2015 Winners of the Team Labrada Spokesmodel Search

2016 Resource Guide

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KEIRAN mcbay
Welcome to our 2016 Resource Guide!

To celebrate our 21st year of serving our dedicated, loyal Labrada brand followers, we’re updating our Labrada product packaging to a cleaner, more modern look that will make it easier than ever for you to quickly find the Labrada supplements that fit your needs.

When we’re done with these packaging updates, you’ll still enjoy the same great quality, same great formulas and the same personal product guarantee that I’ve stood behind for over 20 years: “If it’s on the label, it’s in the bottle!”

All Labrada products are assayed by a third party, independent analytical lab to ensure that they meet label claim. When you purchase a Labrada supplement, you get what you pay for with your hard-earned money:

Real Ingredients, Real Potency, Real Results.

That’s why since 1995, I have proudly laid my hard-earned reputation on the line by stamping my products with my Personal Quality Guarantee Seal.

We know that when it comes to supplements, you have many choices available. So if you’re already using my Labrada Nutrition supplements, I want to extend my heartfelt thanks and appreciation to you. And if you haven’t switched to Labrada yet, then allow me to extend a personal invitation to you, and that is, “If you give us the opportunity, we’d like to earn your trust also.” See why we’ve become known as the most trusted name in sports nutrition. Try Labrada supplements today.

Thank you for the privilege of serving you.

Yours for a leaner body,

CEO/Founder, Labrada Nutrition IFBB Pro Bodybuilding Hall of Fame

Lee Labrada

“If it’s on the label, it’s in the bottle!”

This product is independent lab assayed for purity.

LEE LABRADA’S QUALITY GUARANTEE
One of the world’s most well known and celebrated bodybuilding legends, Lee Labrada holds 22 professional bodybuilding titles, including the IFBB Mr. Universe. He is one of the few pro bodybuilders in history to consistently place in the top four at the Mr. Olympia competition (the “Super Bowl” of bodybuilding) for seven consecutive years. In 2004, Lee was inducted into the IFBB Pro-Bodybuilding Hall of Fame.

Lee has appeared on the covers of more than 100 bodybuilding and fitness magazines and has been featured on CNBC, FOX, NBC, ABC, CBS, CNN, and ESPN as a fitness and nutrition expert.

Lee’s desire to help others reach their health and nutrition goals inspired him to found Labrada Nutrition, and create his line of award-winning sports nutrition and supplement products. Equally successful in business as he is in the gym, Lee led Labrada Nutrition to become one of the fastest growing privately-held companies in the U.S.—earning Inc. 500 status—in only six years.

In 2002, Lee was appointed the first Fitness Czar for the City of Houston, where he helped launch “Get Lean Houston!,” a health and fitness campaign designed to get the city’s residents into better shape. Lee is credited with helping Houston shed the dubious honor of being named “Fattest City in America.”

Lee brings real-life experience to the nutrition and exercise techniques presented in his best selling book, The Lean Body Promise (Harper Collins). Lee’s approach is meant to appeal to anyone interested in making positive physical changes in their body, not just the elite athlete.

Lee holds a Bachelor’s Degree in Civil Engineering from the University of Houston and lives in Houston, Texas with his wife and three sons.

PHOTOS BY: Bryan Anderson, Alex Ardenti, Per Bernal, Bobby Black, Don Bresano, Mike Byerly, Thomas Coffman, Travis Coffman, Joe Damaso, Michael David, Glenn Fajota, Jorge Freire, Michael Hall, Simon Howard, Glenn Jodun, KerriAnn Images, Eric Knap, Joseph Lindstrom, Bobby Ramirez, Martin Shepard, Laura Sparks, Steven Trujillo, Romark Weiss.
Labrada Super Charge!
PRE-WORKOUT

5g BCAAs
5g Creatine
2g Beta Alanine
2g Taurine
1g Citrulline Nitrate

Grape
No Artificial Colors • Sugar Free

NET WT 1.49 lb (675g) DIETARY SUPPLEMENT
For Labrada Nutrition founder Lee Labrada, developing the most effective sports nutrition supplements is a passion. Lee brings the same pursuit of excellence to the design of his sports supplement line that he did to developing his classic, world-renown, Bodybuilding Hall of Fame physique.

“The latest development from my R&D Team has been three years in the making. It’s a complete reformulation of our Super Charge!® Pre-Workout supplement. Although the existing Super Charge!® formula is great, I asked my Team how we could make it even better. To accomplish this, we essentially broke the formula down to its most basic parts, in a similar fashion to how a mechanic breaks down a high-performance race car engine. We then rebuilt the formula from the ground up. The result is truly amazing. We have developed a pre-workout supplement that not only produces better workouts than any other product we have tested, but also provides all of the key bodybuilding supplements a serious athlete could want, in effective, result-producing amounts.

Super Charge!® is not merely a pre-workout... It’s truly an all-in-one, once-a-day performance enhancing powerhouse!”

– Lee Labrada
10 EFFECTIVE INGREDIENTS

Super Charge!® is head and shoulders above any other pre-workout on the market, for many reasons. For starters, we provide over 10 performance enhancing actives, in the same effective amounts that are backed by human studies. None of this pixie dust sprinkle stuff you find in some other pre-workouts. It’s all clearly spelled out on the label, concise and precise. Super Charge!® is made in a certified cGMP and FDA inspected facility, and like all Labrada products, tested by a third party independent lab to confirm that it meets label claim. If you’re looking for a product that makes all of the difference in terms of strength, endurance, and performance, look no further. Super Charge!® is IT!

What makes NEW Super Charge!® the BEST pre-workout supplement available today? Super Charge!® contains EFFECTIVE AMOUNTS of 10 performance enhancing ingredients, formulated in accordance with the dosing guidelines of published human trials and studies.

Super Charge!® DOES NOT CONTAIN ineffective sprinkles of active ingredients, which is common in some pre-workout formulas containing proprietary blends. Super Charge!® gives you effective amounts of performance enhancing active ingredients, so you get GREAT workouts and GAINS in strength, endurance, mental focus, and recovery.

Super Charge!® is designed to optimize and enhance your strength, endurance, mental focus and recovery so you can push through your workouts with greater drive and motivation.

Each ingredient in Super Charge!® is engineered into its formula to achieve a desired training effect. While many competing pre-workout and pre-workout concentrate supplements are formulated using a “kitchen sink” approach, their formulas often prove ineffective because they don’t contain enough of each active ingredient to achieve a desired training effect. For example, one pre-workout supplement might contain a great energy blend, which gives the user extra mental energy; but falls short on increasing workout strength. Another pre-workout supplement might increase workout strength; but doesn’t do enough to give the user a good pump. You get the picture.

Super Charge!® contains a FULL SPECTRUM of performance enhancing active ingredients in EFFECTIVE AMOUNTS to optimize and enhance your strength, endurance, mental focus, and recovery.

Another HUGE BENEFIT of getting effective amounts of performance enhancing active ingredients, as found in Super Charge!® is that these ingredients keep working for you long after your workout is over. Here are just three examples:

- An effective amount of BCAA helps to turn on the anabolic switch leading to muscle growth after your workout.
- An effective amount of Creapure® creatine monohydrate helps to increase your strength for your next workout.
- An effective amount of CarnoSyn® beta-alanine helps to build carnosine stores in your muscles... which builds up your workout endurance!

Super Charge!® is MUCH MORE THAN A GREAT PRE-WORKOUT supplement. It’s 24/7 support for your muscles and performance, all-in-one daily serving.

One Daily Serving of Super Charge!® Provides an Effective Amount of these Performance Enhancers:

- 5g BCAAs 2:1:1 Branched Chain Amino Acids, Leucine fortified.
- 5g Creapure® Creatine Monohydrate
- 2g CarnoSyn® Beta-Alanine
- 2g Taurine
- 2g Hydromax® Glycerol
- 1.5g L-tyrosine
- 1g NO3-T® Citrulline
- 400mg Electrolyte Complex
- 300mg Caffeine
- Vitamins B6, B12, and C
- 40mg Advantra Z®
- 1mg Huperzine A

TRUTH IN LABELING AND THIRD PARTY LAB TESTING

Clear, Concise and Precise – The value of a pre-workout supplement should be easy to determine by reading the product label. The information provided on the Super Charge!® label is designed to provide you with CLEAR details about the ingredients. This lets you know that not only are proven and effective ingredients present in Super Charge!® but also that these ingredients are present in amounts reported to be effective in clinical trials. Too often, athletes are forced to guess about the contents of products marketed by other companies through their use of “proprietary formulations.”
Proprietary means “they know, but YOU don’t know.” The ingredients in Super Charge!® are clearly listed, SO YOU KNOW.

It is also important that the information on the label be usable, without confusion over the use of uncommon (or incorrect) scientific names for otherwise familiar ingredients. The Super Charge!® product label is designed to quickly show the ingredients, grouped together by the training effects they support. Whether you are looking for a “pump,” strength, or increased mental drive, you can easily find them without trying to decipher chemical babble. Labrada Nutrition gives you a label that is CONCISE. That’s TRUTH in LABELING.

Product labeling should mean what it says. Labrada Nutrition performs independent 3rd party product testing at analytical labs to ensure that Super Charge!® meets the label claims. Every lot of Labrada products is tested to ensure the contents are PRECISE. Labrada Nutrition has been performing independent 3rd party product testing at analytical labs for over 20 years, and has received a Federal Trademark registration for Lee Labrada’s well-known product quality guarantee:

![Lee Labrada's Quality Guarantee](image)

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**ACTIVE INGREDIENTS IN SUPER CHARGE!®**

**NO3-T® Citrulline** – Getting greater delivery of energy and oxygen to your working muscles and flushing away metabolic wastes is dependent upon getting enough blood flow. "Vasodilation" – the dilation of the blood vessels that feed your muscles, is a critical factor to getting more blood into your muscles. The biggest determinant to vasodilation is the production of nitric oxide (NO), a gas that helps dilate blood vessels and increases blood flow to working muscles. With increased blood flow we increase our performance capacity and our muscles get pumped. NO3-T® Citrulline helps the body produce nitric oxide through two different pathways.

The result? Greater blood flow to the working muscle for an enhanced pump and greater work capacity.

**Creapure® Creatine Monohydrate** – is the most potent and well-studied sports supplement ingredient for strength and mass building. Creatine is turned into creatine phosphate and stored in the body, including muscles. Creatine phosphate helps make adenosine triphosphate (ATP), which is what fuels your muscles.

Creatine stores in the cell can be increased considerably through supplementation, and need to be regularly supplemented to maintain an elevated level. Creatine may help athletes achieve bursts of speed and energy, especially during short bouts of high-intensity activities such as weight lifting or sprinting. Athletes are better capable of recovering, building and maintaining greater muscle mass with creatine.

**Branched Chain Amino Acids (BCAA)** – consist of three amino acids – leucine, valine, and isoleucine. BCAAs play a significant role in building and repairing muscle, and also act as a “signal” to your muscles that nutrients are available for increasing muscle mass. Contractile (muscle) proteins are damaged during exercise, and muscle cells will use BCAAs to buffer the loss of certain non-essential amino acids or to provide energy during long periods of exhaustive training.

