain amino acid (BCAA); \*\* - exogenous amino acids;  
\*\*\* - percent of Recommended Dietary Allowance





# BCAA+EAA



powder 600 g

Foodstuff satisfying body demands while intense physical effort, especially sportsmen.

Giant amount of exogenous amino acids. 5000 mg of BCAA and 2500 mg of other EAA – essential for proper nutrition. Enhances proper body functioning.

**FitMax® BCAA+EAA**, powder, is 7500 mg of amino acids belonging to either essential or conditionally essential amino acids in each portion. Essential amino acids (EAA) are defined as amino acids which in the human body cannot synthesize itself and therefore they must be supplied with food. Demand for both groups of compounds increases dramatically with physical effort. Supplying of them enables structures build, energy metabolism and many other processes in human body including nerve conduction and detoxification. Addition of Vitamin B<sub>6</sub> enhances assimilation of the product.

**Ingredients:** L-leucine, amino acids premix (L-lysine, L-arginine, L-histidine, L-threonine, L-methionine, L-phenylalanine), L-isoleucine, L-valine, powdered fruit: lemon, grapefruit, natural flavorings: lemon, grapefruit, acidity regulator: citric acid, thickener: acacia gum, sweeteners: aspartame i acesulfame-K, pyridoxine hydrochloride (vitamine B<sub>6</sub>).

**Recommended use:** 1 dose (10 g of the powder - 1/2 tamped scoop FitMax®, attached to the package or 2 flat tablespoons) dissolve in 200 ml of water and drink 1-2 times a day; before and after a training or between meals. Consume immediately after preparation. Wash down with a lot of water or a drink containing carbohydrates (at least 250-300 ml). The product should not be administered to pregnant women and nursing mothers.

**Storage:** Store in a dry place at room temperature, keep out of reach of children.

**CAUTION!** Product contains source of phenylalanine. It contains sweetening substances. Natural flavors.

**Available flavours:** lemon-grapefruit.

## NUTRITIVE VALUE

Contents:	in portion (10 g)	1 portion - 10 g
	127,5 kJ / 30,0 kcal	1275,0 kJ / 300,0 kcal
Protein	7,50 g	75,0 g
Carbohydrates	0,0 g	0,0 g
Fat	0,0 g	0,0 g
BCAA	5000 mg	50,0 g
L-leucine*	2500 mg	25,0 g
L-isoleucine*	1250 mg	12,5 g
L-valine*	1250 mg	12,5 g
The other EAA	2500 mg	25,0 g
L-lysine	755 mg	7,55 g
L-arginine**	690 mg	6,9 g
L-histidine**	300 mg	3,0 g
L-threonine	280 mg	2,8 g
L-methionine	250 mg	2,5 g
L-phenylalanine	225 mg	2,25 g
Vitamin B <sub>6</sub>	1,4 mg (100% RDA***)	14,0 mg

\* - branched-chain amino acid (BCAA); \*\* - exogenous amino acids;

\*\*\* - percent of Recommended Dietary Allowance





# BCAA stack I+R-ALA



tablets 120, 240 pieces

Foodstuff satisfying body demands while intense physical effort, especially sportsmen.

4000 mg of branched Chain Amino Acids (BCAA) in a dose. 50% of BCAA content is Leucine. 150 mg of biologically active form of R-alpha-lipoic acid (R-ALA) in a dose. Strong anti-catabolic activity.

**FitMax® BCAA stack I+R-ALA**, tablets, is composed of 4000 mg of branched amino acids per dose, which limit disintegration and intensify regeneration of muscle tissue. Biologically active form of R-alpha lipoic acid and Vitamin C improves recovery of the body by eliminating oxidative stress. The effect of the product components is enhanced by the addition of R-ALA and Vitamin B<sub>6</sub>.

**Ingredients:** L-leucine, L-isoleucine, L-valine, R-ALA (R-alpha lipoic acid), Vitamin C, Vitamin B<sub>6</sub>, bulking agents: microcrystalline cellulose, colloidal silica.

**Recommended use:** Once a day, 1 dose (3 tablets) before a training. Wash down with a lot of water or a drink containing carbohydrates (at least 250-300 ml). The product should not be administered to pregnant women and nursing mothers.

**Storage:** Store in a dry place at room temperature. Keep out of reach of children.

## NUTRITIVE VALUE

1 portion - 3 tablets

Contents:	in portion (3 tablets)	in 100 g
Energetic value	71,4 kJ / 16,8 kcal	1081,6 kJ / 254,5 kcal
Protein	4,0 g	60,6 g
Carbohydrates	0,0 g	0,0 g
Fat	0,0 g	0,0 g
L-leucine*	2000 mg	30,3 g
L-isoleucine*	1000 mg	15,2 g
L-valine*	1000 mg	15,2 g
R-ALA	150 mg***	2272 mg
Vitamin C	60,0 mg (100% RDA**)	909,1 mg
Vitamin B <sub>6</sub>	2,0 mg (100% RDA**)	30,3 mg

\* - branched-chain amino acid (BCAA);

\*\* - percent of Recommended Dietary Allowance;

\*\*\* - Recommended Dietary Allowance is not determined



# ING FORCE



capsules 150, 300 pieces

Foodstuff satisfying body demands while intense physical effort, especially sportsmen.

The innovative combination of L-glutamine, N-acetyl-L-glutamine and inosine. Improves post-training regeneration. Has anti-catabolic activity. Supports immune system. Enhances energy metabolism.

**FitMax® ING FORCE**, capsules, is an innovative combination of L-glutamine, N-acetyl-L-glutamine and inosine. Glutamine is a main building material of the muscle tissue, it is involved in energy metabolism, improves the immune system activity, enhances anabolic hormones production and body detoxification. The product is intensified by the addition of inosine increasing the utilization of the product components.

**Ingredients:** micronised L-glutamine, N-acetyl-L-glutamine, inosine, gelatine – capsule component.

**Recommended use:** 2 capsules twice a day. The first dose (2 capsules) after waking up, the next dose (2 capsules) after training. Wash down with a lot of water or a drink containing carbohydrates. The product should not be administered to pregnant women and nursing mothers.

**Storage:** Store in a dry place at room temperature. Keep out of reach of children.

NUTRITIVE VALUE		
1 portion - 2 capsules		
Contents:	in portion (2 capsules)	in 100 g
Energetic value	41,2 kJ / 9,84 kcal	1716,7 kJ / 410,0 kcal
Protein	2,0 g	83,3 g
Carbohydrates	0,0 g	0,0 g
Fat	0,0 g	0,0 g
L-glutamine	1000 mg	41,667 g
N-acetyl-L-glutamine	1000 mg	41,667 g
Inosine	400 mg	16,666 g





**FitMax**<sup>®</sup>  
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*Recommended by*  
**Sergey**  
**Palkin**

*Ukrainian champion  
of the bodybuilding*





# PROTEINS





# Good NIGHT

powder 680 g

Foodstuff satisfying body demands while intense physical effort, especially sportsmen.

Eliminates the night catabolism. Extremely long activity. Improves nitrogen balance. Enables efficient body regeneration after a hard day. Very high solubility and nice, full flavour.

**FitMax® Good NIGHT** is a foodstuff to assist the regeneration of the body during sleep. The basis of the product is micellar casein, which is by far the largest component of all milk proteins. It is rich in glutamine, a natural form of casein, much better used by the body than the caseinates. It is characterized by a slow digestion, thus demonstrating an effective anti-catabolic effect for many hours. This enables a faster and more efficient regeneration of the night's rest.

**Ingredients:** micellar casein, aromas: vanilla, cream-vanilla, the acidity regulator: citric acid, thickener: lecithin, sweeteners: aspartame (E951), acesulfame-K (E950), colorant: E102.

**Recommended use:** 1 serving (40 g – 3 heaped scoops) to dissolve in 250 ml of water or milk. Drink 1 time a day at bedtime. The package contains a scoop. 1 scoop includes 12 g of powder. Do not use during pregnancy or lactation.

**Storage:** Keep in dry place at room temperature and inaccessible to small children.

**CAUTION!** Product contains source of phenylalanine. It contains sweetening substances. E102 can have a detrimental effect on activity and attention in children.

**Available flavours:** cream-vanilla, chocolate, rum-cola.

## NUTRITIVE VALUE 1 portion - 40 g

Contents:	in portion (40 g)	in 100 g
Energetic value	604,2 kJ / 142,3 kcal	1510,5 kJ / 355,7 kcal
Protein	27,12 g	67,80 g
Carbohydrates	7,81 g	19,53 g
Fat	0,28 g	0,70 g

Amino acids:	in portion (40 g)	in 100 g
Glutamic acid	5226 mg	13064 mg
Phenylalanine* + Tyrosine	3020 mg	7549 mg
Proline	2979 mg	7447 mg
Leucine*/**	2904 mg	7260 mg
Lysine*	1992 mg	4979 mg
Valine*/**	1664 mg	4161 mg
Aspartic acid	1643 mg	4107 mg
Serine	1397 mg	3492 mg
Isoleucine*/**	1277 mg	3192 mg
Threonine*	1106 mg	2765 mg
Cysteine + Methionine*	964 mg	2409 mg
Arginine	951 mg	2378 mg
Alanine	782 mg	1956 mg
Histidine	775 mg	1937 mg
Tryptophan*	343 mg	857 mg
Glycine	99 mg	247 mg

\* - exogenous amino acids; \*\* - branched-chain amino acid (BCAA)



\* Above data apply to cream-vanilla flavour.

# Premium ISOLATE 90



powder 600 g

Foodstuff satisfying body demands while intense physical effort, especially sportsmen.

Instant whey protein isolate. Very high solubility. Has high biological value. Improves nitrogen balance. Has strong anabolic activity.

**FitMax® Premium ISOLATE 90** is a foodstuff supporting regeneration of the body after an exertion and promoting enhanced muscle protein synthesis. The product is based on an instant whey protein isolate, characterized by high biological value, high protein content and low content of concomitant substances, especially lactose. The rate of digestion and absorption in conjunction with the an appropriate amino acids profile decides of its huge anabolic strength. Application of instant form of the basic component, due to increase of the solubility in water enables its more efficient utilization by the body.

**Ingredients:** Instant whey protein isolate 90%.

**Recommended use:** 1 dose (30 g – 2 heaped scoops) dissolve in 250 ml of water or milk, drink 1-3 times a day. Best: in the morning just after waking up, between meals and after a training, taking earlier carbohydrates and/or simple amino acids consumption under consideration. Inside the packet there is a scoop. 1 scoop is 12,5 g of the powder. The product should not be administered to pregnant women and nursing mothers.

**Storage:** Store in a dry place at room temperature. Keep out of reach of children.

**CAUTION!** No aromas and dyes.

**Available flavours:** natural, strawberry, vanilla.



NUTRITIVE VALUE		1 portion - 30 g	
Contents:	in portion (30 g)	in 100 g	
Energetic value	476,7 kJ / 112,3 kcal	1588,9 kJ / 374,3 kcal	
Protein	27,00 g	90,00 g	
Carbohydrates	0,06 g	0,20 g	
Fat	0,45 g	1,50 g	
Minerals:	in portion (30g)	in 100 g	RDA*** (in portion)
Calcium	150 mg	500 mg	18,8%
Potassium	96 mg	320 mg	4,8%
Phosphorus	75 mg	250 mg	10,7%
Sodium	45 mg	150 mg	-
Magnesium	18 mg	60 mg	4,8%
*** - percent of Recommended Dietary Allowance			
Amino acids:	in portion (30 g)	in 100 g	
Glutamic acid	4595 mg	15318 mg	
Aspartic acid	3158 mg	10525 mg	
Leucine/**	2660 mg	8867 mg	
Lysine*	2492 mg	8306 mg	
Threonine*	1985 mg	6615 mg	
Phenylalanine* + Tyrosine	1655 mg	5518 mg	
Proline	1611 mg	5370 mg	
Alanine	1460 mg	4867 mg	
Serine	1440 mg	4801 mg	
Isoleucine/**	1376 mg	4586 mg	
Valine/**	1351 mg	4504 mg	
Cysteine + Methionine*	1277 mg	4256 mg	
Tryptophan*	539 mg	1798 mg	
Arginine	525 mg	1749 mg	
Glycine	468 mg	1559 mg	
Histidine	408 mg	1361 mg	
* - exogenous amino acids; ** - branched-chain amino acid (BCAA)			

\* Above data apply to natural flavour.



