

TTAB

Our Ref. No.: 096790.T356

IN THE UNITED STATES PATENT AND TRADEMARK OFFICE

In re Application for:

KOSE Corporation

Serial No.: 76/421,059

Filed: June 14, 2002

Mark: ENERGY SOURCE

Examining Attorney:

Pamela Y. Willis, Esq.

Law Office 106



10-14-2003

U.S. Patent & TMO/c/TM Mail Rcpt Dt. #78

NOTICE OF APPEAL AND REQUEST FOR REMAND

Applicant hereby appeals to the Trademark Trial and Appeal Board from the decision of the Trademark Examining Attorney refusing registration and requests that the Board remand the Application, after institution of the Appeal, to the Examining Attorney for action on the enclosed Request for Reconsideration submitted with this Notice. The requisite fee of \$100 for institution of the Appeal is submitted herewith.

Respectfully submitted,

BLAKELY, SOKOLOFF, TAYLOR & ZAFMAN

Dax Alvarez

10/22/2003 ZCLIFT01 00000199 76421059

01 FC:6403

100.00 DP

Dated: October 8, 2003

12400 Wilshire Boulevard
Seventh Floor
Los Angeles, California 90025
(310) 207-3800

CERTIFICATE OF MAILING:

I hereby certify that this correspondence is being deposited with the United States Postal Service as first class mail in an envelope addressed to: Box TTAB, Asst. Commissioner for Trademarks, 2900 Crystal Drive, Arlington, Virginia 22202-3513 on October 9, 2003.

Jeremy Hart

October 9, 2003

IN THE UNITED STATES PATENT AND TRADEMARK OFFICE

In re Application for:)
)

KOSE Corporation)

Serial No.: 76/421,059)

Filed: June 14, 2002)

Mark: ENERGY SOURCE)
_____)

Examining Attorney:

Pamela Y. Willis, Esq.

Law Office 106

REQUEST FOR RECONSIDERATION

BOX RESPONSES - FEE
Commissioner for Trademarks
2900 Crystal Drive
Law Office 106
Arlington, Virginia 22202-3514

Dear Ms. Willis:

This communication is responsive to the outstanding Office Action mailed on July 23, 2003. Applicant has simultaneously filed a Notice of Appeal of the Examining Attorney's refusal to register and now requests the Examining Attorney to review this Request for Reconsideration.

The Examining Attorney has finally refused the registration of the present application, pursuant to Section 2(d) of the Trademark Act. The Examining Attorney has determined that consumers would be likely to confuse the Applicant's mark with the mark in U.S. Registration No. 2,240,904 for the mark ENERGYSOURCE (hereinafter referred to

as "Registrant"). The Applicant has reviewed the refusal and respectfully disagrees for the reasons set forth as follows.

In the Examining Attorney's most recent Office Action, the Examining Attorney states "no adequate evidence was provided to show that the registered mark is considered weak." Applicant respectfully disagrees. While the Examining Attorney is correct in stating third party registrations may not bind the Examining Attorney in the examination of the subject application, Applicant maintains that the sheer number of existing registrations incorporating a disclaimer of the descriptive terms ENERGY or SOURCE, when used in the field of nutritional supplements, should not be ignored. The Registrant's mark ENERGYSOURCE is clearly descriptive of nutritional supplements. The fact that the Registrant chose to apply for registration of the unitary term ENERGYSOURCE is likely the sole reason a disclaimer of either term was not required. However, the Applicant still maintains the registered mark is completely descriptive.

As noted in the Applicant's Response to Office Action dated April 23, 2003, whether a mark is classified as strong or weak is a very important element in deciding a likelihood of confusion. As the Registrant has selected a mark that is a descriptive term when used with nutritional supplements, the Registrant assumes the risks that other entities will adopt marks with the same or similar characteristics. In this instance, the Applicant has chosen the subject mark to be used with cosmetics, perfumes, cosmetic soaps, and hand lotions. In light of the descriptive or at least substantially weak nature of the mark in the cited registration, Applicant contends the subject mark can coexist in the marketplace without a likelihood of confusion. In support of the Applicant's argument that the registered mark ENERGYSOURCE is descriptive of nutritional supplements, and therefore should not be attributed wide-ranging rights, Applicant submits evidence garnered from a

search of the world wide web that clearly shows the terms ENERGY SOURCE as a descriptive phrase when used with nutritional supplements. Applicant calls the Examining Attorney's attention to the following articles and advertisements.

1. *The Health Guide Your Guide to Buying*
"Creatine as an **Energy Source**", (located on page 1);
2. *Healthway Nutritional Supplements*
"Raw Energy Capsules – Nature's **Energy Source**", (located on page 1);
3. *Energy Supplements from Musashi*
"Ching: The **Energy Source**", (located on on page 2);
4. *Bodyden.com*
"Sources of carbohydrates are included ranging from simple to complex providing a sustained **energy source**, calories, electrolytes...", (located on page 3);
5. *Orthopedic Associates of Portland*
"Carbohydrates contain four calories per gram and is the **energy source** preferred by muscle and the brain during active exercise.", (located on page 1);
6. *Netrition.com, The Internet's Premier Nutrition Superstore!*
"Carb-BOOM is an ideal fuel for any athlete, whether you're playing soccer, swimming, triathlon, cycling, running or just looking for a clean, natural **energy source**.", (located on page 6);
7. *Pro Health Network, Your Gateway to Better Health*

“Malic Acid is present in all living cells and is essential for converting sugars and fats into ATP, the body’s **energy source**.”, (located on page 1);

8. *Life Info Trend Box*

“What is your **energy source**?”, (located on page 1);

9. *BodyBuildingForYou.com*

“When switching from one nutrition program to another, studies show an initial energy lag while the animals metabolism shifts from a carbohydrate **energy source** to a fat energy source.”, (located on page 2);

10. *Bee Pollen Calcium in Vitamins & More*

“ATP is the **energy source** in...”, (located on page 1);

11. *LookFit Sports Supplements & Body Building – Energy Builders*

“Phosphocreatine acts as an **energy source** during exercise.”, (located on page 2);

12. *The Energy Source*

“Welcome to the **Energy Source**”, (located on page 1);

13. *Fit Flex*

“With less than 10% of calories from fat, PowerBar (power bar) is an excellent low fat **energy source** for athletes and active people on the go.”, (located on page 1 – 2).

The above-cited evidence, coupled with the numerous third party registrations incorporating disclaimers of the terms ENERGY and SOURCE, clearly support the Applicant's contention that the terms ENERGY SOURCE are descriptive, if not generic, of nutritional supplements, and therefore the Registrant should not be accorded broad rights. It is clear ENERGYSOURCE clearly describes the function of the Registrant's product.

To the contrary, Applicant seeks to register the mark ENERGY SOURCE for cosmetics, perfumes, cosmetic soaps, and hand lotions, in International Class 3. It is the Applicant's contention that there is room in the marketplace and on the Federal Register for the Applicant's mark ENERGY SOURCE, used with the identified goods and the Registrant's mark, used with nutritional supplements, to coexist. As noted above, the strength of the mark sought to be protected, is an important consideration in the likelihood of confusion analysis. It appears the Examining Attorney is attempting to provide the Registrant with broader protection than it is entitled to under the parameters of Section 2(d) of the Trademark Act.

With respect to the Examining Attorney's argument that occasionally cosmetic items and nutritional supplements may be found at the same web site, or may be linked to the same entity, Applicant submits the descriptive nature of the Registrant's mark, when used in the field of nutrition overrides such argument. The Examining Attorney contends it is clear cosmetics and nutritional products are related. Further, the Examining Attorney concludes that consumers that use cosmetic beauty products to enhance their appearance would also be in the market to purchase nutritional supplements, in order to enhance their physical appearance. Applicant respectfully disagrees. There is no such evidence of record, or in common knowledge, to support the conclusion that consumers that use

cosmetic beauty products would also be in the market to purchase nutritional supplements, such as the Registrant's.

Given the differences between the Registrant's goods and the Applicant's goods, Applicant respectfully submits that a likelihood of confusion, as defined by Trademark Act Section 2(d), does not exist. Applicant, therefore, respectfully requests that the Section 2(d) refusal should be withdrawn.

CONCLUSION

Applicant has complied with the Examining Attorney's request. No issues remain. Accordingly, Applicant respectfully requests that the Examining Attorney pass the mark to publication in the *Official Gazette* at her earliest convenience.

If the Examining Attorney has any questions, she is urged to telephone the undersigned attorney. Please charge any fees to our Deposit Account No. 02-2666.

Respectfully submitted,

BLAKELY SOKOLOFF TAYLOR & ZAFMAN LLP

Dated:

10/8/03

By:



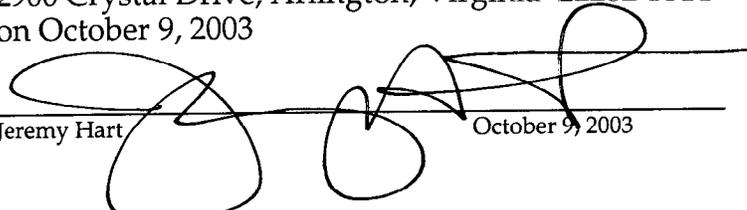
Dax Alvarez

CERTIFICATE OF MAILING:

12400 Wilshire Boulevard
Seventh Floor
Los Angeles, California 90025
(310) 207-3800

I hereby certify that this correspondence is being deposited with the United States Postal Service as first class mail in an envelope addressed to: Box Responses - Fee. Commissioner for Trademarks, 2900 Crystal Drive, Arlington, Virginia 22202-3514 on October 9, 2003

Jeremy Hart



October 9, 2003

1



TheHealthGuide
your guide to buying...

[Home](#) | [Product Search](#) | [Product FAQs](#) | [About this Guide](#)

product category search

search for

Select A Category ▼

go Search

what's new?

Bontril: Prescription Weight Loss

Read about the prescription weight loss drug Bontril in this article by TheHealthGuide.com... [Read On!](#)

L-Carnitine and Its Effect on Fat

L-Carnitine can help your body transport and oxidize fatty acids. In this article, TheHealthGuide.com discusses L-Carnitine... [Read On!](#)

The Role of Magnesium

Read this article to learn about what your body uses Magnesium for... [Read On!](#)

The Importance of Iron

Iron is a vital mineral because of its relationship to red blood cell production. In this article, TheHealthGuide.com discusses iron ... [Read On!](#)

[Click here for more feature articles](#)

Creatine As An Energy Source

General Information

Creatine might just be the most popular sports supplement of all time. Chemically, it is known as methyl guanidine-acetic acid and is composed of three amino acids: Methionine, Arginine and Glycine.

Creatine can be produced in the body or ingested as part of one's regular diet. The human liver is capable of using the three amino acids listed above to create creatine. In terms of quantities of creatine, it is safe to say that the average 150-pound person has approximately 100 grams of creatine stored in their body. The vast majority of this supply resides in the body's muscles.

Creatine's Chief Role

Creatine's main benefit is that it provides your muscles with extra energy. It does this by replenishing the body's supply of ATP, or adenosine tri-phosphate. The body uses ATP as a source of energy for quick bursts of activity. The advantage that ATP has over carbs and fats is that it can be converted into energy much faster. This is why creatine is such an attractive supplement for weightlifters and sprinters.

How Creatine Works

As ATP is used for energy, the subsequent chemical process results in ATP being broken down into ADP, adenosine di-phosphate, and inorganic phosphate. This utilization involves ATP "losing" a phosphate molecule to ADP. Consequently, your body's store of ATP must be replenished quickly to support continued activity like a workout.

Because our bodies do not hold an unlimited amount of ATP, creatine supplements are often used to replenish the lost ATP. In the muscle, creatine bonds with phosphate to form creatine phosphate. Creatine phosphate, in turn, interacts with ADP to restore the original three-phosphate structure (ATP). This is how ATP levels are replenished.

So, if you increase the amount of creatine in your body, you increase the ability of this process to provide energy to your muscles. Creatine can be very beneficial to athletes who require short and quick bursts of energy. For example, many weightlifters use creatine supplements. In the case of bodybuilders, creatine will enable them to work through more reps and sets than they otherwise would.

Creatine's Other Benefits

Many bodybuilders also appreciate creatine because of its "pump" or "volumizing" effect. As your body's cells absorb creatine, increased amounts of water and carbohydrates are pulled into the muscles. This usually results in a visible increase in the size of your muscles. This is what people mean when they refer to creatine's pump or volumizing effect.

Although creatine is known for its ability to increase energy levels for short bursts of activity, some believe that it also helps postpone the production of lactic acid. Lactic acid builds up in muscles during exercise and usually leads to fatigue. If, in fact, creatine does delay this production, it will become a popular supplement for endurance athletes as well.

The Bottom Line

If you train for any type of sport, you are most likely using or depleting your body's supply of creatine. Taking a creatine supplement will provide your muscles with more energy. This is simply because creatine will restore your ATP levels, which means that you will have more energy for a longer period of time. Your body will naturally restore its levels of creatine, but this can take time. As a result, many rely on creatine supplements.

It is also important to note that creatine will only have the desired effect if you are exercising your muscles. In fact, most people who work out while using creatine actually are able to work harder in the gym. With this type of routine, results are sure to follow.

For more information on creatine, see the Frequently Asked Questions section within TheHealthGuide.com's *Creatine* Category.

TheHealthGuide.com strongly recommends that you consult your physician prior to using Creatine supplements.

TheHealthGuide.com is a buying guide that provides information about health related products and companies.

[Click here](#) to view our disclaimer.

Mail questions or comments to support@thehealthguide.com .



- STRENGTH AND FITNESS (25% OFF)
- BEST SELLERS
- VITAMINS
- WOMEN'S PRODUCTS
- MEN'S PRODUCTS
- DIET PRODUCTS
- SUPER ST. JOHN'S WORT
- SPECIALTY HERBS
- SPECIALTY FORMULAS

- SHOW ORDER
- HEALTHWAY INFORMATION
- HELP
- SEARCH
- INDEX
- REQUEST



Raw Energy® Capsules- Nature's Energy Source

PREMIER ONE has joined forces with Mother Nature to create a pure, safe, and natural energy source that will give you maximum results without harsh stimulants.

