

SUPPLEMENTS GUIDE

Q&A

ESSENTIAL SUPPS

HEALTH // FITNESS // SPORTS // NUTRITION

PB Fitness Academy & Essential Supps has combined to collect all of this information and deliver it to you in an easily digestible format.

Firstly, A nutritious diet will always be superior to supplements. However, when you do have a solid nutrition plan in place we do recommend that you use supplements to fill in the gaps where it is needed. We will only ever recommend supplements that we see as essential depending on your current diet, helping you to hit your micronutrient targets when your diet alone isn't enough.

We are totally unbiased and recommend a wide variety of brands that we believe have the best quality ingredients and products for our clients.

We have also partnered up with Conteh Sports to provide you with a cash savings on your supplements when you order from their website.

Use 'LG10' for discount off the full Conteh Sports range.

Stim pre workouts are perfect for anyone that is looking to maximise performance in the gym. These formulas are created after years of research to provide an effective and clear focus during the session, as well as proven ingredients physical benefit when training.

Conviction is our high stim and focused based pre-workout. Conviction is ideal for anyone who has long hard training sessions. Conteh use multiple simulants at a high dose to give you that kick you need for your session, as well as patented TeaCrine® which has been shown to improve endurance, energy, focus and mood. Conteh also use AlphaZone® which is a patented version of Alpha-GPC, which improves cognitive function and focus.



You can use 'LG10' to save money off all Conteh Sports products on their website www.contehsports.com or at Powerbuilding Gym.

This is perfect for those of you that are either training later on in the afternoon-night time, in need of a product that will improve performance without tampering with sleep/recovery.

Mega Pump is a non stimulant based pre-workout, which was designed to deliver supreme focus and savage pumps. Conteh use Nitrosigine® which is a patented form of Arginine. The use of Nitrosigine® has been shown to promote nitric oxide (NO) production for improved blood flow, focus, and energy. AlphaZone® is also a key feature in Mega Pump, this is going to improve cognitive function and give you laser like focus.



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Cyclic Dextrin Intra Workout

Intra workout drinks are ideal for anyone that is looking to improve their energy and performance during those long training sessions. We would recommend sipping this product throughout your session when you are training for over an hour.

Carb Drive is an advanced intra workout formula designed to drive your performance in the gym! Conteh have used patented Cluster Dextrin® as their carbohydrate sources as it has a high molecular mass and is easy to digest while training. They also added Glycersize® to aid with muscle pumps while training, CocoMineral® for added hydration and Actigin® to help with muscle recovery, energy and the regeneration of new muscle cells.



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We would recommend EAA's to anyone that is looking to cover every base when it comes to preventing muscle loss and increasing recovery capabilities.

Essential Gains is an anabolic essential amino acid formula! Designed to help with recovery, muscle growth and hydration! Essential Gains contains all nine essential amino acids at a clinical dose, as well as patented CocoMineral® for added hydration. Conteh also added the patented ingredient ActiGin® to help promote muscle recovery, energy and the regeneration of new muscle cells!



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Supreme Sleep is an advanced cortisol management and sleep aid! Supreme Sleep was designed and formulated to reduce anxiety and stress, and ultimately help you drift off into an undisturbed deep sleep.

Supreme Sleep contains patented KSM-66 Ashwagandha® which has been clinically proven to help reduce stress, anxiety, cortisol levels and stress-related food cravings. Also KSM-66 Ashwagandha® can help promote enhanced memory and cognitive function. Furthermore, Conteh added lemon balm extract, L-tyrosine and L-theanine to aid in the reduction of stress and anxiety.

Conteh also added Zinc Citrate, Magnesium Bisglycinate and 5-hydroxytryptophan (5-HTP) to bring on the onset and maintain a deep nights sleep. To round this all off they added patented Bioperine® to enhance the bioavailability of the ingredient profile.

If you're putting your body through stress whether that being work related or through hard training, then Supreme Sleep is the perfect tool to help reduce cortisol levels and get a get a deep nights sleep.



We would recommend supreme sleep to anyone that suffers with stress management or sleep related issues.

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Protein - Per4m Whey

After calorie consumption, hitting your protein target is a vital priority. Yes, you can achieve this from food alone. However, those of you with very high protein targets or want a substitute for eating high protein foods will benefit from supplementing with a protein powder.

Consuming a minimum of 1 scoop per day is a fantastic way to boost your protein intake, which will aid in recovery and therefore boost performance.

Per4m currently have the best selling proteins in the UK, which is no surprise due to their unbelievable taste. Redefining what we all are used to when it comes to protein supplements. These are worth a try!

Every serving is packed with highly bioavailable whey protein which mix easily with water or milk. We would also encourage you to mix these with your meals to create protein porridge, cream of rice, protein pancakes... The list goes on!