# PURE AMERICAN



powder 750 g

Foodstuff satisfying body demands while intense physical effort, especially sportsmen.

The combination of whey protein concentrate and soya protein isolate. Improves nitrogen balance. Improves post-tra-  
inign regeneration. Supports immune system. An extremely affordable price.

**FitMax® PURE AMERICAN** is a foodstuff supporting the comprehensive development of the organism. A combination of whey protein concentrate and soy protein isolate, thereby providing the body with a blend of the most digestible protein. All reinforced the addition of taurine. Product helps build lean muscle mass during both cycles of mass and scale. Improves recovery and helps support the immune system.

**Ingredients:** whey protein concentrate, soy protein isolate, taurine, maltodextrin, aromas: vanilla, cream, acidity regulator: citric acid, sweete-  
ners: aspartame, acesulfame-K, dye: tartrazine.

**Recommended use:** 1 serving (33 g – 2 heaping scoops) dissolve in 250 ml of water or milk. Administered 1-3 times daily. Consumed after pre-  
paration. Package contains a scoop. 1 scoop is 15 g powder. Product should not be used by pregnant woman.

**Storage:** Keep in dry place in room temperature, out of the reach of small children.

**CAUTION!** Product contains source of phenylalanine. It contains sweetening substances. Tartrazine can have a detrimental effect on activity  
and attention in children.

**Available flavours:** banana, cappuccino, chocolate, strawberry, vanilla.

NUTRITIVE VALUE		1 portion - 33 g
Contents:	in portion (33 g)	in 100 g
Energetic value	531,4 kJ / 125,3 kcal	1610,2 kJ / 379,8 kcal
Protein	23,10 g	70,00 g
Carbohydrates	5,85 g	17,73 g
Fat	1,06 g	3,21 g
Taurine	495 mg	1500 mg
Amino acids:	in portion (33 g)	in 100 g
Glutamic acid	6019 mg	18239 mg
Aspartic acid	3664 mg	11103 mg
Laucine*/**	2740 mg	8302 mg
Phenylalanine*+Tyrosine	2725 mg	8257 mg
Arginine	2169 mg	6572 mg
Lysine*	2156 mg	6532 mg
Serine	1707 mg	5172 mg
Proline	1671 mg	5065 mg
Isoleucine*/***	1631 mg	4941 mg
Valine*/**	1622 mg	4914 mg
Alanine	1411 mg	4276 mg
Threonine*	1404 mg	4254 mg
Glycine	1242 mg	3765 mg
Cysteine+Methionine*	908 mg	2751 mg
Histidine	805 mg	2440 mg
Tryptophan*	420 mg	1274 mg

\* - exogenous amino acids; \*\* - branched-chain amino acid (BCAA)

\* Above data apply to vanilla flavour.



# WAKE UP



powder 750 g

Foodstuff satisfying body demands while intense physical effort, especially sportsmen.

The product facilitating early morning awakening. Innovative combination of caffeine and three different protein fractions, and selected amino acids. Overcomes drowsiness. Levels morning catabolism.

**FitMax® WAKE UP** is a foodstuff which facilitates the awakening. An innovative blend of caffeine and three different protein fractions with the corresponding amino acids. Caffeine stimulates the body to operate with a concomitant increase in the concentration. Specially modified amino acid profile of the product drowsiness overcome by reducing the production of serotonin for dopamine and norepinephrine. Lecithin supplement improve mental activities, which makes the product even more effective. Constitute the basis for instant: concentrate, isolate and hydrolyzed whey protein, that a large portion of glutamine enhanced, creating the ideal nutritional database and anticatabolic.

**Ingredients:** whey protein concentrate 85% (instant), hydrolyzed whey protein, L-glutamine, isolat whey protein isolate 90% (instant), L-leucine, soy lecithin, L-isoleucine, L-tyrosine, L-valine, taurine, caffeine, calcium lactate, magnesium lactate, vitamin premix, flavors: coffee, peanut, cream, acidity regulator: citric acid, thickener substance: acacia, sweeteners: aspartame, acesulfame-K.

**Recommended use:** 1 serving (30 g – 2 scoops) dissolve in 250 ml of water or milk. Administered once daily after awakening. Consumed immediately after preparation. Package contains a scoop. 1 scoop is 15 g powder. Product should not be used by pregnant woman.

**Storage:** Keep in dry place in room temperature, out of the reach of small children.

**CAUTION!** Product contains source of phenylalanine. It contains sweetening substances. High caffeine content (73 mg/portion). Without dyes.

**Available flavours:** coffee-peanut.

## NUTRITIVE VALUE

1 portion - 30 g

Contents:	in portion (30 g)	w 100 g
Energetic value	492,9 kJ/116,5 kcal	1643,0 kJ/388,3 kcal
Protein	24,59 g	81,97 g
Carbohydrates	0,57 g	1,90 g
Fat	1,76 g	5,87 g
L-glutamine	3630 mg	12100 mg
L-leucine*/**	1830 mg	6100 mg
L-isoleucine*/**	450 mg	1500 mg
L-tyrosine	450 mg	1500 mg
L-valine*/**	450 mg	1500 mg
Taurine	450 mg	1500 mg
Lecithin	900 mg	3000 mg
Caffeine	73 mg	243 mg

Vitamins:	in portion (30 g)	in 100 g	RDA*** (in portion)
Vitamin C	9,8 mg	32,7 mg	12,3%
Niacin	3,0 mg	10,0 mg	18,8%
Vitamin E	1,7 mg	5,7 mg	14,2%
Pantoten acid	1,6 mg	5,3 mg	26,7%
Vitamin B <sub>6</sub>	0,4 mg	1,3 mg	28,6%
Riboflavin	0,3 mg	1,0 mg	21,4%
Tiamine	0,3 mg	1,0 mg	27,3%
Pholacin	64,8 µg	216,0 µg	32,4%
Biotin	23,0 µg	76,7 µg	46,0%
Vitamin B <sub>12</sub>	0,2 µg	0,7 µg	8,0%
Minerals:	in portion (30 g)	in 100 g	RDA*** (in portion)
Potassium	173,8 mg	579,3 mg	8,7%
Calcium	133,9 mg	446,3 mg	16,7%
Phosphorus	78,2 mg	260,7 mg	11,2%
Sodium	30,9 mg	103,0 mg	-
Magnesium	20,2 mg	67,3 mg	5,4%

\*\*\* - percent of Recommended Dietary Allowance

Amino acids:	in portion (30 g)	in 100 g
Glutamic acid + L-glutamine	6567 mg	21890 mg
Leucine*/**	3635 mg	12116 mg
Aspartic acid	1881 mg	6271 mg
Lysine*	1584 mg	5280 mg
Phenylalanine* + Tyrosine	1530 mg	5100 mg
Valine*/**	1427 mg	4756 mg
Isoleucine*/**	1420 mg	4734 mg
Threonine*	1260 mg	4199 mg
Proline	991 mg	3304 mg
Serine	922 mg	3074 mg
Alanine	847 mg	2823 mg
Cysteine + Methionine*	744 mg	2481 mg
Arginine	447 mg	1489 mg
Glycine	320 mg	1068 mg
Histidine	307 mg	1022 mg
Tryptophan*	259 mg	863 mg

\* - exogenous amino acids; \*\* - branched-chain amino acid (BCAA)



# MORNING PROTEIN

## FitMax® WAKE UP

You're walking in a dreamland. You're touring it carefully and with unprecedented curiosity. A hard day is way behind you, and you award is a delightful wandering around dream fantasies. Suddenly you can hear a strange nice, it's getting louder and more irritating... it's an alarm clock again.

And as every day, the beautiful story ends and the reality begins. Plain everyday life begins with getting off on the wrong foot, boiling water to make coffee and whispering "...again". We don't usually have time to eat a full breakfast. We just quickly dress up and leave. And drowsiness in repeating all the moves is following as for another few hours.

Although an alarm clock will always be ringing, this part of the day can look a bit different.

How is that happening that a man falls asleep and then wakes up? There is some hormone responsible for the sleep, it's called melatonin. It is created due to methylation of acetylated serotonin, which was synthesized of tryptophan (exogenous amino acid) after a few reactions. The light inhibits melatonin secretion. It's production starts when it's getting dark and is maximal around midnight. Unfortunately we can't influence the sun, or the movement of our planet which results in the length of the day. However we can influence the amount of tryptophan delivered to our body. This is a kind of tip. If you look closer you will be able to see some relations. So, carbohydrates consumed with a meal facilitate tryptophan getting to brain. It happens because the insulin 'injection' evoked this way enhances transportation of other amino acids to muscles leading to 'purification' of the way to brain for tryptophan. And here a simple conclusion is coming, in the morning, you should reduce the amount of products rich in tryptophan and carbohydrates.

Before the sun rise, so about 5 o'clock the concentration of glucose and catecholamine in blood increases. With the first rays of sun the synthesis of melatonin is drastically stopped. The battle of the amino acids crucial for the body starts again. This time, the first to reach brain in large quantities is tyrosine. It is enhanced by other amino acids (i.e. branched chain amino acids) competing with tryptophan for the transporters at the blood-brain barrier. Due to that synthesizing the appropriate amounts of noradrenalin, adrenalin and dopamine becomes possible. Similarly to serotonin they are neurotransmitters enabling synaptic communication (information transfer between nerve terminals), however the neurotransmitters advantaged by tyrosine induce human body. Increased concentration of adrenaline and noradrenaline results in the rise of body temperature, the acceleration of heart rate, the increase of blood pressure, extension of bronchial tubes and

transformation of glycogen to glucose. Dopamine evokes some of the above reactions, however it is usually more focused on activity in psychological sphere. It's high concentration is able to cause euphoria. In optimal amounts it is responsible for good mood. Thus, it seems to be justified to call it a happiness hormone. It's shortage may lead to some pathologic abnormalities. Additionally tyrosine is extremely important for proper thyroid operation, producing thyroxine, a lack of which may result in developing, long-lasting tiredness.

To sum up the above mentioned properties of the neurotransmitters – they enable induction of human body activity with the simultaneous increase of concentration and motivation.

Knowing the above scheme, it seems to be logical to consume products rich in tyrosine and other amino acids and reduction of tryptophan and carbohydrates. This is the first idea leading to the effectiveness of Wake up.



But that's not the end of the product activeness. As apart from basic amino acids the nature have some other substances, which may influence the increase of willing to act. The ones that can be mentioned are caffeine, taurine and also lecithin.

Caffeine, which is an xanthine alkaloid is probably one of the most widespread easily accessible substance stimulating the brain work. The most frequently quoted is the theory that it's stimulating properties comes from blocking adenosine receptors. Adenosine concentration in brain increases both with physical fatigue and psychological one causing ischemia leading to oxygen deficiency and malnutrition. Adenosine binding to the mentioned receptors causes sleepiness (drowsiness), which is the natural protection of the body. Caffeine occupying many of the mentioned receptors extends the time of mental ability. Additionally this substance is probably a competitive inhibitor of an enzyme responsible for cAMP disintegration, which reveal the multidirectional activity of caffeine. Blocking of the cAMP disintegration enhances its activity displayed by the stimulation of the body by the increase of adrenaline quantity. There is also a matter of caffeine metabolites, which additionally improve the energy metabolism due to i.e. causing fatty tissue decomposition which leads to the increase of fatty acids concentration (the energy donor) in blood.

Describing taurine, the product of cysteine degradation, some of the mentioned properties should be recalled. It enhances metabolism of the glial cells, which are part of the nervous tissue. It is also an antagonist of GABA(A) receptors, which leads to more effective transmission of the impulses in nervous system. Also the fact that facilitated creatine (an energy carrier) transport to the destination cell seems to be important, and that's due to taurine.

There is one more substance, which is probably know by the most of us. It's lecithin, which owes its effectiveness to choline, enabling synthesis of acetylcholine, a neurotransmitter enhancing data transfer in brains. It results in improvement of concentration and learning abilities. The role of acetylcholine as the neurotransmitter between nervous tissue and muscles cannot be disregarded.