Raw Energy combines 110mg of royal jelly (a natural mixture of protein, lipids, carbohydrates, and 17 amino acids), 220mg of bee pollen, 110mg Gotu Kola, and 110mg of Siberian Ginseng to help you "harness the power of the hive" and feel energized. 60 CAPSULES OF RAW ENERGY INCLUDED. Raw Energy--Nature's Best-Selling Energy Source.

46609 Regular price: \$9.95 Special price: **\$6.75** [Order](#)

ALL PRODUCTS ARE 100% GUARANTEED - IF YOU ARE NOT SATISFIED FOR ANY REASON, WE WILL RETURN 100% OF YOUR MONEY. Try Raw Energy risk free for 30 days - if you find the product does not provide the benefits described, we will refund your money.

Healthway Corporation - Call Toll Free (877) 458-4929

e-mail: healthwayonline@yahoo.com



- Home Page
- About Musashi
- FAQs
- Who uses Musashi?
- Links
- Contact Us

Musashi Products:

- The Benefits
- Recovery
- Muscle Gain
- **Energy**
- Fat Loss
- General Health
- Protein Powders

Supplement Plans:

- Lose Weight
- Re-Hydrate
- Gain Muscle

Musashi Publications:

- Amino Acids
- L-Carnitine

E

Energy

Musashi has a range of products to suit everyone's body energy needs. From sprinters & bodybuilders to triathletes & endurance athletes. From powders to drinks to food bars, there's a product for you.



DELIVERY CHARGE

A standard delivery charge of £5.00 will be added to all orders under £100. Delivery of orders over £100 is free.

We Accept:



Amino Gold Slice

Provides a good food source, high in carbohydrates and amino acids. A perfect energy snack.

- Contains: BCAA's (L-Leucine, L-Isoleucine, L-Valine), Herbs, Fibre.
- Suitable for: Persons or athletes undergoing endurance based activities/exercise.
- Nutritional information: Energy 300cal, Protein 6.4g, Carbohydrates 56g (Sugars 17g), Fat 9g.
- How to use: Eat Amino Gold slice when energy levels are low or as a high carbohydrate food source.
- Other uses: To help increase muscle tissue recovery and growth.
- Available in: 95g Slice (14 per box) - Banana & Coconut flavours.
- Price: £19.99 per box

Buy Amino Gold Slice:

Flavour: Banana ▼

Quantity:

ADD TO CART

[Go to Checkout](#)



C-Bol Drink

A mental and physical booster to get the best out of training.

- Contains: ATP, Creatine, L-Arginine, L-Tyrosine, L-Methionine, L-Glutamine, L-Leucine, L-Isoleucine, L-Valine, Carbohydrates.
- Suitable for: Suitable for persons involved in power sports/activities. e.g. sprinting, weightlifting etc.
- Nutritional information: Per serving (500ml) Calories 105cal, Protein 2g, Carbohydrates 25g, Fat NIL, Sodium 27.5mg, Potassium 5.5mg
- How to use: Use C-Bol drink before, during and after exercise for an energy boost.
- Other uses: To assist in replenishing carbohydrates expended during exercise. Also assists in muscle recovery and prevent muscle catabolism.
- Available in: 500ml bottles (24 per box) - Creamy Soda Flavour.
- Price: £34.99 per box

Buy C-Bol Drink:

Quantity:

ADD TO CART

[Go to Checkout](#)



Chen: The Arousal

Increases power energy levels through the production of Creatine within the body.

- Contains: L-Arginine, L-Methionine, Glycine, Lemon Flavour.
- Suitable for: Athletes or persons involved short distance/duration events such as weightlifters or sprinters. Also suitable for anyone looking for an energy boost.
- Nutritional information: Energy 18cal, Protein 4.5g, Carbohydrate NIL, Fat NIL.
- How to use: Take 1 tsp (4.5g) 20-30 mins before activity or when energy levels are low.
- Other uses: Helps support immune function, liver function and release of growth hormone.
- Available in: Powder Form - Lemon Flavour 66g & 150g.
- Price: £13.99 (66g) £27.99 (150g)

Buy Chen: The Arousal:

Size: Quantity:

ADD TO CART

[Go to Checkout](#)



Ching: The Energy Source

An ideal fluid replacement formula for providing energy for any type of exercise. Amino acids assist energy production and muscle recovery.

- Contains: Feildose 17, Dextrose, L-Leucine, L-Isoleucine, L-Valine, Choline Bitartrate, Inositol, Glycine, Electrolytes, Natural Lemon Flavour.
- Suitable for: Any kind of exercise for replacing lost fluids and body salts. Can be used before, during, and after exercise.
- Nutritional information: Nutritional Information (per 100g) Calories 400cal, Protein 22g, Carbohydrates 71g (sugars 31g).
- How to use: Blend to the proportions of 30 grams per 250ml of water. This makes an isotonic fluid. Ideal for mixing in a sports bottle.
- Other uses: Preventing muscle catabolism post-exercise. May be used as a high-carbohydrate source.
- Available in: 750g powder - Natural Lemon flavour.
- Price: £18.49

Buy Ching: The Energy Source:

Quantity:

ADD TO CART

[Go to Checkout](#)



Co-Enzyme Q10 Capsules

Assists in the production of cellular energy in the body.

- Contains: Ubidecarenone (Co-Enzyme Q10).
- Suitable for: Any person looking to increase the production of energy in the body (ATP).

Nutritional information: Ubidecarenone 50mg.
 How to use: To assist the production of cellular energy take 1-2 capsules daily.
 Other uses: Acts as an anti-oxidant and free radical scavenger in cells.
 Available in: 60 capsules per container.
 Price: £32.99

Buy Co-Enzyme Q10 Capsules:

Quantity:

ADD TO CART

[Go to Checkout](#)



Creatine Bar

A high energy bar that contains 22% protein and two grams of pure Creatine Monohydrate.

Contains: Carbohydrates, Whey Protein Concentrate, Soy Protein Isolate, Calcium Caseinate, Creatine Monohydrate.
 Suitable for: Athletes/persons needing a convenient, high energy snack bar. Ideal for cycling, walking etc.
 Nutritional information: Calories 224cal, Protein 14.5g, Carbohydrates 37.7g (sugars 16.5g), Fat 1.7g.
 How to use: Use Creatine Bars for a high energy snack during athletic training or as a general energy food.
 Other uses: A great snack food for providing energy.
 Available in: 65g bars (12 per box) - Apricot Flavour.
 Price: £19.99 per box

Buy Creatine Bars:

Quantity:

ADD TO CART

[Go to Checkout](#)



Creatine Cola Drink

A convenient dose of Creatine Monohydrate for 'power' sports. A muscle energy booster to get the best out of power training.

Contains: 2000mg Creatine Monohydrate, Carbohydrates, Caffeine Free.
 Suitable for: Athletes/persons involved in power sports or activities. Persons needing an energy boost.
 Nutritional information: Calories 105cal, Protein 2g, Carbohydrates 25g, Fat NIL, Sodium 27.5mg, Potassium 5.5mg.
 How to use: Use Creatine Cola before, during and after exercise for energy.
 Other uses: To assist in replacing carbohydrates expended during exercise. Also assists with muscle recovery.
 Available in: 500ml bottles (24 per box) - Cola Flavour.
 Price: £34.99 per box

Buy Creatine Cola Drink:

Quantity:

ADD TO CART

[Go to Checkout](#)

**Creatine Monohydrate**

Provides a "power" boost by increasing muscle creatine phosphate levels.

- Contains:** Pure 100% HPLC tested Creatine Monohydrate powder.
- Suitable for:** Athletes or persons involved in "power" based sports or activities.
- Nutritional information:** Energy NIL, Protein NIL, Carbohydrate NIL, Fat NIL.
- How to use:** For loading take 1tsp (5g) 4-6 times a day for 7-10 days. Follow with maintenance of 1tsp (5g) 1-2 times a day for 4-6 weeks. Finish cycle with 2-4 weeks taking NO Creatine. Repeat from beginning.
- Other uses:** Delays onset of muscle fatigue and assists in muscle recovery.
- Available in:** Pure Powder Form 50g, 160g, 300g, 500g & 1kg.
- Price:** £6.99 (50g) £17.49 (160g) £26.99 (300g) £36.99 (500g) £64.99 (1kg)

Buy Creatine Monohydrate:

Size: Quantity:

ADD TO CART

[Go to Checkout](#)

**E: Energy Drink (Carbonated)**

The active ingredients in this drink are vital for the production of Creatine Phosphate within the body.

- Contains:** L-Arginine, L-Methionine, Glycine, Herbs, Flavours.
- Suitable for:** Persons or athletes involved in short duration/distance sports or activities. Any activity requiring "power" energy.
- Nutritional information:** Energy 71.4cal, Protein 1g, Carbohydrates 18g, Fat NIL, Sodium 20mg, Potassium 4mg.
- How to use:** Use Energy drink before, during or after exercise for a power energy boost.
- Other uses:** Assists in replacing fluids lost during strenuous activities.
- Available in:** 500ml Bottles (24 per box) - Raspberry Flavour.
- Price:** £34.99 per box

Buy E: Energy Drink (Carbonated):

Quantity:

ADD TO CART

[Go to Checkout](#)

**E: Energy Drink (Non Carbonated)**

The ingredients in this formula are important in the production of ATP for power activities. ATP is the final energy source used for muscle contractions.

- Contains:** Adenosine Triphosphate (ATP), Creatine Monohydrate, Inosine, L-Arginine, L-Methionine, Glycine, Flavouring.
- Suitable for:** Athletes or persons involved in short duration or power related activities.
- Nutritional information:** Energy 51cal, Protein 1g, Carbohydrates 22g (Sugar 18g), Fat NIL, Sodium 14.5mg, Potassium 7.5mg.
- How to use:** Use E: Energy drink before, during or after exercise or throughout the day.

Other uses: To assist in replacing fluids lost during exercise.
 Available in: 500ml Bottles (18 per box) - Lemon/Lime Flavour.
 Price: £28.99 per box

Buy E: Energy Drink (Non Carbonated):

Quantity:

ADD TO CART

[Go to Checkout](#)



E: Energy Formula

The ingredients in this formula are important in the production of ATP for power activities. ATP is the final energy source used for muscle contractions.

Contains: Adenosine Triphosphate (ATP), Creatine Monohydrate, Inosine, L-Arginine, L-Methionine, Glycine, Lemon Flavour.

Suitable for: Athletes or persons involved in short duration or power related activities.

Nutritional information: Energy 16cal, Protein 3.65g, Carbohydrate 0.15g, Fat NIL.

How to use: Take 1 tsp (4.5g) 20-30 mins before activity or when energy levels are low.

Other uses: Helps support immune function, liver function and release of growth hormone.

Available in: Powder Form - Lemon Flavour 66g & 150g.

Price: £19.99 (66g) £37.99 (150g)

Buy E: Energy Formula:

Size: Quantity:

ADD TO CART

[Go to Checkout](#)



Growling Dog Bars

A high energy bar that contains 22% Protein with added ATP and Creatine.

Contains: Carbohydrates, Whey Protein Concentrate, Soy Protein Isolate, Calcium Cassienate, Creatine Monohydrate, ATP, Amino Acid Blend.

Suitable for: Any person needing a convenient, high energy snack bar. Ideal for cycling, walking etc.

Nutritional information: Energy 236cal, Protein 14.3g, Carbohydrates 37.9g (Sugar 19.6g) Fat 3.7g.

How to use: Use Growling Dog Bars for a high energy snack during athletic training or just as a general food source.

Other uses: A great low fat snack, suitable for providing energy for kids and adults alike.

Available in: 65g Bars (12 per box) - Chocolate and Wild Berry flavours.

Price: £19.99 per box

Buy Growling Dog Bars:

Flavour: Quantity:

ADD TO CART

[Go to Checkout](#)

**Growling Dog Drink**

To provide the vital active ingredients to form Creatine Phosphate within the body.

Contains: ATP, Creatine Monohydrate, Inosine, L-Arginine, L-Methionine, Glycine, L-Leucine, L-Isoleucine, L-Valine, and Flavour.

Suitable for: Athletes or persons involved in short duration or power related activities.

Nutritional information: Energy 71.4cal, Protein 1g, Carbohydrates 18g, Fat NIL, Sodium 20mg, Potassium 4mg.

How to use: Use Growling Dog drinks before, during or after training or whenever an increase in Energy is required.

Other uses: Assist in replacing fluids lost during strenuous activities.

Available in: 500ml Bottles (24 per box) - Cola & Wild Berry flavours.

Price: £34.99 per box

Buy Growling Dog Drink:

Flavour: Quantity:

ADD TO CART[Go to Checkout](#)**Growling Dog Energy Mix**

Provides a 'power' energy boost. Each ingredient is important in the production of energy for power movements.

Contains: Adenosine Triphosphate (ATP), Creatine Monohydrate, Inosine, Carbohydrates, Lemon Flavour.

Suitable for: Athletes or persons involved in power activities or sports.

Nutritional information: Energy 7.2 Cal, Protein NIL, Carbohydrates 1.8g, Fat NIL.

How to use: Take 1 tsp (3.8g) 20-30 mins before activity or when energy levels are low.

Other uses: Delays onset of muscle fatigue and assists with Creatine Phosphate stores in the muscle.

Available in: Powder Form - Lemon Flavour 66g & 150g.

Price: £18.49 (66g) £34.99 (150g)

Buy Growling Dog Energy Mix:

Size: Quantity:

ADD TO CART[Go to Checkout](#)**Growling Dog Micronised Creatine**

Growling Dog Micronised Creatine provides the basis for muscle 'power' energy (e.g. sprinting, weightlifting). Glucose aids Creatine transport into muscle cells.

Contains: 99% Pure HPLC Tested Micronised Creatine, Glucose.

Suitable for: Athletes/persons involved in 'power' sports/activities e.g. sprinters, bodybuilders, rugby players etc.

