

HardCore

Sport Nutrition

We build your physique

CREATINE-GLUTAMINE-TAURINE

HARDCORE'S CREATINE-GLUTAMINE-TAURINE belongs to the latest generation of volume gain and training boosters. Its complete formula includes 300 mg per capsule of creatine monohydrate (to increase stamina at the same time as favouring recuperation), 300 mg of glutamine (to foster the natural anabolic phase) and 300 mg of taurine (to achieve a hypoglycaemic effect and to improve insulin activity).

The combination CREATINE-GLUTAMINE-TAURINE in a 1:1:1 proportion makes the new product of HARDCORE the best aid for the athlete's recuperation after effort and a great ally for muscle protection and mass increase prior to that effort.

Scientific research on HARDCORE'S CREATINE-GLUTAMINE-TAURINE has shown that, taken before exercise, CREATINE-GLUTAMINE-TAURINE significantly improves training results and the power of this unbeatable trio CREATINE-GLUTAMINE-TAURINE means that it is now considered to be the most efficient and powerful volume gaining supplement on the market.



COMPOSITION PER CAPSULE:

	mg./cap.
Creatine	300
Taurine	300
Glutamine	300
Excipient:	

CAPSULE:

Gelatin, glycerin and purified water

NUTRITIONAL INFORMATION:

	<u>Per 100 g.</u>	<u>Per capsule (1100 mg)</u>
Energy:	380.73 Kcal = 1586 Kj	4.18 Kcal = 17.4 Kj
Proteins:	73 g.	803 mg.
Carbohydrates:	11 g.	121 mg.
Fat:	3.86 g.	42 mg.

PRESENTATION:

100 capsules of 1100 mg.

NET WEIGHT: 110 g.

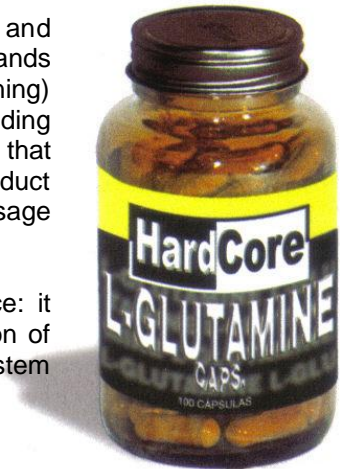
RECOMMENDED USE:

Take 2 capsules daily before training

L-GLUTAMINE CAPS

L-Glutamine is more related to the majority of metabolic processes and enzymatic reactions than any other amino acid. L-glutamine demands during stress processes (especially during high intensity training) increases considerably. That is why HARDCORE, in its never-ending race to be in the vanguard of the supplements that really work and that athletes need, soon understood the necessity of incorporating a product of pure glutamine in its line: **L-GLUTAMINE CAPS** permits exact dosage according to the individual's body weight.

L-GLUTAMINE CAPS is the cellular volume gainer par excellence: it prevents the catabolism of muscle protein, stimulates the production of glycogen, improves the acid base system, stimulates the immune system and increases the secretion of the growth hormone in plasma.



COMPOSITION PER CAPSULE:

Glutamine Powder	mg./cap.
Excipients	700

CAPSULE:

Gelatin, glycerin and purified water.

NUTRITIONAL INFORMATION:

	<u>Per 100 g.</u>	<u>Per capsule (940 mg)</u>
Energy:	406,38 Kcal = 1.693.25 Kj	3.82 Kcal = 15.92 Kj
Proteins:	71.27 g.	670 mg.
Carbohydrates:	20.20 g.	190 mg.
Fat:	4.25 g.	40 mg.

PRESENTATION: 100 capsules of 940 mg.

NET WEIGHT: 94 g.

RECOMMENDED USE: Take 2-4 capsules per day according to bodyweight

L-ARGININE, L-ORNITHINE, L-LYSINE CAPS

L-ARGININE, L-ORNITHINE, L-LYSINE CAPS of HARDCORE is a compound made up of natural nutrients which favour the natural production of nitric oxide. Scientific research has demonstrated that the body converts the amino acid arginine into nitric oxide, which is absorbed by the smooth muscle cells which make up the blood vessels, favouring their relaxation, reducing blood pressure and stimulating circulation and blood flow.

Furthermore, L-GLUTAMINE CAPS of HARDCORE stimulates the natural process of GH development (Human Growth Hormone) which has a potentially positive effect on muscle growth. Although this GH activity goes on all life long, the activity of this hormone diminishes. This is why L-GLUTAMINE CAPS has become a highly useful tool in today's anti-aging medicine-

Finally, and no less important, L-arginine, by stimulating blood flow, increases sexual potency, especially in men of a sexually active age.



INGREDIENTES: L-arginine, L-ornithine, L-lysine, Excipients: [gelatin, glycerin, purified water]

COMPOSITION PER CAPSULE:

- L-arginine: 200mg
- L-ornithine: 200mg
- L-lysine: 200mg

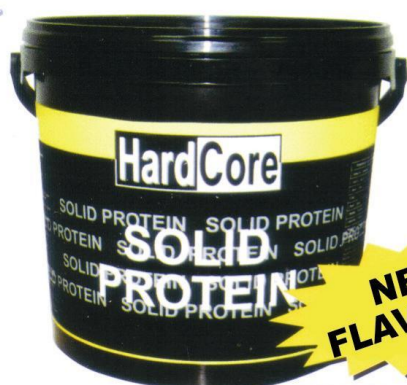
NUTRITIONAL INFORMATION:

	<u>Per 100 g.</u>	<u>Per capsule (940 mg)</u>
Energy:	400,7 Kcal = 1.669.5 Kj	3.4 Kcal = 14.2 Kj
Proteins:	70.8 g.	601 mg.
Carbohydrates:	20.9 g.	177 mg.
Fat:	3.5 g.	29 mg.