Following the above data a conclusion, that awaking the body is easy, may be reached. On the contrary, it's an extremely hard, complex thing that depends on many factors, which needed be taken into consideration while creating FitMax® Wake Up.

The ability of awaking is not all that Wake Up can give up. Let's get back to the night time, when you're in a blissful sleep. What do people do then? Or maybe what they don't do. The answer is quite easy – they do not eat. So the energy shortages are gradually increasing. The body to defend itself against hunger, reaches for various methods to fight it. Here for example, the most hated, especially by sportsmen hormone can be mentioned. We mean of course, so called "stress hormone" – cortisol, which maximal concentration occurs in the morning. It's function is energy delivery at the time of its shortage, of course by the disintegration of existing structures. So it is extremely

important to stock the nutrients, which are the source of energy and building material as soon as possible. To stop the raging catabolism people are forced to eat breakfast, for which they usually don't have time in fact. In addition, decomposition of the compounds and their assimilation are others long hours of deficiency. That is why the basis of the product are whey proteins, in a form of concentrate, isolate and hydrolysate. Both concentrate and isolate were first instantized which improved their solubility increasing their availability. Whereas hydrolysate is the base of easily assimilated amino acids. The whole was enhanced by L-glutamine, an amino acid of a wide range of abilities. It's the main constituent of muscles, a compound enhancing immune system functioning, an energy donor... these are only a few of its properties. Thanks to such a base, the product can be an excellent supplement of a scant breakfast eaten on the run.

That's why Wake up cannot be a ordinary product. It's an innovative formula combining caffeine an whey protein which amino acid profile was modified in order to facilitate early morning awaking. Many efforts were made and a lot of time was spent on improving it, and the result is beyond our wildest dreams.

Let's get back to the beginning... You're walking in a dreamland. You're touring it carefully and with unprecedented curiosity. A hard day is way behind you, and you award is a delightful wandering around dream fantasies. Suddenly you can hear a strange nice, it's getting louder and more irritating... it's an alarm clock again.

What will your morning look like this time?





# Whey protein 81+



powder 750 g, 2250 g

Foodstuff satisfying body demands while intense physical effort, especially sportsmen.

The combination of instant: whey protein concentrate and whey protein isolate. Very high solubility. Contains large amounts of BCAA. Improves nitrogen balance. Enhances body regeneration.

**FitMax® Whey protein 81+** is a high-quality protein nutrient which helps to enlarge musculature. For the high-quality extract and the whey protein isolate is a fantastic source of protein while using mass and reduction diets. Taurine amino acid supplement energizes and increases the system regenerative potential.

**Ingredients:** whey protein concentrate 85% (instant), whey protein isolate 90% (instant), saccharose, taurine, lactate of calcium, lactate of magnesium, beet juice concentrate, aromas: strawberry, grenadine, cream-vanilla, the acidity regulator: citric acid, sweeteners: aspartame (E950), acesulfame-K (E951), colorant: E124.

**Recommended use:** 1 serving (33 g – 2 heaped scoops) to dissolve in 250 ml of milk or water, drink 1-3 times a day. The package contains a scoop. 1 scoop includes 15 g of powder. Do not use during pregnancy or lactation.

**Storage:** Keep in dry place at room temperature and inaccessible to small children.

**CAUTION!** Product contains source of phenylalanine. It contains sugar and sweetening substances. E124 can have a detrimental effect on activity and attention in children.

**Available flavours:** chocolate, natural, strawberry, vanilla.

## NUTRITIVE VALUE

	in portion (33 g)	in 100 g
<b>Contents:</b>		
Energetic value	534,1 kJ / 125,5 kcal	1618,4 kJ / 381,8 kcal
Protein	25,09 g	76,03 g
Carbohydrates	3,89 g	11,79 g
Fat	1,12 g	3,39 g
Taurine	500 mg	1515 mg
<b>Minerals:</b>		
Potassium	292,1 mg	885,0 mg
Calcium	177,2 mg	537,0 mg
Phosphorus	87,8 mg	266,0 mg
Sodium	87,8 mg	266,0 mg
Magnesium	21,8 mg	66,0 mg

\*\*\* - percent of Recommended Dietary Allowance

	in portion (33 g)	in 100 g
<b>Amino acids:</b>		
Glutamic acid	4200 mg	12727 mg
Aspartic acid	2694 mg	8164 mg
Leucine*/**	2540 mg	7698 mg
Lysine*	2248 mg	6811 mg
Threonine*	1788 mg	5417 mg
Phenylalanine* ± Tyrosine	1529 mg	4632 mg
Proline	1413 mg	4282 mg
Valine*/**	1359 mg	4117 mg
Isoleucine*/**	1355 mg	4106 mg
Serine	1307 mg	3961 mg
Alanine	1217 mg	3689 mg
Cysteine + Methionine*	1069 mg	3240 mg
Arginine	611 mg	1852 mg
Glycine	450 mg	1364 mg
Histidine	426 mg	1290 mg
Tryptophan*	384 mg	1165 mg

\* - exogenous amino acids; \*\* - branched-chain amino acid (BCAA)

\* Above data apply to strawberry flavour.



GAINERS





# Easy GainMass



powder 1000 g, 2000 g, 5000 g

Foodstuff satisfying body demands while intense physical effort, especially sportsmen.

Enhances energy metabolism and body regeneration. Effectively supports strength and muscles increase. Recommended especially for people having fast metabolism.

**FitMax® Easy GainMass** is a product enhancing fast muscle mass increase. It is based on a composition of various glycaemic index carbohydrate complex and the highest quality instant whey protein isolate and concentrate characterized by a high branched-chain amino acids content. The activity of the product is enhanced by creatine monohydrate, L-glutamine, taurine addition and appropriate selection of vitamins and minerals.

**Ingredients:** carbohydrates mixture: maltodextrin, sucrose, crystalline glucose; instant whey proteins mixture: whey protein concentrate (WPC 85) and whey protein isolate (WPI 90); creatine monohydrate, L-glutamine, taurine, vanilla and cream-vanilla aroma, mineral premix (sodium citrate, potassium hydrogen phosphate, magnesium lactate, calcium lactate), citric acid – acidity regulator, vitamin premix (L-ascorbic acid, acetate DL-alpha-tocopherol, nicotinic acid amide, D-calcium pantothenate, cyanocobalamin, pyridoxine hydrochloride, riboflavin, thiamine mononitrate, pteroyl(mono)glutamic acid (D-biotin), acesulfame-K – sweetener, tartrazine (E102) – food colorant.

**Recommended use:** Dissolve 1 dose – 70 g in 200-250 ml of water or milk. Use between meals and after training. Recommended day quantity of the product is 150-200 g. The product should not be administered to pregnant women and nursing mothers.

**Storage:** Store in a dry place at room temperature. Keep out of reach of children.

**CAUTION!** It contains sugar and sweeteners. Tartrazine can be harmful to children's activity and concentration.

**Available flavours:** chocolate, strawberry, vanilla.

NUTRITIVE VALUE		1 portion - 70 g	
Contents:	in portion (70 g)	in 100 g	
Energetic value	1161,9 kJ / 273,4 kcal	1659,8 kJ / 390,5 kcal	
Protein	10,00 g	14,29 g	
Carbohydrates	52,79 g	75,42 g	
Fat	0,43 g	0,62 g	
L-glutamine	4000 mg	5,71 g	
Creatine monohydrate	4000 mg	5,71 g	
Taurine	1000 mg	1,43 g	
Vitamins:	in portion (70 g)	in 100 g	RDA*(in portion)
Vitamin C	36,96 mg	52,80 mg	61,6%
Vitamin PP	10,98 mg	15,68 mg	61,0%
Vitamin B <sub>1</sub>	6,32 mg	9,03 mg	105,3%
Vitamin E	6,16 mg	8,80 mg	61,6%
Vitamin B <sub>6</sub>	1,34 mg	1,92 mg	67,0%
Vitamin B <sub>2</sub>	1,18 mg	1,69 mg	73,8%
Vitamin B <sub>12</sub>	1,03 mg	1,47 mg	73,6%
Vitamin B <sub>9</sub>	247,1 µg	352,0 µg	123,5%
Vitamin H	94,78 µg	135,4 µg	63,2%
Vitamin B <sub>17</sub>	0,75 µg	1,07 µg	75,0%
Minerals:	in portion (70 g)	in 100 g	RDA*(in 100 g)
Potassium	46,9 mg	67,0 mg	6,7%
Sodium	28,0 mg	40,0 mg	-
Calcium	9,8 mg	14,0 mg	1,7%
Magnesium	7,0 mg	10,0 mg	3,3%

\* - percent of Recommended Dietary Allowance



\* Above data apply to vanilla flavour.

# MASS ACTIVE 20



**powder: bag-1000 g, 2000 g, 5000 g, box-3000 g, 5000 g**  
Not every package size includes all the flavours.

**Foodstuff satisfying body demands while intense physical effort, especially sportsmen.**

Enhances energy metabolism and body regeneration. Effectively supports the increase of strength and muscles. Recommended especially for people having fast metabolism. The great variety of flavours.

**FitMax® MASS ACTIVE 20** is a combination of nutrients which help to increase muscular mass, consisting of a group of carbohydrates with a varied glycemic index, high quality protein whey isolates and concentrates with many added amino acids (BCAA's) of which one of the most important for sports activity is glutamine. One serving of FitMax® Mass Active 20 supplies the body with all the necessary vitamins and minerals. The product is designed for athletes who desire to increase muscle mass more rapidly and will also replenish blood and muscle glycogen after heavy and endurance sporting activities.

**Ingredients:** Maltodekstrine, whey protein concentrate 85% (instant), saccharose, whey protein isolate 90% (instant), cocoa, aromas: chocolate and cream-vanilla, emulsifier: fat GMS, regulator of acidity: citric acid (E330), vitamin premix (Vitamin E, Tiamine, Ryboflawin, Vitamin B<sub>6</sub>, Pholacin, Pantoten Acid, Vitamin C, Vitamin B<sub>12</sub>, Biotin, Niacyn), sweeteners: aspartame (E950) and acesulfame- K (E951).

**Recommended use:** 1 dose – 50 g (2 scoops) to be dissolved in 250 ml water or milk. Take between meals and after training. Recommended daily intake is 150-200 g of the product. The package contains a scoop. 1 scoop is 25 g of powder. Do not use during pregnancy or lactation.

**Storage:** Keep in dry place in a room temperature, out of the reach of small children.

**CAUTION!** Product contains source of phenylalanine. It contains sugar and sweetening substances. Without dye.

**Available flavours:** banana, white chocolate, chocolate, coconut, wild strawberry, toffee, strawberry, vanilla.



NUTRITIVE VALUE		1 portion - 50 g
Contents:	in portion (50 g)	in 100 g
Energetic value	813,05 kJ / 191,3 kcal	1626,1 kJ / 382,6 kcal
Protein	10,00 g	20,00 g
Carbohydrates	36,70 g	73,40 g
Fat	1,13 g	2,26 g
Vitamins:	in portion (50 g)	in 100 g
Vitamin C	23,48 mg	46,96 mg
Vitamin PP	7,41 mg	14,82 mg
Vitamin E	4,30 mg	8,60 mg
Vitamin B <sub>6</sub>	4,09 mg	8,18 mg
Vitamin B <sub>5</sub>	0,90 mg	1,80 mg
Vitamin B <sub>2</sub>	0,79 mg	1,58 mg
Vitamin B <sub>1</sub>	0,71 mg	1,42 mg
Vitamin B <sub>9</sub>	155,0 µg	310,00 µg
Vitamin H	60,0 µg	120,00 µg
Vitamin B <sub>12</sub>	0,49 µg	0,98 µg
Minerals:	in portion (50 g)	in 100 g
Potassium	125,0 mg	250,0 mg
Calcium	63,0 mg	126,0 mg
Phosphorus	38,0 mg	76,0 mg
Sodium	38,0 mg	76,0 mg
Magnesium	5,0 mg	10,0 mg

\*\*\* - percent of Recommended Dietary Allowance

Amino acids:	in portion (50 g)	in 100 g
Glutamic acid	2050 mg	4100 mg
Leucine*/**	960 mg	1920 mg
Lysine*	852 mg	1704 mg
Threonine*	690 mg	1380 mg
Phenylalanine*+Tyrosine	636 mg	1272 mg
Glycine	593 mg	1186 mg
Valine*/**	593 mg	1186 mg
Isoleucine*/**	583 mg	1166 mg
Alanine	550 mg	1100 mg
Arginine	550 mg	1100 mg
Histidine	507 mg	1014 mg
Cysteine+Methionine*	410 mg	820 mg
Serine	389 mg	778 mg
Proline	238 mg	476 mg
Aspartic acid	216 mg	432 mg
Tryptophan*	183 mg	366 mg
Total Amino Acids	10 000 mg	20 000 mg

\* - exogenous amino acids; \*\* - branched-chain amino acid (BCAA)

\* Above data apply to chocolate flavour.