**Leucine** is one of the most important BCAAs as it stimulates protein synthesis in the body, reduces catabolism, and lessens fatigue during your workouts. Having leucine in the proper ratio with the other BCAAs is critical.

The 2:1:1 ratio BCAA blend (2 leucine: 1 isoleucine: 1 valine) found in Super Charge!® has been shown to be the optimum ratio in providing both amino acids as building blocks AND taking advantage of leucine’s role as an anabolic signal in the muscle cell.
**Carnosyn® beta-alanine** is a naturally occurring amino acid that can increase endurance for athletes. Beta-alanine joins with the amino acid histidine through a peptide bond to form carnosine in the muscle. Carnosine is the major buffering agent, or neutralizer, of hydrogen ions that lead to muscle fatigue and failure in muscle.

Intense and prolonged work generates the buildup of hydrogen ions in your muscles which are the damaging factor in lactic acid buildup, and lowers the pH of your muscle cells. As the pH drops, critical molecular reactions are slowed down. Carnosine absorbs the hydrogen ions, giving the muscle the ability to work longer at a high intensity level.

Supplementing with CarnoSyn® can reward you with more result-producing reps during your sets, delaying the onset of failure; and can allow you to recover between sets faster.

**Taurine** is an amino acid that helps increase muscular force production, and improves aerobic and anaerobic athletic performance. Taurine is essential for cardiovascular function, activation of skeletal muscle and the central nervous system. In muscle cells, taurine keeps potassium and magnesium inside the cell, while keeping excessive sodium out. Taurine is present in high concentration in skeletal muscle, and is released during intense or prolonged exercise. Taurine serves as a potent anti-oxidant in the mitochondria – the powerhouse of the cell where the energy molecule ATP is produced. Studies involving taurine have shown it to increase alertness and performance, and it may relieve post-exercise muscle soreness. The effects of taurine may be enhanced by caffeine.

**Hydromax® glycerol** – Endurance athletes have long known about the positive effects of glycerol pre-hydration on prolonged exercise, especially when it’s hot.

Dehydration, or the loss of body water through sweat and breathing, occurs during exercise. If you’re training intensely for growth, you can get dehydrated to a point where your performance is affected negatively, and your risk of injury increases.

Hydromax® glycerol is easily absorbed, increasing the concentration of fluid in your blood and tissues. Glycerol taken shortly before your workout will promote vascularity, and later in the workout aids in drawing water back into your muscles. By increasing hydration, you enjoy more endurance and stamina, increasing your body’s ability to adapt and push through workouts even when it’s hot.

**L-tyrosine** – is an amino acid that serves as a precursor to two important neurotransmitters, dopamine and norepinephrine; as well as being a building block for proteins formed in the body. L-tyrosine improves alertness, mental performance, and energy. L-tyrosine is in a class of supplements called nootropics. Nootropics work in the brain to increase cognition, focus, and alertness. L-tyrosine is an ideal amino acid to use before a workout to increase mental drive.

**Caffeine** – Is a central nervous system stimulant that has been shown to reduce fatigue, improve alertness, performance, and endurance during physical and mental challenges.
Caffeine works primarily by slowing the chemical breakdown of adrenalin and neurotransmitters responsible for the “fight or flight” stimulus that your body sends in the form of extra force, faster reaction speed, and increased pain tolerance.

Not only does caffeine prolong an initial burst of activity, it enhances energy availability at the same time by promoting the release of sugar from tissue stores and increasing the rate of fatty acid oxidation – burning fat for calories (energy).

**Advantra Z®** (50% Citrus aurantium) is a source of p-synephrine, which has been shown to increase metabolic rate and energy expenditure. Synephrine produces most of its biological effects by acting as an agonist at (i.e. stimulating) adrenergic receptors (which include receptors for noradrenaline). Advantra-Z® works particularly well with caffeine to support continuous work at a higher intensity.

Advantra Z® is derived using manufacturing methods that capture and preserve the optimal amount of natural p-synephrine – Advantra Z®’s predominant amine that exhibits twice the physiological activity as synthetic p-synephrine.

**Huperzine A** – is an extract of a botanical called Huperzia serrata. Huperzine A is known as an acetylcholinesterase inhibitor, which means that it stops an enzyme from breaking down acetylcholine, a neurotransmitter used in muscle contractions. Higher levels of acetylcholine are desirable during workouts because it acts upon the motor neurons that ultimately generate the action of your muscles. Huperzine A is thought to prolong the “go” signal from the brain to the muscle, and may allow for greater force to be generated, not to mention longer workouts.

**Vitamin B12** – is a water-soluble vitamin with a key role in the normal functioning of the brain and nervous system, and for the formation of blood. Vitamin B12 is also used for memory, boosting mood, energy, concentration, and the immune system. Supplementing with B12 improves mental function and energy levels enhancing your ability to train.

**Vitamin B6** – is a water-soluble vitamin that functions as a cofactor in many enzyme reactions in amino acid, glucose, and lipid metabolism. It’s important to note that exercise increases the body’s need for vitamin B6. In addition, vitamin B6 has been shown to reduce muscle cramping, something we all have experienced a time or two in the gym!

**Vitamin C** is a water-soluble vitamin needed for the growth and repair of tissues. The purpose of pre-workout Vitamin C is for reducing oxidative stress caused by exercise. High levels of oxidative stress can slow down our muscles’ ability to contract, meaning less power, and less stamina. Vitamin C is also necessary to support connective tissue repair.
THE 10 PERFORMANCE ENHANCING INGREDIENTS AT A GLANCE

1. NO3-T® Citrulline 1 gram – Increases nitric oxide by two different pathways, to promote blood flow to muscles.

2. Creapure® Creatine Monohydrate 5 grams – Increases muscular strength and growth.

3. BCAA’s (2:1:1 leucine, Valine, Isoleucine) 5 grams – Helps prevent break down of muscle tissue, and increases performance and recovery.

4. CarnoSyn® Beta Alanine 2 grams – Increases muscular endurance and strength.

5. Taurine 2 grams – Improves aerobic and anaerobic performance; increases force production.

6. HydroMax® Glycerol 2 grams – Increases muscle cell hydration, endurance and pumps.

7. L-Tyrosine 1500mg – Amino that increases mental energy, focus, and alertness.

8. Caffeine 300mg – Stimulant that increases mental energy and focus.

9. Advantra Z® 40mg – Increases metabolic rate and energy expenditure.

10. Huperzine A 1000mcg – Supports the neurotransmitters used in muscle contractions, increasing force production.
Electrolyte Complex – Electrolytes are minerals in your blood and other body fluids that carry an electrical charge. Electrolytes affect the amount of water in your body, the acidity of your blood (pH), and are especially important for muscle function. We lose electrolytes when we sweat, meaning we must replace them by consuming fluids and foods that contain electrolytes. Here is the list of electrolytes you will find in our new Super Charge®:

<table>
<thead>
<tr>
<th>Electrolyte</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sodium Chloride</td>
<td>100mg</td>
</tr>
<tr>
<td>Potassium Phosphate</td>
<td>100mg</td>
</tr>
<tr>
<td>Magnesium Succinate</td>
<td>100mg</td>
</tr>
<tr>
<td>Calcium Gluconate</td>
<td>100mg</td>
</tr>
</tbody>
</table>

Both muscle tissue and neurons are considered electric tissues of the body. Muscles and neurons are activated by electrolyte activity between the extracellular fluid or interstitial fluid, and our intracellular fluid.

Super Charge!®
also available in STIM-FREE Formula

Contains no stimulants that can cause stress and sleeplessness.

STIM-FREE SuperCharge!® is made for those who want great workouts, but can’t tolerate caffeine and other stimulants. You’ll still get great mental focus with STIM-FREE SuperCharge!®, but you’ll be able to wind down and sleep at night. Also, great for athletes cycling off of supplements containing stimulants.

4 DELICIOUS FLAVORS

FRUIT PUNCH  GRAPE  WATERMELON  RASPBERRY LEMONADE
SAGE NORTHCU TT started competing in martial arts when he was just 5 years-old. By the time he was 14, Sage had won a total of 77 World Titles in numerous martial arts federations.

Sage is a “Labrada for Life” athlete. He has been using Labrada Nutrition’s Lean Body® meal replacement drinks since he was just 4 years-old, when his father Mark would prepare the shakes for him as part of his daily nutritional regimen.

Today, Sage is one of the fastest rising and youngest UFC professional MMA fighters. He has a rapidly-growing following of fight fans. Labrada Nutrition is proud to welcome him to Team Labrada.

“I am one of Labrada Nutrition’s athletes now, but I’ve always used their products...for about 15 years now. I could have been sponsored by numerous companies, but I chose Labrada because I already am using a lot of the Labrada products, but most importantly, I believe in them.

For me, family is extremely important, so it was an easy decision to work with them. Labrada Nutrition is a big family with Christian values. I’m a Christian and that’s very important to me, so we have the same goals going forward. My father, Mark, who has always been my trainer and has helped me with my nutrition, trusted Mr. Labrada and Labrada Nutrition right from the beginning. Labrada’s integrity is very important to us.”

Lee Labrada, Labrada Nutrition Founder and CEO says, “Sage Northcutt is a fine young man and a world-class athlete. We are proud to be in his corner, providing the nutritional supplements that he needs to compete at the highest level. Sage has a very bright future, and is a natural leader who is loved and respected by a growing legion of fans and followers. I cannot think of a better ambassador that we’d want to partner with to represent Labrada Nutrition to the MMA world.

We are truly honored to be working with Sage and warmly welcome him to our Labrada Nutrition Team.”
Becca Peterson

Before: 143 lbs / 24% bodyfat
After: 126 lbs / 15% bodyfat
Lost: 17 lbs / 9% bodyfat

Like many women, I was leading a busy life. I felt the stress of running a business and being a mother of three. I had countless excuses for not taking control of my health. Negativity and self-deprecation became increasingly more normal and I stopped believing in myself.

Then, I heard about the Lean Body® Challenge™ and started following the success stories of some of the ladies until I was motivated to give it a try myself.

When starting the Lean Body® Challenge™, my fitness goal was simply to be as healthy as I could. My plan of action was to set realistic goals. On Labrada.com I found articles on training, nutrition and inspiration. I devoted my efforts to fully utilizing this information. I started believing I could be the “fit” person I had always felt I was hiding inside.

Physically, I have lost 17 lbs. and about 9% body fat. I fit into 2–3 dress sizes smaller than before my journey. My skin is radiant, my hair and nails have never been healthier. My energy is through the roof! Emotionally I feel more balanced, kinder to myself and those around me. It is important to me to set a great example for my family and those around me. I am beyond motivated to inspire and encourage ANYONE who will listen.

Throughout the challenge, the website and the women’s forum kept me motivated. It was a huge part of my success. I felt a sense of accountability to those encouraging me to succeed.