RECOMMENDED USE: 2-4 capsules per day 30 minutes before training and before bedtime

PRESENTATION: 100 capsules of 850mg

SOLID PROTEIN



SOLID PROTEIN, a basic and specific protein but solid and of high quality, is formed from the concentrate of instant serum protein obtained by ultra micro-filtration through cross flow and ionic exchange. That is to say, a complete protein which offers you all the percentage of the proteins and other macronutrients you need in your training.

With a 50 gr dose of **SOLID PROTEIN**, you are giving your body the adequate supplement to complete, together with your diet, your daily needs of protein.

In addition, **HARDCORE** offers it to you in economical 3 Kg containers so that it will last longer and so that you won't need to visit your sports diet shop constantly.

INGREDIENTES: Whey protein concentrate instant cross flow ultrafiltration and ion exchanged, Cocoa powder, chocolate flavour, Sweeteners (inuline, aspartame).

Nutritional Information:

	PER 100 G
CALORIES	386,92
Kj	1636,12
PROTEIN	75,15 g
FAT	4,44 g
CARBOHYDRATES	11,11 g
FIBER	1,28 g

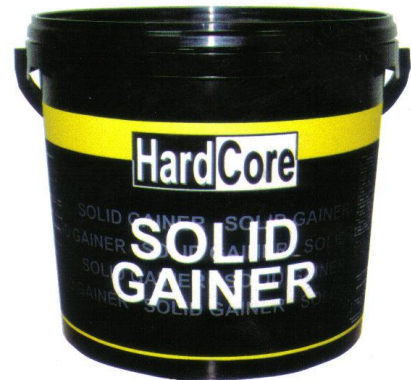
RECOMMENDED USE: Mix 50 g (2 tablespoon) with liquid (water, slimmed milk, etc), once or twice per day

AMINOACIDS PER 100 GRAMS:

L Glycine: 1,00g
L Proline: 4,37g
L Alanine: 6,25g
L Arginine: 3,94g
Aspartic acid: 12,17g
L Lysine: 6,47g
L Serine: 5,80g
L Valine: 2,99g
L Phenylalanine: 3,35g
L Threonine: 5,12g
L Isoleucine: 4,81g
L Methionine: 0,77g
L Histidine: 8,28g
L Tyrosine: 3,39g
L Leucine: 7,01g

SOLID GAINER

SOLID GAINER by HARDCORE is a supplement which ensures muscle mass gains by means of high biological value serum proteins in a proportion of 35% with a combination of carbohydrates of different glycemic indices (simple and complex carbohydrates, as well as source of dietetic fibre which stimulates the digestion)), in a proportion of 56%. The result is, in short, spectacular.



With this formula, thanks to the contribution of serum protein, we manage to encourage muscle repair and stimulate the synthesis of muscle mass, ensuring a higher protein intake. At the same time, we have a highly energetic shake which contributes sufficient carbohydrates as a source of quality energy, avoiding the storage of fat and ensuring the weight gain we have fixed as part of our aims.

It has an excellent flavour, is easy to dissolve and its nutrient contribution is ideal.

Available in 3 Kg containers. Chocolate and vanilla flavours.

INGREDIENTS: Whey protein concentrate instant cross flow ultrafiltration and ion exchanged, maltodextrine, fructose, Cocoa powder, chocolate and vanilla flavour, Sweeteners (inuline, aspartame), vainilline.

NUTRITIONAL INFORMATION:

	PER 100 G
CALORIES	387,77
Kj	1635,29
PROTEIN	35,30 g
CARBOHYDRATES	54,96 g
FAT	2,19 g
FIBER	1,68 g

RECOMMENDED USE: Mix 50 g (2 tablespoons) with liquid (water, skimmed milk, etc), once or twice per day

AMINOACIDS PER 100 g:

L Glycine: 1,00g
L Proline: 4,37g
L Alanine: 6,25g
L Arginine: 3,94g
Aspartic acid: 12,17g
L Lysine: 6,47g
L Serine: 5,80g
L Valine: 2,99g
L Phenylalanine: 3,35g
L Threonine: 5,12g
L Isoleucine: 4,81g
L Methionine: 0,77g
L Histidine: 8,28g
L Tyrosine: 3,39g
L Leucine: 11,02g

PHOSPHACELL



PHOSPHACELL by HARDCORE is a state-of-the-art formula which combines the effectivity of creatine monohydrate with the cell gaining effect of taurine and the capacity to phosphorylate the energy molecules of the body by means of the incorporation of phosphates for the first time in the market in a formula of these characteristics.

PHOSPHACELL by HARDCORE favours the phosphorylation of the muscle cell increasing its energy contribution.

The formula contributes 80% carbohydrates, 12% creatine and 2.5% taurine.

This has never been seen before. The **PHOSPHACELL** formula is second to none and its results can be seen in less than 5 days.

All this with the addition of high glycemic carbohydrates, which improve the absorption of creatine by stimulating the transport system the cell interior and by increasing the secretion of insulin.

Available in 1 Kg containers. Orange flavoured.

INGREDIENTS: Dextrose, creatine monohydrate (creapure®), orange flavour, citric acid, taurine, magnesium phosphate, colour: E-110

COMPOSITION PER CAPSULE:

- L-arginine: 200mg
- L-ornithine: 200mg
- L-lysine: 200mg

NUTRITIONAL INFORMATION:

	Per 100 g.
Energy:	337,8 Kcal = 1.563.12 Kj
Proteins:	2,5 g.
Carbohydrates:	81,95 g.
Fat:	0 g.