Give this a try next time you stock up on your protein supps.



You can order this in store @powerbuilding_gym_official or go to our website and order now using the link www.pbessentialsupps.com

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VEGAN Protein is devised from plant based sources, developed by vegan athletes! Per4m understands how difficult it can be to consume all essential amino acids and proteins whilst following a vegan diet, supplementing with a vegan powder is essential for health.

Better yet, this product was developed with no soya, gluten or lactose.

Give this a try next time you stock up on your protein supps.



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Protein - Yummy Sports Isolate

After calorie consumption, hitting your protein target is a vital priority. Yes, you can achieve this from food alone. However, those of you with very high protein targets or want a substitute for eating high protein foods will benefit from supplementing with a protein powder.

Consuming a minimum of 1 scoop per day is a fantastic way to boost your protein intake, which will aid in recovery and therefore boost performance.

Yummy Sports has packed this product with 27g of protein per servings, and still managing to keep the calorie count per serving as low as 110...

This product is also gluten free and suitable for those following a keto diet.

Isolate is recommended post workout mixed with water for a very fast & easily absorbed source of protein.



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It's extremely important that we maintain a ratio between omega 3 & omega 6, however, due to the western diet being typically high in omega 6 and low in omega 3 this can be hard to consistently achieve.

Omega 3 is an essential fatty acid, which is usually found in oily fish. The word 'essential' means it CANNOT be produced by the body, meaning it must be consumed via diet/supplements.

This can make it very difficult to hit your omega 3 target if you don't like consuming fish everyday, and very expensive if you do.

There are 3 fatty acids, EPA, DHA and ALA. However, the body can only utilise EPA & DHA making ALA a far less efficient source as the body will have to convert this to one of these two before use.

EPA & DHA are two essential fatty acids found in omega 3. These have been shown to support heart health, improve brain function and reduce blood fatty acid levels.

A sufficient dose of 3-5g per day has been shown to decrease DOMS and exercise induced inflammation.

Supplementing with omega 3 is encouraged for anyone looking to improve their health and performance.



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Krill oil is a supreme version of standard omega 3, Krill Oil is an Omega 3 oil extracted from the Antarctic Krill species Euphausia Superba. Compared to standard fish oil which is found in triglyceride format, the omega 3 in krill is in a phospholipid format which is more bioactive meaning it is more easily absorbed and utilised by the body.

These phospholipids help omega 3's integrate into the cell membranes, allowing for a more efficient delivery into your body. They are more bio available and stable.

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Creatine Monohydrate is arguably the most proven supplement on the market.

The ATP-PC Energy system is essential during training, and creatine plays a key role in the refuelling part of this process. Making it very difficult to produce an argument as to why creatine isn't beneficial, the science is proof that it works.

CREAPURE is a patented pure formula of creatine monohydrate, it is micronised making it far more easily digestible and bioavailable.

Creatine has a direct effect on explosive performance and therefore aids recovery & building muscle.

Creatine is used worldwide by a range of different athletes and gym goers.

Depending on the person, most will benefit from a supplementation of 3-5g of creatine per day.

It is important to stay consistent with supplementation even on rest days to maximise effects.



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Cream of rice is a very easy source of carbohydrates. C.O.R is a rice cereal with added nutrients, vitamins and minerals along with digestive enzymes and probiotics to improve absorption.

Every serving of C.O.R is packed with 40g of carbohydrates, zero sugar and only 0.49g of fat, Making this the ideal pre or post workout source of carbohydrates. Rice is a fantastic source of complex carbs with a medium GI, meaning it will cause a very controlled release of energy.

It is a favourite among many in the industry to mix protein powders with C.O.R, in a similar way to cooking oats to make protein porridge.

Cream of rice will be ideal for anyone looking for a boost in energy without the high calories or high fat content. This is very good for boosting energy and performance.

C.O.R is also vegan friendly and gluten free.

Cream of rice is ideal for both a 'cutting' and 'gaining' phase. You can use lots of water add volume to the mix if you want to feel fuller and reduce hunger in a 'cutting' phase, or visa versa use less water in a 'gaining' phase when your appetite is low.

You can add all sorts of nut butters, chocolate, fruit, jams and syrups to boost flavour and make it into a great meal.

Making Cream of Rice is really simple. Add one heaped scoop to 150ml of water in your blender bottle, shake and pour into a microwaveable bowl. Microwave for 30 seconds and then stir. Repeat this until you have the consistency of rice porridge you want. Cream of Rice can also be made with milk and if you are in a rush you can just mix it in your shaker with cold liquid and drink.