Nutritional information: Nutritional Information (per 100g) Micronised Creatine Monohydrate 95g, Carbohydrates 5g.

How to use: Use 5g, 4-6 times per day for 5-7 days to 'load'.
Follow with 5g, 1-2 times per day for 4-6 weeks.
Follow with 2-4 weeks 'rest' with no Creatine.
Return to loading phase after rest phase.

Other uses: Delays onset of muscle fatigue. Aids muscle growth/recovery.

Available in: 500g and 1kg powder.

Price: £29.99 (500g) £53.99 (1kg)

Buy Growling Dog Micronised Creatine:

Size: Quantity:

ADD TO CART

[Go to Checkout](#)



Growling Dog - REG

Ultimate Survival Food. Used to supplement incomplete diets and to maintain a healthy, high activity lifestyle.

Contains: Micronised creatine, vitamins and minerals, Siberian Ginseng, L-Lysine, L-Tyrosine, L-Phenylalanine, L-Leucine, L-Histidine, L-Arginine, Psyllium Husks, L-Carnitine, ATP, Tribulus terrestris, L-Methionine, L-Isoleucine, L-Threonine.

Suitable for: Anyone who feels their diet is inadequate, and needs nutrient replenishment.

Nutritional information: Just as suitable for work, play or sport. Can be used as an appetite replacement or an additional food source.

How to use: As an appetite replacement - take 1-2 servings at normal meal time. As an additional food source - take one serve between meals and immediately after training.

Other uses:

Available in: 300g and 500g powder - Lemon flavour.

Price: £32.99 (300g) £45.99 (500g)

Buy Growling Dog - REG:

Size: Quantity:

ADD TO CART

[Go to Checkout](#)



Growling Dog Replacement Drink

Fluid replacement formula providing energy and muscle recovery before, during and after exercise.

Contains: Sucrose, Dextrose Monohydrate, Citric Acid, Glutamine Peptide, Sodium Citrate, Sodium Chloride, BCAA's (L-Leucine, L-Isoleucine, L-Valine), Potassium Citrate, Flavours, Sodium Ascorbate (Vitamin C), Vitamin E, Pyridoxine (Vitamin B6).

Suitable for: Any kind of exercise, replacing lost fluids and body salts and providing energy.

Nutritional information: per 60g serving: Energy 978kj, Protein 2.8gm, Fat NIL, Potassium 66mg, Sodium 288mg, Carbohydrates - Total 54.6gm, Sugars 54.4gm.

How to use: Mix two level scoops (60gm) with 1 litre (35.2oz) of cold water. Drink before, during and after strenuous exercise.

Other uses: Prevention of muscle tissue breakdown.

Available in: 1.2kg containers - Pineapple/Orange and Lemon/Lime flavours.

Price: £34.99

Buy Growling Dog Replacement Drink:

Flavour: Quantity:

ADD TO CART

[Go to Checkout](#)



Growling Dog - REX

Rapid transport of ingredients to aid in muscle building and muscle recovery. Carbohydrates form an insulin spike to maximise efficiency of blend.

Contains: Micronised Creatine, HMB, L-Glutamine, Taurine, L-Leucine, L-Valine, L-Isoleucine, Glucose, Dextrose.

Suitable for: Those recovering from intensive training, adults looking to size up, those not holding size. Can be combined with Ralph.

Nutritional information: Micronised Creatine 800g, L-Glutamine 500g, L-Leucine 300g, L-Valine 300g, L-Isoleucine 300g, Taurine 300g.

How to use: Take one serving in 350 ml cold water immediately after training to aid in the growth and recovery of lean muscle tissue.

Other uses:

Available in: 1 kg containers - Raspberry, Tropical & Mint flavours

Price: £42.99

Buy Growling Dog - REX:

Flavour: Quantity:

ADD TO CART

[Go to Checkout](#)



Heng: The Enduring

Contains amino acids which assists in providing endurance energy.

Contains: Choline Bitartrate, Inositol, L-Carnitine, L-Histidine, L-Leucine, L-Isoleucine, L-Mmethionie, L-Valine, Lemon Flavouring.

Suitable for: Any athlete involved in long distance or duration activities.

Nutritional information: Energy 20cal, Protein 5g, Carbohydrates NIL, Fat NIL.

How to use: Take 1tsp (5g) 20-30 mins before endurance exercise activity. Additional dose can be taken after 2 hours.

Other uses: Prevents muscle catabolism during extended exercise.

Available in: Powder Form - Lemon Flavour 66g.

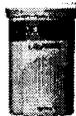
Price: £16.99

Buy Heng: The Enduring:

Quantity:

ADD TO CART

[Go to Checkout](#)



L-Glutamine

L-Glutamine is used for muscle nitrogen pooling and energy production. It is also important in immune and gut cell formation.

- Contains: Pure L-Glutamine.
- Suitable for: Athletes/persons of all ages for general health purposes.
- Nutritional information:
- How to use: Take 1 tsp. three time daily.
- Other uses: Useful for muscle sparing. May also be useful for brain functioning.
- Available in: Powder Form - 75g, 150g and 300g
- Price: £8.99 (75g) £17.99 (150g) £32.99 (300g)

Buy L-Glutamine:

Size: Quantity:

ADD TO CART

[Go to Checkout](#)



Mega CCG Capsules

Assists in the metabolism of fatty acids and supply of energy.

- Contains: Choline Bitrate, Levocarnitine, Dry Guarana paulline seeds.
- Suitable for: Athletes/persons who wish to burn fat and energy production.
- Nutritional information: Choline Bitrate 410mg, Levocarnitine 85mg, Dry Guarana Paullina Seed 62.5mg.
- How to use: Take 1-2 capsules first thing in the morning and mid-afternoon.
- Other uses: Energy production.
- Available in: 75 capsules per container.
- Price: £9.99

Buy Mega CCG Capsules:

Quantity:

ADD TO CART

[Go to Checkout](#)



ZMA+ Capsules

Increases anabolic hormone levels, improves athletic performance such as strength and power, increases in stamina and improves energy levels.

- Contains: Zinc, Magnesium, Pyridoxine hydrochloride (vitamin B6), Manganese (as amino acid chelate).
- Suitable for: Persons looking to increase strength, power, stamina and energy levels.
- Nutritional information: Zinc 5mg, Magnesium 122.5mg, Pyridoxine Hydrochloride 2.5mg, Manganese 1mg.
- How to use: Take 4 capsules daily.
- Other uses: Magnesium helps prevent fractures, alleviates fatigue and increases energy levels for those suffering from chronic fatigue and improves muscular co-ordination and reflexes and the sense of balance.
- Available in: 60 capsules per container.
- Price: £12.99

Buy ZMA+ Capsules:

Quantity:

ADD TO CART

[Go to Checkout](#)

● [top of page](#)



[About](#) [View Cart](#) [Checkout](#) [Links](#) [Ordering](#)



Welcome, Guest The Internet's Discount Nutritional Supplement
Center [Home](#)
[Subscribe to Newsletter](#) [Unsubscribe](#)

[Nutrition Bars](#)

[Sport Drinks](#)

[Supplements](#)

[Accessories](#)

Search by Products:
Popular Products

Search by Manufactures:
Manufactures

[Sales](#) click here!

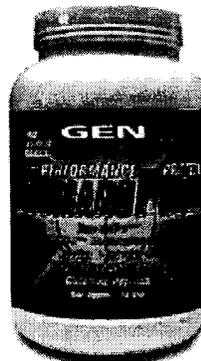
Popular Products:



MuscleTech's
[Nitro-tech](#)
[Chocolate](#)



iSatori's
[Lean System 7](#)
[90 Count](#)



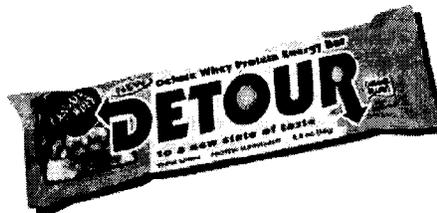
GEN's
[Gen HumanoPro:](#)
[Protein Powder](#)



EAS's
[Myoplex Low Carb Bars:](#)
[Nutrition Bars](#)



Weider's
[Tiger's Milk Bars:](#)
[nutrition bars](#)



Next Protein's
[Detour Bars:](#)
[nutrition bars](#)



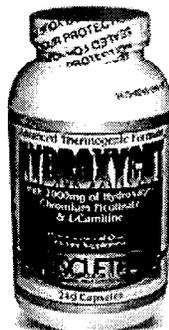
SportPharma's
[Pro Max Bars:](#)
[nutrition bars](#)



American Bodybuilding's
Speed Stack 18oz.
Fruit Punch; sport drink



American Body Building's
Pure Pro 40-0-0
Tropical Punch 22oz.;
sport drink



Muscletech's
Muscletech's Hydroxycut
210ct.



Cytodyne's
Xenadrine, Xenadrine

Notes:

Glutamine is involved in many metabolic processes and, although not officially, many consider it an essential amino acid or "conditionally essential". It regulates cell volume with regards to the balance between anabolism and catabolism of fat, carbohydrates, and proteins. It is an energy requirement for cells of the immune system. And accounts for a high percentage of the amino acids in muscle protein.

Creatine works up to 60% better when it is used with a potent insulin-releasing **carbohydrate** like glucose (35 grams of glucose with 5 grams of creatine). - J. Physiol -

Creatine: did you know that in 1923, scientists discovered the average human body contains over 100 grams of creatine and 95% is stored in muscle tissue?

Without quality protein (which the body breaks down for amino acids), you simply will not build muscle.

Biological Value (BV): Which, with respect to protein, refers to the "usable" grams of amino acids from a protein sources.

Whey protein is considered to be the superior protein source with a high BV.

Use caution while using Ephedra and Ephedrine and any product containing Ephedra and Ephedrine. If you have any medical conditions you should seek the advice of your health care provider before using any supplements. You should always stay within the recommended dosages for all supplements.

Popular Products

Xenadrine
Hydroxycut
Detour Bars
Lean System 7

Pure Pro 40-0-0
Mass Recovery
Super Shakes
Speed Stack

Cell-Tech
Nitro-Tech
U-Turn Bars

Current Topic:
Sport Drinks: Energy and Recovery:

What and Why:

Carbohydrate drinks: provide a stimulant free energy supply in the form of a carbohydrate stack. Sources of carbohydrates are included ranging from simple to complex providing a sustained energy source, calories, electrolytes and chromium picolinate(100mcg). For use when exercising upto and over 60-90 minutes. Taken before, during, and after exercise.

Energy sport drink: Carbo Force

Recovery drinks: Provide the required nutrients the body needs following exercise. Quality whey protein is supplied to building muscle and preventing muscle catabolism (breakdown). Drinks restore glycogen levels (storage form of carbohydrate energy), provide glutamine which will be used for muscle tissue synthesis and repair, and provide branched chain amino acids used to build muscle tissue.

Recovery sport drink: Mass Recovery

We are currently offering **volume discounts** on select products for retail stores.
Send us your volume orders and save.

Coaches, Athletic Trainers, Sports Medicine Dept.'s
Contact us at Team Specialists for our discount rates for teams and groups!

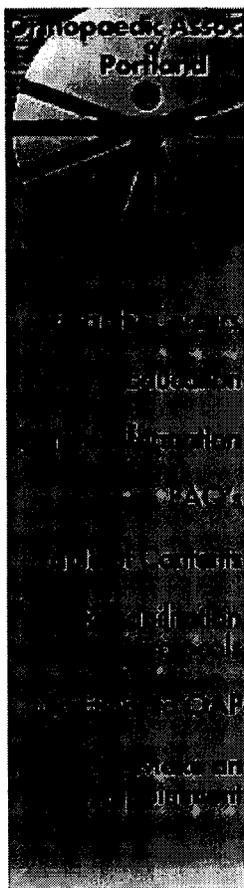
YAHOO! News Search Try me! Search Nutrition

Copyright 2003, BODYDEN.com, ALL RIGHTS RESERVED.

Privacy Policy
Contact Webmaster

The statements within this site have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease. Seek the advice of a health care provider before making significant changes in your nutrition.

VeriSign™



Orthopaedic Associates
Portland

[Home](#) [About](#) [Physicians](#) [Contact](#) [Search](#) [Legal](#)

[Back to](#)
The Sports Medicine Center

Questions about Glucosamine or Chondroitin? [Click here](#)

Nutritional Needs for Exercise

Contents

- Nutritional Needs for Exercise
- Sport Drinks
- Creatine: Does It Boost Performance?

Of the six basic nutrients needed for a healthy body (water, carbohydrates, protein, fat, vitamins, minerals), water is the most important when it comes to exercising. Even though water provides no energy, it is essential for the proper functioning of muscles and regulation of body temperature. Maintaining adequate hydration (water stores), especially while exercising, is key to top performance. Helpful means of doing this include: drinking water on a regular basis before, during and after exercising; drinking fluid during exercise before you are thirsty; drinking enough fluids to keep your urine clear, and replacing weight loss during exercise with an equal amount of fluid (one pound = one pint of fluid).

Carbohydrates and fat are the primary energy sources used while exercising. Fat provides nine calories per gram and is used during low level activity. Carbohydrates contain four calories per gram and is the energy source preferred by muscle and the brain during active exercise. The majority (60 percent) of your daily caloric intake should come from carbohydrates, and only 25-30 percent of your calories from fat.

Protein is composed of amino acid building blocks and is important in building and repairing muscle. Protein is a source of calories (four calories

per gram), but is a poor choice as an energy source because of the extra water needed to eliminate the nitrogen waste.

Vitamins and minerals do not provide energy but are essential in regulating chemical reactions within the body and to help form structures of the body (such as calcium in bones). Almost all vitamins and minerals needed for a healthy body can be obtained by eating a variety of wholesome, natural foods. Rarely are supplements necessary or helpful.