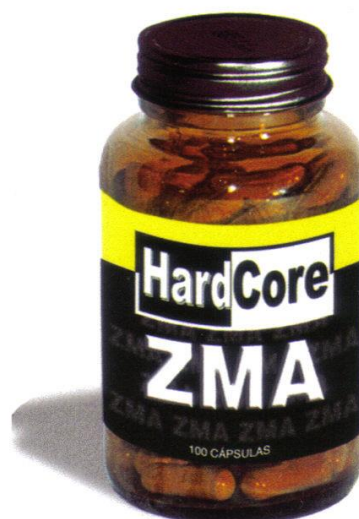
RECOMMENDED USE: Mix 4 tablespoons (approximately 45 grams) in 200 ml of water before training

PRESENTATION: 1 kg

ZMA

HARDCORE ZMA is a synergic combination of ZINC, MAGNESIUM AND VITAMIN B6 especially designed to stimulate MUSCLE STRENGTH, RESISTANCE and RECUPERATION. Taken before going to bed, it ensures deep rest and repairing sleep, especially after an intense training session, at the same time as providing greater muscle gain.

The advantage of taking the three ingredients together and at optimum doses is that it frees circulation and provides synergic effects.



In addition:

- ✓ **HARDCORE ZMA** is an alternative to the use of pro-hormones;
- ✓ **HARDCORE ZMA** stimulates the release of endogenous testosterone (total and free), of IGF-1; factor and improves muscle strength;
- ✓ It improves the tissues and cell growth
- ✓ The magnesium of **HARDCORE ZMA** stimulates energy production and the neuromuscular function;
- ✓ The addition of vitamin B6 to the formula increases the absorption and use of magnesium and zinc in the body.

HARDCORE ZMA may be indicated as one of the most frequently used sports supplements by bodybuilders and FITNESS practitioners, from professionals to amateurs and even beginners, both men and women.

COMPOSITION PER CAPSULE:

	mg./cap.
Zinc acetate	20
Magnesium acetate	600
Vitamin B6	0.7
Excipients	

OTHER INGREDIENTS:

Gelatin, glycerin and purified water

NUTRITIONAL INFORMATION:

	Per 100 g.	Per capsule (770.7 mg)
Energy:	297.66 Kcal = 1240 Kj	2.29 Kcal = 9.5 Kj
Proteins:	2 g.	15.4 mg.
Carbohydrates:	51.82 g.	399.4 mg.
Fat:	7.24 g.	55.8 mg.

PRESENTATION: 100 capsules.

Weight per capsule: 770.7 mg.

NET WEIGHT: 77.07 g.

RECOMMENDED USE: Take 1 -2 capsules daily, preferably 30-60 minutes before bedtime

NITROVECTOR



NITROVECTOR is the first formula on the Spanish market which generates nitric oxide. Number 1 in the United States, the results of this product are revolutionising the concept of sports nutrition all over the world. **NITROVECTOR** is a powerful vasodilator and muscle growth booster which increases the values of nitric oxide in the .

Its revolutionary formula of arginine alpha-ceto-glutarate and L-arginine has proved its efficiency in increasing the concentration of the enzyme nitric oxide synthase, the enzyme which catalyses the reaction in which nitric oxide is synthesised. Providing the body with the “building bricks” responsible for synthesising NO, the muscle gains observed are unprecedented. It has been demonstrated that, with **NITROVECTOR**, the weight gain analysed is made up of lean muscle mass and never fat or liquid.

In addition, increases have been observed in recuperation and in sports performance.

NITROVECTOR is a powerful cellular vasodilator. It improves the blood flow and favours the release of nutrients in the muscle cell. And, if that were not sufficient, it acts as a signal molecule which favours the growth of new muscle tissue by activating protein synthesis.

INGREDIENTS PER CAPSULE

- Arginine Alpha Ketoglutarate	375 mg
- L-Arginine	300 mg
- L-Ornithine	75 mg
- Excipients	

NUTRITIONAL INFORMATION:

	100g	Per Capsule
- Proteins	>80 g	632 mg
- Carbohydrates	0-13 g	0-102.7 mg
- Fat	4,43 g	35 mg
- Energy	408-412 Kcal/1700-1716 Kj	3.22-3.25 Kcal/13.4-13.5Kj

PRESENTATION:

70 capsules.

Weight per capsule 890 mg.

NET WEIGHT: 62,3 g

RECOMMENDED USE:

1 capsule 3 times per day, on an empty stomach

HARD AMINO

HARD AMINO is a very complete formula of essential and nonessential amino acids that, taken before the three main meals and before taking your protein supplement, increases in an incredibly effective way the biological value of proteins, improving the corporal tissues synthesis and nourishing the cells with a complete aminogram. **HARD AMINO** is the only formula of complete amino acids made from pure amino acids of pharmaceutical quality, that avoids the long digestive process that would happen with formulas with hydrolyzed peptides or that needs to be absorbed and assimilated; Free amino acids go to the circulatory system faster and arrive at the cells easily. In addition, the form of gelatinous capsules, guarantees that the product arrives in 10 to 15 minutes at the intestines being the end of the obsolete presentations with tablets or hydrolyzed protein capsules.



COMPOSITION PER CAPSULE:

	mg./cap.
L-Lysine	57,5
L-Histidine	12,5
L- Aspartic Acid	65
L-Threonine	30
L-Serine	32,5
L- Glutamic Acid	107,5
L-Proline	40
L-Tryptophane	10
L-Alanine	32,5
L-Cysteine	12,5
L.Glycine	15
L-Valine	30
L-Isoleucine	45
L-Leucine	70
L-Methionine	14
L-Tyrosine	22,5
L-Phenylalanine	20
Excipients	

CAPSULE:

Gelatin, glycerin and purified water.

NUTRITIONAL INFORMATION:

	<u>Per 100 g.</u>	<u>Per capsule</u>
Energy:	400 Kcal = 1666 Kj	2.54 Kcal = 10.6 Kj
Proteins:	75.81 g.	482 mg.
Carbohydrates:	18.2 g.	115,7 mg.
Fat:	2.65 g.	17 mg.

PRESENTATION: 100 capsules of 736 mg.

NET WEIGHT: 73, 6 g.

