

SUPPLEMENT GUIDE

MONSTER MIX



Assists in recovery. 100 more calories than whey protein and includes 5g creatine.

CREATINE MONOHYDRATE



Improve muscle cell growth and performance, improves muscle hydration. Boosts brain function and fights neurological disorders.

WHEY PROTEIN



Fast absorbing. Improves muscle repair. 8 ingredients and less than a gram of sugar. Convenient way to increase daily protein requirements.

VITAMIN D-3



Bone/muscle growth, immune function. Fights depression, inflammation, heart disorders. Ingest with a fat as it is fat soluble.

MAGNESIUM BIGLYCINATE



Improve sleep, bone health, blood sugar management, reduce PMS and anxiety symptoms.

GREENS COMPLEX



Reduced risk of obesity, heart disease, high blood pressure, and mental decline. Regulates blood sugar and aids in digestion.

FISH OIL



Supports heart, bone, eye, skin health. Fights inflammation.

MEGA MULTI-VITAMIN



Fill nutritional gaps and are an insurance policy.

ZINC



Aids in immune and metabolism function, wound/skin healing, reduce inflammation.