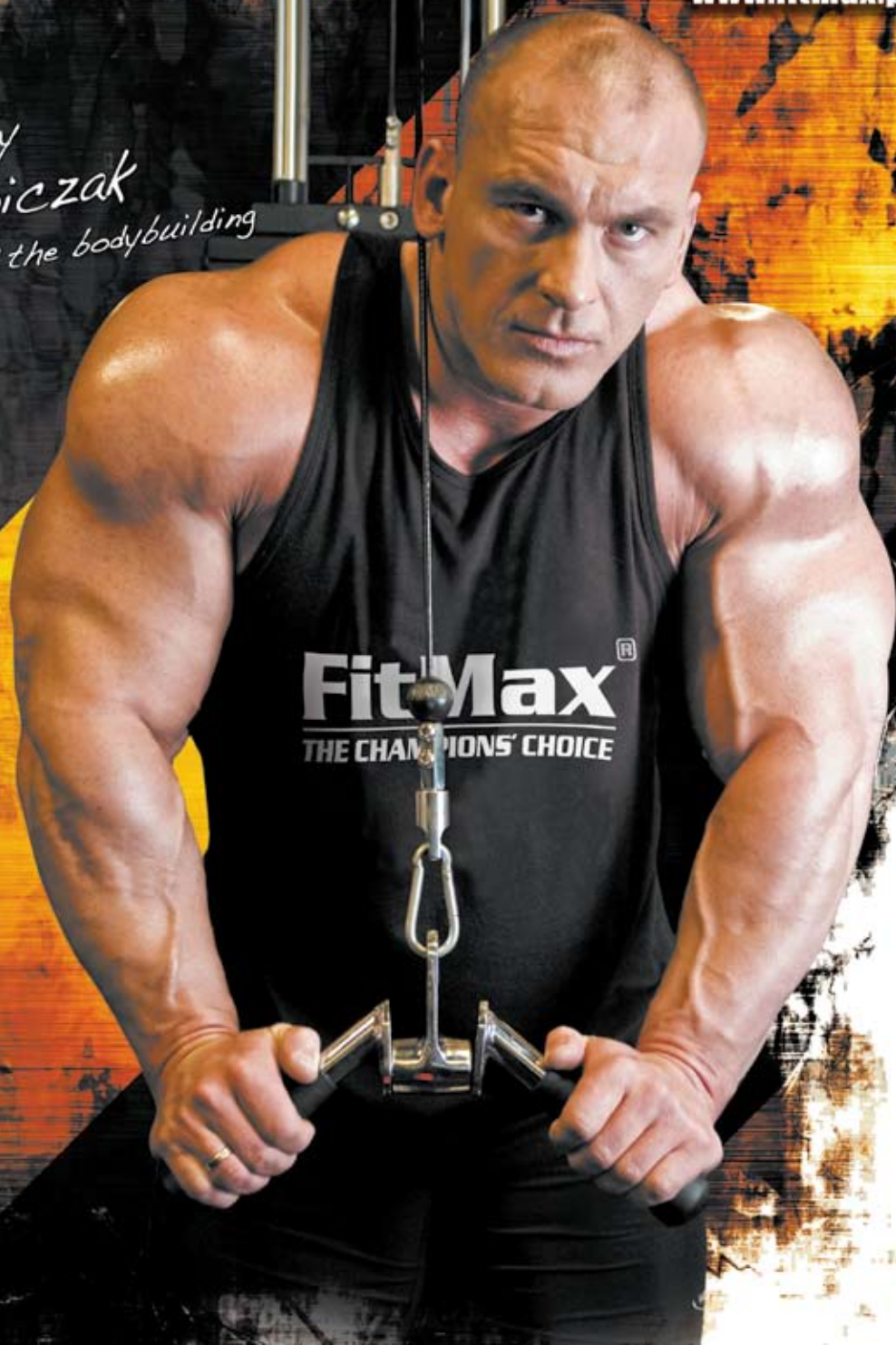
**FitMax**<sup>®</sup>

THE CHAMPIONS' CHOICE

[www.fitmax.pl](http://www.fitmax.pl)

*Recommended by  
Marek Olejniczak  
polish champion of the bodybuilding*

**FitMax**<sup>®</sup>  
THE CHAMPIONS' CHOICE



# CARBOHYDRATES





# CARBO



powder 1000 g, 3000 g

Foodstuff satisfying body demands while intense physical effort, especially sportsmen.

Complex of carbohydrates of various glycemic index. Contains the addition of vitamins and minerals. An excellent energy source. Enhances glycogen re-synthesis. Increases training abilities.

**FitMax® CARBO** is a carbohydrate concentrate drink, prepared especially for sportsmen who exert high levels of physical efforts in various sports disciplines. A mixture of complex carbohydrates and simple sugars ensures that constant energy levels are maintained throughout physical activity and aids in the replenishment of depleted glycogen into the muscles. The addition of vitamins and minerals assures the control of water balance during physical effort and provides the athlete with essential vitamins and minerals needed during enhanced metabolic function.

**Ingredients:** maltodextrine, saccharose, lemon powder, mineral premix (lactate of calcium, phosphate of potassium, lactate of magnesium, sodium citrate), vitamin premix (vitamin C, vitamin E, pantoten acid, niacin, vitamin B<sub>6</sub>, riboflavin, thiamine, pholacin, biotin, vitamin B<sub>12</sub>), the acidity regulator: citric acid, aromas: flavour-aroma-colour concentrates (lemon flavor), flavour-aroma-colour concentrates (grapefruit flavor).

**Recommended use:** 30 g every hour during sustained effort, e.g., the maraton, long-distance race and 90 g during the first hour after training, but not sooner than 30 minutes since it was finished. Drink preparation: Mix 30 g (1,5 of the scoops) of powder with 250 ml of water, 90 g (4,5 of the scoops) of powder with 750 ml of water, dissolve 30 g (1,5 of the scoops) of powder with 350 ml of water to prepare the isotonic drink, package contains a scoop (1 scoop = about 15 g of powder). Do not use during pregnancy or lactation.

**Storage:** Keep in dry place in a room temperature, out of the reach of small children.

**CAUTION!** It contains sugar. Natural flavors.

**Available flavours:** lemon-grapefruit, grapefruit, orange, cherry.

## NUTRITIVE VALUE

1 portion - 30 g

Contents:	in portion (30 g)	in 100 g	
Energetic value	476,0 kJ / 112,0 kcal	1586,0 kJ / 373,0 kcal	
Protein	0,0 g	0,0 g	
Carbohydrates	28,0 g	93,3 g	
Fat	0,0 g	0,0 g	
Vitamins:	in portion (30 g)	in 100 g	RDA* (in portion)
Vitamin C	32,87 mg	109,55 mg	55,0%
Vitamin E	6,03 mg	20,09 mg	60,0%
Pantoten acid	5,72 mg	19,08 mg	95,0%
Niacin	1,89 mg	6,30 mg	10,0%
Vitamin B <sub>6</sub>	1,26 mg	4,20 mg	63,0%
Riboflavin	1,10 mg	3,68 mg	69,0%
Thiamine	0,99 mg	3,30 mg	71,0%
Pholacin	219,00 µg	730,00 µg	109,0%
Biotin	84,00 µg	280,00 µg	57,0%
Vitamin B <sub>12</sub>	0,68 µg	2,27 µg	68,0%
Minerals:	in portion (30 g)	in 100 g	RDA* (in 100 g)
Potassium	20,0 mg	67,0 mg	6,7%
Sodium	12,0 mg	40,0 mg	-
Calcium	4,2 mg	14,0 mg	1,7%
Magnesium	3,0 mg	10,0 mg	3,3%

\* - percent of Recommended Dietary Allowance



\* Above data apply to lemon-grapefruit flavour.

# CREATINES





# ANABOL active



powder 600 g

Foodstuff satisfying body demands while intense physical effort, especially sportsmen.

The combination of compounds enhancing anabolic body processes. Contains three most effective forms of creatine. Increases performance in strength and strength-endurance sports.

**FitMax® ANABOL active** is a foodstuff composed of: three forms of creatine (tricreatine malate, creatine monohydrate, creatine orotate HCl ethyl ester), AAKG, L-leucine and taurine. The product supplies the body with substances enhancing or being part of anabolic processes. It is especially recommended to physically active people and sportsmen.

**Ingredients:** tricreatine malate, creatine monohydrate, AAKG, L-leucine, taurine, creatine orotate HCl ethyl ester, grapefruit powder, lemon powder, silicon dioxide – anticaking agent, grapefruit flavour-aroma-colouring stuff concentrate, citric acid - the acidity regulator, lemon flavour-aroma-colouring stuff concentrate, acacia gum – thickener, sucralose and acesulfame-K – sweeteners.

**Recommended use:** dissolve 1 dose (9,2 g of the powder – 1/2 of the included scoop) in 200 ml of water a drink once a day, in the morning before training or after training. Drink right after the preparation. There is a scoop inside the packet. 1 flat scoop is 18,4 g of the powder. The product should not be administered to pregnant women and nursing mothers.

**Storage:** Store in a dry place at room temperature. Keep out of reach of children.

**CAUTION!** Contains sweeteners. Natural aromas and colouring stuffs.

**Available flavours:** lemon-grapefruit.

NUTRITIVE VALUE	1 portion – 9,2 g	
	in portion (9,2 g)	in 100 g
Contents:		
Energetic value	121,7 kJ / 28,6 kcal	1323,1 kJ / 311,3 kcal
Protein	7,16 g	77,83 g
Carbohydrates	0,0 g	0,0 g
Fat	0,0 g	0,0 g
Tricreatine malate	1200 mg	13,04 g
Creatine monohydrate	1200 mg	13,04 g
AAKG	1000 mg	10,87 g
L-leucine*	1000 mg	10,87 g
Taurine	1000 mg	10,87 g
Creatine orotate HCl ethyl ester	800 mg	8,70 g

\* - branched-chain amino acids (BCAA)



# Crea **FORCE**



capsules 400 pieces

Foodstuff satisfying body demands while intense physical effort, especially sportsmen.

A highly stable form of creatine. Enhances energy metabolism. Increases performance in strength and strength-endurance sports. Recommended during exertion of high energy expenditure.

Tricreatine malate belongs to improved forms of creatine because it is characterized by high absorption and also restoration of ATP. **FitMax® Crea FORCE** stimulates increase of muscle mass, strength and physical endurance directly and indirectly in cases of efforts with force and speed character.



**Ingredients:** Tricreatine malate, gelatin – capsule ingredient.

**Recommended use:** 1 serving (5 capsules) in the morning on an empty stomach and next serving (5 capsules) before or after the training. When applying drink a lot of water or carbohydrate drink (min 250 - 300 ml). Use maximum for 6 weeks, then take minimum 5 weeks off. Do not use during pregnancy or lactation.

**Storage:** Keep in dry place in room temperature, out of the reach of small children.

#### NUTRITIVE VALUE

Contents:	1 portion - 5 capsules	
	in portion (5 capsules)	in 100 g
Energetic value	14,63 kJ / 3,5 kcal	234,0 kJ / 56,0 kcal
Protein	0,00085 g	0,014 g
Carbohydrates	0,0 g	0,0 g
Fat	0,0 g	0,0 g
Tricreatine malate	6250 mg	100 g





# Crea MISSION



capsules 120, 240 pieces

Foodstuff satisfying body demands while intense physical effort, especially sportsmen.

A highly stable form of creatine. Synergistic activity of the compound components. Enhances energy metabolism. Increases performance in strength and strength-endurance sports.