My faith also played a big part in overcoming negativity by pushing me to continue. Seeing that women like me had done it, I knew I too would see a change.

I am a testament of the Lean Body® Challenge™. I listened to all the videos, I took the supplements. I took the Jamie Eason, multi-vitamin, anti-bloat and whey protein. I loved all of them, but I believe the multi-vitamin kept me healthy the entire 12 weeks! With 3 kids that says a lot. I followed the workout plan, I trusted in the process and I succeeded. Not only that, I will continue to succeed. This has reshaped how I live my life!
Doug Amburgey

Before: 222 lbs / 13% bodyfat
After: 194 lbs / 5.5% bodyfat
Lost: 27 lbs / 7.5% bodyfat

The challenge gave me the excuse I needed to quit procrastinating and do what I knew I could and get back into the great shape. I was also concerned about my overall health when I started to put on too much body fat. I needed to lower my LDL cholesterol in a desperate way.

I knew that to succeed in the challenge I had to make the lifestyle become a habit. I was proud of weekly planning and preparation of my meals. It was truly the key for my success. Even when I had family commitments I found a way to meet my nutritional goals without making my family suffer. There were get-togethers and birthday parties that I had to plan ahead for, and I was very happy that I did not waiver from my diet plan.

Emotionally, I felt like I handled the diet very well. In the past I didn’t let myself enjoy the journey, as I was focused too much on what I couldn’t have. This time I focused on the positives. The Labrada RTD shakes were great for when I would be out-and-about and needed to get my macros in conveniently.

My quickly changing physique kept me motivated, and after only 6 weeks my LDL dropped 38 points.

I hope I can serve as somewhat of an ambassador for those over 40. So many of my friends that are my age allow themselves to give up and make statements like “I’m too old to lift heavy or get in shape.” I want to show them that it is possible, and it’s not a mystery how to do it. The formula is actually quite simple. Lift, get some cardio, and manage your macro budget wisely.

“I expected to make the work I did on the challenge to become a habit so that I can maintain a lean healthy physique.”
Are **YOU** ready for
THE CHALLENGE?

Other Lean Body® Challengers have done it… and so can YOU!

Twelve weeks from now you can be showing off the stronger, leaner body you deserve. It all starts by entering the Lean Body® Challenge TODAY! This is something that you truly can do; if our previous winners did it, so can you!

So now I ask you, “Are you ready to get into the best shape of your life?”

For more information, and to find out how to win the cruise for two, simply go to: www.leanbodychallenge.com and ENTER TODAY!

WHAT YOU’LL WIN:

- Cruise to Cozumel, Mexico, for You and a Guest
- Training Session with Lee Labrada or Jamie Eason at the Labrada Nutrition Gym in Houston, Texas
- Labrada Products and Gear
- THE BEST SHAPE OF YOUR LIFE! A New Body and Healthy Lifestyle!

For a complete list of prizes, visit www.leanbodychallenge.com

www.leanbodychallenge.com

ACCEPT THE CHALLENGE TODAY!

Lisa Monroe
LEAN BODY® for Her Challenge Champion

Jeffrey Hansen
LEAN BODY® Challenge Champion

Lacey Marks
LEAN BODY® for Her Challenge Champion
MEET TEAM LABRADA ATHLETE:

SERGIO OLIVA JR.

When did you start training? In 2004 when I was 20 and 145 pound track and field athlete.

What is your Motivation to compete? Obviously to be the first child of a Mr. Olympia to step onto the Olympia stage, but that's long term. My current motivation is so that I can continue to rise in the ranks and compete against great competitors while perfecting my physique.

What goals do you have outside of bodybuilding? Bodybuilding is my life.

Favorite Body part to train: Legs and Back

Favorite Exercise(s): Squats, Deadlifts, T-Bar Row

Favorite Cheat Food(s): Chicago Pizza, Lasagna, French Fries

Favorite TV Show(s): Lost, It’s Always Sunny in Philadelphia, Game of Thrones, Survivor, MTV’s The Challenge

Favorite Movies: All comic book movies, Grandma’s Boy, Memento, Ferris Bueller’s Day Off, Wolf of Wallstreet, Bigger Stronger Faster, and all of Arnold’s movies (of course!)

Favorite Actor(s) or Actress(s): Arnold (of course!), Leonardo Dicaprio, Edward Norton, Jennifer Lawrence

Favorite Musician(s): Tool, Metallica, Eminem, Talking Heads, Bob Marley, Pink Floyd, No Doubt

Favorite Sport(s) – Excluding Bodybuilding: Football, track & field, Basketball, disc golf, and Baseball (watch the movie)

Favorite Sports Team: Chicago Bears, Cubs, Bulls, and Blackhawks

Favorite Music to train to: Rock, Rap and electronic music

Hobbies: Train, Eat, Sleep. Repeat.

Pets: Dog: Khaleesi and Cat: Xena
When did you start training? I started consistently training and eating healthy in April 2009. While working the night shift as a Registered Nurse in a NYC hospital, I became aware of the alarming number of people suffering from chronic diseases and obesity. From this experience, I realized how important it is to take care of one’s self.

What is your motivation to compete/stay in shape? My motivation to stay in shape is definitely my health. I want to be as healthy as possible and have the energy to be able to do the things I love.

What goals do you have outside of bodybuilding/fitness? I’m a Registered Nurse and hope to continue to be able to help people in need. It is definitely satisfying to know that you can help others and improve someone’s well-being. I hope to continue to learn and improve my practice. I also enjoy cooking and learning about nutrition; of which I hope to take classes in the future.

What advice would you give to beginners? If you want to change your life and improve your overall well-being then you need to start training. Don’t worry about how many sets and reps you need to do at first, or counting every macro and making things complicated. Just get in the gym and start training. Remember to always pay attention to your form. Start making better, healthier options for your meals. Definitely start cooking, prepping and carrying your meals with you in order to stay on track. Check out my Successful Meal Planning blog on my site for tips on cooking and prepping your healthy foods: (www.vanessatib.com/blog/category/successful-meal-planning).

I also suggest you read fitness magazines, and subscribe to the free Labrada newsletter in order to obtain weekly tips on proper nutrition, training, and supplementation.

Favorite Body Part(s) to Train: I honestly love training everything, but always find myself training Back and Legs with more intensity. I enjoy all the compound movements you can do when training those body parts.

Favorite Exercise(s): I love Pull-ups, Deadlifts, Squats and Barbell Bicep Curls.

Favorite Cheat Food(s): My Mother’s Dominican Rice, Beans and Pepper Steak. My mom is such a great cook! I also love Sushi.

Favorite TV Show(s): The Walking Dead

Favorite Movie(s): The Matrix, Skyfall, and Frida

Favorite Actor(s) or Actress(s): Keanu Reeves, Brad Pitt, and Leonardo DiCaprio

Favorite Musician(s): Metallica, Shakira, The Cranberries, and Mana

Favorite Sports (excluding bodybuilding): Volleyball, Tennis, and Golf

Favorite Sports Team(s): Being the New Yorker that I am, I will have to say the Yankees!

Favorite Music to Train to: I enjoy all types of music, but I find myself tuning into Rock and Pop when training.

Hobbies: Cooking, Photography, and Traveling

Pets: I have a very sweet dog named Dunkin.

Birth Place: Dominican Republic
Birth Date: March 1st
Height: 5’2”
Contest Weight: 108 lbs
Current Residence: New York
Occupation: Registered Nurse
FREE NEWSLETTERS

Stay up-to-date with all of the latest news, specials, and motivation you need – delivered to your inbox every week! Each Free Weekly Lean Body® Coach Newsletter contains Training & Nutrition Articles, Motivational Images, Recipes, Videos, Coupons, and Weekly Specials!

We also have a Free Weekly Lean Body® for Her Newsletter. Get insights from Jamie Eason and Team Labrada women on the latest nutrition trends, training techniques, beauty tips, motivation, and so much more!

Log on to www.labrada.com, and click on the Newsletter “SUBSCRIBE” button!

6 SECRETS FOR MUSCLE GROWTH!

by: GREG ZULAK

How Do I Start Working Out?

ASK LEE

FREE-EXHAUST BIS/TRIS

by Hunter Labrada

• PEC DEC FLIES
  4 Sets of 15 Reps

• INCLINE DUMB
  BELL PRESS
  4 Sets of 12 Reps

• CABLE FLIES
  3 Sets of 15 Reps

• PEC DEC FLIES
  4 Sets of 15 Reps

• DIPS
  3 Sets of 10-15 Reps

• ROPE PUSHDOWNS
  4 Sets of 12 Reps

• SKULLCRUSHERS
  4 Sets of 10 Reps

• SINGLE ARM
  TRICEPS PUSHDOWN
  4 Sets of 10 Reps

LABRADA.com

STRENGTH TRAINING VS. CARDIO

by Meg Wallace

LEAN BODY for Her

with Jamie Eason

Signature Series

Learn More about
Jamie Eason’s Products,
Made with NATURAL Ingredients.

You can perform this circuit on
your own, but having a partner
provides you with that extra
motivation, support, and
encouragement. Plus, it makes it more fun!

NOTES:
1. Circuit is to be performed for one minute.
2. There should be little to no rest between each circuit.
3. Once the 4th circuit is complete, take a one minute rest.
4. After the one minute rest is up, start the next round for a total
   of 4 rounds.

CIRCUIT 1
KETTLEBELL SWING

CIRCUIT 2
IN & OUT TIRE JUMPS

CIRCUIT 3
DUMBBELL PUSH-UP
TO ROW

CIRCUIT 4
JUMP ROPE

LABRADA.com

H.I.I.T. IT HARD!

by Giulia Falisi

RECIPES

RECIPES

CHERRY ALMOND PROTEIN BROWNIES

www.proteintreatsbynicolette.com

CLICK HERE
for the Recipe
Lean Body® for Her Training & Nutrition Guide is more than just an “instruction manual” for losing weight. It is an inspirational story of how you can feel confident in your own skin. Conchita Labrada shares her exercise and nutrition programs and provides the motivation you need to take charge of your body!

The Lean Body® Promise holds the ultimate fat-burning solution that will help you release the lean, strong body inside you. In just 30 minutes a day, in as few as 12 weeks, Lee Labrada will show you how to make profound, lifelong changes in your body!

www.LeanBodyWear.com

Check out our Labrada gear and show off your Lean Body! Our stylish and comfortable T-Shirts are as great for hanging out as they are for working out.

Labrada® Racerback Women’s Tank – Perfect for wearing at the gym or outside in the sun. (3.6 oz., 65% Poly/35% Ring-Spun Cotton) Also Available in Pink.

Labrada® Shaker Cups – Everything you need for your supplements – All in one unit! This three compartment shaker allows you to store several servings of your nutritional supplements – protein, vitamins, capsules, pre- or post-workout supplements and more. Made from BPA and DEHP-free plastic. Available in Black/Red or Black/Lean Body® for Her Pink.