RECOMMENDED USE: Take 9 capsules per day (3 capsules three time per day between meals)

BETACELL

BETACELL, the more potent combination

BetaCell from HARDCORE is a registered formula that contains a powerful combination of the four more valued active principles in sport supplementation: HMB (β -hydroxy β -metilbutirate), creatine monohydrate, the amino acid glutamine that constitutes the more abundant form of free amino acids in the muscle tissue and the cellular volume increaser taurine. BETACELL has been designed to provide maintenance doses in nutritional macro-cycles based on Creatine and HMB. All the studies carried out have demonstrated that the ingredients of this formula help to improve the performance significantly, improving the strength, the recovery speed and stimulating fat loss.

Creatine monohydrate: Helps to complete the energy deposits, increasing the strength and the resistance to explosive efforts.

HMB: Decreases the time of the recovery processes and promotes the loss of fat.

L-Glutamine: Contributes to the repair and recovery of the cellular tissues.

Taurine: Promotes the contribution of nutrients to the muscle cells.

Creatine+glutamine+taurine: Helps to increase the cellular volume. Create improved conditions in the cells to promote muscle growth.

The combination of the active ingredients of **BETACELL** produces significant gains of fat free muscle mass and strength and decrease the muscle cells ruptures (muscular catabolism process) that follows the training; also improve the capacity of muscular recovery.

BETACELL is presented in containers of 750 grams of powder to dissolve in water, juice or your favourite drink, with orange flavour.

Ingredients: Maltodextrin, Dextrose, Creatine monohydrate, L-Glutamine, HMB (Hidroxy-methyl butirate), Taurine, Citric Acid, Orange flavour, Color (Beta-carotene), Sweeteners:(Cyclamate, Saccharin)



BETACELL

NUTRITIONAL INFORMATION:

	per 100 g
CALORIES	388,0
Kj	1622
PROTEIN EQUIVALENT	35 g
% energy	36,08 %
FAT	0 g
% energy	0,00 %
Saturated	0
Monounsaturated	0
Polyunsaturated	0
cholesterol	0
linoleic acid	0,00 g
CARBOHYDRATES	62 g
% energy	63,92 %
Sugars	22,5
FIBER	0 g
CREATINE	20%
L-glutamine	10%
HMB	10%
taurine	5%

RECOMMENDED USE: Add 1 teaspoon (approx. 10 g) to 100ml of cold water or juice and mix until dissolved

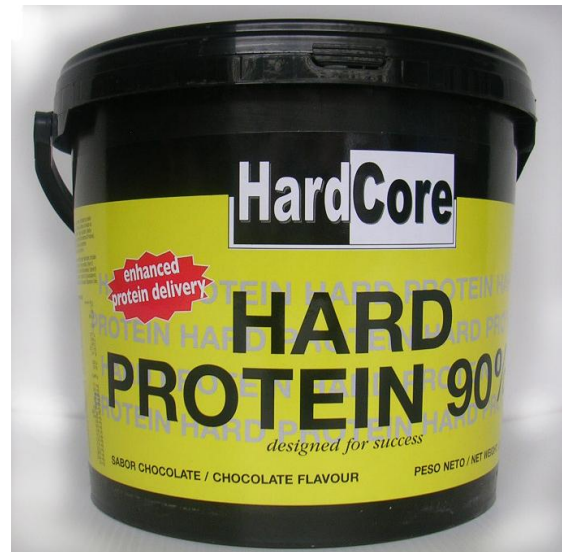
HARDPROTEIN 90%

The highly expected 90% protein from HardCore

HARDPROTEIN 90% has been developed from a mixture of proteins obtained from different sources and different procedures obtaining a very high biological value protein, very well digestible for the body and with one of the highest content, in percentage of proteins, in the current market.

The different protein sources assure a very complete and balanced aminogram. Also, it is a very interesting formula to strengthen and repair the joints of our musculoskeletal system.

We all know the importance of adequate protein content for athletes of all sport modalities. For the strength athletes this reality duplicates. The main objective on sport nutrition of this type consists on increasing the strength and the muscle mass.



If we give a rat, in a growing process, enough quality proteins with balanced amino acids, it becomes an adult of 193 grams. But if we offer it quantity protein of low quality or inadequate content in some of the essential amino acids, we will see that it will end up weighing only 65 grams as adult. The rats cannot manufacture new proteins unless they get all the essential amino acids, and the same thing happens to the human beings.

All the tissues of the body (and, of course, the muscle tissue is not an exception), are formed with the help of proteins.

The muscle tissue increases during the anabolic growth and it is destroyed during the catabolism promoted by the exercise.

The ingestion of the adequate proteins at the appropriate moment is crucial for a muscular growth.

The protein of serum is absorbed and digested quickly, creating a high concentration of amino acids in the plasma, highly available for the protein synthesis. **HARDPROTEIN** contains hydrolyzed protein of serum (obtained from the enzymatic hydrolysis) of low molecular weight, with low levels of free form amino acids and high content of bi and tripeptides. It also contains a concentration of high percentage protein of serum (H-WPC), very popular for its flavour, texture and low content of fat and lactose.

On the contrary, the caseinate is the ideal protein for a much slower absorption, of controlled and continuous liberation; ideal for a sustained anticatabolic action.

We know that it is advisable to take protein of serum in the mornings and after training and caseinate at night. Well, the exclusive formula of **HARDPROTEIN** combines its protein profile in such a way that it can be taken at any time of the day or night.

HARDPROTEIN:

“38 grams of high quality protein per doses to feed your muscles for a maximum free fat mass.

“New formula, with original and delicious flavours, for those that are tired of the current options. Cappuccino and Belgian chocolate flavours.