**FitMax® Crea MISSION**, capsules, is a foodstuff containing the latest and highly durable form of creatine – Creatine Ethyl Ester HCl Orotate. Synergistic activity of two components of the compound enhance storage and transport of the energy, while reducing body acidification rate. The product, due to increasing the rate of regeneration, helps to develop strength and endurance of the body.

**Ingredients:** Creatine Ethyl Ester HCl Orotate, gelatine – capsule component.

**Recommended use:** 1 dose (2 capsules) in the morning, on an empty stomach, the next dose (2 capsules) 30 minutes before or after training, the last dose (2 capsules) before going to sleep. Wash down with a lot of water or a drink containing carbohydrates (at least 250-300 ml). The product should not be administered to pregnant women and nursing mothers.

**Storage:** Store in a dry place at room temperature. Keep out of reach of children.

NUTRITIVE VALUE		1 portion - 2 capsules
Contents	in portion (2 capsules)	in 100 g
Energetic value	30,1 kJ / 7,2 kcal	1254,2 kJ / 300,0 kcal
Protein	0,0 g	0,0 g
Carbohydrates	0,0 g	0,0 g
Fat	0,0 g	0,0 g
Creatine Ethyl Ester HCl Orotate	2400 mg	100 g



# CREATINE Creapure®



capsules 250 pieces, powder 300 g, 600 g

Foodstuff satisfying body demands while intense physical effort, especially sportsmen.

One of the cleanest creatine monohydrate Creapure® in the world. Enhances energy metabolism. Increases performance in strength and strength-endurance sports. Taurine addition (powder).

FitMax® CREATINE Creapure® is a foodstuff containing patented, one of the cleanest creatine monohydrate in the world. Creatine as an energy depository and carrier, enables biochemical processes that allows increase of training intensity and post-exertion regeneration of the body. Additionally in case of powder the effect of the product is enhanced by the addition of taurine increasing creatine transport and absorption.



NUTRITIVE VALUE		1 portion - 5 g
Contents:	in portion (5 g)	in 100 g
Energetic value	76,5 kJ / 18,3 kcal	1529,9 kJ / 365,4 kcal
Protein	0,0 g	0,0 g
Carbohydrates	0,0 g	0,0 g
Fat	0,0 g	0,0 g
Creatine Monohydrate Creapure®	4000 mg	80,0 g
Taurine	1000 mg	20,0 g

NUTRITIVE VALUE		1 portion - 6 capsules
Contents:	in portion (6 capsules)	in 100 g
Energetic value	72,1 kJ / 17,2 kcal	1601,9 kJ / 382,6 kcal
Protein	0,0 g	0,0 g
Carbohydrates	0,0 g	0,0 g
Fat	0,0 g	0,0 g
Creatine Monohydrate Creapure®	4500 mg	100,0 g

## Powder

**Ingredients:** micronized creatine monohydrate Creapure®, micronized taurine.

**Recommended use:** 1 spoon in the morning on an empty stomach, 1 spoon before or after training. Wash down with a lot of water or drink containing carbohydrates. Use no more than for 6 weeks, then make 4-week break. The product should not be administered to pregnant women and nursing mothers.

**Storage:** Store in a dry place at room temperature. Keep out of reach of children.

## Capsules

**Ingredients:** micronized creatine monohydrate Creapure®, gelatine – capsule component.

**Recommended use:** 6 capsules in the morning, on an empty stomach, and 6 capsules before or after training. Wash down with a lot of water or a drink containing carbohydrates (at least 250-300 ml). Use for 6 weeks followed by at least 4 week break. The product should not be administered to pregnant women and nursing mothers.

**Storage:** Store in a dry place at room temperature. Keep out of reach of children.



# HMBetyl



capsules 120, 240 pieces

Foodstuff satisfying body demands while intense physical effort, especially sportsmen.

The innovative combination of creatine ethyl ester HCl orotate and HMB. Enhances energy metabolism. Reveals anabolic and anti-catabolic activity. Facilitates pure muscles building.

**FitMax® HMBetyl**, capsules, is a foodstuff being a composition of HMB with Creatine Ethyl Ester HCl Orotate. Synergistic activity the product components enhance energy storage and transport, decrease body acidification rate and intensifies anti-oxidative activity enabling the development of the fatless muscles tissue.

**Ingredients:** HMB, Creatine Ethyl Ester HCl Orotate, gelatine – capsule component.

**Recommended use:** 2 capsules three times a day. First – after waking up then, after training, and the last dose before going to sleep. Wash down with a lot of water or a drink containing carbohydrates. The product should not be administered to pregnant women and nursing mothers.

**Storage:** Store in a dry place at room temperature. Keep out of reach of children.

NUTRITIVE VALUE		
	1 portion - 2 capsules	
Contents:	in portion (2 capsules)	in 100 g
Energetic value	30,1 kJ / 7,2 kcal	1254,2 kJ / 300,0 kcal
Protein	0,0 g	0,0 g
Carbohydrates	0,0 g	0,0 g
Fat	0,0 g	0,0 g
HMB	1200 mg	50,0 g
Creatine Ethyl Ester HCl Orotate	1200 mg	50,0 g



# TESTOSTERONE BOOSTERS





# Tribu UP



capsules 30, 60, 120 pieces

## DIETARY SUPPLEMENT

Increases the level of free testosterone. Levels factors limiting its activity. Supports anabolic processes of the body. Increases libido and improves the mood. Increases training abilities.

**FitMax® Tribu UP**, capsules, is a product based on the set of plant extracts: Tribulus terrestris and Avena sativa, strengthened by addition of vitamin B<sub>6</sub>. The ingredients of the product enhance the creation of the free testosterone and simultaneously block substances limiting its action. Testosterone as an anabolic hormone supports proper functioning of the body and significantly improves its efficiency and regeneration also increasing sexual activity.

**Ingredients:** Tribulus terrestris 45% (puncture-vine extract), Avena sativa (common oat extract), vitamin B<sub>6</sub>, gelatine – capsule component.

**Recommended use:** Use 1 dose (2 capsules) once a day: after breakfast or before training. Wash down with a lot of water or a drink containing carbohydrates (at least 250-300 ml). Do not exceed recommended serving sizes for the day. Dietary supplements should not be used as a substitute for a varied diet. The product should not be administered to pregnant women and nursing mothers. The product is for adults only.

**Storage:** Store in a dry place at room temperature. Keep out of reach of children.

NUTRITIVE VALUE		1 portion - 2 capsules
Content:	in portion (2 capsules)	in 100 g
Energetic value	10,62 kJ / 2,54 kcal	1515,6 kJ / 362,0 kcal
Tribulus terrestris 45% - puncture-vine extract	1200 mg	85,59 g
Avena sativa - common oat extract	200 mg	14,27 g
Vitamin B <sub>6</sub>	2,0 mg (100% RDA*)	0,14 g

\* - percent of Recommended Dietary Allowance



# REDUCERS OF FAT





# BASE L-Carnitine



capsules 60, 90, 900 pieces

## DIETARY SUPPLEMENT

Supports fatty acids burning. Reduces the degree of muscles acidification. Facilitates nervous signals transmission. Improves efficiency of the body. Enhances the effectiveness of reduction.

**FitMax® BASE L-Carnitine**, capsules, is 1400 mg of L-carnitine tartrate in each dose. L-carnitine enables the transport of fatty acids, transmission of nerve signals and detoxification of the body thus, it helps to reduce excessive fatty tissue and after training regeneration of the body. Activity of the product is strenghtened by addition of vitamin B<sub>1</sub>.

**Ingredients:** L-carnitine tartrate (containing min. 67% of L-carnitine), Vitamin B<sub>1</sub>, gelatin – capsule component.

**Recommended use:** Use 2 capsules once/twice a day: after a main meal or before training. Wash down with a lot of water (at least 250-300 ml). Do not exceed recommended serving sizes for the day. Dietary supplements should not be used as a substitute for a varied diet. The product should not be administered to pregnant women and nursing mothers.

**Storage:** Store in a dry place at room temperature. Keep out of reach of children.

NUTRITIVE VALUE			1 portion - 2 capsules
Contents:	in portion (2 capsules)	in 100 g	
L-carnitine tartrate	1400 mg**	99,9 g	
Vitamin B <sub>1</sub>	1,1 mg (100% RDA*)	78,5 mg	
* - percent of Recommended Dietary Allowance;			
** - Recommended Dietary Allowance is not determined			



# FIRE fit



capsules 90 pieces

## DIETARY SUPPLEMENT

Multidirectional activity. Increases thermogenesis. Reveals lipotropic and drainage activity. Increases concentration. Increases desire for training. Facilitates slim figure obtainment.

**FitMax® FIRE fit**, capsules, is a product based on a appropriately selected set of plant extracts, enhanced N-acetyl-L-tyrosine, caffeine and vitamin B<sub>12</sub>. The ingredients are characterized by a strong thermogenic, lipotropic and drainage effect, supporting the reduction of excessive fatty tissue and gaining desired muscle definition.

NUTRITIVE VALUE		1 portion - 2 capsules
Contents:	in portion (2 capsules)	in 100 g
Energetic value	12,5 kJ / 2,93 kcal	906,1 kJ / 213,2 kcal
Green tea extract (50% polyphenols)	366 mg	28,37 g
Oolong tea extract	292 mg	22,64 g
N-acetyl-L-tyrosine	292 mg	22,64 g
Ginger root extract (5% gingerol)	146 mg	11,32 g
Caffeine	120 mg	9,3 g
Black pepper and long pepper extract (5:1)	7 mg	0,543 g
Niacin	60 mg	4654,3 mg
Vitamin B <sub>12</sub>	1 µg (100% RDA*)	77,6 µg

\* - percent of Recommended Dietary Allowance

**Ingredients:** Green tea extract (50% polyphenols), Oolong tea extract, N-acetyl-L-tyrosine, Ginger root extract (5% gingerol), caffeine, niacin, black pepper and long pepper extract (5:1), vitamin B<sub>12</sub>, gelatine – capsule component.

**Recommended use:** Use 2 capsules once a day: after a main meal or before training. Wash down with a lot of water (at least 250-300 ml). Do not exceed recommended serving sizes for the day. Dietary supplements should not be used as a substitute for a varied diet. The product should not be administered to pregnant women and nursing mothers.

**Storage:** Store in a dry place at room temperature. Keep out of reach of children.

**CAUTION!** High caffeine content (60 mg/ 1 capsule).





# L-Carnitine liquid



ampoules 20x25 ml

Foodstuff satisfying body demands while intense physical effort, especially sportsmen.

L-carnitine in the fluid. Supports burning of fatty acids. Reduces the degree of muscles acidification. Facilitates nervous signals transmission. Improves efficiency of the body. Enhances the effectiveness of reduction.

**FitMax® L-Carnitine Liquid** is a perfect product in a drink form that helps to reduce fatty tissue. The product is recommended for athletes and people intending to reduce fatty tissue. L-carnitine helps the organism to reduce fatty tissue and prevents accumulating new fat; increases the organism's physical performance; prevents accumulating lactic acid in the muscles, what increases the resistance to tiredness and stress and facilitates fitness renewal.



**Ingredients:** L-carnitine (12%), water, tropical flavor, acidity regulator: citric acid E330, conservant substances: potassium sorbate E202, sweetening substances: sodium saccharinate E954, acesulpham K E950. Contains traces amounts of lactose.

**Recommended use:** Drink content ½ ampoule (12,5 ml) 2 times a day: 30 minutes before breakfast and before training. Do not use during pregnancy or lactation. Mix the product with a the small amount of water.

**Storage:** Keep in dry place in a room temperature, out of the reach of small children.

**Available flavours:** tropical.

1 portion (12,5 ml) – 1500 mg L-carnitine  
1 ampoule (25 ml) – 3000 mg L-carnitine  
20 ampoule's per packet – 500 ml – 60 000 mg L-carnitine

NUTRITIVE VALUE			
Contents	in portion 12,5 ml	in 25 ml (1 ampoule)	in 100 ml
Energetic value	7,9 kJ / 1,8 kcal	15,8 kJ / 3,6 kcal	63,2 kJ / 14,4 kcal
Protein	< 1 g	< 1 g	< 1 g
Carbohydrates	< 1 g	< 1 g	< 1 g
Fat	< 1 g	< 1 g	< 1 g
L-carnitine	1500 mg*	3000 mg	12000 mg

\* - Recommended Dietary Allowance is not determined

# THERM L-Carnitine



capsules 60, 90, 900 pieces

## DIETARY SUPPLEMENT

The combination of L-carnitine tartrate and caffeine. Supports burning of fatty acids. Enhances detoxification and nervous signals transmission. Improves efficiency of the body. Enhances the effectiveness of reduction.