Labrada® Gym Bags – The All-You-Need Duffle Sports Bag is ideal for any activity. (24” x 12” x 12”)

Labrada® Tank – This tank is the ultimate tank for the gym. (4.5 ounce, 100% Ring-Spun cotton)

Labrada® Camo T-Shirt – Perfect for the gym but yet comfortable softness to wear just “hangin’ around.” (3.2 oz. 65% polyester/35% cotton)

Labrada® Soft Style T-Shirt – One of the most comfortable Fashion-fitted shirts you’ll wear. (3.2 oz. 65% polyester/35% cotton) Available in Charcoal, Light Blue, and Vintage Red.

Gym Towels – You will enjoy this thick, soft, and highly absorbent towel in the gym or while engaged in your sport. It’s 100% cotton terry velour and fully hemmed for a super clean look. (16” x 25”)

steroids online
Iced Raspberry Almond Muffins

SUPER SHOULDERS

Make sure that you properly warm the shoulders up before starting this workout. Pick a weight that will bring pain to fatigue around the middle of the lift.

- **Seated Dumbbell Press**
  - 3 Sets, 8-12 Reps
- **Standing Dumbbell Fly**
  - 3 Sets, 8-12 Reps
- **Palms Up Alternating Dumbbell Front Raises**
  - 3 Sets, 8-12 Reps
- **Cable Face Pulls Utilizing the Rope Attachment**
  - 3 Sets, 8-12 Reps
- **Standing External Dumbbell Rotation**
  - 3 Sets, 10-12 Reps per side

Tips to get YOUR GOALS BACK ON TRACK

by Lauren Felton

COMBAT READY LEGS

by Nora Aly

WARM UP

- Squat Jumps - 10
- High Knees - 10
- Jumping Jacks - 1 minute

WORKOUT

- Single Leg Extension
  - First Set - Two Feet To Knee, Second Set - Two Feet To Ground
  - 3 Sets, 10 Reps
- Double Leg Extension
  - 3 Sets, 10 Reps
- Leg Press
  - 3 Sets, 15 Reps
- Step-Ups with Knee Lift
  - 3 Sets, 10 Reps
- Rear Lunge to Deadlift
  - 3 Sets, 10 Reps
- Burpees
  - 10 Reps
- Wall Sit
  - Time: 30 sec
What's NEW?

Lean Body® RTD Salted Caramel p26
- 40g of LeanPro® Protein
- Only 280 Calories
- Zero Sugar

BCAA Power™
100% Branched Chain Amino Acids p43
- Fermented BCAAs – Maximum Purity
- Stimulates Quicker and Easier Workout Recovery
- Vegan Friendly
- Instantized – Mixes Easily
- Piña Colada, Strawberry Kiwi, and Orange Mango

Super Charge!® Pre-Workout p42
- All New More Powerful and Efficacious Formula
- 5g BCAAs ■ 5g Creatine
- 2g Beta Alanine ■ 2g Taurine
- With Patented NO3-T® Technology
- STIM-FREE also available

Amino Thrust™
Essential Amino Acids Formula p44
- Muscle Recovery
- Energy & Endurance

100% Casein p37
- 25g Slow-Release Protein
- Only 1g Sugar
- No Artificial Colors
To celebrate our 20 plus years of serving our dedicated, loyal Labrada brand followers, we’re updating our Labrada product packaging to a cleaner, more modern look that will make it easier than ever for you to quickly find the Labrada supplements that fit your needs.

Although the packaging is transitioning into a cleaner and fresher look, you’ll still enjoy the same great quality, same great formulas, and the same personal product guarantee that I’ve stood behind for over 20 years:

“If it’s on the label, it’s in the bottle!”®
PROTEIN

Build Muscle & BURN FAT
HI-PROTEIN READY-TO-DRINK MILK SHAKE

- 40g of LeanPro® Protein
- Only 260 Calories
- Zero Sugar / No Trans Fat
- Lactose-Free

FLAVORS: Salted Caramel, Vanilla, Chocolate, Strawberry, Banana, Cookies & Cream

NUTRITION FACTS
1 Drink Box (17 fl oz / 500 mL), Servings Per Case: 12. Amount Per Serving: Calories 260, Fat Calories 80, Total Fat 9g, Saturated Fat 1g, Trans Fat 0g, Cholesterol 25mg, Sodium 600mg, Potassium 600mg, Total Carbohydrate 9g, Fiber 5g, Sugars 0g, Protein 40g. Nutrition facts may vary by flavor.

Ingredients: Filtered Water, LeanPro® (Special Blend of Spray Dried Ultrafiltered Milk Protein Isolate, Yielding Fast Acting Whey Protein Peptides, Branched Chain Amino Acids, L-Glutamine Peptides, and Slow Acting Casein Peptides, Whey Protein Concentrate, Calcium Caseinate), High Oleic Safflower Oil, FiberPlex™ (Fructooligosaccharides, Cellulose Gel, Cellulose Gum, Carageenan, Xanthan Gum), Vitamin and Mineral Blend (Potassium Phosphate, Potassium Citrate, Magnesium Phosphate, Sodium Ascorbate, Zinc Sulfate, Tocopherol Acetate, Biotin, Vitamin A Palmitate, Nicinamide, Phytonadione, Potassium Iodide, D-Calcium Pantothenate, Chromium Chloride, Copper Sulfate, Cyanocobalamine, Sodium Molybdate, Sodium Selenite, Folic Acid, Cholecalciferol, Pyridoxine Hydrochloride, Riboflavin, Thiamin Mononitrate, Manganese Sulfate), Natural Flavors, Soy Lecithin, Citric Acid, Sucralose, Salt, Acesulfame Potassium.
Lean Body® Meal Replacement Shakes provide maximum support for lean muscle growth and help you burn fat. Each easy-to-use packet contains 40 grams of LeanPro®, our exclusive blend of the highest quality proteins. It also provides 24 essential vitamins and minerals and only 7 grams of sugar. Lean Body® contains no maltodextrin, artificial colors, preservatives, or trans fat.

- Available in 20 and 42 Count
- 40g LeanPro® Protein
- Gluten-Free, Aspartame-Free
- 8g Fiber Plex™ Fiber
- Easy-to-Use Packets

**FLAVORS:** Vanilla, Chocolate, Strawberry

**NUTRITION FACTS**
Serving Size: 1 Packet (79g), Servings Per Container: 20 or 42.
Amount Per Serving: Calories 330, Fat Calories 70, Total Fat 8g, Saturated Fat 2.5g, Trans Fat 0g, Cholesterol 90mg, Sodium 390mg, Potassium 410mg, Total Carbohydrate 24g, Fiber 8g, Sugars 7g, Protein 40g. Nutrition facts may vary by flavor.

**Ingredients:** LeanPro® (Cross Flow Micro Ultrafiltered Whey Protein Concentrate, Cross Flow Micro Ultrafiltered Whey Protein Isolate, Milk Protein Isolate, Glutamine Peptides), EFA Plex™ (Sunflower Oil, Creamer [High Oleic Sunflower Oil, Corn Syrup Solids, Sodium Caseinate, Mono- and Diglycerides, Dipotassium Phosphate, Tricalcium Phosphate, Soy Lecithin, Tocopherols], MCT Oil, Flaxseed Oil, Borage Oil), Fiber Plex™ (Polydextrose, Fibersol 2 Fiber, Cellulose Gum, Oat Flour, Rice Bran), Natural and Artificial Flavors, Vitamin & Mineral Blend (Di-Calcium Phosphate, Magnesium Oxide, Ascorbic Acid, Vitamin E Acetate, Niacinamide, Electrolytic Iron, Zinc Oxide, D-Calcium Pantothenate, Pyridoxine Hydrochloride, Copper Gluconate, Riboflavin, Vitamin A Acetate, Thiamin Mononitrate, Folic Acid, Potassium Iodide, Cyanocobalamin), Fructose, Salt, Sucralose, Acesulfame Potassium.
Each serving of Lean Body® provides 35 grams of highly bioavailable proteins to nourish lean muscles and promote strength. Lean Body® provides 21 essential vitamins and minerals, essential fatty acids, and only 6 grams of sugar. You also get 7 grams of fiber for healthy digestion, glutamine to prevent muscle breakdown, and much more. All this in a formula that's free of maltodextrin, artificial colors, preservatives, or trans fat.

- Stimulates Muscle Growth!
- Get Stronger! – 6000mg BCAA
- Recover Faster! – 7000mg Glutamine
- Get Leaner! – 8000mg EFA Plex™ EFAs

**FLAVORS:** Vanilla, Chocolate, Strawberry, Chocolate Peanut Butter, Cinnamon Bun

**NUTRITION FACTS**

Serving Size: 2 Scoops (70g), Servings Per Container: 16. Amount Per Serving: Calories 290, Fat Calories 60, Total Fat 7g, Saturated Fat 2g, Trans Fat 0g, Cholesterol 80mg, Sodium 350mg, Potassium 360mg, Total Carbohydrate 21g, Fiber 7g, Sugars 6g, Protein 35g. Nutrition facts may vary by flavor.

**Ingredients:** LeanPro® (Cross Flow Micro Ultrafiltered Whey Protein Concentrate, Milk Protein Isolate, Cross Flow Micro Ultrafiltered Whey Protein Isolate, Glutamine Peptides), EFA Plex™ (Sunflower Oil, Creamer [High Oleic Sunflower Oil, Corn Syrup Solids, Sodium Caseinate, Mono- and Diglycerides, Dipotassium Phosphate, Tricalcium Phosphate, Soy Lecithin, Tocopherols], MCT Oil, Flaxseed Oil, Borage Oil), Fiber Plex™ (Polydextrose, Fibersol 2 Fiber, Cellulose Gum, Oat Flour, Rice Bran), Natural and Artificial Flavors, Vitamin & Mineral Blend (Di-Calcium Phosphate, Magnesium Oxide, Ascorbic Acid, Vitamin E Acetate, Nicotinamide, Electrolytic Iron, Zinc Oxide, D-Calcium Pantothenate, Pyridoxine Hydrochloride, Copper Gluconate, Riboflavin, Thiamin Mononitrate, Folic Acid, Potassium Iodide, Cyanocobalamin), Fructose, Salt, Sucralose, Acesulfame Potassium.
WOMAN'S HI-PROTEIN MEAL REPLACEMENT SHAKE

Lean Body® for Her was designed for the unique nutritional needs of women. Lean Body® for Her meets these needs with its delicious and portable nutrition.

Women of all ages and body types can benefit from the concentrated source of protein, essential vitamins and minerals, and low-sugar profile found in Lean Body® for Her. If you’re weight training and doing cardio several times a week, there’s even more reason to use Lean Body® for Her. Its female-specific formula ensures you’re consuming adequate amounts of protein to help super-charge your metabolism and keep unwanted fat off. More than just a tool to help you look better, Lean Body® for Her will also help you feel better with its calcium, iron, soy protein, and other health-promoting ingredients and antioxidants.

