

PERFORM LINE*Sports Performance Solutions***T-Lyft™**
\$79.99**Product Description:**

Top Trainer® T-Lyft™ supports a man's natural testosterone production. Expect to see an increase in strength, stamina, fat loss, lean muscle and sex drive.†

- 30 Servings
- 90 Capsules
- 2,360 mg Natural Test Complex
- **Gluten Free, Dairy Free!**

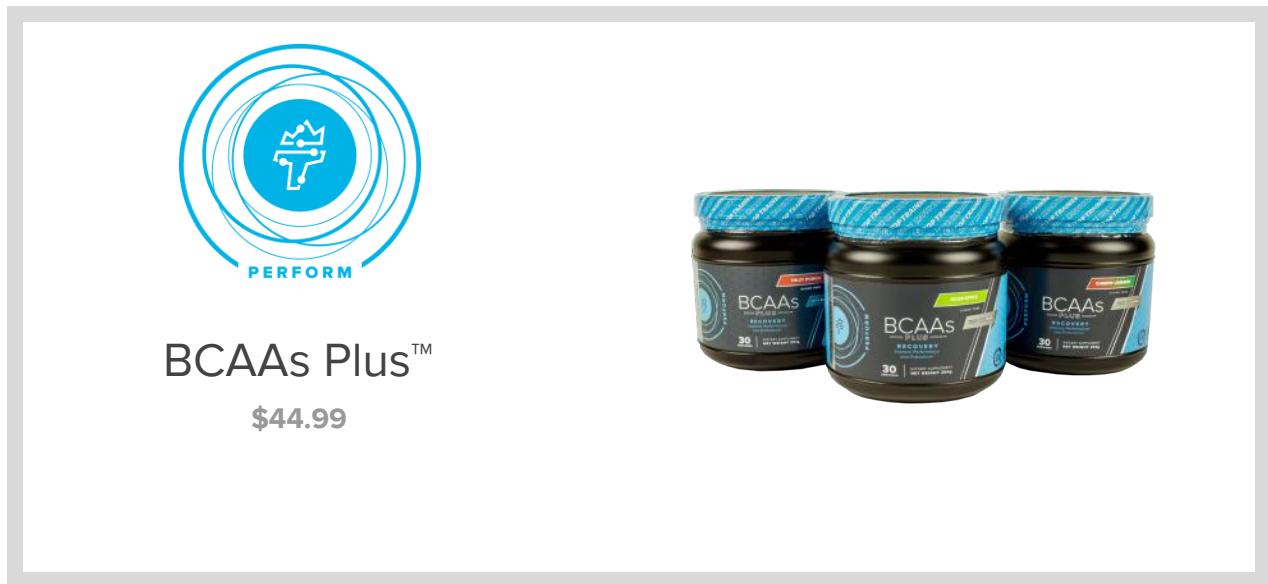
KEY INGREDIENTS

Tribulus Terrestris- Help improve natural testosterone and helps elevate libido in men

Fenugreek: Fenugreek acts by inhibiting enzymes that breakdown testosterone

Stinging nettle: Stinging Nettle extract helps in increasing the levels of testosterone by inhibiting the binding of testosterone to sex hormone binding globulin that in turn enhances the levels of free testosterone.

Acetyl L Carnitine- This Amino Acid has the ability to enhance free-testosterone utilization



Available in 3 amazing flavors:

FRUIT PUNCH

SOUR APPLE

CHERRY LIMEADE

Product Description:

Top Trainer® BCAAs Plus™ is an innovative formula with glutamine designed to take your workout and recovery up a notch so that you can get you back to your workouts at a faster rate.‡

- 30 Servings
- 6g BCAA (3g Leucine, 1.5g isoLeucine, 1.5g Valine)
- L-Glutamine 2g
- Optimal 2:1:1 Ratio
- **Soy, Dairy, Gluten, Sugar Free!**

KEY INGREDIENTS

Leucine, isoleucine, and valine: Of these three, leucine is the muscle-building powerhouse. To unlock the full effects of leucine, the latest research suggests consuming 3 grams a sitting, at least 3 times during the day. Our BCAAs Plus™ uses the most optimal ratio of 2:1:1. Our muscles naturally contain a 2:1:1 ratio, meaning we should use this to replenish our natural stores.