**FitMax® Therm L-Carnitine**, capsules, is the combination L-carnitine tartrate and caffeine. L-carnitine enables the transport of fatty acids, transmission of nerve signals and detoxification of the body. Caffeine intensifies thermogenesis enhancing exertion capability. Thus, the product helps to reduce excessive fatty tissue, improves training and regeneration of the body.

**Ingredients:** L-carnitine tartrate (containing min. 67% of L-carnitine), caffeine, vitamin B<sub>1</sub>, magnesium stearate – anticaking agent, gelatine – capsule component.

**Recommended use:** Use 2 capsules once/twice a day: after a main meal or before training. Wash down with a lot of water (at least 250-300 ml). Do not exceed recommended serving sizes for the day. Dietary supplements should not be used as a substitute for a varied diet. The product should not be administered to pregnant women and nursing mothers.

**Storage:** Store in a dry place at room temperature. Keep out of reach of children.

**CAUTION!** High caffeine content (60 mg/ 1 capsule)

NUTRITIVE VALUE		1 portion - 2 capsules
Contents:	in portion (2 capsule)	in 100 g
L-carnitine tartrate	1200 mg**	90,8 g
Caffeine	120 mg**	9,1 g
Vitamin B <sub>1</sub>	1,4 mg (100% RDA*)	0,1 g
* - percent of Recommended Dietary Allowance;		
** - Recommended Dietary Allowance is not determined.		





A female athlete with dark hair, wearing a pink FitMax sports bra and black shorts, is shown in a boxing ring. She is wearing black boxing gloves and has her right arm raised, touching the chain-link fence. The background is a dark chain-link fence. The overall tone is energetic and athletic.

**FitMax**<sup>®</sup>  
THE CHAMPIONS' CHOICE

GET RID OF  
UNWANTED FAT  
BUILD MUSCLES

# REGENERATORS OF JOINTS





# FitMax® FLEX fit

What's the feeling when sitting in a comfortable armchair, drinking a cup of tea, you suddenly conceive the idea of doing something different? What do you feel when making a plan, you imagine extremely surprising results of your plan accomplishment? How is that, when you grab the armrest of your seat, you set your legs perpendicular to the floor, move a little forward and your muscles do some routine work to stand up and then you feel the same pain you felt yesterday, the day before yesterday, last month or last year. Helplessness, discouragement, dissatisfaction, fatigue both physical and mental, longing for times when life without pain was a pleasant challenge – these are just few of the feelings that became an indispensable companion of your everyday life. A smile disappears from your face, to step aside for a grimace to appear. You sit down, resignation captures your mind and a happy thought of a little everyday success turns into a hard necessity of survival... if you think that so it has to be, then you're wrong.

No matter if you are young or old, you practice sport regularly or not, no matter what are the illnesses you suffer from or if you feel as right as rain, the joints ache will always be arduous and demotivating. Although curing of some illnesses or injuries being the reason for the above described state lies within the competence of medicine, there is however a possibility of appeasing some symptoms and supporting recovery with an easily accessible, known for ages and used substances, among which such as: glucosamine, chondroitin, hyaluronic acid, vitamin C or extract of *Boswellia serrata* plant may be listed.

Depending on a kind of considered substances, the activity of the products with their content may enhance regeneration of movement organs structures by: becoming a building material, reducing inflames, regulation of appropriate repair processes. Of course not every chemical substance reveals all mentioned properties. And that's why optimal effects are the result of the combination of some ingredients. FitMax accepted the challenge of composing a product revealing the desired effectiveness of synergetic compounds. That's how FitMax® FLEX fit, a foodstuff containing all of the above mentioned substances, that will be described below, was created.

Glucosamine is the one of the main amino sugars being a part of a large group of glycosaminoglycans. It is for example a part of chondroitin sulphate, or hyaluronic acid this way becoming a main building material of movement organs. As the most popular substance prescribed for joints lesions it was a subject of many researches, not always agreeable but for sure promising well. Many experiments and surveys of the people suffering from Arthrosis deformans showed that consuming glucosamine reduced the feeling of pain, enhances maintaining the appropriate width of the joint space and retards the overall illness progress improving the life comfort. A confirmation of the rightness of the obtained results may be the fact that the patients who were cured with the use of glucosamine were less forced to be operated on. Many different mechanism of its activity are being considered. The most frequent ones are: increase of the proteoglycans synthesis, reducing of the structures disruption (inter alia by blocking the enzymes like: collagenase or phospholipase A2) and braking some of the cytokines synthesis.

Probably the most useful and effective form of oral dosage is glucosamine sulphate, containing quite important sulphate groups. Many of the researches were conducted with the use of the mentioned form, showing its predominance over the glucosamine hydrochloride. Glucosamine sulphate is well digestible and tolerated by the body. What's important, it penetrated tissues including joints gristle. No bigger, subjective, undesirable patients' feeling were noted, that would not be observed among the control group. Glucosamine sulphate administration does not influence the blood pressure, lipids or blood sugar level. 1500 mg a day is regarded as an effective dose. It should also be mentioned that first signs of improvement may be noticed in a few months however the measurable effect can be observed after a few years.

Chondroitin sulphate is the first of the glycosaminoglycans described in the article. As it bind to a hyaluronic acids by the special binding proteins, it is regarded one of the main constituents of the gristle tissue. Being a building material of intermembrane proteoglycan it enables the adhesion of connective tissue cells to the extracellular basic substance.

Additionally chondroitin as the component of some structures enables cells multiplication by creating of the fibroblasts and other multiplying proteins docking places.

Chondroitin sulphate is an extremely popular compound, bought in order to decrease the progression of degenerative changes. It waited to be described in many publications. Just like glucosamine the world has been divided into his opponents and supporters. Irrespective of that, most of the researches performs quite a positive opinion about the compound. It has been shown that chondroitin sulphate reduces the level of gristle tissue atrophy, reduces the changes of the ganglionic of the bone marrow, decreases pain and the need of taking analgesic medicines and also decreases the generally called illness progress. Combining of the described compound with glucosamine sulphate seems to be a good idea, although the strengthened activity of the composition was not determined yet. Anyway chondroitin sulphate, both combined and alone expresses quite high use-safety. It's effective amount is estimated to be equal to about 800 mg a day.

Strangely enough, it's effects can be felt both after a large single dose and a few smaller doses taken on the same day. As well high assimilation as quite a long time of remained high concentration in plasma can influence it. Just like in case of glucosamine, it is needed to wait some time to see the effects. First signs of improvement may be noticed after about a month.

Hyaluronic acid is another, apart from chondroitin glycosaminoglycan. Unlike other compounds of its group it does not make covalence bonds with proteins. Hyaluronic acid is a 'core' of certain proteoglycans, composed of, inter alia, chondroitin sulphate. And so the appropriate amount of it will be essential to enable built proteoglycan to act. It is important that hyaluronic acid as one of the main components of the synovial fluid, enables efficient operation of the system of the movement organs.

It's exploitability was examined both in cases of degeneration illnesses and injuries. So as well older as younger people were taken into consideration. The improvement of the state of health has been observed in elbow, knee and ankle joints. Abilities of pain reduction and improvement of fitness and the quality of life were revealed. Gaining of desired effects lasted weeks, neither months nor years. Additionally,

the treatment has been proved to quite safe. Such results give hope for cure alternative to corticosteroids. The main problem is however the fact that hyaluronic acid was injected. Not so long ago it was impossible to determine its usefulness in an oral form. However today we've already got to know that there is a gleam of hope. Thus, taking substances based on hyaluronic acid enable 4-14 % of the compound to be assimilated and observe its concentration i.e. in joints. This effect may be improved by simultaneous taking of phospholipids. Absorption of hyaluronic acid is not remarkable, but effective in terms of reaching destination, so it gives hope for improvement of the effectiveness of complex products.

Boswellia serrata is a tree growing in India. Using it for inflammation treatment was popular even in ancient times. Researches confirmed effectiveness of Boswellia serrata in appeasing intestine inflammations, chronic rheumatic arthritis or asthma symptoms. Those unique properties are watched for mainly in Boswellia acids. And so the most popular products in the market are now extracts of the discussed plant, containing a great amount of them. Activity of Boswellia acids depends on inhibition of the 5-lipoxygenase, E-1 microsomal prostaglandins and serine proteases if G cathepsin, not influencing the activity of 12 - lipoxygenase and cyclooxygenase. They also do not violate eicosatetraenoic acid peroxidation. Their unique activity enables inflammation leveling without inhibition of glycosaminoglycans synthesis. This way they do reveal, to some extends, predominance over some antiphlogistic medicines, which often reduce the regeneration ability of required compounds. Boswellia serrata extract is characterized by high use-safety and high tolerance in a single dose of up to 333 mg. It also reveals 6-hour long activity. Assimilation of the mentioned extract increases as it is taken with food, which suggests its increasing effectiveness in complex products.

Vitamin C is a well-known organic compound soluble in water, which is in fact neither an energy source nor tissue building element, nevertheless it is essential for maintaining normal metabolism. The vitamin is essential in collagen synthesis. It is responsible for proline hydroxylation, which results in hydroxyproline synthesis. Occurrence of hydroxyl groups is essential for the stabilization of collagen structure. Moreover it reveals analgesic activity. The mechanism of the activity is probably based on antioxidative properties, which inhibit reactive forms of oxygen.



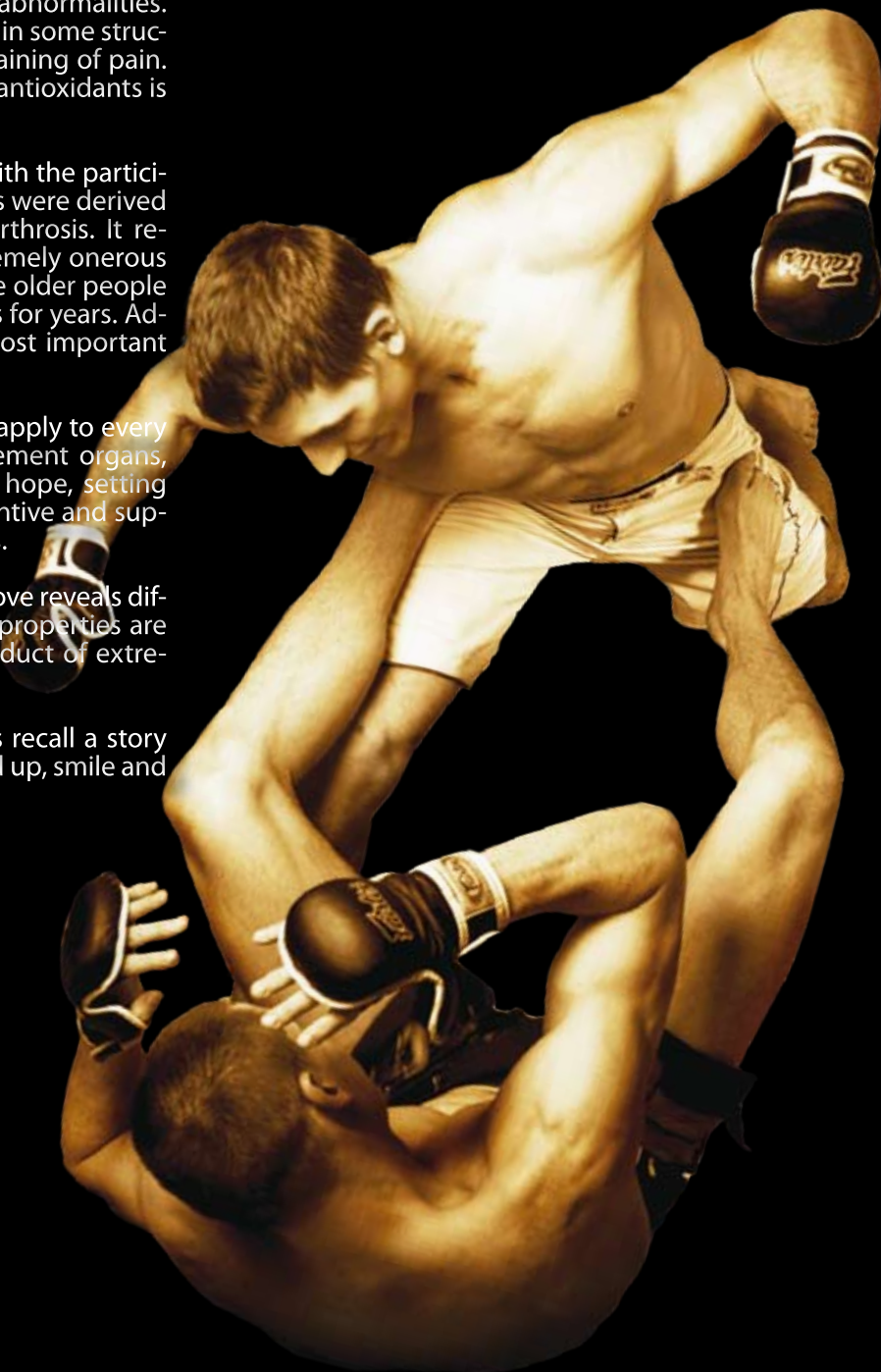
Admittedly reactive forms of oxygen have a positive function in the organism, nevertheless too high concentration of them leads to many abnormalities. The excess of reactive forms of oxygen in some structure may lead to appearance and remaining of pain. Hence the optimal supplying of some antioxidants is so essential.