- **30g Protein per Serving!**
- **Increases Energy**
- **Beats Hunger**
- **Low Fat**

**FLAVORS:** Soft Vanilla Ice Cream, Soft Chocolate Ice Cream, Strawberry Ice Cream

**NUTRITION FACTS**

Serving Size: 1 Packet (49g), Servings Per Container: 20. Amount Per Serving:
- Calories 190, Fat Calories 30, Total Fat 3.5g, Saturated Fat 1g, Trans Fat 0g,
- Cholesterol 20mg, Sodium 270mg, Potassium 270mg, Total Carbohydrate 9g,
- Fiber 3g, Sugars 2g, Protein 30g. Nutrition facts may vary by flavor.

**Ingredients:** LeanPro® (Cross Flow Micro Ultrafiltered Whey Protein Isolate, Cross Flow Micro Ultrafiltered Whey Protein Concentrate, Soy Protein Isolate (non-GMO), Natural & Artificial Flavors, EFA Plex™ (Sunflower Oil, Creamer [High Oleic Sunflower Oil, Corn Syrup Solids, Sodium Caseinate, Mono- and Diglycerides, Dipotassium Phosphate, Tricalcium Phosphate, Soy Lecithin, Tocopherols], MCT Oil, Flaxseed Oil, Borage Oil), Fiber Plex™ (Polydextrose, Fibersol 2 Fiber, Cellulose Gum, Oat Flour, Rice Bran), Vitamin & Mineral Blend (Di-Calcium Phosphate, Magnesium Oxide, Ascorbic Acid, Vitamin E Acetate, Nicinamide, Electrolytic Iron, Zinc Oxide, D-Calcium Pantothenate, Pyridoxine Hydrochloride, Copper Gluconate, Riboflavin, Vitamin A Acetate, Thiamin Mononitrate, Folic Acid, Potassium Iodide, Cyanocobalamin), Salt, Sucralose, Acesulfame Potassium.
LOW CARB, HI-PROTEIN MEAL REPLACEMENT SHAKE

What makes CarbWatchers® Lean Body® unique is its low-sugar profile, ideal for athletes who want to strengthen muscle while maintaining a tight midsection and overall lean look. All this in a delicious formula that’s won the American Tasting Institute’s Gold Medal for Taste!

- **40g LeanPro® Protein**
- **Only 1–3g of Sugar**
- **4–5g Fiber Plex™ Fiber**
- **Easy-to-Use Packets**

**FLAVORS:** Vanilla Ice Cream, Chocolate Ice Cream, Strawberry Ice Cream

**NUTRITION FACTS**

Serving Size: 1 Packet (65g), Servings Per Container: 20 or 42. Amount Per Serving: Calories 250, Fat Calories 40, Total Fat 4.5g, Saturated Fat 1g, Trans Fat 0g, Cholesterol 25mg, Sodium 350mg, Potassium 360mg, Total Carbohydrate 12g, Fiber 4g, Sugars 3g, Protein 40g. Nutrition facts may vary by flavor.

**Ingredients:** LeanPro® (Cross Flow Micro Ultrafiltered Whey Protein Isolate, Cross Flow Micro Ultrafiltered Whey Protein Concentrate), Natural & Artificial Flavors, EFA Plex™ (Sunflower Oil, Creamer [High Oleic Sunflower Oil, Corn Syrup Solids, Sodium Caseinate, Mono- and Diglycerides, Dipotassium Phosphate, Tricalcium Phosphate, Soy Lecithin, Tocopherols]), MCT Oil, Flaxseed Oil, Borage Oil), Fiber Plex™ (Polydextrose, Fibersol 2 Fiber, Cellulose Gum, Oat Flour, Rice Bran), Vitamin & Mineral Blend (Di-Calcium Phosphate, Magnesium Oxide, Ascorbic Acid, Vitamin E Acetate, Niacinamide, Electrolytic Iron, Zinc Oxide, D-Calcium Pantothenate, Pyridoxine Hydrochloride, Copper Gluconate, Riboflavin, Vitamin A Acetate, Thiamin Mononitrate, Folic Acid, Potassium Iodide, Cyanocobalamin), Salt, Sucralose, Acesulfame Potassium.

Available in 20 and 42 Count
LEAN BODY
Natural

HI-PROTEIN MEAL REPLACEMENT SHAKE

Lean Body® Natural is made with natural flavorings and sweetened with organic cane sugar and monk fruit. Lean Body® Natural has a 50/30/20 (protein/carbohydrate/fat) ratio of macronutrients consisting of highly bioavailable, time-release proteins, high-fiber complex carbohydrates, and essential fatty acids for nutritional support! It’s also packed with 20 grams of LeanPro® proprietary blend of fast-release and slow-release proteins, providing a sustained flow of vital amino acids to support lean muscle tissue, recovery from exercise, and fat burning metabolism.

- Only Natural Flavors & Sweeteners
- No Preservatives or Artificial Colors
- 3,420mg of BCAAs
- 3,990mg of Glutamine
- 4g of FiberPlex™ Dietary Fiber

FLAVORS: Natural Vanilla, Natural Chocolate

NUTRITION FACTS
Serving Size: 1 Scoop (40g), Servings Per Container: 17, Amount Per Serving: Calories 160, Fat Calories 40, Total Fat 4g, Saturated Fat 0g, Trans Fat 0g, Cholesterol 17mg, Sodium 150mg, Potassium 150mg, Total Carbohydrate 11g, Fiber 4g, Sugars 3g, Protein 20g. Nutrition facts may vary by flavor.

Ingredients: LeanPro® (Cross-Flow Micro Ultrafiltered Whey Protein Concentrate, Calcium Caseinate), Sunflower Oil, FiberPlex™ (Polydextrose, Fibersol-2, Cellulose Gum), Natural Flavors, Organic Cane Sugar, Erythritol, MCT Oil, Sea Salt, Monk Fruit Extract.
Lean Pro8®’s nitrogen-promoting amino acids provide nutritional support to prevent muscle breakdown throughout the day and even during the night when taken before bed.

- **8 Fast, Medium & Slow-Release Proteins**
- **8 Grams EFA Plex™**
- **8 Grams Fiber Plex™ Dietary Fiber**

**FLAVORS:** Vanilla Ice Cream, Chocolate Ice Cream, Strawberry Ice Cream, Cookies & Cream

**NUTRITION FACTS**

Serving Size: 1 Scoop (50g), Servings Per Container: 26 (bottle) / 90 (gusset bag). Amount Per Serving: Calories 225, Fat Calories 72, Total Fat 8g, Saturated Fat 3.5g, Trans Fat 0g, Cholesterol 70mg, Sodium 170mg, Potassium 110mg, Total Carbohydrate 13g, Fiber 4g, Sugars 3g, Protein 25g. Nutrition facts may vary by flavor.

**Ingredients:** LeanPro® Muscle Building Protein Blend (Yielding Fast Acting Micro Ultra Filtered Whey Protein Concentrate, Cross Flow Micro Ultra Filtered Whey Protein Isolate, Hydrolyzed Whey Protein Isolate, Medium Acting Agglomerated Egg Albumin, Slow Acting Micellar Casein, Calcium Caseinate, Milk Protein Isolate, Milk Protein Concentrate, Glutamine Peptides), EFA Plex™ High Energy Essential Fats (Sunflower Oil, Non-Dairy Creamer [High Oleic Sunflower Oil, Fructose, Sucrose, Di-Potassium Phosphate, Tri-Calcium Phosphate, Soy Lecithin, Tocopherols], MCT Oil, Flaxseed Oil, Borage Oil), Natural & Artificial Flavorings, MCT Powder (Medium Chain Triglycerides, Non-Fat Dry Milk, Disodium Phosphate, Silicon Dioxide), Fiber Plex™ High Fiber Complex (Polydextrose, Fibersol 2 Fiber, Inulin, Cellulose Gum, Xanthan Gum), Salt, Sucralose, Acesulfame Potassium.
Labrada 100% Whey Protein is an excellent source of all the essential amino acids and is extremely rich in the branched chain amino acids (BCAAs), leucine, isoleucine, and valine. Branched chain amino acids make up one-third of muscle protein and are important to athletes because training increases the body’s demand for them. An adequate supply of BCAAs in the blood is insurance against loss of muscle size and strength. Labrada 100% Whey Protein is also high in glutamine, which accounts for approximately 60% of all free amino acids in the body.

Labrada 100% Whey Protein is perfect for athletes, bodybuilders, and fitness enthusiasts who demand the purest, highest quality protein available on the market.

- **24g Protein**
- **1g Sugar**
- **Gluten Free**

**FLAVORS:** Vanilla, Chocolate, Strawberry

**NUTRITION FACTS**
Serving Size: 1 Scoop (~38g). Servings Per Container: 50. Amount Per Serving: Calories 140. Calories from Fat 19. Total Fat 3g, Saturated Fat 2g, Trans Fat 0g, Cholesterol 11mg, Sodium 140mg, Potassium 140mg, Total Carbohydrate 5g, Dietary Fiber 0g, Sugars 1g, Protein 24g. Nutrition facts may vary by flavor.

**Ingredients:** Cross Flow Micro Ultrafiltered Whey Protein Concentrate, Natural & Artificial Flavors, Cellulose Gum, Salt, Acesulfame Potassium, Sucralose.
Labrada LeanPro® Whey is a gluten-free, high quality, delicious whey protein isolate based protein supplement. Whey protein isolate is generally regarded as one of the finest muscle building proteins. The primary ingredient in LeanPro® is whey protein isolate (WPI90), and the second ingredient is premium, micro-filtered whey protein concentrate (WPC80).

Labrada LeanPro® Whey packs 24g of high quality protein per serving, providing 5.5 grams of naturally occurring branched chain amino acids (BCAAs), which are critical components of muscular recovery and growth. LeanPro® also provides 4 grams of Glutamine and Glutamic Acid, which are two amino acids responsible for supporting muscular recovery and boosting immune system function.

- **50 Servings**
- **24g Protein**
- **1g Sugar**
- **Gluten Free**

**FLAVORS:** Vanilla, Chocolate

**NUTRITION FACTS**
Serving Size: 1 Scoop (~30g), Servings Per Container: 50. Amount Per Serving: Calories 120, Fat Calories 10, Total Fat 1g, Saturated Fat 0g, Trans Fat 0g, Cholesterol 25mg, Sodium 100mg, Potassium 150mg, Total Carbohydrate 3g, Fiber 0g, Sugars 1g, Protein 24g. Nutrition facts may vary by flavor.

**Ingredients:** LeanPro® Cross-Flow Micro Ultrafiltered Whey Protein Isolate, Whey Protein Concentrate, Natural & Artificial Flavors, Acesulfame Potassium, Sucralose.
ISO Whey

100% PREMIUM WHEY PROTEIN ISOLATE

ISO Whey 100% Protein Isolate is made by a unique microfiltration process that involves NO heat or acid treatment like that used in ion-exchange whey protein production.