“Presentations of 2000 grams and 450 grams

HARDPROTEIN 90%

INGREDIENTS: Calcium caseinate, Whey protein concentrate, Collagen hydrolyzed, Whey protein Hydrolyzed, soluble coffee decaffeinated, chocolate flavour, Calcium phosphate, Cocoa powder, Sweeteners (Cyclamate, Saccharin), Vitamins [(Vitamin A (retinyl acetate), Vitamin D (Ergocalciferol), Vitamin E (D-alpha-tocopheril Acetate), Vitamin C (Ascorbic Acid), Niacin (Nicotinamide), Vitamin B1 (Thiamine Clorhydrate), Vitamin B2 (Riboflavin), Vitamin B6 (Piridoxine Clorhydrate), Vitamin B12 (Cyanocobalamin), Folic acid, D-Biotin, Pantothenic acid (D-Calcium Pantotenate)], Potassium Chloride, Zinc Gluconate, Magnesium Oxide, Chromium chloride.

NUTRITIONAL INFORMATION:

	PER 100 G	PER 45 G
CALORIES	390,5	176
Kj	1632	735
PROTEIN	84,7 g	38,1 g
% energy	86,76 %	
FAT	2,1 g	0,9 g
/% energy	4,84 %	
SATURATED	1,40 g	0,63 g
Monounsaturated	0,58 g	0,26 g
Polyunsaturated	0,09 g	0,04 g
cholesterol	55,0 mg	24,8 mg
CARBOHYDRATES	8,2 g	3,69 g
% energy	8,40 %	
Sugars	2,70 g	1,22 g
FIBER	0 g	0,0 g
% energy	0,00 %	
sodium	0,100 g	0,045 g
potassium	220 mg	99 mg
calcium	700 mg	315 mg
magnesium	100 mg	45 mg
phosphorus	500 mg	225 mg
zinc	11,12 mg	5,0 mg
chromium	0,056 mg	0,025 mg
Vit A	630 ug RE	283,5 ug RE
Vit B1	0,97 mg	0,4365 mg
Vit B2	1,4 mg	0,63 mg
Vit B6	1,4 mg	0,63 mg
Vit B12	1 ug	0,45 ug
folic acid	150 ug	67,5 ug
Pantothenic acid	5 mg	2,25 mg
niacin	15 mg	6,75 mg
Vit C	50 mg	22,5 mg
Vit D3	3,75 ug	1,6875 ug
biotin	0,12 mg	0,054 mg
Vit. E	8 mg	3,6 mg

RECOMMENDED USE: Mix 2 scoops (45 g) with 225ml of cold water, juice or milk.

ETHYL ESTER CREATINE

The **Ethyl Ester Creatine** is the result from the esterification of the creatine monohydrate (that is to say, to link it to an ester). The esters, in turn, are the organic compounds that are synthesized by the chemical reaction between a carboxylic acid and an alcohol.

The effectiveness of the creatine monohydrate is well demonstrated to increase the lean muscle mass, the strength and the resistance during the workout. However, the creatine monohydrate is not always very well absorbed in the body and its effectiveness depends on the individual capacity to cross the cellular membrane. This fact forces the athlete to ingest very high quantities of creatine monohydrate to be able to reach the desired effect. Also, it depends on high quantities of carbohydrates ingestion to improve its absorption; and the athlete does not always have the right conditions for it, not to mention the necessity to make phases of creatine load.

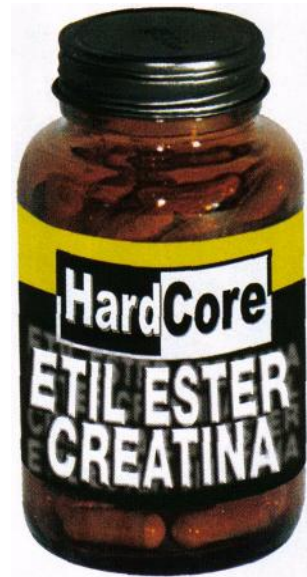
Because creatine facilitates water penetration inside the cell, and because most of the monohydrate of the ingested creatine is not absorbed, the spare, or not absorbed, creatine accumulates outside of the cell and binds to the extra cellular water producing an effect of "swelling".

For years, the longitudinal clinical studies have demonstrated that the creatine monohydrate is a completely safe supplement for healthy people, in appropriate doses, but why do you need to ingest more creatine monohydrate simply because the creatine that you take is not sufficiently effective?

Very simple: For the creatine to penetrate inside the cell, it needs the lipids located in the cellular membranes; that is to say, they adhere to the lipids using them as transport mechanism to cross this membrane. However, the creatine is not totally lipophilic, but rather it is slightly lipophilic. On the other hand, the esters have a great affinity with the fatty tissue and, therefore, improve significantly the creatine monohydrate cells transport or absorption.

Therefore, the advantages of the **Ethyl Ester Creatine** are that we should ingest less quantity of creatine to achieve the same objectives and ingest fewer carbohydrates when taking the supplement. In fact, the investigations consider that just a quarter of the dosage of Ethyl Ester Creatine is required in comparison with other creatine forms to achieve the same increases of strength and muscle size. This not only represents an economic benefit, but also a benefit to the digestive system, besides preventing the swollen appearance from the retention of liquids in susceptible people.

ETHYL ESTER CREATINE is available in containers of 100 capsules



INGREDIENTS: Creatine Ethyl Esther Clorhydrate, Excipients: [cellulose: magnesium esterarate]

COMPOSITION PER CAPSULE: Creatine Ethyl Esther Clorhydrate: 700 mg

RECOMMENDED USE: 2 capsules per day before training.

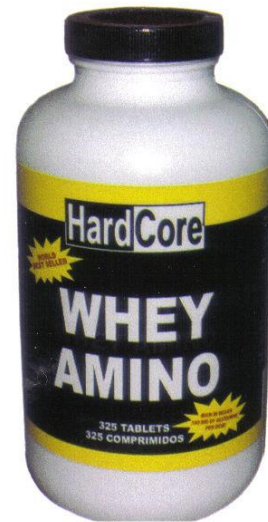
WHEY AMINO

WHEY AMINO from **HARDCORE** is an advanced formula from aminoacids derived by the enzymatic digestion of the whey protein and other high biological quality protein sources that guarantee the fractioning of the protein to aminoacids and peptides easily digestible and absorbable by the body. The result is an aminoacids profile fully balanced indispensable for muscle regeneration after physical activity.