Most of the conducted researches with the participation of above mentioned substances were derived among people suffering from osteoarthritis. It results of the fact that the illness is extremely onerous in everyday life. It refers to many of the older people who were highly exploiting their joints for years. Additionally it is named as one of the most important reasons of disability.

Although not all of the results must apply to every kind of ailment associated with movement organs, however, they give some insight and hope, setting an approximate direction of the preventive and supportive treatment of occurred changes.

Each of the substances described above reveals different, specific properties. All of their properties are combined in FitMax® FLEX fit, the product of extremely wide spectrum of activity.

Reaching the end of the article, let's recall a story presented at the beginning, then stand up, smile and get it started... without pain.



# FLEX fit



tablets 120 pieces

## DIETARY SUPPLEMENT

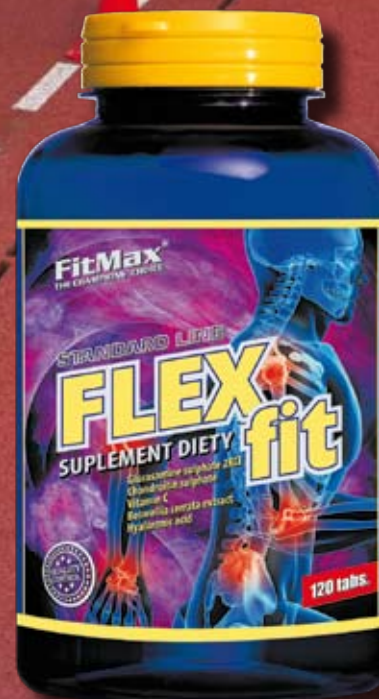
Multicomponent product of multidirectional activity. Enhances structures reconstruction. Levels inflammatory. Enhances regeneration and joint efficient operating.

**FitMax® FLEX fit**, tablets, is a compound composed of glucosamine sulfate 2KCl, chondroitin sulfate, the extract of *Boswellia serrata*, hyaluronic acid and Vitamin C. The product is especially recommended to physically active people.

**Ingredients:** microcrystalline cellulose - bulking agent, glucosamine sulphate 2KCl, chondroitin sulphate, Vitamin C (L-ascorbic acid), *Boswellia serrata* extract 60%, hyaluronic acid, colloidal silica - bulking agent, magnesium stearate - anticaking agent.

**Recommended use:** 1 tablet once a day. Wash down with a lot of water (at least 250-300 ml). Do not exceed recommended serving sizes for the day. Dietary supplements should not be used as a substitute for a varied diet. The product should not be administered to pregnant women and nursing mothers.

**Storage:** Store in a dry place at room temperature. Keep out of reach of children.

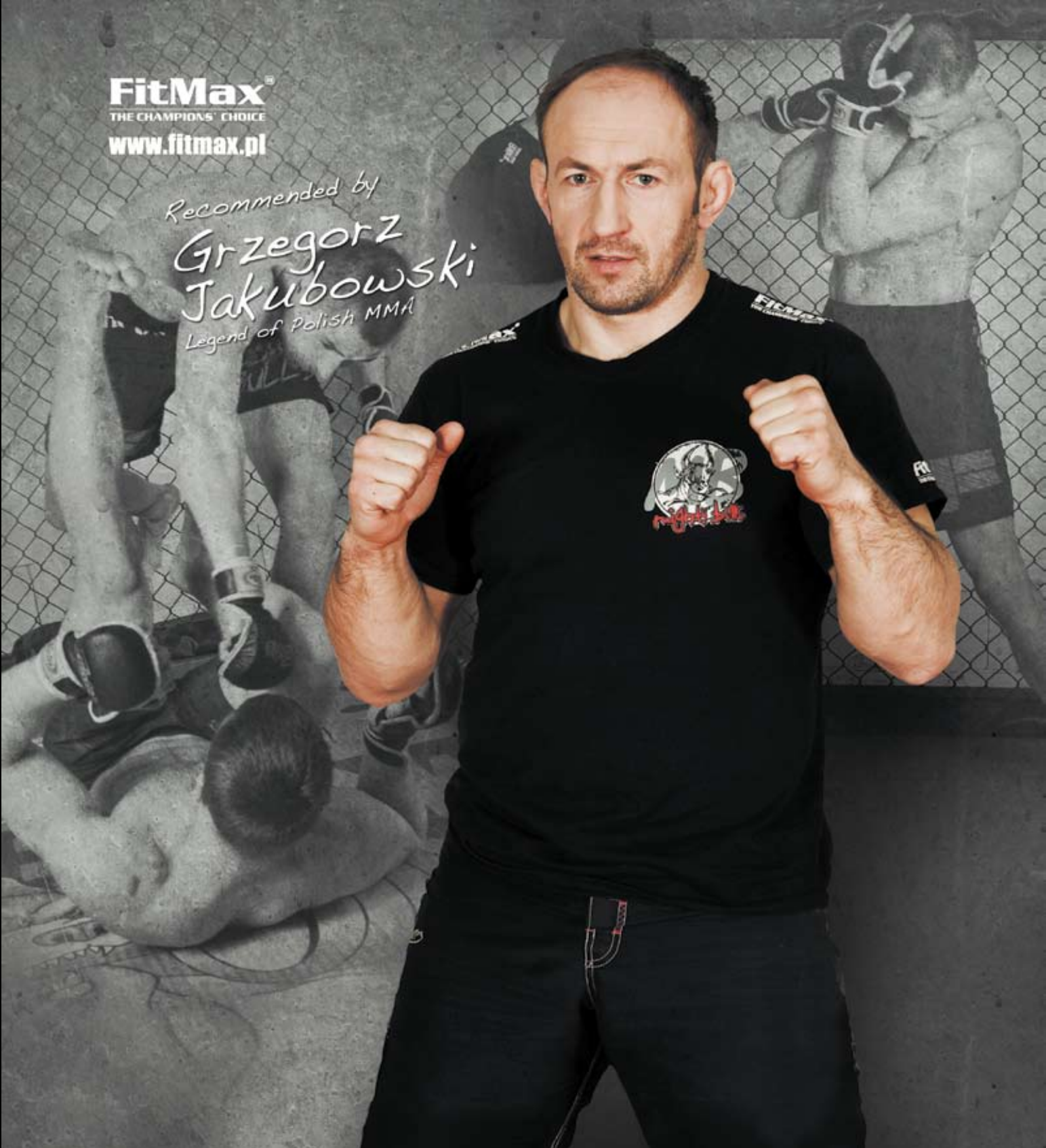


NUTRITIVE VALUE		1 portion - 1 tablet
Contents:	1 portion (1 tablet)	in 100 g
Glucosamine sulphate 2KCl	650 mg	30,952 g
Chondroitin sulphate	380 mg	18,095 g
<i>Boswellia serrata</i> extract	50 mg	2,381 g
Hyaluronic acid	40 mg	1,905 g
Vitamin C	200 mg (250% RDA*)	9524 mg
* - percent of Recommended Dietary Allowance		



**FitMax**<sup>®</sup>  
THE CHAMPIONS' CHOICE  
[www.fitmax.pl](http://www.fitmax.pl)

*Recommended by*  
**Grzegorz  
Jakubowski**  
*Legend of Polish MMA*



# SUBSTITUTES OF MEALS





# Slim Diet



powder 650 g, 2000 g

## Foodstuff substituting a meal for body weight control.

Foodstuff substituting one meal a day. Provides optimum amount of nutrients and not nutritive compounds. Additive of L-carnitine and chromium. Facilitates shapely and slim figure obtainment.

**FitMax® Slim Diet** belongs to a group of foodstuffs used in diets of a limited energy content, for body weight reduction, as a foodstuff substituting one meal during the day. It is based on a composition of an easily digestible whey protein concentrate with only complex carbohydrates, including inulin – dietary fibre of prebiotic properties. The activity of the product is enhanced by chromium and L-carnitine tartrate addition, to prevent sudden hunger attack and support the process of consuming of redundant fatty tissue.

**Ingredients:** low- saccharificated maltodextrin, ultrafiltrated whey protein concentrate, mineral premix (sodium citrate, potassium hydrogen phosphate, magnesium lactate, calcium lactate, chromium picoline) inulin (dietary fibre), GMS fat, strawberry aroma, L-carnitine tartrate, citric acid (E330) – acidity regulator, aspartame (E951) – sweetener, vitamin premix (L-ascorbic acid, acetate DL-alpha-tocopherol, nicotinic acid amide, D-calcium pantothenate, cyanocobalamin, pyridoxine hydrochloride, riboflavin, thiamine mononitrate, pteroyl(mono)glutamic acid, D-biotin), acesulfame K (E950) – sweetener.

**Recommended use:** pour 1 dose (65 g – 2 heaped scoops) into 300 ml of water or milk, use 1 dose once a day. Inside the packet there is a scoop. 1 scoop is 30 g of the powder. The product is only a part of the diet of a limited energy amount – the indispensable part of such a diet are foodstuffs. Remember to supply the organism with an appropriate amount of fluid during the day. The product should not be administered to pregnant women and nursing mothers.

**Storage:** Store in a dry place at room temperature. Keep out of reach of children.

**CAUTION!** Contains the phenylalanine. Contains sweeteners.

**Available flavours:** chocolate, apple, strawberry, vanilla.

NUTRITIVE VALUE		1 portion - 65 g	
Contents:	in portion (65 g)	in 100 g	
Calorific value gross	1180,5 kJ / 282,0 kcal	1816,2 kJ / 433,8 kcal	
Calorific value net	1110,0 kJ / 265,1 kcal	1707,7 kJ / 407,9 kcal	
Protein	13,7 g	21,1 g	
Carbohydrates	44,3 g	68,2 g	
including: dietary fibre	5,8 g	9,0 g	
Fat	1,6 g	2,5 g	
L-carnitine tartrate****	200 mg	338 mg	

\*\*\*\* - Recommended Dietary Allowance is not determined

Vitamins:	in portion (65 g)	in 100 g	RDA*** (in portion)
Vitamin C	18,31 mg	28,17 mg	22,9%
Niacin	5,78 mg	8,89 mg	36,1%
Vitamin E	3,36 mg	5,17 mg	28,0%
Pantoten acid	3,18 mg	4,90 mg	53,0%
Vitamin B6	0,70 mg	1,08 mg	50,0%
Riboflavin	0,62 mg	0,95 mg	44,3%
Thiamine	0,55 mg	0,85 mg	50,0%
Pholacin	123,00 µg	190,00 µg	61,5%
Biotin	47,20 µg	72,70 µg	94,4%
Vitamin B12	0,38 µg	0,58 µg	15,2%

Minerals:	in portion (65 g)	in 100 g	RDA*** (in portion)
Potassium	572 mg	880 mg	28,6%
Phosphorus	281 mg	433 mg	40,1%
Sodium	260 mg	400 mg	-
Calcium	169 mg	260 mg	21,1%
Magnesium	71,5 mg	110 mg	19,1%
Chromium	0,19 µg	0,30 µg	0,5%

\*\*\* - percent of Recommended Dietary Allowance

Amino acids:	in portion (65 g)	in 100 g
Glutamic acid	2343 mg	3608 mg
Aspartic acid	1463 mg	2254 mg
Leucine*/**	1440 mg	2217 mg
Lysine*	1247 mg	1921 mg
Threonine*	992 mg	1527 mg
Phenylalanine* + Tyrosine	856 mg	1318 mg
Valine*/**	784 mg	1207 mg
Isoleucine*/**	776 mg	1195 mg
Proline	776 mg	1195 mg
Serine	727 mg	1120 mg
Alanine	656 mg	1011 mg
Cysteine + Methionine*	576 mg	888 mg
Arginine	368 mg	567 mg
Glycine	256 mg	394 mg
Histidine	248 mg	382 mg
Tryptophan*	192 mg	296 mg

\* - exogenous amino acids; \*\* - branched-chain amino acids (BCAA).