ISO Whey 100% Protein Isolate is not a blend containing whey protein concentrate, peptides, or other proteins. You get only 100% pure whey protein isolate as the source of protein. It's perfect for athletes, bodybuilders, and fitness enthusiasts who demand the purest, highest quality protein available on anabolic steroids for sale the market.

- Zero Carbs
- Zero Sugar
- Zero Lactose
- Gluten Free

FLAVORS: Vanilla, Chocolate, Strawberry

NUTRITION FACTS
Serving Size: 1 Scoop (31g), Servings Per Container: 73. Amount Per Serving: Calories 110, Fat Calories 9, Total Fat 1g, Saturated Fat 0g, Trans Fat 0g, Cholesterol 0mg, Sodium 150mg, Potassium 150mg, Total Carbohydrate 0g, Fiber 0g, Sugars 0g, Protein 25g. Nutrition facts may vary by flavor.


JONATHAN horton Olympic Gymnast
Labrada 100% Premium Micellar Casein Protein is a high-quality, delicious casein protein supplement. Casein is a slowly-digested milk protein that is high in muscle building amino acids, making it perfect for nighttime use, or any other time that you need a protein that will “stay with you” for several hours.

Labrada 100% Premium Micellar Casein Protein packs 24g of high-quality protein per serving, providing 5 grams of naturally-occurring branched chain amino acids (BCAAs), which are critical components of muscular recovery and growth.

- 24g Slow-Release Protein
- 1g Sugar
- No Artificial Colors
- Gluten Free
- 57 Servings

**FLAVORS:** Vanilla, Chocolate

**NUTRITION FACTS**

Serving Size: 1 Scoop (32g), Servings Per Container: 57.

Amount Per Serving:
Calories 110, Fat Calories 5, Total Fat 0.5g, Saturated Fat 0g, Trans Fat 0g, Cholesterol 20mg, Sodium 105mg, Potassium 75mg, Total Carbohydrate 2g, Fiber 0g, Sugars 1g, Protein 24g. Nutrition facts may vary by flavor.

**Ingredients:** LeanPro® Micellar Casein, Natural and Artificial Flavors, Salt, Xanthan Gum, Silicon Dioxide, Cellulose Gum, Lecithin (from Soy and/or Sunflower), Acesulfame Potassium, Sucralose.
Muscle Mass Gainer

MUSCLE BUILDER MILK SHAKE WITH CREATINE

Muscle Mass Gainer was created by Labrada as an all-in-one dietary supplement for “hard gainers,” those who find it near impossible to gain weight. Muscle Mass Gainer makes it easy for you to get lots of calories and the highest quality muscle building protein for gaining weight fast.

- Put on Weight Fast
- 1930 Calories & 84g Protein when Mixed in 32oz of Whole Milk

**FLAVORS:** Vanilla, Chocolate, Strawberry

**NUTRITION FACTS**
Serving Size: 9 Scoops (341g), Servings Per Container: 16. Amount Per Serving: Calories 1290, Fat Calories 30, Total Fat 3g, Saturated Fat 2g, Trans Fat 0g, Cholesterol 70mg, Sodium 330mg, Potassium 300mg, Total Carbohydrate 264g, Fiber 4g, Sugars 23g, Protein 52g. Nutrition facts may vary by flavor.

**Ingredients:** Maltodextrin, LeanPro® Muscle Mass Protein Blend [Cross Flow Ultra-Micro Filtered Whey Protein Concentrate, Milk Protein Isolate (Yielding Fast Acting Whey Protein Peptides, Branched Chain Amino Acids, L-Glutamine Peptides, and Slow Acting Casein Peptides, Calcium Caseinate), Egg Albumin, Whey Protein Isolate], Fructose, Fibersol-2 (fiber), Natural & Artificial Flavors, Vitamin & Mineral Blend (Di-Calcium Phosphate, Magnesium Oxide, Ascorbic Acid, Vitamin E Acetate, Niacinamide, Electrolytic Iron, Zinc Oxide, D-Calcium Pantothenate, Pyridoxine Hydrochloride, Copper Gluconate, Riboflavin, Vitamin A Acetate, Thiamin Mononitrate, Folic Acid, Potassium Iodide, Cyanocobalamin), Creatine Monohydrate, L-Glutamine, Cellulose, Ace-K, Sucralose.

Available in 12 lb and 6 lb Bags
PERFORMANCE

Take Your Workouts TO THE NEXT LEVEL
PRE-WORKOUT PERFORMANCE ENHANCER

All of the ingredients in Super Charge® are supplied in effective amounts. Made in a certified cGMP and FDA inspected facility. Free of prohormones, steroids, artificial colors, and preservatives.

FLAVORS: Fruit Punch, Grape, Watermelon, Raspberry Lemonade

SUPPLEMENT FACTS
Serving Size: 1 Scoop (27g), Servings Per Container: 25. Amount Per Serving: Calories 10, Total Carbohydrate 3g, Sugars 0g. Super Charge® Performance Blend: Muscle Pump Complex™: Citrulline Nitrate (NO3-T™) 1000mg, HydroMax™ Glycerol 2000mg, Taurine 2000mg, Strength, Endurance, and Recovery Complex™: Creatine Monohydrate (Creapure®) 5000mg, Beta Alanine (CarnoSyn®) 2000mg, BCAA 2:1:1 5000mg. Energy and Mental Focus Complex™: L-Tyrosine 1500mg, Caffeine 300mg, Advantra Z™ 50% (Citrus aurantium extract) 40mg, Huperzine A 1% 1000mcg, Vitamin B12 1000mcg, Vitamin B6 50mg, Vitamin C (Ascorbic Acid) 200mg. Electrolyte Complex: Sodium (Sodium Chloride 100mg) 37mg, Potassium (Potassium Phosphate 100mg) 44mg, Magnesium (Magnesium Succinate 100mg) 17mg, Calcium (Calcium Gluconate 100mg) 9mg. Nutrition facts may vary by flavor.

Other Ingredients: Maltodextrin, Citric Acid, Natural & Artificial Flavors, Silica, Sucralose.

Recommended Use: Use daily for best results. Mix 1 scoop with 10–12 oz. of water. Drink 30 minutes prior to exercise. To avoid sleeplessness, do not consume in the evening.

STIM-FREE Super Charge!

New STIM-FREE Super Charge!® still provides you with highly-effective performance enhancing sports supplements – without any of the stimulants!

FLAVORS: Fruit Punch, Grape

SUPPLEMENT FACTS
Serving Size: 1 Scoop (27g), Servings Per Container: 25. Amount Per Serving: Calories 10, Total Carbohydrate 3g, Sugars 0g. Super Charge® Performance Blend: Muscle Pump Complex™: Citrulline Nitrate (NO3-T™) 1000mg, HydroMax™ Glycerol 2000mg, Taurine 2000mg, Strength, Endurance, and Recovery Complex™: Creatine Monohydrate (Creapure®) 5000mg, Beta Alanine (CarnoSyn®) 2000mg, BCAA 2:1:1 5000mg. STIM-FREE Energy and Mental Focus Complex™: L-Tyrosine 1500mg, Huperzine A 1% 1000mcg, Vitamin B12 1000mcg, Vitamin B6 50mg, Vitamin C (Ascorbic Acid) 200mg. Electrolyte Complex: Sodium (Sodium Chloride 100mg) 37mg, Potassium (Potassium Phosphate 100mg) 44mg, Magnesium (Magnesium Succinate 100mg) 17mg, Calcium (Calcium Gluconate 100mg) 9mg. Nutrition facts may vary by flavor.

Other Ingredients: Maltodextrin, Citric Acid, Natural & Artificial Flavors, Silica, Sucralose.

Recommended Use: Use daily for best results. Mix 1 scoop with 10–12 oz. of water. Drink 30 minutes prior to exercise.
BCAA Power™

100% BRANCHED CHAIN AMINO ACIDS

BCAA Power™ contains amino acids made only by a natural fermentation process. This means you get maximum purity without the use of any harsh chemical solvents.

- Fermented for Maximum Purity
- 7g BCAAs
- 3g Glutamine
- 1g Electrolytes
- Vegan Friendly

**FLAVORS:** Orange Mango, Strawberry Kiwi, Piña Colada

**SUPPLEMENT FACTS**
Serving Size: 1 scoop (~13.8g). Servings Per Container: 30. Amount Per Serving: Calories 10, Total Carbohydrate 2g, Sugars 1g. Vitamin A (as beta carotene) 813 I.U., Fermented Branched Chain Amino Acid Complex 2:1:1 7g, Fermented Leucine 3.5g, Fermented Isoleucine 1.75g, Fermented Valine 1.75g, Fermented L-Glutamine 3g, Coconut Water Electrolyte Complex 1g, Calcium 22mg, Magnesium 2mg, Sodium 25mg, Potassium 40mg.

Other Ingredients: Coconut Water, Natural & Artificial Flavors, Malic Acid, Coconut Oil Creamer, Calcium Silicate, Sucralose, Beta Carotene, Beet Juice (color), Acesulfame Potassium.

**Recommended Use:** Mix 1 scoop in 8 oz of cold water or your favorite beverage, before or after training. On non-training days, take 1 scoop mixed in 8 oz of water or your favorite beverage, any time of day. Store in a cool, dry place.
ESSENTIAL AMINO ACID FORMULA

- Muscle Recovery
- Increases Energy
- Increases Endurance

FLAVORS: Orange Mango, Fruit Punch, Piña Colada, Green Apple

SUPPLEMENT FACTS

Serving Size: 1 scoop (~8g) Servings Per Container: 30. Amount Per Serving: Calories 10, Total Fat 0g, Total Carbohydrate 2g, Sugars 1g, Vitamin A (as Beta Carotene) 813 I.U., Vitamin C (as Ascorbic Acid) 100mg, Calcium (as Calcium Silicate) 19mg, Sodium 15mg, Potassium 30mg, Amino Thrust Amino Matrix: Micronized L-Leucine 500mg, Micronized L-Isoleucine 250mg, Micronized L-Valine 250mg, Micronized Taurine 500mg, Micronized L-Glutamine 500mg, Micronized L-Arginine Hydrochloride 500mg, Beta-Alanine (CarnoSyn®) 500mg, Micronized L-Tyrosine 250mg, Micronized L-Histidine 250mg, Micronized L-Lysine 250mg, Micronized L-Phenylalanine 250mg, Micronized L-Threonine 250mg, Micronized L-Methionine 250mg, Amino Thrust Energy Matrix: Caffeine (from Green Tea) 100mg [Green Tea Extract (Camellia sinensis) (leaf) 20mg, Green Coffee Extract (bean) 20mg]. Nutrition facts may vary by flavor.

Other Ingredients: Coconut Water Concentrate, Natural & Artificial Flavors, Malic Acid, Coconut Oil Creamer, Sucralose, Silicon Dioxide, Beet Root Powder, Acesulfame Potassium.