Each dose of **WHEY AMINO** (4 tablets) provides 1500 mg of pure aminoacids on the L form, scientifically designed to cover your nutritional necessities during training.

It is also rich in anticatabolic aminoacids. Provides 740 mg of L-Glutamine per dose and high quantities of branched chain aminoacids - BCAA's: 420 mg of L-Leucine; 240 mg of L-Valine and 223 mg of L-Isoleucine.

If your training is very intense and you need a high concentration of aminoacids, **WHEY AMINO** from **HARDCORE** is your safest bet.



INGREDIENTS: Hydrolysed whey protein concentrate, Collagen, Milk protein, whey protein concentrate, Sodium saccharine. Other ingredients: c.s.p..

NUTRITIONAL INFORMATION PER 100g::

Proteins:	76,19g
Carbohydrates:	2,38g
Fat:	5,46g
Energy per 100 g:	363,42 Kcal = 1537,71 Kj

AMINOACIDS PER 100g:

L Glycine:	3,166g
L Proline:	5,63g
L Hydroxyproline:	1,0g
Glutamic acid:	12,34g
L Alanine:	3,66g
L Arginine:	2,49g
Aspartic acid:	76,22g
L Lysine:	6,19g
L Serine:	3,73g
L Valine:	3,99g
L Phenylalanine:	2,41g
L Threonine:	4,67g
L Isoleucine:	3,72g
L Methionine:	1,3g
L Histidine:	1,25g
L Tryptophane:	1,06g
L Tyrosine:	2,16g
L Leucine:	7,01g
L Glycine:	1,2g
L Cystine:	1,42g

HARDBURNER



HARDBURNER is a maximum potency formula that helps optimize the lipid metabolism, the emulsifying and burning of fats while defines your lean muscle mass. Its ingredients have been carefully studied and proved to obtain a combination that includes all of the necessary elements for an unequal termogenic. Naturally energizing products, vasodilators, lipotrophics and lipothermics. Only the best; it is also ephedrine and pseudoephedrine free. If you are tired of worthless products to lose weight and you need palpable results, which will maintain yourself to the highest degree, do not doubt and try the maximum; try HARDBURNER.

INGREDIENTS: Guarana, green tea, cayenne, citrus aurantium, willow extract, lions tooth, caffeine.
Excipients: Maltodextrine and magnesium stearate

NUTRITIONAL INFORMATION:

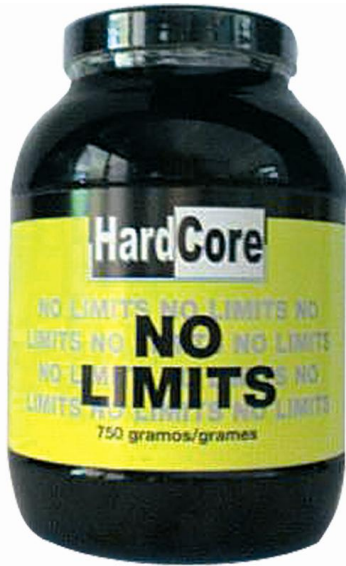
	Per 100 g	Per Capsule	
- Energy		134,9 Kcal/562,1 Kj	1,21 Kcal/5 Kj
- Proteins		11,76 g	0,1 g
- Carbohydrates		14,1 g	0,13 g
- Fat		3,5 g	0,03 g

RECOMMENDED USE: take 1-3 capsules twice a day before breakfast and lunch

PRESENTATION: 90 capsules of 900 mg

NET WEIGHT: 81 g

NO LIMITS



NO LIMITS is a totally complete formula that covers the five fundamental points that assure that we are going to be able to maintain the highest motivation in the training. This way we will be able to face our daily physical activity with the maximum intensity. In general, the supplements available on the market do not contain all the supplements that we need altogether. We can choose from two options: try to consume several different supplements or decide on **NOLIMITS** from **HARDCORE**, which is unique with the exclusive **PENTAMATRIX®** formula that includes all the components necessary to train like a champion:

Matrix 1: Vasodilatation: a supplement that stimulates the vasodilatation is able to increase the irrigation in tissues, providing more quantity of oxygen and nutrients to them, besides of stimulating the muscular, cardiac and cerebral function. By all means, we are speaking of

the precursors of the nitric oxide. The Interesting are the L-arginine, the arginine alpha keto glutarate or OKG (ornitine alpha keto glutarate)

Matrix 2: Volume: there is no doubt; we must make use of the creatine (or creatine monohydrate or in its different forms; ethil ester of creatine, creatine malate, etc) and of the different cellular volume enhancers to increase muscle volume, the storage of glycogen and the natural growth hormone production

Matrix 3: Anti-catabolic: the muscular catabolism is the great enemy of the training. When we are short of energy, our immune system debilitates, and the possibilities of entering a catabolic process increase. Then it is fundamental to use a supplement that contains nutrients to reverse the situation.

Matrix 4: Energy: at this moment, a mixture of supplements that stimulate energy is vital to be able to face our training. Supplements like caffeine, the L-tyrosine, the NADH are going to be unquestionable allied to obtain a push in our energy system.

Matrix 5: Hydration: a good hydration is fundamental to make any physical exercise, that is unquestionable and you already know that we are speaking about hydration before, during and after the activity; thus, the more tired or lethargic we are, we can benefit from an adequate hydration. Remember the very negative effects of dehydration, even if very slight. But in addition, we must include appropriate electrolytes in the suitable proportions to obtain a hydric balance.

Available in packages of 750 grams and original pineapple flavor.