Sports drinks

Water is still the best sport drink for recreational athletes who exercise for less than 60 minutes. It is inexpensive, readily available and does an excellent job of replacing sweat losses. For athletes who exercise longer than 60 minutes, drinking a dilute sugar solution while exercising will provide fuel to allow you to exercise longer. Commercial sports drinks contain 50-80 calories per eight ounces, which is the concentration of sugar best absorbed by the stomach during exercise. Fruit juices and soft drinks can also provide energy while exercising, but they should be diluted in half to prevent interfering with fluid absorption from the stomach. Remember that maintaining hydration is the most important performance enhancer. Drinking sports drinks while exercising is analogous to adding gas to your car while driving. The extra gasoline will allow you to go farther, but not faster.

After exercising it is important to replenish your glycogen (sugar) stores. This is most effectively done within the first two hours after exercising. You should try to consume 0.5 grams of carbohydrates per pound of body weight as soon as possible after exercising. The high calorie sports drinks can be helpful for this as they are easy to consume and digest just after a workout. However, in spite of all the hype and advertising, none of the sport drinks are more effective than water and high carbohydrate foods at helping you to recover from a workout or prepare for the next one.

Creatine: Does it boost performance?

Creatine monohydrate is a naturally occurring substance, present in milk, red meat, pork, and some fish (tuna and salmon). It is used by the body to provide high energy phosphate (ATP) to the muscles. ATP is the actual energy form used by muscles for muscle contraction. Your body requires approximately two grams of creatine per day. This is produced by the liver and kidneys if your daily intake is too low, therefore it is not considered an essential nutrient. Studies have shown that by consuming 20 grams of creatine per day for five days (loading dose), then continuing a maintenance dose of five grams per day, you can increase your creatine stores by more than 20 %. There are some recent studies, however, suggesting that a loading dose may not be

necessary and that the maintenance dose of 5 grams/day is enough for the desired effect. Cycling the intake of creatine supplements isn't necessary, nor does it make sense since it is an energy buffer, not a hormone. It was originally thought that a high carbohydrate diet would potentiate the effect of creatine (via the insulin pathway) however further analysis suggests this would require such high, non-physiologic quantities that it isn't feasible.

Increase in creatine stores can enhance your ability to perform repeated bouts of high intensity, short duration activity. Numerous studies have shown that creatine supplementation does not improve longer duration aerobic-type exercise. Thus, it may be beneficial for use by power lifters and sprinters, but not long distance runners or cyclists. Creatine may enhance the muscular changes associated with resistance weight training presumably because of an increased ability to train more intensely.

Side effects include muscle cramps, mild GI distress, and nausea all of which resolve within a month of discontinuing the supplement. Body mass increases from 1 to 3 lbs. after one week of supplementation with at least some of the weight gain due to increased water absorption (both intracellular and extracellular). There are no long term studies on the use and risks associated with creatine supplementation so it's unclear how safe it is.

Currently creatine monohydrate use is allowed by the USOC and IOC.

References

Kraemer, Wm. J., Ph.D., and Volek, Jeff. S., M.S., R.D.. Creatine supplementation. *Current Comment*, American College of Sports Medicine, June, 1998.

Volek, Jeff S., M.S., R.D.. Creatine supplementation: possible role in improving exercise performance. *ACSM Health & Fitness J.* 1(4):23-29, 1997.



[Back to](#)

The Sports Medicine Center

[Top of Page](#)

[Home](#) | [About](#) | [Physicians](#) | [Contact](#) | [Search](#) | [Legal](#)

Telephone	Fax	Postal Address	Electronic mail
(207) 828-2100	(207) 828-2190	33 Sewall Street Portland, ME 04102	info@orthoassociates.com

Use of this site is subject to the terms detailed [here](#).
Copyright ' 2001 Orthopaedic Associates of Portland. All rights reserved.



- | | | | | |
|-----------------------------------|---------------------------------|-------------------------------------|---------------------------------|--------------------------------|
| Ordering Policies | Dietary Oils | Fat Loss/Energy | Books | E-Cards |
| Prices | Drink Mixes | Muscle Builders | Browse Products | Food Nutrients |
| Sale Items! | Nutrition Bars | Pro-Hormones | Herbs | Health News |
| Contact Us | Protein Powders | Very Low Carb Foods | Minerals | HealthNotes |
| Redeem Coupon | | | Vitamins | Ripped News |

Select a Brand
 Select a Product

Welcome to **Netrition.com** - *The Internet's Premier Nutrition Superstore!* We are committed to providing you with great prices and the **very best** service on the most popular nutrition supplements.



Mid Cycle is a scientifically developed "muscle building bridge" designed to be utilized in the MID portion of The Continuous Cycle. This formulation is a high-tech creatine and nitric oxide generating fusion that may drive creatine and nitric oxide into muscle cells. Although effective when used on its own, MID CYCLE was uniquely developed to amplify the effects of ON CYCLE and OFF CYCLE by enhancing nutrient uptake, increasing cell-signaling vasodilation and promoting improved muscle torque and intercellular energy levels. MID CYCLE may enhance creatine storage in muscle cells, which may lead to increased size and strength in athletes. Experience the power of MID CYCLE today!

Deal Of The Week

Offers good until Thursday, October 9 or while supplies last only! Subscribe to our "Deal of the Week" email list to be the first to learn about new offers so you don't miss out each week!



Creatine Xtreme - A great tasting way to get bigger and stronger with creatine. University studies reveal that the release of insulin in the body is associated with an increase in the amount of creatine transported into the muscle cell. Creatine Xtreme has ingredients that take creatine supplementation to the next level: Vanadyl and chromium to help potentiate insulin. Bioperine, glutamine and taurine to increase intramuscular protein synthesis and speed the delivery of creatine into your muscle cells where it can do its job. Hydroxycitrate and slow burning carbs to reduce the problem of the body converting excess carbohydrates to fat.

Only \$20.95!



Biotest HOT-ROX Fat-Loss Phenomenon ramps up lipolysis, releasing fat from adipocytes (fat cells) more rapidly than ephedra-based products. Minimizes lipogenesis (fat creation) via increased cAMP and T3. Maximizes and sustains metabolism around the clock, turning fat into heat energy, through two powerful mechanisms: fueling the TCA cycle and stimulating mitochondrial uncoupling. Provides an inexhaustible supply of the weak-link substrate oxaloacetate and thus keeps the TCA cycle primed for sustained, maximum fat burn. So if you want maximum fat-burning effects to work continually, around the clock (24/7), HOT-ROX is the perfect supplement for you! **Get a FREE HOT-ROX T-shirt with the online purchase of 2 or more bottles of HOT-ROX.**



Java Jamba Blue is the best gourmet coffee you will ever taste! Guaranteed! You are getting 100% pure (no fillers!) first class authentic ecologically-grown hand-picked and sun-dried Costa Rican coffee from the world famous mountains of Tarrazu. The farms of Tarrazu (at 4,750ft. elevation), produce the exceptional, excellent and exquisite Costa Rican Tarrazu gourmet coffee. From seed, to cup, to you. The quality is in the bean. This is "Grade 1" coffee. Java-Jamba is a must-have for any connoisseur of coffee. Its exquisite taste combined with virtually no acid is a delight to the palate. Not acidic like instant coffee. Not loaded with fillers like most store-bought and even many "gourmet"



Skulpt from Ergopharm is a Topical Fat Loss Spray developed by Patrick Arnold. It contains the best available ingredients and penetration enhancers designed to deliver the active ingredients through the skin and into the subcutaneous adipose (fat) tissue, where they will then act to break down and remove the fat (a process called "lipolysis").



CarbSlim Bites - The first "Bites" candy ever created for the low-carb and low-glycemic lifestyles. CarbSlim Bites mimics the taste and look of popular Bites candies, but CarbSlim has no "impact" carbs and no sugar. Sweetened with the breakthrough sweetener, erythritol, that does not cause digestive upset (no maltitol). Available in two flavors!! Caramel Chocolate Crunch and Peanut Butter Crunch. 0g Carbs (net effective). Sugar-Free. No Maltitol (no digestive upset). Sweetened with Splenda and erythritol. No Artificial Ingredients.



Keto-Thin Ketone Test Strips - Dietary ketosis is a natural adjustment to the body's reduced intake of carbohydrates as the body shifts it's primary source of energy from carbohydrates to fat. Keto-Thin test strips contain a special chemical test pad that will change color in the presence of ketones in the urine. Ketones will be present in the urine, only when there are more ketones in the blood than is required by the body as fuel. Therefore even if only a small amount of color change shows on the Keto-Thin test strip, you are in ketosis and fat-burning is taking place. The proof is in the purple! 100 ketone test strips.



Carbsense Low-Carb Pretzels - These delicious low carb soy pretzels are great for snacking while on a low carb diet.



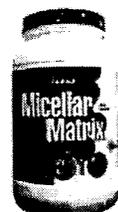
RED KAT - A man's testosterone levels and sexual performance peak at age 18! Unfortunately, it's downhill from there. And at some point, he'll begin to experience loss of muscle mass, decreased energy

brand ground coffees. This is top quality stuff! Also available in versions with super fat burning ingredients and/or extra caffeine.

Only \$5.95!



MAG-10 Capsules utilizes microemulsion technology. Not only are all flavor and dosing problems solved, but, because of the higher bioavailability, the new MAG-10 is 30% more powerful than the old liquid formula! Now the new MAG-10 is not only easier to take, it's more potent! MAG-10 produces real steroid-like gains through the combination of A1E and 4-AD-EC - the premier Class I and Class-II androgens. It covers all the anabolic bases, achieving optimal muscle-mass gains, without estrogen or DHT side effects.



Micellar Matrix will stimulate muscle growth by releasing a quick supply of amino acids from whey protein followed by hours of anti-catabolic activity brought on by a much slower, steadier release with Micellar Casein protein - all resulting in a protein powder that not only increases muscle growth but preserves the existing muscle as well. Micellar Casein produces a higher content of bioactive milk peptides which affect physiological functions and modulate many regulatory processes including: Hormone secretion, Immune defense, Nutrient uptake, and Control digestion. Prebiotics have been added to Micellar Matrix to stimulate the growth of beneficial bacteria in the colon which supports good colon health.



Vitrix - If you are looking for a safe and effective way to send your own natural testosterone production into overdrive, you need to get your hands on Vitrix. Vitrix contains 1000 mg of super potent liquid German Tribulus Terrestris per serving. This yields 80% active saponins and 20% protodioscin, unmatched by any other product. Moreover, Vitrix brings you 500 mg of a totally natural, one-of-a-kind testosterone stimulating and estrogen blocking phyto-nutrient blend called NTS-5. All of this comes in a unique liquid-capsule delivery system guaranteeing the highest absorption rates possible.



Infusion is a state-of-the-art Meal

levels, lagging sex drive, and reduced sexual stamina or even the inability to perform. It doesn't have to be this way! Now there's a brand new compound that's designed to be a strong stimulant of not only testosterone, but sexual function as well. The name of this wonder compound is Eurycoma - not just any Eurycoma, mind you, but Pharmaceutical-Grade Eurycoma.



ON CYCLE and OFF CYCLE -

Fizogen introduces the 2 most powerful legal supplements ever to hit the bodybuilding industry! These products are revolutionary in their ability to be taken year round in a continuous cycling pattern. Intense muscle growth is experienced when taking ON CYCLE™ or OFF CYCLE™, and when combined, the results are nothing short of extraordinary. Imagine continuously adding pounds of muscle mass, month after month, and year after year. The muscle size, strength, and extremely ripped conditioning experienced from "The Continuous Cycle" may prompt your friends to stare at you in amazement and leave your gym buddies puzzled with jealousy at how your muscles always stay so massive and rock hard. Just picture the results of a safe and powerful anabolic cycle that you never have to stop taking and that keeps continuously building huge, shredded muscle mass! The Continuous Cycle is guaranteed to add pounds of muscle mass even to the most stubborn hardgainers. Here is how it works... Take the androgen-based ON CYCLE for 1 month and then switch over to the OFF CYCLE formula for 1 additional month. That's all there is to it! Repeat this process indefinitely and your muscle growth will never end!



Prolab Lean Mass Matrix is composed of low-glycemic carbohydrates, fibers, and intact,

biologically potent proteins like micellar casein. It is designed to promote a more moderate, yet sustained delivery of carbohydrate, protein and other nutrients. Old-school MRP's contain carbohydrate and protein that get 'dumped' into your body more quickly than they can be turned into lean tissue (e.g., muscle glycogen, muscle protein). Get a FREE **Prolab X-Large T-Shirt** or the brand new "**No Mistakes**" Nutrition Guide to Building Your



Replacement containing 47 grams of a specially formulated Protein Matrix, supplying your body with a "time-released" protein blend of Whey Protein Isolate & Concentrate, Micellar Casein, Colostrum & Alpha-Lactalbumin! This awesome combination of different proteins provide your body muscle-building-amino-acids which can last up to 6 hours. Infusion is packed with EFA's (essential fatty acids), including Flax seed oil and CLA! It is enhanced with acidophilus and bifidus, organisms that bring the healthy flora into the intestinal track and aid in protein digestion leading to increased protein usage. Infusion contains added Glutamine Peptides, to help increase muscle cell volume, prevent muscle tissue breakdown and support a healthy immune system. It is low in carbohydrates, making it an effective "fat burning" nutrient complex and contains added fiber, ensuring your digestive tract stays clear and healthy... so you can get better nutrient usage. And it really tastes great! Choose between **Chocolate Peanut Butter, Vanilla Caramel Swirl** and **Wildberry Yogurt** flavors.



Keto Ketchup - Think regular ketchup is low carb? One "serving," (a level tablespoon) contains 4 grams of carbs. But who pours one measly tablespoon of ketchup on their plate? A satisfying amount equals about 5-7 tablespoons, or a whopping 20-28 grams of carbohydrates! But you still love and want to eat ketchup. Now you can! Enjoy the incredibly delicious, oven-roasted tomato flavor of Keto Ketchup! 1 g of carb per serving and no added sugar! Pour it over sizzling burgers, steaks, seafood and hot dogs. Yes, low carb dreams do come true!