Recommended Use: For Pre-Workout: Take 1–2 scoops in 10 oz of cold water, 30 minutes before training. Amino Thrust can also be used in the morning, as a substitute for coffee, or as an afternoon energy booster*, or post-workout amino acid supplement. DO NOT EXCEED 4 scoops per day.
Amino acids are essential to support lean muscle growth and overall health. Complete Aminos tablets provide a full spectrum of 18 essential, conditionally-essential, and non-essential amino acids.

Full Spectrum Amino Formula

**SUPPLEMENT FACTS**
Serving Size: 2 Tablets. Servings Per Container: 160. Amount Per Serving:
- Calories 15
- Cholesterol <5mg
- Protein 2g
- Calcium 70mg
- Sodium 25mg
- Potassium 10mg

**Ingredients:** Protein Complex (Milk Protein Concentrate, Pea Protein Isolate, Hydrolyzed Whey Protein, Milk Protein Isolate, Whey Protein Isolate, Whey Protein Concentrate, Calcium Caseinate), Stearic Acid, Croscarmellose Sodium, Calcium Carbonate, Coating (Hypermellose, Macrogol, Hydroxypropyl Cellulose), Citric Acid, Magnesium Stearate, Silica, Amino Acid Blend [ Branched Chain Amino Acids (L-Leucine, L-Isoleucine, L-Valine), L-Arginine HCl, L-Glutamine], Microcrystalline Cellulose, Maltodextrin and Potassium Sorbate.

**Recommended Use:** As a dietary supplement, consume 2 tablets between meals, and/or after training. Always consult your doctor before using any dietary supplement.
Contains only pure pharmaceutical grade creatine monohydrate. Research shows that oral administration of creatine, increases muscle stores of creatine by as much as 50%, resulting in lean body mass gains.

Creatine supplementation may also increase muscle torque production, reduce plasma ammonia, and aid muscle fiber in maintaining a higher phosphocreatine level, resulting in the ability to sustain higher workout intensity levels for longer periods of time.

- **100 Servings per Container**
- **Lean Body Mass & Strength Gains**
- **Sustain Longer Workouts**

**SUPPLEMENT FACTS**

Serving Size: 1 Scoop (5g), Servings Per Container: 100.
Amount Per Serving: Creatine Monohydrate 5000mg.

**Recommended Use:** Take one scoop (approximately 5g) mixed with water or juice one to two times daily. Do not exceed recommended dose. Drink plenty of water every day when supplementing creatine. Store in a cool dry place. Protect from heat, light, and moisture.
BA-Endurance is 100% pure pharmaceutical grade CarnoSyn® brand beta-alanine. BA-Endurance combines with histidine (another amino acid) in the muscle tissue to increase muscle carnosine stores. Carnosine delays muscle fatigue through its buffering action on acid build-up in muscles. This increases your endurance and ability to work out longer.

- Increases Muscular Endurance
- Longer Workouts
- Increases Workout Performances

**Supplement Facts**
Serving Size: 2 Capsules, Servings Per Container: 60. Amount Per Serving: Beta-Alanine (as CarnoSyn®) 1600mg.

Other Ingredients: Gelatin, Magnesium Stearate.

Recommended Use: Take 2 capsules with an 8 oz. glass of water 3 times daily. On workout days, take 2 capsules approximately 30 minutes before you workout. For best results, we recommend using this product in combination with Super Charge® Pre-Workout drink mix.

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L-Carnitine

**Fast-Acting Liquid Amino Acid**

L-Carnitine Fast-Acting Liquid Amino Acid contains NO: yeast, wheat, milk or milk derivatives, lactose, sugar, soy, or artificial color.

- Promotes Muscular Energy
- Supports Exercise Recovery
- Assists Fat Breakdown of food used for energy
- Plays an Essential Role in making fatty acids available for muscle tissue

**Flavor:** Tropical Punch

**Supplement Facts**
Serving Size: 15mL (1tbs), Servings Per Container: 31. Amount Per Serving: L-Carnitine 1500mg, Vitamin B5 (as Calcium Pantothenate) 10mg.

Other Ingredients: Purified Water, Citric Acid, Natural & Artificial Flavors, Sucralose, Malic Acid, Potassium Benzoate, Potassium Sorbate, Acesulfame Potassium, Silica, Sodium Benzoate.

Recommended Use: Take 1 tablespoon (15 mL) 30–60 minutes before exercise with your pre-workout meal and/or your post-workout meal.
HICA-MAX™ is a powerful, non-hormonal, natural stimulator of muscle growth. HICA-MAX™ chewables contain leucic acid, also known as alpha-hydroxy-isocaproic acid (HICA) – a natural metabolite of the branched chain amino acid, leucine.

- **Supports Gains** in Muscle and Strength
- **Accelerates Recovery** from Workouts
- **Reduces DOMS** (Delayed Onset Muscle Soreness)
- **No Steroids or Prohormones**

**FLAVOR:** Assorted: Lime, Fruit, Watermelon, and Orange Chewables

**SUPPLEMENT FACTS**

Serving Size: 1 Chewable Tablet, Servings Per Container: 90. Amount Per Serving: Calories 4, Total Carbohydrate 2g, Sugar Alcohol (as xylitol) 2g, HICA (Leucic Acid) 500mg.

Other Ingredients: Xylitol, Natural & Artificial Flavor, Magnesium Stearate, Malic Acid, Stearic Acid, Silica, Citric Acid, Sucralose, FD&C Red #40 Lake, FD&C Yellow #5 Lake, FD&C Blue #2 Lake.

**Recommended Use:** Take chewable tablets according to bodyweight. Up to 150 lbs – 3 tablets per day; 151–200 lbs – 4 tablets per day; Over 200 lbs – 5 tablets per day.

There is no need to cycle off HICA-MAX™.
Humanogrowth™ is a powerful blend of standardized extracts from fertilized chicken eggs and bio-active serum albumin. Each serving provides naturally occurring growth factors.

- Increases Positive Nitrogen Balance
- Increases Protein Efficiency
- Provides Natural Support for testosterone and growth hormone levels
- Decreases Recovery Time

**SUPPLEMENT FACTS**


Contains: Milk, Egg.

Other Ingredients: Gelatin (capsules).

Recommended Use: Take 4 capsules at bedtime.

Due to active growth factors, many users report improved mood and rest, and improved fat loss after using Humanogrowth™ for at least 3 weeks.
Kre-Alkalyn®

CREATINE CONCENTRATE – ALKALINE FORMULA

Kre-Alkalyn® is a buffered form of creatine that has been chemically designed to have an alkaline pH.

Kre-Alkalyn® increases muscle ATP stores, thus maximizing muscle growth, strength, and recovery.

With Kre-Alkalyn®, you can get the same great benefits from creatine without unwanted bloating or GI distress.

■ Supports Muscle Size & Strength

SUPPLEMENT FACTS
Serving Size: 2 Capsules, Servings Per Container: 120 or 240. Amount Per Serving: Kre-Alkalyn® (buffered creatine monohydrate) 1500mg.

Kre-Alkalyn® is a registered trademark of All American Pharmaceutical® and Natural Foods Corp. Kre-Alkalyn® is a US-patented product registered to All American Pharmaceutical (US patent #6,399,661). International and additional US patents pending. All rights reserved.

Other Ingredients: Maltodextrin, Magnesium Stearate.

Recommended Use: As a dietary supplement, take 2 capsules with 12 ounces of water. For best results, consume at least 64 ounces of water throughout the day.
100% PURE FERMENTED L-GLUTAMINE

Contains only pure Fermented L-Glutamine. Glutamine is an amino acid that accounts for approximately 60% of all free amino acids in the body. Muscle tissue contains especially high concentrations of glutamine.

Supplemental glutamine can help prevent muscle tissue breakdown, increase protein synthesis, increase glycogen storage (energy stores) in muscle, and supports healthy immune function.

- **100 Servings** per Container
- Improves Muscle Recovery
- Boosts Immune Systems

**SUPPLEMENT FACTS**

Serving Size: 1 Scoop (5g), Servings Per Container: 100. Amount Per Serving: L-Glutamine 5000mg.

**Recommended Use:** Take one scoop (approximately 5g) three times per day, with water or juice. Do not exceed recommended dose. Store in a cool dry place. Protect from heat, light, and moisture.
EFA Lean™ Gold Essential Fatty Acid Blend is designed specifically for dieters! It’s a daily dose of the Essential Fatty Acids (EFAs) your body uses to cut body fat and get lean. It provides optimal quantities of all three fatty acid groups – Omega-3, 6 and 9 – as well as Vitamin E and other essential oils, including Tonalin CLA™, recently shown to promote lean muscle mass while burning fat.

- **Provides Support** to help reduce body fat
- **Helps Support Muscle Tone**
- **Promotes Higher Energy Levels**

**SUPPLEMENT FACTS**

Serving Size: 3 Softgel Capsules, Servings Per Container: 60. Amount Per Serving: Calories 30, Calories from Fat 30, Total Fat 3.4g, Saturated Fat .4g, Trans Fat 0g, Cholesterol 0mg, Total Carbohydrate 0g, Dietary Fiber 0g. Polyunsaturated Fat 2030mg, Omega-3 Fatty Acids 925mg, Omega-6 Fatty Acids 715mg, Conjugated Linoleic Acid (CLA) 390mg, Monounsaturated Fat 550mg, Omega-9 Fatty Acids 550mg. EFA Lean™ Proprietary Blend 3657mg: Flax Seed Oil (source of alpha linolenic acid – Omega-3 fatty acids, oleic acid–Omega-9 fatty acids & linoleic acid – Omega-6 fatty acids), Sesame Seed Oil (source of linoleic acid – Omega-6 fatty acids & oleic acid – Omega-9 fatty acids), Safflower Oil (source of 80% conjugated linoleic acid, oleic acid – Omega-9 fatty acids & linoleic acid – Omega-6 fatty acids), Borage Oil (source of linoleic acid–Omega-6 fatty acids, gamma linoleic acid–Omega-6 fatty acids & oleic acid – Omega-9 fatty acids), Sunflower Oil (source of linoleic acid – Omega-6 fatty acids & oleic acid – Omega-9 fatty acids).

Other Ingredients: Pharmaceutical Gelatin, Glycerin USP, Purified Water.

**Recommended Use:** Take 3 EFA Lean™ Gold Softgel Capsules with any meal. (Do not exceed 6 capsules per day.)
HEALTHY ENERGY SHOT

Charge!® SuperShot doesn’t load you up with a lot of sugar, the way other energy drinks do. Its sugar-free formula charges you with healthy energy, consisting of energy-releasing B-vitamins plus natural fruit-based antioxidants to support your body’s natural defenses against cell-damaging oxidative stress. Charge!® SuperShot contains just the right amount of caffeine to leave you refreshed and ready to take on the world.

- Over 2435mg of Natural Anti-Oxidants
- Zero Sugar, Zero Carbs & Zero Crash
- Fast Acting & Long Lasting
- Increases Mental Clarity

SUPPLEMENT FACTS

Serving Size: 1 Bottle. Amount Per Serving: Calories 0, Total Fat 0g, Sodium 0mg, Total Carbohydrates 0g, Sugars 0g, Protein 0g. Vitamin B1, Vitamin B2, Niacinamide, Vitamin B6, Folic Acid, Vitamin B12, Biotin, Pantothenic Acid. Not a significant source of calories from fat, sat fat, trans fat, cholesterol, dietary fiber, vitamin A, vitamin C, calcium, and iron.