\* Above data apply to strawberry flavour.





doping **FREE!**





**B**oth consumers connected with the physical exertion and producers concentrated on dietary supplements and food stuff satisfying body demand while intense physical exertion mainly of the sportsmen often forgetting of the food stuff applied in diets of limited energy content in order to reduce body weight. The last food stuff included to a group of food stuff of the special dietary purpose, in which qualities and quantities of the ingredients, were in many respects defined by the law including many factor influencing maintenance of the good health, while reducing unwanted weight, mainly fats. Hence they substitute at least one meal, they are designed to supply the body with the optimal amounts of the main nutrients. Theirs legal system is details and leaves manufacturer flexibility only in a limited area. So these kinds of products may satisfy to large extends demands of the body while achieving appropriate results.

There are many food stuff facilitating reduction of the redundant fatty tissue, however if they do not belong to the described group, it means they are not able to even one meal during the day, so they cannot satisfy multidirectional needs of the body. If they do not satisfy them, shortages will occur in the body, which will have to be replenishes using other sources. Without knowing your body and properties of the substances essential for the body a person can have a huge problem to compose a proper set of individual components, which will sooner or later lead to reaching for a traditional food, so unwittingly supplying substances of the reverse effect i.e. facilitation of building of the fatty tissue while reaching the desired effects will extend.

That is why it is worth to get interested in food stuff used in diets of the limited energy content in order to reduce body weight. They contain in its basic composition, appropriate amounts, within provided limits, of proteins, fats, fibers, vitamins and minerals. Additionally contraindications to add up other substances were not mentioned however to make the product serve its purpose the selection of additional constituents should be well considered including estimation of appropriate amounts of carbohydrates. In order to complete the activity of the product, it all should be composed in a way fitting within set limits of calorific value. Thanks to such a proceedings, according to appropriate guidelines we can obtain a product fulfilling all the assumptions, facilitating diet composing in order to achieve longed-for goals.

The source of basic nutritive values was not specified, which made a producer able to select it, nevertheless they should remember about the function which the described food stuff is supposed to have. In this case the best choice seem to be whey proteins concentrates, which are an excellent source of easily digested and well assimilated protein. Selection of carbohydrates also matters. The best is such products are complex carbohydrates, which are released and absorbed for a longer time than less complex compounds of this group. The most interesting element of this product seems to be fibre as such a constituent is rare in products created with a view to people phy-

sically active. If it does, it usually is alone not as one of many other ingredients. whereas including fibre into meal constituents in well-founded. and so consuming any traditional meal, we supply the body with smaller or bigger amounts but always some of fibre. its functioning is versatile and we can distinguish for example enhancing of the digestive track, immune system, keeping weight, removing of redundant ingesta including toxins and heavy metals, enhancing of proper glucose concentration in blood, triglycerides and cholesterol. Choice of fibre is a little more complicated. If we assume that discussed product will substitute the whole diet or the larger part of it, a few kinds of fibre should be used both insoluble and soluble to make the activity multidirectional.

When we manage the product substituting one meal during the day, it is worth to chose fibre of the exceptional role i.e. insulin which is distinguished by its prebiotic activity, so is the nourishment for the beneficial bacteria of the alimentary track, what makes it improve the immunity of the body. It is worth to pay attention to this fact because of the lot of effort for the body caused by the reduction, which often decreases the immunity. Vitamins and minerals should not be forgotten either as their activity is extremely versatile, and assures the proper functioning of the whole body enabling managing physical exertion.

In order to enlarge the effects of the product it is worth to use the substances that may help you to achieve desired effects. Here L-carnitine and chromium composed into the product is larger amounts should be distinguished.

L-carnitine enables transport of fatty acids which is especially important while dismissing of the redundant fatty tissue. It should be remembered that the huge amount of the stimulates in the form of trainings should sit well with abilities of transportation of redundant fatty acids to the place of its deflagration. The form in which L-carnitine exists should also be taken into consideration. As most of the people think that the best would be L-carnitine tartrate, so the combination of the described substance with the tartaric acid, which hampers repeated accumulation of spare fat.

An advantage of chromium is above all maintaining of the proper blood sugar concentration. Diminishing of fluctuations of the glucose concentration in the circulatory system decreases radically the amount and intensity of the sudden fit of hunger, which reduces the inclination to snacking to the minimum. Additionally chromium enhances the fat management due to participation in keeping of the proper balance of cholesterol. It is worth to pay attention to the fact that chromium at the reduction period enhances maintaining of the muscles.

OTHERS





# DON'T STOP



capsules 60 pieces

Foodstuff satisfying body demands while intense physical effort, especially sportsmen.

The innovative combination of caffeine, taurine and L-tyrosine. Facilitates the awakening. Improves thought processes and the concentration. Improves the vigilance. Increases the motivation. Long lasting, constant activity.

**FitMax® DON'T STOP**, capsules, is a multi-ingredient energizer containing: caffeine, taurine, L-tyrosine. Caffeine increases vigilance and improves concentration. In contributes to increase of physical efficiency and endurance of the body during training.

**Ingredients:** taurine, L-tyrosine, caffeine, magnesium stearate - anticaking agent, gelatine - capsule constituent.

**Recommended use:** In order to get prompted use 1 capsule and wash down with 250 ml of water. Use at least 6 hours before going to sleep. In order to intensify training use 2 capsules and wash down with 250 ml of water 60 minutes before training. The product should not be administered to pregnant women and nursing mothers.

**Storage:** Store in a dry place at room temperature. Keep out of reach of children.

**CAUTION!** Contains caffeine dose in a capsule (150 mg/ 1 capsule).

Contents:	NUTRITIVE VALUE		
	1 capsule	1 capsules	in 100 g
Energetic value	10,2 kJ / 2,4 kcal	20,4 kJ / 4,8 kcal	1361,7 kJ / 320,4 kcal
Protein	0,6 g	1,2 g	80,1 g
Carbohydrates	0,0 g	0,0 g	0,0 g
Fat	0,0 g	0,0 g	0,0 g
Taurine	300 mg	600 mg	40,0 g
L-tyrosine	200 mg	400 mg	26,7 g
Caffeine	150 mg	300 mg	20,0 g



# HMB+



capsules 150, 300 pieces

## DIETARY SUPPLEMENT

Reveals strong anti-catabolic activity. Improves anabolic hormones synthesis. Intensifies lipolytic processes. Reduces level of cholesterol. Facilitates pure muscles building.

**FitMax® HMB+**, capsules, is a product based on calcium  $\beta$ -hydroxy- $\beta$ -methylbutyrate (Ca-HMB). HMB is a naturally occurring product of Leucine degradation in the body, having a strong anticatabolic effect that helps to burn extensive fatty tissue and enhances to maintain a proper cholesterol level, thus supports to build lean muscle mass. The effect of the product is enhanced by the addition of Vitamin B<sub>6</sub>.

**Ingredients:** calcium  $\beta$ -hydroxy- $\beta$ -methylbutyrate (Ca-HMB), vitamin B<sub>6</sub>, gelatine – capsule component.

**Recommended use:** Use 1 dose (4 capsules) once a day: before breakfast, 30 minutes before training, after training or before going to sleep. Wash down with a lot of water or a drink containing carbohydrates (at least 250-300 ml). Dietary supplements should not be used as a substitute for a varied diet. Do not exceed recommended serving sizes for the day. The product should not be administered to pregnant women and nursing mothers.

**Storage:** Store in a dry place at room temperature. Keep out of reach of children.

### NUTRITIVE VALUE

1 daily portion - 4 capsules

Contents:	in portion (4 capsules)	in 100 g
Ca-HMB (calcium $\beta$ -hydroxy- $\beta$ -methylbutyrate)	5400 mg	100 g
including: HMB	4320 mg	80 g
Calcium	810 mg (101% RDA*)	15 g
Vitamin B <sub>6</sub>	2 mg (100% RDA*)	0,04 g

\* - percent of Recommended Dietary Allowance.







# List of points of distribution

## BALORUS

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## PORTUGAL

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e-mail: info@proteinas.lt  
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PROFESSIONAL ARMWRESTLING TABLE



PROFESSIONAL GYM EQUIPMENT

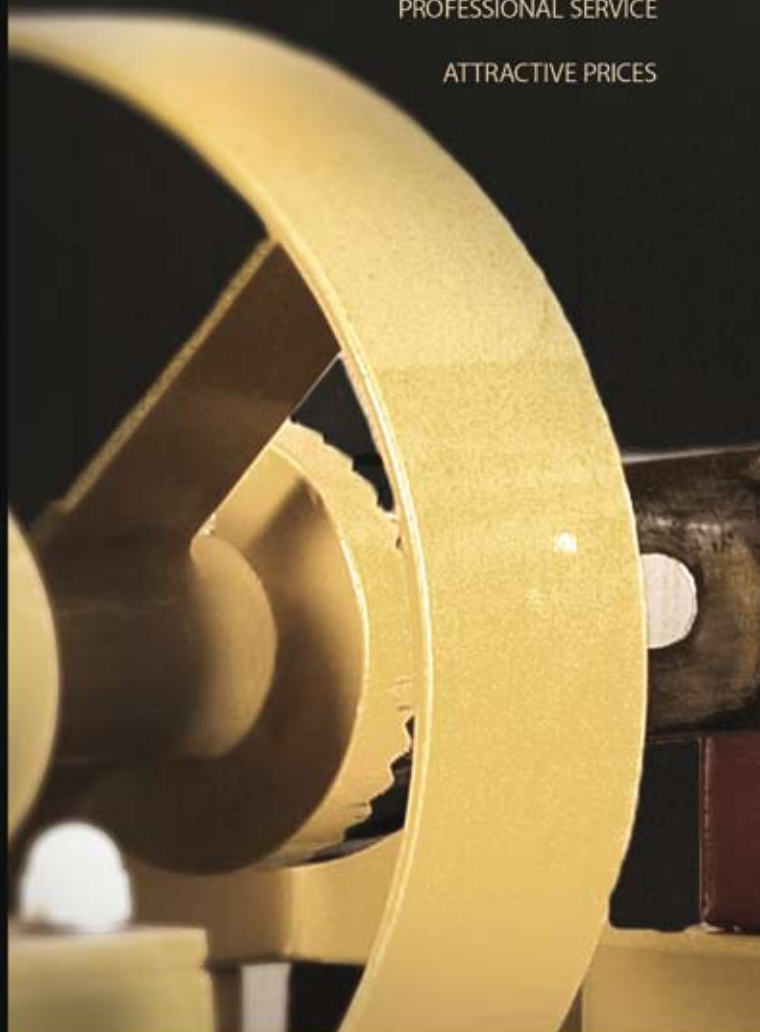
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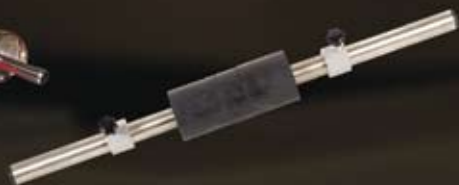


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