Lean Body GOLD Bars - Rich, luscious layers of caramel and crunchy roasted nuts are piled atop a fluffy nougat layer, and smothered in real chocolate. Mmmm... that's the **Caramel Almond Fudge** and **Caramel Peanut** Lean Body GOLD Bars for you. No kidding, these bars rival anything you'd find in a gourmet chocolate store. But wait, there's more... Imagine a triple-layered bar with real pieces of Oreo-style cookies piled atop a moist creme, then smothered with a rich, delicious white yogurt coating. That's our new **Cookies and Creme** bar. How does it taste? The best way to describe it is, it's like an Oreo cookie dipped in Vanilla cake frosting! holy cow!!! It's that good. With this

Best Body Ever! with your online purchase of \$100.00 or more of any Prolab products
While Supplies Last!



Flax-O-Meal Blueberrylicious Quick Bread and Muffin Mix - High protein, low carbohydrate blueberry muffin mix with added flax meal for a delicious and nutritious treat. Only 3 net grams of carbs per muffin.

Flax-O-Meal - For The Controlled Carb Lifestyle.



Pure Omega-3 Pharmaceutical Grade Fish Oil The highest quality, pharmaceutical grade fish oil available! Highly concentrated EPA and DHA levels (516 mg EPA and 276 mg DHA per softgel - in a total of 2714 mg of omega 3 fatty acids per 3 softgel serving!) Cholesterol Free. No Saturated Fatty Acids. Toxin Free - Obtained from carefully selected oils previously checked before processing for 0% pesticide, PCB and heavy metal contamination. Free of any toxic organic solvent residues or impurities. Fortified with Vitamin E to protect the molecular integrity of the purified fish oil. Deodorized - so no fishy "repeats".



Tri-O-Plex Bar is a great tasting, nutritious alternative protein bar for all

sugar-conscious people - high in taste, high in protein, low in sugars. Not another trumped-up candy bar made by a confectionary candy company, but a true whole-grain protein bar based on a bowl of oatmeal and made by a real chef. Each delicious flavor delivers 30-33 grams of muscle-building three sources (TRI) of protein. Better yet, it is formulated without inferior proteins labeled as hydrolyzed gelatin or collagen - dialed in to increase protein, increase fiber and reduce carbs. **If you prefer that your nutrition bar's carbohydrates primarily come from natural whole grain rolled oats rather than corn syrup or maltitol and glycerine, then this is the bar for you.**

New! Another outstanding new flavor from Chef Jay's Food Products... **Caramel Apple**. Real diced apples with caramel nuggets with Tri-O-Plex's oatmeal base and reduced carbs. 31 grams of custom-blended isolated and whole grain proteins. For a fruity treat without the chocolate associated with most bars. Absolutely delicious!

much flavor, you wouldn't think that the new triple layer Lean Body GOLD bars could be good for you! But unlike other protein candy bars, Lean Body GOLD Bar is true to label...Good as Gold! Lean Body GOLD is packed with muscle-building nutrition and 30 grams of high-quality protein. It's the perfect treat for you when you want something sweet, but nutritious.



Syntrax Nectar is Fruit Juice Flavored Whey Protein Isolate. Nectar combines Promina, the highest quality whey protein isolate ever developed, with a flavoring system that is so fruitilicious that you will never drink another whey protein shake ever again. With its mouthwatering fruit juice flavors, Nectar is truly a protein drink you will look forward to drinking each and every day. Whether it be Apple Ecstasy, Very Cherry Berry, or Caribbean Cooler, Nectar will keep you coming back for more. **ZERO carbs** and ZERO fat. Mixes Instantly!

YOURS FREE!

Get a **FREE** pair of Syntrax Workout Gloves, Baseball Cap, or T-Shirt with your online purchase of \$100 or more of Syntrax products.



While Supplies Last!



Cheddar Cheese Crunchies - Gram's Gourmet really made a splash when they introduced the Sweet Cinnamon and Butter Crunchies (pork rinds) in early 2003. Now Gram's is pleased to announce the debut of their second flavor **Cheddar Cheese Crunchies**. Using no hydrogenated oils or MSG, this cheesy crunchy snack has only TWO grams of carbohydrates per serving! If you miss those high carb cheesy snacks, you will love Gram's Gourmet Cheddar Crunchies!



Myostat potentially could redefine and change the muscle-building world forever! In fact, when it comes to building the ultimate physique, it could very well be one of the most important discoveries ever made. If you want to completely revolutionize your physique, make no mistake about it, binding and thus neutralizing myostatin produces three incredibly powerful effects



Carb Watchers ProPlete Gold Protein Powder - 7 amazing new flavors, all using real premium ice cream flavorings and containing real bits of fruit and/or chocolate in every scoop, yet it's low-sugar formula is ideal for anyone watching their carb intake. Each scoop is packed with vital nutrients and 22 grams of muscle-building protein, all in a low-sugar formula. Guaranteed you've never tasted anything like it - well, except maybe in a malt shop! Choose between **Banana Creme, Chocolate Peanut Butter, Double Chocolate Ice Cream, Mixed Berry Blast, Orange Dreamsicle, Strawberry Ice Cream, and Vanilla Pineapple**. Each one has real bits of fruit and/or chocolate in every scoop!



Carbsense Tortilla Chips - Carbsense Foods has created a delicious line of soy tortilla chips that you can feel great about. Try **Original** flavor or the zesty, authentic flavor of traditional **Pico de Gallo**. Not only are they light, crisp and bursting with flavor, but each serving contains just 8 grams of refined carbohydrate, and is rich in heart-healthy fiber, soy protein and Omega 3 fatty acids. Enjoy!



CLA Plus with Clarinol - Fat Absorption Control System in a Convenient Great-Tasting Liquid - **Orange Creamsicle** Flavor! Conjugated linoleic acid (CLA) is a dietary supplement ingredient which is an effective product for reducing body fat and boosting your immune defenses according to numerous studies. Unfortunately, an effective dose of CLA has been about 4 to 10 capsules per day depending on the quality of the CLA source and the size of the gelcap. Now a great-tasting liquid version of highly concentrated CLA is available. Not only is CLA Plus with Clarinol more convenient, but much more economical as well!



Keto Frosted Flakes - Now you can enjoy frosted flakes without all the carbs and added sugars! With 3 grams of net carbs, Keto Frosted Flakes contain 70% less carbs and added sugars than regular frosted flakes! Plus each serving is a rich source of 17 grams of energizing protein which provides

that nothing else can deliver: Formation of New Muscle! Permanent Muscle Gains! Automatic Decrease in Body Fat!



Lean Protein Bites - Breakthrough Engineered Nutrition is proud to introduce the most delicious low carbohydrate snack in the world, Lean Protein Bites! With only 1g - 2g carbs per 1 oz. serving, Lean Protein Bites satisfies your sweet craving without the unwanted carbs and sugar. Plus, each package delivers 14g - 16g of high quality soy and whey protein and a delicious, sweet crunch. Available in three scrumptious flavors: **Milk Chocolate, Peanut Butter, and White Chocolate**. On Sale! Get a **FREE** Breakthrough Nutrition T-Shirt with your online purchase of 4 or more boxes of Lean Protein Bites! While Supplies Last!



Almond Flour (ground blanched almonds) is available in individual one pound packages. Perfect for baking and substituting for wheat flour in low carb recipes. Almond products are nutritious and delicious! Recent studies show that almonds are one of the most nutritionally complete foods. Almonds are cholesterol free, low in saturated fat, low in carbohydrates, high in dietary fiber, high in antioxidant Vitamin E, high in Calcium, Riboflavin, Copper, Zinc and Magnesium.



X-Factor - Molecular Nutrition has unlocked the anabolic secret of red meat with its revolutionary new supplement, X-Factor! Bodybuilders have known for ages that red meat is an aggressive muscle and strength builder, offering benefits far beyond its protein content alone. X-Factor is here to take the anabolic power of red meat to the next level, supplying high levels of red meat's most precious nutrient for muscle growth: arachidonic acid. Arachidonic acid is actually the chemical messenger first released by your muscles during intense weight training, controlling the core physiological response to exercise and regulating the intensity of all growth signals to follow. By allowing a much greater retention of arachidonic acid in skeletal muscle tissue than diet alone would provide, X-Factor is the only supplement in history to support the very "core" of muscle growth.

Carb-BOOM is a great tasting

long-lasting hunger relief. That's why Keto Frosted Flakes are ideal for all low carb lifestyles or anyone watching their blood sugar. Available in three flavors: **Original Flavor** Is A Sweet and Crunchy Classic. **Honey Nut** has Fresh Almond Slices and Sweet Honey. **Apple Cinnamon** - A Sweet Cinnamon and Apple Classic



Erythritol, a sugar alcohol, has a clean sweet taste that is similar to sucrose. It is about 70% as sweet as sucrose and is safe for diabetics. Clinical studies demonstrate erythritol does not affect blood serum glucose or insulin levels. Erythritol contains only 0.2 calories per gram - far less than sucrose (4 calories per gram) and most other sugar alcohols like maltitol. It's high digestive tolerance (no laxative effect!) distinguishes it from most other polyols as well.



NoX2 is for anyone who wishes to extend their muscle pump; Signal muscle growth and speed recovery and increase their strength, stamina and sexual vigor. Nitric Oxide, a key molecule manufactured by the body, causes vasodilation (an expansion of the internal diameter of blood vessels), which in turn leads to increased blood flow, oxygen transport, delivery of nutrients to skeletal muscle, and a reduction in blood pressure. An amino acid compound called arginine alpha-ketoglutarate (A-AKG) and arginine-ketoisocaproate (A-KIC) can boost short term Nitric Oxide levels. Increased strength and markedly improved stamina can also be expected.



Thermix is a stimulant-free diet aid that takes a new approach to adrenergic weight loss. This patented formula supports lipolysis (fat oxidation) without the use of ephedrine alkaloids or caffeine, so you are not faced with the uncomfortable jitters and restlessness often associated with stimulant-based thermogenics. At its core are octopamine and yohimbine, a potent beta-3 receptor agonist and alpha-2 antagonist respectively, which trigger two pathways vital to fat loss but devoid of strong central nervous system activity. Bergenin and decaffeinated green tea extract are added for their abilities to enhance adrenergic lipolysis without direct CNS

energy gel made from super concentrated carbohydrates and flavored with real fruit. Carb-BOOM is a perfect sports nutritional supplement to increase and maintain energy levels before, during and after exercise. Carb-BOOM is an ideal fuel for any athlete, whether you're playing soccer, swimming, triathlon, cycling, running or just looking for a clean, natural energy source. Carb-BOOM's carbohydrate composition consists of a special blend of about 90% complex carbohydrates (maltodextrin) and 10% simple sugars (glucose and fructose). This provides for a superior taste that is "not too sweet" and is very gentle on the stomach.



KETO Low Carb Italian Style Biscotti Cookies - Delicious and Ready to Eat... these cookies are the scrumptious,

sugar-free, high protein treat everyone's been asking for! Just 4 g effective carbs and 13 grams of appetite satisfying protein! Made with real eggs and butter, Keto Cookies are baked in the tradition of Biscotti in Tuscany, Italy. Whether you choose the classic **Vanilla Nut**, chocked full of fresh almonds, or the **Chocolate** version, rich in deep chocolate flavor, each cookie is light and crunchy in texture and delicately sweet! Keto Cookies are the ideal between meal or breakfast treat for any low carb/sugar free lifestyle! **Contains no glycerine or maltitol!**



Promax Bar - How do you get protein AND energy in one place? In a Promax Bar. Each highly addictive flavor is loaded with 20 grams of easily digested, complete protein and ample energy. Plus, all the vitamins, minerals (lots of calcium!) and antioxidants you need. Promax Bar comes in 10 refreshingly delicious flavors. One taste and you'll be hooked. Try the new **Chocolate Caramel Crunch**, **Chocolate Mint**, and brand new **Blueberry Cheesecake** - packed with real blueberries. Reward yourself and your body to protein AND energy with nutritious Promax Bar today! Promax Bar - protein and energy in one awesome-tasting place.



Low Carb Lean Body is the instant, delicious meal replacement drink mix that provides extra protein and nutrients that you need, without extra

stimulation.



EndoTest - Through its unmatched combination of exotic phytonutrients, EndoTest unleashes testosterone from within the body, stimulating testosterone to supernatural levels, creating a super natural experience, safely and naturally. It further unfolds its powers by stimulating appetite and insulin production while keeping testosterone free and incapable of converting into estrogens. Bottom line, EndoTest delivers an epic experience of real anabolism, while being void of negative side effects. Go beyond genetic limitations and defy all barriers with EndoTest!



Keto Spaghetti - Now you can enjoy luscious spaghetti without worrying about carbohydrates! First and foremost, Keto Spaghetti is so delicious you'll hardly believe it's low carb! If that's not enough, Keto Spaghetti boosts every fat burning button known to man! Keto Spaghetti is ideal for low carb living because it contains 5 g effective carbs per serving! It's high protein with 22 grams of energizing protein for much longer-lasting hunger relief. Still counting calories? Yes, Keto Spaghetti is low calorie with just 130 calories per serving! And of course, it's low in fat. It's the first guilt-free spaghetti that's got all the diet bases covered! That's why Keto Spaghetti is ideal for all low carb/high protein dieters, diabetics or anyone watching their weight!



Ergopharm 6-OXO™ - The most effective estrogen-blocking supplement ever created! 6-OXO™ is what is known as a suicide inhibitor of aromatase - to both reduce estrogen and increase testosterone. This means that 6-OXO™ binds to the aromatase enzyme in a permanent and irreversible manner, rendering it inactive. The result of this is an eventual diminishment of aromatase enzyme in the body and a concomitant reduction in estrogen levels. A corresponding increase in testosterone production is usually experienced as well. **In Stock Now!**

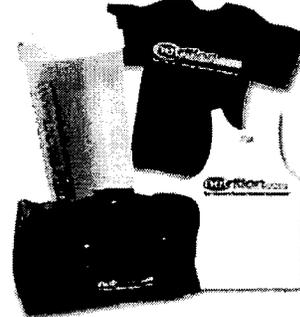


HairAway Hair Remover and Inhibitor - The cleanest, fastest way to remove total body hair. Works in as little as 5 minutes. Keeps hair off for weeks.

carbohydrates or calories. Low Carb Lean Body makes it easy to stay in great shape, and perform at your peak! Just tear open an easy-to-use packet and stir into 16 oz. of ice-cold water to make a smooth, delicious shake. Low Carb Lean Body® tastes so good that it was awarded an American Tasting Institute Gold Medal! Each packet of Low Carb Lean Body® is a nutritional powerhouse containing a big 42 grams of high quality protein, only 12 grams of carbohydrates, and 24 essential vitamins and minerals! **On Sale for a Limited Time!**

hard-core

Cool Freebies!