Recommended Use: SHAKE WELL. For maximum energy, drink entire bottle.
Lean Body® Men’s Multi-Vitamin gives you essential vitamins, minerals, and micronutrients in the way nature intended them to be.

Contains natural food-based vitamins in efficacious amounts.*

Contains a veggie juice complex, probiotics, and enzymes for digestive support.

Contains NO iron, which is important for men, because iron can build up in the body in dangerously high levels.

Contains Saw Palmetto and L-carnitine for prostate and heart health.

* Food-based vitamins are derived from concentrated natural whole foods, whereas most common vitamins are synthesized in a lab. Some synthetic vitamin formulas are inferior because they only deliver a fraction of the highly complex structures such as antioxidants, coenzymes, enzymes, and trace elements found in whole food formulas. These structures all work together synergistically to nourish the body.

### Specifically Formulated for Men

- **Food Based from Natural Sources**
- **NO IRON**
- **Veggie Complex with Digestive Support**
- **Gentle on the Stomach**
- **Contains NO Yeast, Soy, Gluten, Lactose, Dairy, Wheat**
- **Just Two Capsules Per Day**

### SUPPLEMENT FACTS

Serving Size: 2 Capsules, Servings Per Container: 30. Amount Per Serving:
- Vitamin A (as Beta Carotene) 5,000IU
- Vitamin C (as Ascorbic Acid and Ascorbyl Palmitate) 126mg
- Vitamin D (as Cholecalciferol) 800IU
- Vitamin E (as Natural D-Alpha-Tocopheryl Succinate) 30IU
- Thiamin (as Thiamine HCl) 25mg
- Riboflavin 25mg
- Niacin (as Niacinamide) 25mg
- Vitamin B6 (as Pyridoxine HCl) 25mg
- Folate (as Folic Acid) 100mcg
- Vitamin B12 (as Cyanocobalamin) 25mcg
- Biotin 150mcg
- Pantothenic Acid (as Calcium D-Pantothenate) 25mg
- Calcium (as Calcium Carbonate and Calcium D-Pantothenate) 202mg
- Magnesium (as Magnesium Oxide) 100mg
- Zinc (as Zinc Citrate) 10mg
- Selenium (as Selenium Citrate) 200mcg
- Copper (as Copper Chelate) 1mg
- Manganese (as Manganese Sulfate Monohydrate) 2mg
- Chromium (as Chromium Polynicotinate) 200mcg
- Molybdenum (as Molybdenum Citrate) 75mcg
- Choline Bitartrate 25mg
- Inositol 20mg
- Betaine HCl 10mg
- Citrus Bioflavonoid Complex (Citrus limonum, Citrus sinensis, and Citrus paradise peel) 25mg
- Saw Palmetto Berry Extract 75mcg
- Carnipure™ Tartrate (L-Carnitine L-Tartrate) 50mg
- Complete Digestive Support (Amylase, Alpha-Galactosidase, Protease, Cellulase, Glucoamylase, Phytase, Invertase, Lactase, Lipase, Bromelain, Lactobacillus acidophilus) 50.1mg

Other Ingredients: Hypromellose (capsules), Bamboo Stem Extract.

Recommended Use: Take two capsules with water in the a.m. before or with a meal.
WELLNESS

Your Health IS OUR BUSINESS
**Garcinia Cambogia**

**FAT LOSS AID**

The active ingredient in Labrada Garcinia Cambogia is hydroxycitric acid (HCA.) HCA is a safe, natural supplement for fat loss and weight management. HCA also acts as an appetite suppressant and helps control cravings. And, while many HCA products are not well absorbed, Labrada Garcinia Cambogia contains Super CitriMax® (HCA-SX), which has superior bioavailability, especially when taken on an empty stomach.

- **Clinical Dose of Super CitriMax® (60% HCA)**
- **Increases Fat Burning / Curbs Appetite**

**SUPPLEMENT FACTS**

Serving Size: 2 Capsules, Servings Per Container: 45. Amount Per Serving: Calcium (as hydroxycitrate) 125mg, Potassium (as hydroxycitrate) 187mg, Garcinia cambogia Extract* 1560mg (standardized minimum 60% (-)-Hydroxycitric acid (HCA)) 936mg. Other Ingredients: Hypromellose (capsules).

Recommended Use: Take 2 capsules three times per day, 30–120 minutes before each meal.

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**Green Coffee Bean Extract**

**FAT LOSS OPTIMIZER**

Green Coffee Bean Extract is a natural powder extract from unroasted coffee beans. Green Coffee Bean Extract is rich in natural compounds, such as chlorogenic acids, which can help increase fat burning and metabolism.

- **Stimulant-Free**
- **Contains Svetol® (45% Chlorogenic Acids)**
- **Supports Fat Loss**

**SUPPLEMENT FACTS**

1 Capsule, Servings Per Container: 90. Amount Per Serving: Green Coffee Bean Extract (Svetol®* standardized to 45–50% total Chlorogenic Acids) 400mg.

*Svetol® is a trademark by Naturex

Other Ingredients: Gelatin (capsule).

Recommended Use: Take one 400mg capsule, three times per day, 30 minutes before each meal.
Soreness Recovery Enzymes

Sorenzyme™ contains unique proteolytic enzymes in scientifically-based concentrations that work on a systemic (whole body) level, to help reduce muscle and joint soreness.

- **Systemic (Whole Body) Anabolic Enzyme Matrix**
- **Relieves Delayed-Onset Muscle Soreness (D.O.M.S.)**

**SUPPLEMENT FACTS**

Serving Size: 4 Capsules, Servings Per Container: 30. Amount Per Serving: Protease (500,000 HUT/g) 480mg, Bromelain (3300 GDU/g) 25mg, Lysozyme chloride (22,800 U/mg) 14mg, Chymotrypsin (1000 U/mg) 3mg, Papain (50,000 USP/mg) 74mg, Amylase (100,000 SKB/g) 14mg, Lipase (50,000 FIP/g) 14mg, Beta-sitosterol (60/100 min) 14mg, Beta-sitosterol glucoside 630mcg.

Other Ingredients: Rice Flour, Silica, Magnesium Stearate.

Recommended Use: Take 4 capsules once daily on an empty stomach or as recommended by your health care professional. **Elite level athletes:** Take 4 capsules, twice daily on an empty stomach.

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Soreness Recovery Enzymes

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Joint UC-II®

COLLAGEN WITH UNDENATURED TYPE II COLLAGEN

Joint UC-II® contains a natural, safe, and effective patented dietary ingredient that consists of hi-quality collagen with undenatured type II collagen. Joint UC-II® has been formulated to help support overall joint comfort, and has been shown to help increase joint flexibility. Joint UC-II® may help improve joint mobility, and comes in a small and convenient easy-to-take capsule.

For more information visit:

- Supports Joint Comfort
- Helps Joint Mobility
- Aids in Joint Function

SUPPLEMENT FACTS
Serving Size: 1 Capsule, Servings Per Container: 60. Amount Per Serving: UC-II® Standardized Cartilage 40mg, Total Collagen 10mg. UC-II® brand collagen with undenatured type II collagen. (US Patents 7,846,487, 7,083,820 and EPO Patent EP1435906B1 and worldwide patents pending.)

Other Ingredients: Magnesium Stearate, Stearic Acid, Silicon Dioxide and Microcrystalline Cellulose.

Recommended Use: Use as a dietary supplement, take one capsule daily.

Elasti-Joint®

JOINT SUPPORT FORMULA

Anyone who puts their body through grueling workouts, sports, or other activities knows what it's like to experience joint stress and stiffness. Relief comes with ElastiJoint® Joint Support Formula – a scientifically-formulated product designed for active people who want to strengthen and maintain healthy joints.

ElastiJoint® is just as effective for those who are simply feeling the effects of natural aging, or who want to maintain flexibility.

- Naturally Supports Healthy Joints & Connective Tissue
- All in One Daily Scoop - Clinical Amounts of MSM, Glucosamine, Chondroitin, Gelatin

FLAVORS: Fruit Punch, Grape, Orange

SUPPLEMENT FACTS
Serving Size: 1 Scoop (12.5g), Servings Per Container: 28. Amount Per Serving: Calories 20, Total Carbohydrates 5g, Sugars 1g, Sodium 125mg, Protein 4g, Vitamin C (as Ascorbic Acid) 990mg. Hydrolyzed gelatin (from collagen) 5000mg, Methylsulfonylmethane 2000mg, Glucosamine sulfate (from shellfish) 1500mg, Chondroitin sulfate 1200mg.

Other Ingredients: Citric Acid, Maltodextrin, Natural & Artificial Flavors, Sucralose, Acesulfame Potassium, Beet Root. Nutrition facts may vary by flavor.

Recommended Use: Stir 1 scoop of ElastiJoint® support formula into 1 cup (8 fl oz) of room temperature water. Stir or blend until smooth and drink. Do not exceed 2 scoops per day.

Contains: Shell Fish.
FULL-SPECTRUM SUPERFOOD

Greens Full-Spectrum Superfood are the most convenient and nutritious way to get natural whole food nutrition from an assortment of NON-GMO super foods, vegetables, and fruits.

- Contains Antioxidant Equivalent of 2 Servings of Vegetables (ORAC Equivalent)
- Non-GMO / USDA Organic
- Ideal for those on Alkalizing Diets, Vegetarians, Athletes

SUPPLEMENT FACTS
Serving Size: 1 Scoop (7 g). Servings Per Container: 30 Amount Per Serving: Calories 25, Calories from Fat 5, Total Fat 0g, Saturated Fat 0g, Trans Fat 0g, Cholesterol 0g, Sodium 5mg, Total Carbohydrate 5g, Dietary Fiber 3g, Sugar 1g, Protein 1g. Vitamin A 30%, Vitamin C 50%, Calcium 2%, Iron 4%.


Recommended Use: Stir 1 scoop in 8 oz of water. Use 1 or 2 times daily. Refrigerate after opening.
Salted Caramel Lean Body® RTD

The Labrada Lean Body® Ready-to-Drink (RTD) Shake is more than just a convenient drink – it’s a nutritional powerhouse designed to help you quickly burn fat and build muscle. With 40 grams of high-quality protein and zero sugar per serving, Lean Body® RTDs make getting that perfect physique easier than ever.

40g Protein
ZERO SUGAR
Gluten Free
Lactose Free

A NEW TASTE SENSATION

40g PROTEIN
ZERO SUGAR
GLUTEN FREE
LACTOSE FREE

Salted Caramel Protein Shake

L E E L A B R A D A ’ S
QUALITY GUARANTEE

“If it’s on the label, it’s in the bottle!”

This product is independent lab assayed for purity.

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