Glutamine: During intense training, Glutamine levels are greatly depleted in your body, which decreases strength, stamina and recovery. Studies have shown that L-Glutamine supplementation minimizes the breakdown of muscle and improve protein metabolism.

**Product Description:**

Top Trainer® Cr-Power™ is a stimulant free, 3-in-1 creatine supplement designed for anyone looking to increase strength and enhance muscle growth. Get back to the gym faster with quicker recovery times from Cr-Power™.‡

- 6 Week Supply
- 3-In-1 Creatine (2.9g)
- **Non GMO, Gluten, Dairy, Soy Free!**

KEY INGREDIENTS

Creatine MagnaPower is a magnesium creatine chelate, which means that the two nutrients aren't just included in this ingredient, they're bonded together. Magnesium is an important component, since creatine requires an atom of magnesium in order to produce ATP and, once converted, ATP requires magnesium to synthesize.

CreaPure: This premium German Creatine Monohydrate (Creapure®) has been shown in many scientific studies to enhance performance in successive bursts of short-term, high intensity exercise.*

Creatine Phosphate: Muscle cells use creatine primarily to form creatine phosphate, a high-octane chemical which provides the energy needed for short, fast efforts. Creatine phosphate does this by 'donating' its phosphate to a chemical called ADP; this forms ATP, which provides the energy for all work done by muscle cells.

Beet Nitrate: Beets contain dense amounts of high quality nitrates which convert into nitric oxide. Attack™, containing Beet Nitrate, will help you utilize oxygen much more efficiently and increase blood flow, creating a higher level of athletic performance with instant and long lasting energy.

**Product Description:**

Top Trainer® N.O. Pump™ is a unique nitric oxide supplement that enhances stamina, endurance & vascularity. Get rock hard muscles with N.O. Pump™,‡

- 42 Servings
- 6 Week Supply
- **Gluten, Dairy Free!**

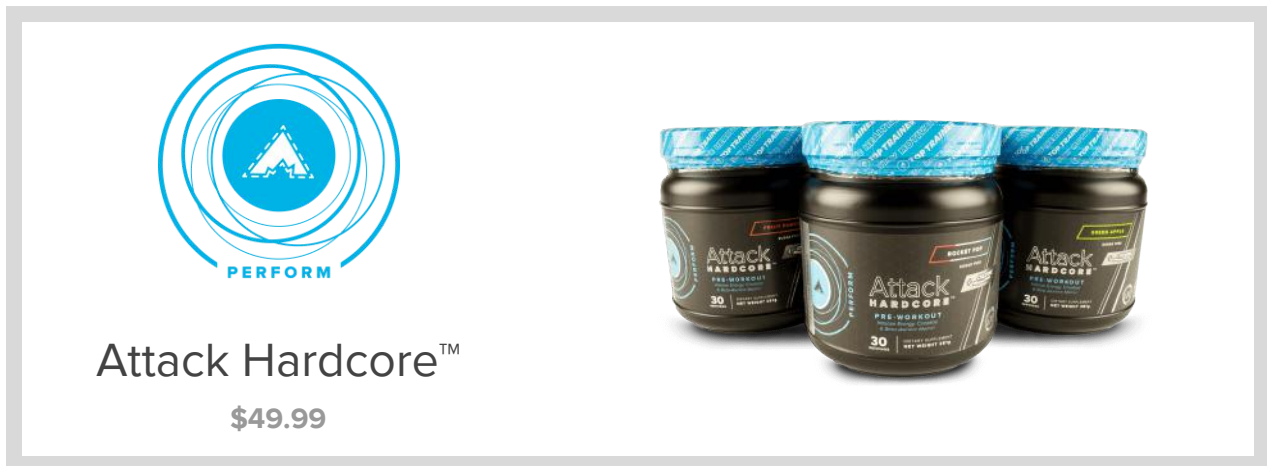
KEY INGREDIENTS

L-Arginine A-Ketoglutarate: A nonessential amino acid that's necessary when it comes to making nitric oxide making more proteins available to the body during exercise cycles. Several studies found that the use of arginine alpha-ketoglutarate by bodybuilders promoted larger and longer lasting pumps.