Get a **FREE** Netrition.com Shaker Bottle or **MUSCLEHEDZ Training Journal** or **T-Shirt** with your **online** purchase of \$75 or more (before shipping charge). Or choose a **Netrition.com Embroidered Gym Bag** with your **online**

purchase of \$175 or more (before shipping charge). Embroidered on both sides of the bag!

This free offer is in addition to our 5% discount on orders of \$200 or more (before shipping charges). **Only one free item per order.**

Learn how to get **FREE** stuff! - T-Shirts, Shaker Bottles, Creatine, Video Tapes, Audio Tapes, and Books!

Join our Mailing Lists

Subscribe to our **FREE** e-mailings containing health news, supplement information, entertainment, special deals and new product announcements! Simply enter your email address below. ([More Information](#))

Email Address: _____

- Netrition.com's Monthly Newsletter
- 'Toon of the Week' Cartoons
- Naturally Ripped News

Apply **Remover** lotion where desired and wipe away hair with a damp cloth. For total hair elimination use the **Inhibitor** Lotion daily after showering. Natural plant extract eliminate future hair growth so you never have to shave again. Results in 4-6 weeks.



Nutrex Vitargo-CGL acts like a pump, pulling creatine and water along with it into the bloodstream, thus synchronizing creatine and insulin levels for maximum creatine transport to the muscles. This avoids a premature insulin spike as seen in creatine/dextrose formulas, where dextrose is absorbed faster than creatine. Vitargo® is a newly developed and patented sugar-free high molecular weight carbohydrate from Sweden that is revolutionizing the way we take creatine. More creatine can now be transported to the muscles resulting in significantly better muscle and strength gains as compared to non-Vitargo® creatine formulas.



Beta3 is the latest nutritional supplement to emerge in the war against body fat. Beta3 is a highly potent and selective B3 adrenergic agonist. Comprised of the revolutionary new compound Octopamine (norsynephrine), Beta3 effectively stimulates the B3 adrenergic receptor. This accomplishes what many pharmaceutical companies have not been able to achieve over the past 20 years - a safe and effective B3 agonist. Not only does it rapidly increase your metabolism and mobilize fatty acids out of adipose tissue, but it also increases insulin sensitivity. It does all of this without the harsh side effects, such as jitters, that are associated with ephedrine-based products.

YOURS FREE!

Get a **FREE** pair of Syntrax Workout Gloves, Baseball Cap, or T-Shirt with your online purchase of \$100 or more of Syntrax products.



While Supplies Last!

More New Products...

Netrition.com's Deal of the Week

[Submit](#)

Health News

- Babies are at risk sleeping in adult beds
- Mystery blood clots felling U.S. troops
- Male contraceptive trial results in no pregnancies
- No Link Found between Flu Shots, Neurological Disorders
- Atkins Credited with Beef Surge
- Average Life Span Is Up to 77.2 Years
- Most breast cancer now detected early
- Smallpox shots not linked to deaths
- Obesity tied to cirrhosis in non-drinkers
- Sleep may help fight cancer
- Painkiller Abuse Linked to Hearing Loss
- More Study Needed on Gun Control, Safety
- Multivitamins good but who pays?
- Study seeks smog link to brain cancer
- Patients relate better to women MDs
- More...

Comments from our customers

[Click here for more!](#)

"Thanks for continually upgrading the contents and services of your site... I really appreciate the nutritional tables and links to other sites with real information. Every time I log on to your site to make an order, I see several new things, and they are always valuable - worth the time to check them out."

S. A., Austin, Texas

healthnotes



Cold, Flu, Sinus, and Allergy

Learn about respiratory and related concerns ▶



Diabetes

Learn how to reduce risks and have a positive influence on your health ▶



Digestive System

Learn about digestive concerns and find relief ▶



Pain & Arthritis

Understand and manage your pain ▶



Vitamin Guide

Information about nutritional supplements ▶



Herbal Remedies

The medicinal use of herbs—old and new ▶



Homeopathy

Nature's subtle influences ▶



Weight Management

Look good, feel great, naturally ▶



Sports Nutrition

Maximize performance, achieve fitness, go for it ▶



Women's Health

Common health concerns of interest to women ▶



Men's Health

Common health concerns of interest to men ▶

Bookmark this location now so you can visit us frequently!
How? Hold the "Ctrl" key down and hit letter "D" now! or [just click here!](#)

Shop quickly using your personal [Order History!](#) View prior purchases to re-order the same products!

\$4.95 shipping charge for the entire order within the contiguous 48 United States.

5% Discount on Orders of \$200 or more!
Retailers: [Volume Discounts](#) Available.

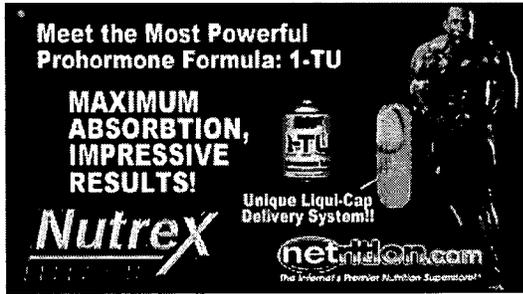
All Products Are **In Stock** Unless Marked [Out Of Stock](#). Really! Don't Settle for Less.

Get a FREE [MUSCLEHEDZ Training Journal](#) or [Shaker Bottle](#) or [T-Shirt](#) with a \$75 online order (before shipping charge).

Back to top

Meet the Most Powerful Prohormone Formula: 1-TU

MAXIMUM ABSORPTION, IMPRESSIVE RESULTS!

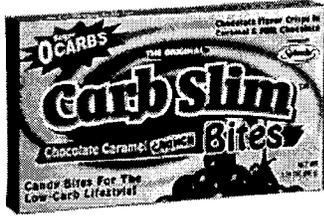


Unique Liqui-Cap Delivery System!!

Nutrex

netrition.com
The Internet's Premier Nutrition Superstore!

Prohormone



0 CARBS

Carb Slim Bites

Chocolate Caramel Candy

Candy Bites For The Low-Carb Lifestyle!

netrition.com

The first "Bites" candy ever created for the low-carb and low-glycemic lifestyles

- [Ordering Instructions](#)
- [Display Shopping Cart](#)
- [Checkout](#)
- [Update Account / Order History](#)
- [Update Email Subscriptions](#)
- [All Brands/Prices](#)
- [Links To Other Sites](#)
- [Home](#)

- [Email This Page](#)
- [Frequently Asked Questions](#)
- [Contact Us](#)
- [E-Cards/ToonOfTheWeek](#)
- [Health News](#)
- [Naturally Ripped News](#)
- [Food Nutrients](#)
- [Affiliate Program](#)

Search here

If you have a website, join **Netrition's Affiliate Program*** and start earning cash today! Now paying 20%*

Netrition® is a registered mark of Netrition, Inc. Products and companies referred to herein are trademarks or registered trademarks of their respective companies or mark holders. Images/Data ' Copyright 1996-2003 Netrition, Inc. and/or it's content providers. All rights reserved. The material on this site may not be reproduced, distributed, proxy cached or otherwise used, without written permission of content owners. * No claims found on our web pages or in print have been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease. No claim or opinion on these pages is intended to be, nor should be construed to be, medical advice. Please consult with a healthcare professional before starting any diet or exercise program. Netrition and it's associates are not responsible for product claims made by manufacturers on this web site. Netrition, Inc. is not responsible for typographical errors. Prices and information on these pages are subject to change without notice.

[Copyright](#) ' 1996-2003 Netrition, Inc. All Rights Reserved. [Privacy Statement](#)



Search

Go

HOME LIBRARY BULLETINS STORE COMMUNITY

 Signup for Treatment & Research Newsletter

 E-mail Article

 Printer Page

Treatment: Herbs and Supplements to Treat FM

12-12-2000

Many individuals with Fibromyalgia choose to treat their condition with natural herbs and supplements. The following is a breakdown by category of symptoms. Nutritional supplements targeted toward each symptom follow.

Energy NADH, also known as Coenzyme 1, triggers energy production, boosts production of dopamine and other neurotransmitters and helps restore normal brain chemistry by increasing cellular energy output.

Co-Q-10 is a potent anti-oxidant that is instrumental in helping the body produce energy at the cellular level. Without it, the body cannot produce energy. **Malic Acid** is present in all living cells and is essential for converting sugars and fats into ATP, the body's energy source. It also is used for stress and to decrease muscle pain.

Magnesium is a vital catalyst in enzyme activity, especially those involved in energy production. Magnesium helps with muscle ache and fatigue.

Muscle/Joint Pain Chondroitin helps maintain healthy cartilage, the building block of joints. Chondroitin helps fight joint pain by lubricating, thus increasing ease of movement. **Glucosamine** is an effective alternative to costly, often dangerous prescription drugs used to treat muscle and joint pain. In a double-blind trial, glucosamine was found to have longer lasting benefits than commonly prescribed painkillers. **MSM** is a naturally occurring form of sulfur with anti-inflammatory properties said to rival aspirin and NSAIDs. Studies at UCLA found that people using MSM for 6 weeks experienced 80% relief from their pain. **Malic Acid** is present in all living cells and is essential for converting sugars and fats into ATP, the body's energy source. It also is used for stress and to decrease muscle pain. **Magnesium** is a vital catalyst in enzyme activity, especially those involved in energy production. Magnesium helps with muscle ache and fatigue.

Sleep Valerian Root was used by ancient Greeks as a sleep aid. It helps relieve insomnia and promotes relaxation. Lemon balm not only helps induce sleep and ease anxiety, it relieves muscle spasms and calms the nervous system. **5-HTP** increases the brain's serotonin levels. Low serotonin can lead to insomnia, depression and headaches. **Kava Kava** is an herb that many consider to be a natural alternative to Valium or Xanax. Containing Kavalactones, Kava Kava is a stress reducer and relaxant. **Melatonin** is a compound naturally produced by the pineal gland. It is an important hormone that plays a critical function in the sleep/wake cycle.

Depression SAM-e has been studied and used extensively in Europe,

Library

Library Search
News Articles
Recent Abstracts
Drug News

Bulletins

Email Bulletins
Tip of the Day

Community

Chat Rooms
Message Boards
Support Groups

Pro Health Network

Home
About Us

Free Catalog



Pro Health Resources

Aids Chat
Alzheimer's
Arthritis
Chronic Fatigue
Depression Chat
Diabetes Chat
Fibromyalgia
Immune Support
Pro Health's Sites
Parkinson's Chat

Weight Loss

where it is prescribed to treat depression and has shown to be as effective as certain SSRI's. SAM-e boasts a low incidence of side effects. **St. John's Wort** is one of the most well researched of all the anti-depressant herbs. It has been used for over a century to alleviate anxiety and is considered a viable alternative for mild depression. (If taking prescription anti-depressants, check with a health care professional before taking St. John's Wort.)

Basic Nutrition Daily Multi-Vitamins are important because our diets contain many foods that are process, which removes the natural nutrients. A complete daily multi contains the essential vitamins and minerals our bodies need to maintain optimal health. **Anti-oxidants** are present in many fresh fruits and vegetables, but because of the way our food supplies are grown and processed, many of the anti-oxidants are gone by the time we get the food. Anti-oxidants help protect against damaging free radicals, which damage and misshape cells. Important anti-oxidants that should be part of daily health supplementation include: Vitamins A, C, E; L-glutathione; lycopene extract; N-acetyl Cysteine.

1. How useful was this article?

Least Useful > 1 2 3 4 5 6 7 8 9 10 < Most Useful

3. Please enter your e-mail address to validate entry and ensure accurate results.

(We respect your privacy, you will not receive e-mail from us or our affiliates.)

E-mail:

Related Articles:

- Whey Protein Frequently Asked Questions
- Moducare Frequently Asked Questions
- Green Tea Linked to Skin Cell Rejuvenation
- Silicon: An Overlooked Trace Mineral
- Vitamin C Transforms Mouse Stem Cells Into Heart Muscle Cells

©2002 Pro Health, Inc.
 (http://www.ProHealthNetwork.com)
 All Rights Reserved.

ProHealthNetwork.com The World's Largest Health Website!
Email US or Call US at 1-800-366-6056 Monday-Friday, 6 a.m.-5 p.m. PST
International Callers can reach us at 001.805.564.3064
Copyright © 2003 Pro Health, Inc.
About us, Jobs, Contact us, Privacy, 100% Satisfaction Guarantee

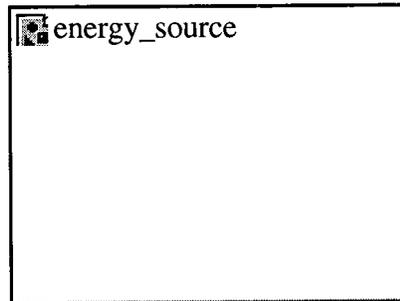
 [Life Info Trend Box] Dentsu Consumer Insight

 CONTENTS

Click for Sitemap 

What is your energy source?

In this month's survey, we asked Trend Box respondents to name the "energy source" they relied on when they just "weren't themselves." The most frequent response was "nutritional supplements and/or healthy food," followed by "interacting with other people," "sleeping," "eating and/or drinking (things that I like or are good for me)" and "listening to music."



In the No. 1 category ("nutritional supplements and/or health foods"), the two most common answers were "nutritional supplement drinks" and "vitamin supplements (tablets)." From this high frequency, we can infer that many respondents use these products on a regular basis. In the No. 4 category ("eating and/or drinking), there were two main response groups. Those in the first said they ate sweets and other things they liked to help recover their psychological energy, while members of the second reported eating "Chinese cabbage," "tomatoes" and other healthy, nutritious foods.