Ingredients:	Amount per serving (20 grams):
MATRIX # 1: NO LIMITS MATRIX: Arginine alpha keto glutarate L-arginine L-ornithine Ornithine alpha keto glutarate Citrulline malate Flavonoids NADH	3000mg
MATRIX # 2: VOLUME MATRIX: Creatine Ethyl ester Creatine monohydrate Inositol	2250mg
MATRIX # 3: ANTICATABOLIC MATRIX: L-glutamine BCAA'S (L-valine, L-leucine, L-isoleucine) HMB (Hydroxy methyl butyrate)	4000mg
MATRIX # 4: ENERGY MATRIX: L-tyrosine Taurine Caffeine MCT (Medium Chain triglycerides)	1200mg
MATRIX # 5: ELECTROVECTOR MATRIX: Magnesium Phosphate Sodium Phosphate Calcium Phosphate	900mg

CAFFEINE L-TYROSINE



From the chemical point of view, caffeine is an alkaloid (of the group of xantines) that acts as a stimulator. We can find caffeine in the leaves, the seeds or in the fruits of more than 60 plants in which it acts like a natural pesticide that paralyzes and kills certain classes of insects. It can be also found in drinks and foods, like coffee, tea, yerba mate (often used in countries like Paraguay or Argentina), the berries of guaraná (often used in countries like Brazil), in the nut of Cola or the coconut.

Caffeine is a stimulant of the central nervous system; it fights somnolence and increases the alert level. The drinks that contain caffeine, like coffee, tea, cola refreshments and power drinks have a great popularity. In fact, caffeine is the psychoactive substance most widely consumed in the world. In the developed countries, 90% of the adults consume caffeine every day.

Caffeine is one of the most studied ingredients regarding its distribution in foods. It is estimated that the average caffeine consumption in adults is approximately 300 mg daily, which represents the amount of 2-3 cups of coffee or 5-6 drink cans without alcohol with caffeine. It seems that

caffeine has no adverse effects on health.

In moderate doses, caffeine produces the following positive effects:

- stimulates the central nervous system
- stimulates the cardiac muscle
- stimulates the respiratory system
- reduces the fatigue sensation
- reduces the appetite sensation
- increases the perception
- Vasodilator
- Natural Diuretic
- delays sensation of fatigue

In sport, the increase of performance is due fundamentally to its energy action, enabling us to face our training, for the decrease of the fatigue sensation and to the psychological effect of euphoria.

The L-tyrosine, on the other hand, is a nonessential amino acid (nonessential means that the body is able to synthesize it) that is produced in the body from another amino acid (from an essential one), the FENILALANINE.

The L-tyrosine is found fundamentally in proteins of the meat. The body uses it as material to produce several neurotransmitters (chemical substances that help to the cerebral function and the nervous system) like the DOPAMINE and the NOREPINEPHRINE.

The L-tyrosine takes part in different processes of regulation of the appetite, sleep, reduction of stress and antidepressant. It also controls the body fat storage. It is very useful at moments we are tired and fatigued, when we needed an "injection" of energy. When we want to be more awake, more motivated to train or we must face an intense physical activity. We must take it on an empty stomach to avoid competitive mechanisms with other amino acids. It seems to be that there are people who have greater demand of L-TIROSINE than others; the reason is not known exactly although it seems to be that it is a question of genetic type.

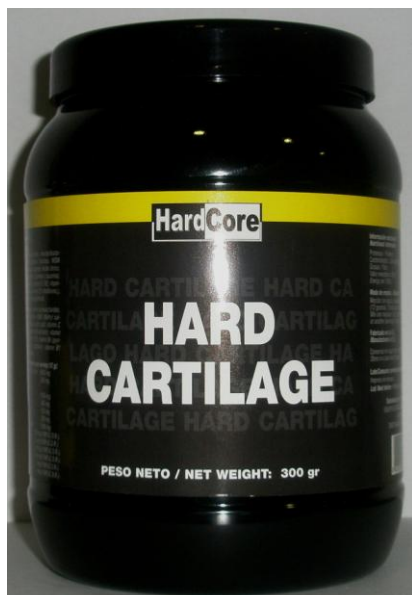
But why together?

Very simple, for its synergic effect. Because the union creates a force and because both active principles together mean an increase of motivation, of the psychological sensation of "energy" and an improvement of your results in the gym and outside it.

Composition per capsule	Quantity (mg)
L TIROSINE	200
CAFEINE ANHYDRA	60

HARDCARTILAGE

The best aid for your cartilages



The articular pain can be caused by many types of injuries or affections and, regardless of the cause, can be very annoying. It can make you even lose the motivation and stop training.

HARDCARTILAGE is an advanced formula to help prevent, alleviate and even eliminate these pains. It includes:

- MSM to revert the muscle and joint pain (analgesic- anti-inflammatory) to stop painful impulses before they arrive to the brain
 - CALCIUM, MAGNESIUM and VITAMIN D to avoid bony and articular degeneration
 - MARINE POLYSACCHARIDES for synthesis of lubricants necessary for cartilages and joints
 - SHARK CARTILAGE for inhibition of the inflammatory process mediators
-
- COLLAGEN to contribute on the maintenance of cartilaginous tissues and to stimulate their formation
 - VITAMIN C for the collagen production and for the formation and maintenance of tissues.

Available in packages of 300 grams

Ingredients: Collagen hydrolyzed, shark cartilage, marine polysaccharides, flavours, dicalcium phosphate, fructose, MSM (Methyl sulfonyl methane), magnesium carbonate, citric acid, vitamin C (ascorbic acid), sweeteners (ciclamate and sacharin), vitamin E (alpha tocopherol acetate), colour E-102, vitamin B6 (pyridoxine hydrochloride), vitamin B2 (riboflavin), vitamin B1 (Thiamin), vitamin D3 (cholecalciferol).

Recommended use: Mix with water or any other liquid one measure (12 grams). Take once per day in the morning.