Beet Nitrate: Beets contain dense amounts of high quality nitrates which convert into nitric oxide. Attack™, containing Beet Nitrate, will help you utilize oxygen much more efficiently and increase blood flow, creating a higher level of athletic performance with instant and long lasting energy.

Beta Alanine: Beta-Alanine, non-essential amino acid produces Carnosine which reduces lactic acid accumulation in your muscles during exercise, which leads to improved athletic performance. This will provide a boost in short-to-medium duration high-intensity muscle performance. In addition, Beta-Alanine promotes explosive muscular strength, power output and muscle mass.

Black Pepper Fruit Extract: This powerful ingredient enhances the bioavailability for better absorption.



Available in 3 amazing flavors:

FRUIT PUNCH

GREEN APPLE

ROCKET POP

Product Description:

Top Trainer® Attack Hardcore™ is pre-workout designed for the athlete and bodybuilder. Feel the tingle and feel the power with this beta-alanine and creatine MagnaPower infused supplement.

- 30 Servings
- 3g Creatine MagnaPower
- 2g Beta-Alanine
- 290mg Caffeine
- **Sugar, Gluten, Dairy, Soy Free!**

KEY INGREDIENTS:

Creatine MagnaPower is a magnesium creatine chelate, which means that the two nutrients aren't just included in this ingredient, they're bonded together. Magnesium is an important component, since creatine requires an atom of magnesium in order to produce ATP and, once converted, ATP requires magnesium to synthesize. And because it's a chelate, Creatine MagnaPower draws on the strengths of creatine and magnesium while also minimizing potential creatine loss. [Increased creatine bioavailability] Supplementing with isolated creatine leaves the ingredient vulnerable to lactamation reaction.

Creatine MagnaPower protects creatine because:

- Magnesium neutralizes the acidic conditions in which lactamation reaction thrives
- MagnaPowers patented chelated technology inherently protects the creatine molecule

Beta-Alanine: Beta-Alanine, non-essential amino acid produces Carnosine which reduces lactic acid accumulation in your muscles during exercise, which leads to improved athletic performance. This will provide a boost in short-to-medium duration high-intensity muscle performance. In addition, Beta-Alanine promotes explosive muscular strength, power output and muscle mass.

L-Citrulline Malate 2:1: It helps boosts nitric-oxide levels, which can help dilate your blood vessels, allowing more oxygen and nutrients to be delivered to your muscles.

Malate serves as an important component in the tricarboxylic (or TCA) cycle, which is one way your body produces energy. When you increase malate levels, you increase energy production. Therefore, citrulline malate provides the one-two punch of bringing additional blood—and subsequently, oxygen and nutrients—to exercising muscles, as well as providing increased energy to boost performance levels.

Nootropics: L-Tyrosine and Huperzine A which will help mood and general positive cognitive ability. Your members will be feeling great during and after their workout!

QUICK COMPARISON

Key Advantages:

More Creatine, Beta-Alanine and includes L-Citrulline Malate.

| |  TopTrainer Attack Hardcore |  C4 Pre-workout |
|---------------------|--|--|
| Creatine | 3g (MagnaPower) | 1g |
| Beta-Alanine | 2g | 1.6g |
| L-Citrulline Malate | 2g | 0 |
| L-tyrosine | 500mg | * |



Attack™
\$46.99



Available in 3 amazing flavors:

FRUIT PUNCH

BLUE RASPBERRY

WATERMELON

Product Description:

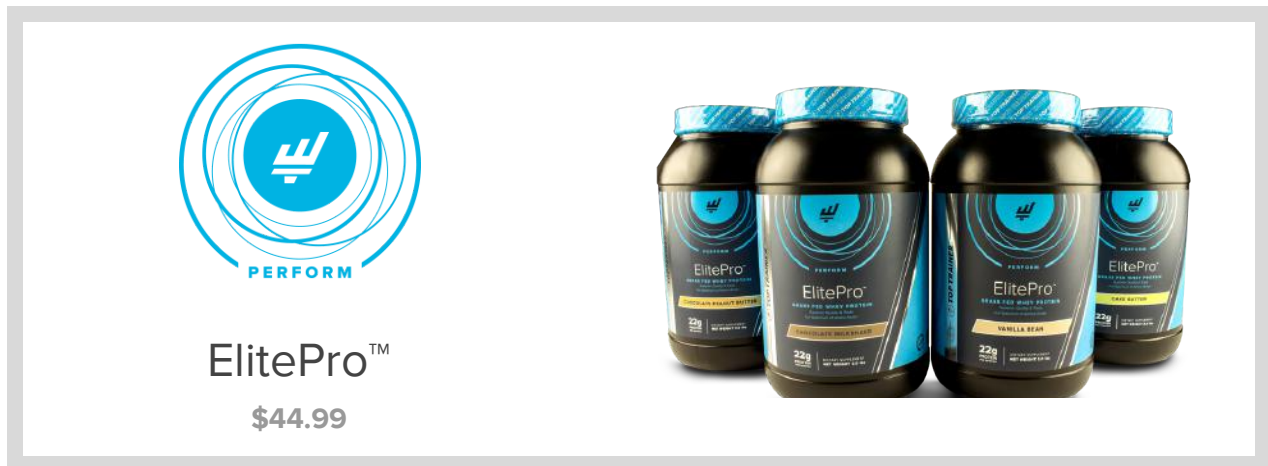
Top Trainer® Attack™ is a multi-dimensional formula intended for both pre-workout and also a healthy replacement for your energy drink or coffee. This creatine-free product features key vitamins, minerals and nutrients for instant and long lasting energy.‡

- 42 servings
- 0 sugar
- 23 vitamins/minerals/nutrients (Energy)
- 120mg Caffeine
- **Gluten, Dairy, Creatine & Sugar Free!**

KEY INGREDIENTS

Beet Nitrate: Beets contain dense amounts of high quality nitrates which convert into nitric oxide. Attack™, containing Beet Nitrate, will help you utilize oxygen much more efficiently and increase blood flow, creating a higher level of athletic performance with instant and long lasting energy.

Vitamin B Complex: Support and increase rate of metabolism, ease stress and improve mood.



Available in 4 amazing flavors:

**CHOCOLATE
MILKSHAKE**

**VANILLA
BEAN**

**CHOCOLATE PEANUT
BUTTER**

**CAKE
BATTER**

Product Description:

Top Trainer ElitePro™ contains grass fed whey protein. Whey is the foundation for anyone wanting to build lean muscle or burn fat. Grass Fed Whey Protein is the healthiest and highest quality whey protein available. Using ElitePro™ in your diet will protect your hard-earned muscle tissues and force your body to burn fat for energy. Use ElitePro™ as a quick breakfast, post workout or as a healthy snack.†

- 22G Protein
- Calories: 110
- Servings: 32
- Complete Amino Acid Profile
- **Non GMO, rBGH, Gluten, Soy Free!**

KEY INGREDIENTS

rBGH FREE, NON GMO Grass Fed Whey Protein: ElitePro™ contains a much higher biological value than standard whey protein powders, meaning your body is able to digest and absorb more of the protein and nutritional value. Sourced from grass fed cows from small independent farms not treated with rBGH (Recombinant Bovine Growth Hormone).

Flash Pasteurized: Processed at low temperatures to protect the nutrients in their natural state. Most other whey is heat processed which makes the whey acidic, nutritionally deficient & damages the immuno-supportive micronutrients and amino acids.