Looking at the top three categories in each of the four age groups, we find that the most frequently given response by teenagers was "interacting with other people," with "listening to music" taking 2nd place. Interestingly enough, the No. 1 response overall ("nutritional supplements and/or health foods") was not among the three most frequent answers in this group.

In all the other groups, however, "nutritional supplements and/or health foods" was by far the most frequently given response. In another point of interest, "interacting with other people" was No. 2 in the 30s group, but failed to rank in the top three among respondents in their 20s and 40s. What's more, "listening to music" did not make the top three responses among monitors in their 20s, 30s and 40s, whereas "sleeping" and "eating and/or drinking (things that I like or are good for me)" were the second and/or third most frequently given responses regardless of age.

(See graph, † gSources of energy you depend on by age group † h † j)

Finally, there's one last point we should not lose sight of. That is, when our teenage respondents listed the ways they "recharged their batteries," they were referring to dealing with psychological problems. The responses we received from those in their 20s, 30s and 40s, on the other hand, were aimed at healing physical ailments as the key to getting back on track.

Survey Summary

Survey methodology	Web survey
Survey interval	Nov. 30 - Dec.5, 2001
Respondents	Women from 15 to 49 Teens Sample n=50/20s Sample n=51/30s Sample n=51/ 40s Sample n=55

□

Ranking for "sources of energy" you depend on when you're in "bad condition"	
No.1	Taking nutritional supplements and/or eating health foods
No.2	Interacting with other people
No.3	Sleeping
No.4	Eating and/or drinking (things that I like or that are good for me) † @
No.5	Listening to music † @

Ranking for "sources of energy" you depend on when you're in bad condition by age group			
† @	No. 1 † @	No. 2	No. 3
Teens † @	Interacting with other people	Listening to music	Sleeping/Eating and/or drinking (things that I like or that are good for me)
20s	Taking nutritional supplements and/or eating health foods	Sleeping	Eating and/or drinking (things that I like or that are good for me)
30s	Taking nutritional supplements and/or eating health foods	Sleeping/Interacting with other people	
40s	Taking nutritional supplements and/or eating health foods	Eating and/or drinking (things that I like or that are good for me)	Sleeping

Teens	
Music! When something's wrong, I listen to music and sing along	15-year-old

Friends, family	15-year-old
Have a talk with someone I like	17-year-old † @
I listen to CDs in my room with the volume way up. Especially sad, yet up-tempo songs.	18-year-old
Nutrition supplement drinks. Stomach medicine. Aromatherapy. And friends.	19-year-old

20s	
My husband's smiling face	23-year-old
Most of the time, when I don't feel good it's due to constipation. I make a batch of <i>miso soup</i> chock full of cabbage or Chinese cabbage and chew it carefully. I feel at ease and my physical condition improves.	24-year-old
Nutritional supplement drinks	25-year-old
Sleeping	27-year-old
movies	29-year-old

30s	
Sleeping/supplements (Vitamin C, garlic extract, etc.)	33-year-old
I enjoy a bath using my favorite bath additive. I feel refreshed afterwards.	33-year-old
I go out for a delicious meal	33-year-old
I get up early to recharge my batteries	35-year-old
I have long phone conversations with friends	38-year-old

40s	
Aromatherapy and healing music	41-year-old
propolis. I received some as a souvenir some years ago, and since I've been taking it, I've hardly caught any colds. I run for it every time I feel a cold coming on.	42-year-old
I get as much sleep as possible. I take a long bath using my favorite bath additive. I eat fried liver.	43-year-old
Supplements, Vitamin A, B-complex, etc.	43-year-old
If it's a physical ailment, I take vitamins. If it's psychological, I talk to friends on the phone.	46-year-old

--	--	--

 [Go Dentsu Homepage](#)

--



[Bodybuilding Supplement Reviews](#)

[Fat Burners & Weight Loss](#)

[Prohormones Info & reviews](#)

[Bodybuilding Guides](#)

[Training & Fitness](#)

[Health & Nutrition](#)

[Chat Forums](#)



Search

Health and Nutrition

Health Supplements

[Alpha Lipoic Acid Info](#)
[CoEnzyme Q10 - CoQ10 Info](#)
[Coral Calcium Supplement](#)
[Flax Seed Oil Health Benefits](#)
[Ginkgo Biloba Information](#)
[Glucosamine Chondroitin](#)
[Grape Seed Extract Benefits](#)
[Green Tea Extract Benefits](#)
[Saw Palmetto Herb Extract](#)

Diet and Nutrition

[40 30 30 Diet Plan](#)
[Carbohydrates Foods](#)
[Health and Fitness Q & A](#)
[High Carb vs High Fat Diets](#)
[Oatmeal For A Good Diet](#)
[Pre Workout Foods](#)
[EAS Moplex Protein Shake Recipe](#)
[Designer Whey Protein Recipe](#)
[GeniSoy Protein Recipes](#)
[Labrada Lean Body Shake Recipe](#)
[Protein Shake](#)

Creatine Monohydrate

[Creatine monohydrate info.](#)
[Creatine benefits](#)
[Creatine side effects](#)
[Creatine use and cycling](#)
[Creatine serum vs. powder](#)
[Creatine FAQ](#)

Protein Supplements

[Whey protein supplements](#)
[Whey protein isolate & conc.](#)
[Whey protein side effects](#)
[Whey protein powder Guide](#)
[Protein Bars Review Guide](#)
[Best Protein Bars Compared](#)
[Prolab N-Large Z Review](#)
[Methoxy Pro Review](#)
[Nitro Tech Review](#)

Xenadrine - Cytodyne

[Xenadrine information](#)
[Xenadrine RFA 1](#)
[Xenadrine EFX](#)
[Xenadrine side effects](#)
[Xenadrine ephedrine free](#)
[Thermogenics fat loss](#)

MuscleTech Hydroxycut

[Hydroxycut Review](#)
[Hydroxycut Information](#)
[Hydroxycut Side Effects](#)
[Hydroxycut FAQ](#)

Supplements & Reviews

[Bodybuilding Supplements 1](#)
[Bodybuilding Supplements 2](#)
[GABA Supplement Information](#)
[L-Glutamine information](#)
[Glutamine Side Effects](#)
[Ribose Supplements Review](#)
[Ribose & Creatine Stack](#)
[ZMA Z Mass PM, Cyclo Zmass](#)

Prohormones Information

[Prohormones & Andro](#)
[Androstenedione Vs Androdiol](#)
[Andro Stack 850 Review](#)
[Andro Side Effects](#)
[Andro FAQ](#)
[Tribulus Terrestris Facts & Info](#)
[Tribulus Side Effects & Stack](#)

Weight Loss & Fat Burners

[Fat Burners Review guide](#)
[Stacker 2 Fat Burner Review](#)
[Stacker 3 Fat Burner Review](#)
[Chitosan - Doesn't work](#)
[Pyruvate Supplement Review](#)
[GHRT5 Anti Aging Review](#)
[GHRT5 Supplement Review \(2\)](#)
[GHR Side Effects](#)
[NutraSport Cutting Gel Review](#)

Diet Fitness

Diet Fitness and Bodybuilding Nutrition (High Carb vs. High Fat Diets)

In Bodybuilding, diet fitness is just as important as the workout itself. Your fitness diet provides you with all the necessary nutrition to repair and grow - your diet fitness should never be overlooked. There are many types of fitness diets, bodybuilding nutrition programs, and many schools of thoughts on this matter. High carb diets and High fat diets are popular topics. Which fitness diet method is better? Which should you use?

The crux of this matter lies in the fundamental differences of these two very different diet fitness approaches - as the names suggest, high carb diets consist mainly of carbohydrates, and high fat diets consist of mainly 'fat'. High-carbohydrate diets are used to maximize muscle and liver glycogen stores. Glycogen is a complex glucose that supplies large amounts of energy to anaerobic exercises.

It is common knowledge that fat is the most fattening source of calories. Gram for gram, it contains 2.5 times as many calories as carbs and proteins. Studies show that a gram of carbohydrate requires the body to spend 24 calories to metabolize, whereas fat requires only 3 calories.

So which type of diet fitness should you follow?

You can either follow a high carb, low fat fitness diet, or a high fat, low carb diet. Obviously you can't follow both types of fitness diets, or you'd end up with, well, alot of bodyfat. A key point to note between these two types of fitness diets is the energy dominance effect of food intake. This means that regardless which type of nutrition program you follow, your body may adapt to using whatever source of energy you provide it. This takes some time of course. Our bodies burn sugar more efficiently with high carb diets, and the body may become a major fat burner on a high fat, low carb diet program. When switching from one nutrition program to another, studies show an initial energy lag while the animal's metabolism shifts from a carbohydrate energy source to a fat energy source.

When switching from a high carb, low fat fitness diet, enzymatic changes occur. Enzymes which burn fat become increasingly active with decrease in carbohydrates, and the body increases the storage of fat for added energy source. This explains why animals deprived of carbs show no decreased endurance performing high intensity exercises. Studies show that since high-fat rats have fat as an additional sources of energy, while high carb rats are limited to their carbohydrate stores, rats on a fat diet showed greater endurance than rats on a carbohydrate diet.

So whether you decide to follow the high carb, low fat fitness diet, or the high fat, low carb diet program, your body may adapt to perform optimally with either type of bodybuilding nutrition program.

For a well-rounded nutrition, you should look into meal replacements for extra nutrition and proteins. [Click here to read our 3 part meal replacement reviews on Myoplex, Isopure, and Leanbody.](#)

[>> Click here to purchase Meal Replacements on-line and save!](#)

Check back to Bodybuilding For You often, new articles added all the time

[Back to Bodybuilding Home Page](#)

Reference: Zaloga, G. Nutrition in Critical Care, Mosby pbl. 1994

Share your review and feedback of this supplement or any supplement, fat burner. [Email Me](#). I appreciate all feedback on all types of supplements, good or bad.

[Bodybuilding Supplements Home](#) | [Supplement Reviews](#) | [Fat Burners](#) | [Shop For Supplements](#)

[bodybuildingforyou.com](http://www.bodybuildingforyou.com)

' 2001-2003 Bodybuilding For You (Jim Yang). ALL RIGHTS RESERVED WORLDWIDE

[Our privacy statement](#)
[Disclaimer and Terms of Use](#)

jim@bodybuildingforyou.com



Get 2000 FREE Smileys!
Click Here!

shopping Search:

Home > Health & Beauty Supplies > Vitamins & More > Calcium > Bee Pollen

powered by **BizRate.com**

Shopping Home Electronics Computers Software Office DVDs Music Clothing **Health** Home & Garden More >>



Matches for Bee Pollen Calcium in Vitamins & More

Compare prices, product reviews and store ratings for Bee Pollen Calcium Vitamins & More.

Related searches:

[Whey Protein](#) | [Hollywood Diet](#) | [Nature Made Vitamin](#) | [Garden Of Life](#) | [One A Day](#) | [Gnc Herbal Plus](#) | [Country Life](#) | [Evening Primrose Oil](#) | [Saw Palmetto](#) | [New Chapter](#) | [Celestial Seasonings](#)

Browse Product List

Brand

- Advantage (7)
- Naturade (5)
- Nature's Plus (4)
- Rainbow Light (3)
- Source Naturals (2)

Gender

- Men (4)

Herbs

- Alfalfa (5)
- Apple (3)
- Barley (8)
- Bayberry (1)
- Black Currant (3)
- Cinnamon (1)

[See all Herbs](#)

Nutrition & Weightloss

- Chromium (8)
- Green Tea (4)
- Nutrition (All) (4)

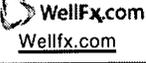
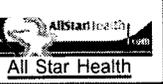
Vitamins

- B Complex (2)
- B12 (6)
- B1 (9)
- B2 (9)
- B5 (3)
- B6 (8)

[See all Vitamins](#)

Vitamins & More Product Names

- Creatine (7)

Matches for Bee Pollen Calcium in Vitamins & More		Sort This Table	Price	Shop
	Rainbow Light - Calcium Plus Ingredients: Vitamin A, Vitamin C, Vitamin D, Pyridoxine, Calcium, Iron, Phosphorus, Magnesium.		\$15.95 In Stock	Go!
	 Be the first to review this store! Not Yet Rated Why? See all matches from this store			
	Nature's Plus - Source Of Life Source of Life is an incredible nutritional breakthrough which emulates nature's wholesome goodness		\$14.00 In Stock	Go!
	 Be the first to review this store! Not Yet Rated Why? See all matches from this store			
	Nature's Plus - Source Of Life Source of Life is an incredible nutritional breakthrough which emulates nature's wholesome goodness		\$19.99 In Stock	Go!
	 Be the first to review this store! Not Yet Rated Why? See all matches from this store			
Image Not Available	NATURADE - Ribo-tein Chocolate Surge RIBO-TEIN ; FOR THE EXTRA ENERGY YOU NEEDS Energy Booster ; ATP is the energy source in		\$13.50 In Stock	Go!
	 Customer Certified Read 5,000+ reviews Store Rating:  See all matches from this store			
Image Not Available	NATURADE - Ribo-tein Vital Vanilla RIBO-TEIN ; FOR THE EXTRA ENERGY YOU NEEDS Energy Booster ; ATP is the energy source in		\$13.50 In Stock	Go!
	 Customer Certified Read 5,000+ reviews Store Rating:  See all matches from this store			
Image Not Available	NATURADE - Ribo-tein Cappuccino Blast RIBO-TEIN ; FOR THE EXTRA ENERGY YOU NEEDS Energy Booster ; ATP is the energy source in		\$13.50 In Stock	Go!
	 Customer Certified Read 5,000+ reviews Store Rating:  See all matches from this store			
	Muscle Marketing USA Thermo Advantage Male 30 servings Product Description The best way to lose fat is through exercise. With Thermo Advantage Thermogenic		\$37.99 See Site	Go!