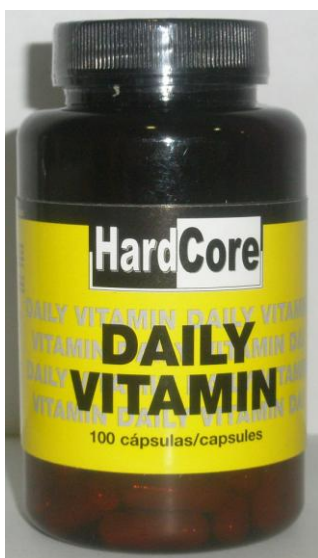
Nutritional information per 100g:

Proteins: 50g
Carbohydrates: 24,3g
Fats: 0,5g
Energy per 100g: 301,7kcal =1262,3kj

Each serving (12 g) provides:

Hydrolyzed Collagen	6000 mg
MSM	500 mg
Marine mucopolisaccharides	1250 mg
Total calcium	450 mg
Total phosphorus	130 mg
Total magnesium	220 mg
Shark Cartilage	1200 mg
Vitamin C	60 mg (100%C.D.R.)
Vitamin E	5 mg (100%C.D.R.)
B1 vitamin	1,4 mg (100%C.D.R.)
B2 vitamin	1,6 mg (100%C.D.R.)
B6 vitamin	2 mg (100%C.D.R.)
D3 vitamin	5 mcg (100%C.D.R.)

DAILY VITAMIN



Nutritional complement with vitamins and minerals

Daily Vitamin is an excellent complement of vitamins and minerals. Each capsule contains 800 mcg of vitamin A, 5 mcg of vitamin D, 10 mg of vitamin E, 60 mg of Vitamin C and 150 mcg of biotin; It includes all B group vitamins: Thiamine or Vitamin B1 (1.4 mg), 18 mg of Niacin, 2 mg of B6 Vitamin, 1.6 mg of riboflavin or B2 Vitamin, 6 mg of Pantothenic acid,, 1 mcg of B12 Vitamin, and a great mineral complex (iron, calcium, phosphorus, magnesium, zinc, iodine).

A daily capsule of Daily Vitamin contributes to 100% of the recommended daily allowance (RDA) of all vitamins and minerals that you need to confront and to cover your daily necessities, even if you make intense physical activities.

Available in packages of 100 capsules

Ingredients: Dicalcium phosphate, calcium carbonate, magnesium oxide, ascorbic acid, iron fumarate, zinc oxide, niacin, alpha tocopherol acetate, calcium pantothenate, pyridoxine hydrochloride, riboflavin, Thiamin, Retinol acetate, potassium iodide, folic acid, biotin, cholecalciferol, cyanocobalamin and excipients q.s.f.

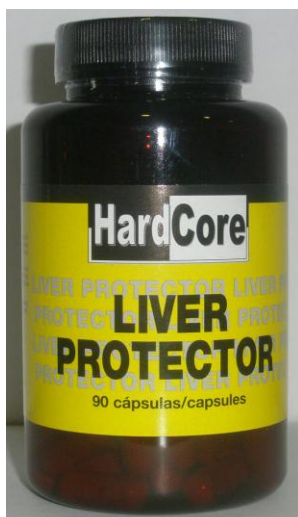
Each capsule contains:		%RDA
	Vitamin A	800mcg
	100%	
Vitamin D3	5 mcg	100%
Vitamin E	10 mg	100%
Vitamin B1	1,4 mg	100%
Vitamin B2	1,6 mg	100%
Vitamin B3 Niacin	18 mg	100%
Vitamin B5		
Calcium Pantothenate	6 mg	100%
Vitamin B6	2 mg	100%
Vitamin B9 Folic acid	200 mcg	100%
Vitamin B12	1 mcg	100%
Biotin	150 mcg	100%
Vitamin C	60 mg	100%
Calcium	68 mg	8,5%
Phosphorus	18 mg	2,25%
Magnesium	60mg	20%
Zinc	15 mg	100%
Ferrous	14 mg	100%
Iodide	150 mcg	100%

Nutritional information per 100g:

Proteins:	16,52 %
Carbohydrates:	5,45%
Fats:	0,02%
Energy:	88,06 kcal= 368,44 kj

LIVER PROTECTOR

IT PROTECTS YOUR LIVER, PROTECTS YOUR TRAINING



LIVER PROTECTOR contains several active principles of different etiologies but that act synergistically to obtain the best effects.

Among them, Blessed thistle, eatable wild plant in whose seeds is found an active principle called silymarine that acts on the altered hepatic cells, regenerating them while simultaneously preventing the alteration on the healthy cells. It also eliminates the impurities that can be deposited in the liver during the detoxification process.

It is very useful as an hepatic protector after the ingestion of medicines or substances that can overload the liver.

The vitamins from the B group are fundamental for the correct metabolism of proteins, carbohydrates and fats for being coenzymes of numerous enzymatic processes. They stimulate the hepatic function; they are necessary for the biliar acids synthesis and to improve the digestion of fats. The folic acid works synergistically with the B12 vitamin for the synthesis and metabolism of proteins

The choline and inositol favor the fatty tissue metabolism, avoiding the fat stores in the liver and on the cells of the body. It recovers the adipocytes after ingestion of toxic substances. It helps, as well, on the endogenous synthesis of another hepatic protector, the lecithin.

As active principle, the Taurine; The Taurine binds to biliar acids and for that reason it improves the ability for the digestion of fats. It prevents the formation of stones and improves the operation of the hepatic biliar system.

Available in packages of 90 capsules

Ingredients: Blessed thistle, choline bitartrate, inositol, taurine, vitamin B1 (Thiamin), vitamin B2 (riboflavin), vitamin B3 (niacin), vitamin B6 (pyridoxine hydrochloride), folic acid, vitamina B12 (cyanocobalamin) and excipients q.s.f..

Recommended use: Take one capsule per day in the breakfast.

Composition per capsule	Amount (mg)
BLESSED THISTLE	150
CHOLINE BITARTRATE	100
INOSITOL	100
TAURINE	100
B1 VITAMIN	5
B2 VITAMIN	5
B3 VITAMIN	5
B6 VITAMIN	5
FOLIC ACID	0,2
B12 VITAMIN	0,005