Price Range

- \$0 - \$10 (4)
- \$10 - \$20 (9)
- \$20 - \$30 (2)
- \$30 - \$40 (5)
- \$40 - \$50 (2)

Store

- [Wellfx.com](#) (6)
- [All Star Health](#) (3)
- [Discount Body Building Supplements](#) (1)
- [VitaminShoppe.com](#) (1)
- [Vitacost](#) (3)
- [Powerhouse Supplements](#) (2)
- [OutletNutrition](#) (4)
- [#1 A Sports Supplements](#) (2)

by Keyword

Related Products

- [All Minerals](#)
- [All Supplements](#)

Other Options

- [Vitamins & More Store Coupons](#) (30)
- [Related Searches](#)
- [Recently Viewed Items](#)
- [See all stores in Vitamins & More](#)
- [Free Shipping Offers](#)

		Customer Certified Read 1,000+ reviews	Store Rating: 	
	Discount Body Building Supplements	See all matches from this store		
	Spiru-Tein Cappuccino Pack 8 by Nature's Plus Item #: NT-1861 Stock #: 1240727 Size: 821mgOther ingredients: Isolated soy protein fructose			\$8.36 See Site <input type="button" value="Go"/>
		Customer Certified Read 100,000+ reviews	Store Rating: 	
	VitaminShoppe.com	See all matches from this store		
	RAINBOW LIGHT 3-WAY STRESS SYSTEM 90 TABS Drawing on nutritional science as well as the Chinese and Western traditions of herbalism, Rainbow			\$12.98 In Stock <input type="button" value="Go"/>
		Read reviews in progress.	Not Yet Rated Why?	
		See all matches from this store		
	NATURADE RIBO-TEIN CHOCOLATE SURGE 16 OZ 6 Extra Energy Sources Including: Ginseng, Green Tea, Alfalfa, Barley. ? Complete Multi-Vitamin ?			\$10.77 In Stock <input type="button" value="Go"/>
		Read reviews in progress.	Not Yet Rated Why?	
		See all matches from this store		

1 | 2 | 3

[Next](#)

Additional Resources

Supplements
Supplements at discounted prices name brand ready to ship!
<http://www.myvitamet.com/> | Overall Rating: **Not Yet Rated**

The Vitamin Advisor
Vitamin Advice from Dr. Andrew Weil Get a Free, Personal Recommendation
<http://www.drweilvitaminadvisor.com/> | Overall Rating: **Not Yet Rated**

Buy Discount Vitamins
Save up to 75% on vitamins, supplements and more!
<http://www.vitacost.com/> | Overall Rating: **Not Yet Rated**

Save on all Supplements
Bodybuilding & Fitness supplements. Vitamin, Sports, & Health products
<http://discount-body-building-supplements.com/> | Overall Rating: **Not Yet Rated**

SupplementForce
Supplements, Weight Loss, Nutrition Deep discount prices
<http://supplementforce.com/> | Overall Rating: **Not Yet Rated**

Prefer Liquid Vitamins?
Mix your own and save money. 30 day supply Vita Max 1. \$24.95
<http://www.allmarks.com/> | Overall Rating: **Not Yet Rated**

Vitamins and Supplements
Supplements and more on HSN.com. Shop today and get healthy!
<http://www.hsn.com/> | Overall Rating: 

>> Lycos Worldwide  Copyright 2003, Lycos, Inc. All Rights Reserved. Lycos[®] is a registered trademark of Carnegie About Terra Lycos | [Help](#) | [Jobs](#) | [Advertise](#) | [Business Development](#)

Your use of this website constitutes acceptance of the Lycos **Privacy Policy [Updated]** and **Terms & Conditions**

BizRate[®] and BizRate.com[®] are registered servicemarks. Copyright 1996-2003. All rights reserved. Use of this Web site constitutes acceptance of the BizRate.com [User Agreement](#) and [Privacy Policy](#).



Body Building
Sports
Supplements
from
LookFit
Online

LookFit
Sports Supplements & Body Building
- Energy Builders



[Return to Main Page](#)

Energy Builders



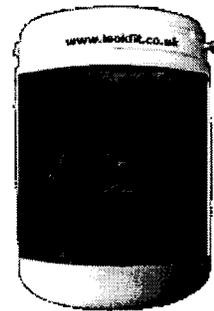
Top Quality
100% pure,
Sports
Supplements,
at
Affordable Prices

Energy Builders

CREATINE MONOHYDRATE

Pure Creatine Monohydrate Powder

Creatine is stored in the body's skeletal muscle tissue, mainly in a form called phosphocreatine. Phosphocreatine acts as an energy reservoir helping to maintain muscle adenosine tri-phosphate (ATP) levels necessary for fuelling muscle contraction. ATP availability helps optimise endurance and strength. Creatine supplementation is often chosen by those involved in any kind of physical activity, athletes, bodybuilders and sports people from recreational to world class levels.



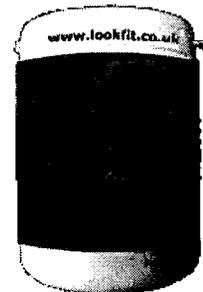
[CLICK TO BUY](#)

Energy Builders

**3000 GYM PACK - BODYBUILDING
SUPPLEMENT PACKS**

The 3000 Mega Gym Pack is a concentrated source of Amino Acids with broad spectrum B vitamins, minerals, Fat burners and trace elements.

Each Mega Pack contains 30 packets of tablets and capsules. One packet a day gives you Protein, Carbohydrate, Vitamins and Minerals, Amino Acids, Energy factors and much more. Its an easy to take simple way of ensuring you get the basic daily nutrients needed for successful bodybuilding.



[CLICK TO BUY](#)

Energy Builders

CREATINE PYRUVATE

Creatine is stored in the body's skeletal muscle tissue, mainly in a form called phosphocreatine. Phosphocreatine acts as an energy source during exercise. Pyruvic Acid, naturally occurring substance found in food and made in the human body primarily from carbohydrates, acts as an energy metaboliser. When Pyruvic Acid is stabilised as Pyruvate, in this case with Creatine as the bonding agent, it can be absorbed and utilised by the body more effectively.



[CLICK TO BUY](#)

 [Search](#)

[<---Search the Supplements Database](#)

**Look Fit
Sports
Nutrition
Sports
Supplements**

- Product Range Covers:
- High Protein Drinks
 - Weight Gain
 - Amino Acids
 - Lean Mass Builders
 - Meal Replacement
 - Energy Enhancing Products
 - Fat Burning Products
 - After Sports Hygiene
 - Weight Loss

**Look Fit
Sports
Nutrition
Sports
Supplements**

Top Quality 100% pure, Sports Supplements, at Affordable Prices

LookFit Online Sports Supplements
World Wide Shopping Mall Ltd
Chancery Lane
Malton
North Yorkshire
YO17 7HW
UK

★Email: sales@worldwideshoppingmall.co.uk

★Order Line: Free Phone 0808 144 0842

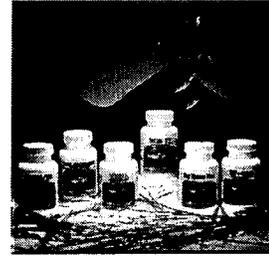
★Fax Number: 01653 602 889

Welcome to...

The Energy Source



Superior ~All Natural ~Dietary Supplements
VCM 17



Home Page

Herbogenic Products

- HT+400
- HT+777
- Slim'R Days
- TMB
- Liquid Lunch

VCM 17 Herbogenic Products

- VCM17
- JGD
- Day Zymes
- Vita Grape Plus
- Minerals Advantage

Order Now

Learn Member Info

Order Us

Reviews

Testimonials

Message Board

Day Sample

Healthcare Software

Payment Account

Free Internet Access

Other Links

From the jungles of Southern Asia comes what used to be known as one of nature's best kept secrets... the Garcinia Cambogia. This is a small citrus fruit and its rind contains (-) hydroxycitric acid (HCA); this is similar to the citric acid found in oranges. Yet it has wonderfully different properties. It's also safe to take and doesn't cause side effects associated with chemical diet aids. This is why some refer to HCA as "nature's perfect diet ingredient."

VCM 17™ primary ingredient, Garcinia Cambogia, reduces the food cravings that many of us experience from time to time.

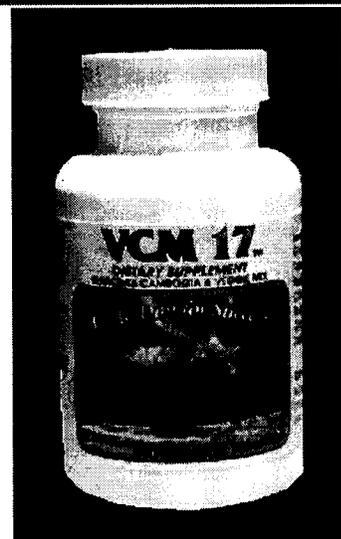
Good health is everyone's goal. An improved lifestyle, which includes a balanced nutritional program, natural supplements such as herbs, vegetables and minerals, is applauded by many leaders in the health field. VCM 17™, combined with other R. Day nutritional products, can help pave the way to better health.

EACH CAPSULE CONTAINS:

Garcinia Cambogia (Citrin), Carrot, Broccoli, Tomato, Cucumber, Kale, Spinach, Barley, Parsley, Cabbage, Celery, Cauliflower, Green Bell Pepper, Brussel Sprout, Asparagus, Onion, Ginger Root, Garlic.

SUGGESTED USAGE:

As a dietary supplement, take one capsule 30 to 60 minutes prior to each meal.



Here's what people are saying about VCM17...

..."With HT+400™ I lost 38 lbs. and was thrilled, but I hit a plateau and still had more weight to lose. Then I received a sample of VCM 17™. It helped me break the plateau and I began losing again. While taking the sample of 60 capsules I lost 11 pounds and felt healthier. I have now lost a total of 61 lbs. since May 1995. I will never be fat again!" - M.D.,

CAUTION:

As with all dietary supplements, consult your health care professional before using if you are pregnant, lactating or have a medical condition.

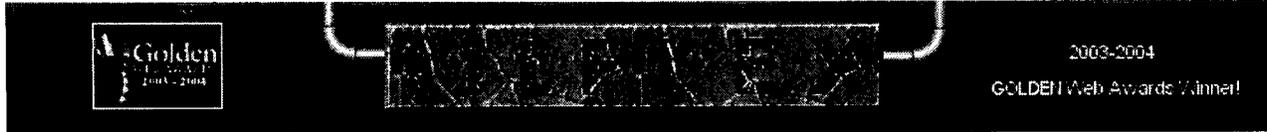
These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Arizona

"...I take both of your products. I took **HT+400™** for about a month by itself and I didn't have any significant weight loss. I did have wonderful energy levels, but it wasn't until I started taking the **VCM 17™** that I started to see results. I have lost 25 lbs. to date with this product. I have lost so many inches that I now wear clothes that are 4 sizes smaller than what I wore last summer. Of course I still have a long way to go before I reach my goal, but I now have the energy and appetite control to make it. Thanks again for these two wonderful products." - A.A., California

Order Now

The Energy Source is an Independent Distributor of R.Day Enterprises, Inc



Health Supplements Review - PowerBar Performance Power Energy Bar - cheap & on SALE!

.. our affordable & cheap wholesale discount price with a full review & complete information on side effects & results!

HOME **Articles - Weight Training** **Reviews | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12** **Exercise Equipment** **Links..**



*** CURRENTLY IN STOCK & ON SALE! CLICK HERE for PRICING INFORMATION!

BODY BUILDING

PowerBar Performance Power Energy Bar



PowerBar (power bar) has fueled more world class athletes to championships and records than any other energy bar! Produced by PowerBar (power bar) (power bar) Inc.'s state-of-the-art facility in Boise, Idaho, USA by people dedicated to providing the highest quality energy bars in the world.

Low fat PowerBar (power bar) contains less than 2.5 grams of fat, which is naturally present in ingredients such as grains, cocoa, peanut and other nut butters. With less than 10% of calories from fat, PowerBar (power bar) is an excellent low fat energy

source for athletes and active people on-the-go.

Complex carbohydrates PowerBar (power bar) contains maltodextrin (a complex carbohydrate from corn), brown rice, and oat bran. About 65 percent of PowerBar (power bar)'s 45 grams of carbohydrates are complex carbohydrates.

Simple carbohydrates Fructose, which comes from corn, grapes, and pears, is the main source of quick energy in PowerBar (power bar). About 35 percent of PowerBar (power bar)'s 45 grams of carbohydrates are simple carbohydrates.

High quality milk protein (lactose removed) PowerBar (power bar) contains high quality milk protein, with the lactose (milk sugar) removed.

Free-form amino acids More than 200 mg. of high quality, free-form amino acids-leucine, valine and isoleucine-are added to each PowerBar (power bar).

Vitamins and minerals PowerBar (power bar) delivers the vitamins and minerals vital for energy metabolism, including 100 percent of the U.S. RDA of vitamins C, E, and the B-complex vitamins, and 30 to 35 percent of essential minerals such as iron, zinc, calcium, and magnesium.

Fiber The oat bran in PowerBar (power bar) provides high quality soluble fiber.

A high energy-to-weight ratio PowerBar (power bar)s won't melt, break or crumble under adverse conditions. This makes PowerBar (power bar) an ideal food to take on mountain climbing expeditions, hikes, rafting trips or bike races.

A twelve-month shelf life, thanks to the mylar wrapper Each bar is coded with a 'best by' date and needs no refrigeration. Keep PowerBar (power bar)s in the glove compartment, a purse, briefcase, desk drawer, fanny pack or backpack for energy when it's needed most.

★ Choose a Brand ...

★ Choose a Product ...

in partnership with **BODY BUILDING**

CHOOSE SUPPLEMENTS FOR SPECIFIC GOALS :

|| Weight Loss & Energy || Muscle & Weight Gain || Sports Nutrition || Sexual Enhancers || Joints & more ..

September 2003 Bestsellers .. Top Products - #1 Protein - #1 Fat Loss - #1 Creatine - #1 Protein Bar - #1 Pro-Hormone - #1 Diet Pill

Related Health & Fitness Products: Hair Loss Treatment - Women's Sports Bras - Pheramones Cologne - Permanent Hair Removal

© 2002-2003 www.fitFLEX.com All Rights Reserved.