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Magnesium is an essential mineral which means it cannot be produced by the body. It has a number of functions in the body such as energy metabolism, mineral homeostasis, neuromuscular and endocrine functions.

Supplementing with magnesium has been proven to support psychological function, reduce tiredness, improve natural protein synthesis and maintenance of bone and teeth.

CSN's magnesium is made in the UK. It is also a fully vegan product.

1 Capsule per day is recommended as a food supplements for adults.



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CSN Peanut butter has taken everything we love about nut butters and combined it with our favourite flavours.

These peanut butters are organic, 100% palm oil free, GMO free, contain zero added salt and zero artificial sweeteners.

This product is suitable for vegetarians.

Peanut butter is a good source of protein and fats, naturally high in 'healthy' fats. This is also a great source of fibre, vitamin E and magnesium.

If you are looking to switch up your nut butter selection, this is definitely worth adding to the stack.



You can order this in store @powerbuilding_gym_official or go to our website and order now using the link www.pbessentialsupps.com

CSN's Ultra Vitamin D3 is an oil-based softgel providing a whopping 10,000iu dose of vitamin D3 per serving!!!

The body requires vitamin D3 for optimal function, making it an essential vitamin. Its commonly known that we get vitamin D from the sun, meaning over here in the UK, the majority of the population is deficient in this vitamin.

Most health professionals would argue that you NEED to supplement with Vitamin D3 year round in countries where sun exposure is limited, making it even more essential that you have access to a quality product.

Vitamin D3 has been shown to be far more effective and bioavailable than D2, it is also known that this is amplified in an oil format over a tablet. This is why we have sourced this oil based product with D3.

This provides one of the strongest doses of D3 on the market, making it ideal for those of you trained individuals that require a much larger dose of vitamins and minerals.

Vitamin D can reduce stress fractures in athletes, helps maintain bone strength, plays a role in muscle function and can naturally boost testosterone. All of these combined will help improve performance.



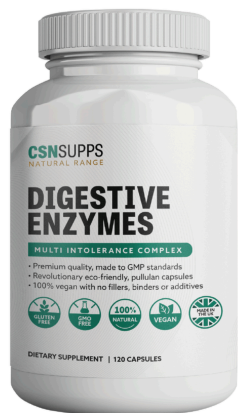
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Digestive enzymes are proteins that help in the process of food breakdown. These are natural produced in the body, however, sometimes digestive enzymes are produced very slowly which can make digesting food a little more difficult and may lead to food intolerances.

Supplementing with digestive enzymes may reduce symptoms that you currently have with food intolerances.

These are manufactured in the UK, 100% Vegan with no fillers, no binders or additives.

This product is definitely worth trying if you have any issues with digestion.



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Support Max Joint has been developed by STROM to help those of you that suffer with any sort of joint issues. It can help completely reduce pain in some cases where people have been suffering for years.

This product will help reduce inflammation. Due to this, we would recommend using this product away from the training window.

If you suffer at all with any sort of join pain or issues, we would recommend trying this product.



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Systolmax has been developed by STROM to help those control their blood pressure.

This product is particularly helpful for athletes pushing the extremes which is known to increase blood, using systolmax has been proven to help reduce the amount that your blood pressure would rise.

It's important that you know that this product contains a high level of beetroot extract so the colour pink and flavour has a 'beetrooty' overtone.

We would definitely recommend trying this product if you are looking to further control your blood pressure.



You can order this in store @powerbuilding_gym_official or go to our website and order now using the link www.pbessentialsupps.com

Digestmax is suitable for any person looking to improve their digestion.

The ingredient list with this product is simple but very effective.

The product contains a fibre blend of inulin and psyllium.

There is also a probiotic blend of lactobacillus bulgaricus, lactobacillus acidophilis and lactobacillus rhamnosus in this product.

The probiotics are freeze fried for maximum effect upon intake.

This product also contains the digestive enzymes 'digezyme' and 'bromeline'.

We would recommend preparing this product with water and consuming immediately. If left out for a while after mixing it will take a gelatinous texture.

We would recommend using this product at the end of the day after consuming all of your meals.



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Strom's Essential EAA's is one of the best EAA products on the market.

EAA's are superior to BCAA's for one very simple reason. They contain ALL of the essential amino acids compared to branched chain aminos only holding a few.

This product is also packed with electrolytes and vitamin B complex, making it a perfect intra workout drink to sip alongside your carbohydrate source.

We would recommend this product to anyone looking to make sure they have enough of all essential aminos in their diet.

You can use this during your workout to stimulate MPS (Muscle protein synthesis).

It is also a very nice tasting product.



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Supportmax Neuro has been developed by storm to help drive you into a parasympathetic dominant state.

It is very common in the fitness industry to use heavy stim products throughout the day to improve training performance and brain function.

These products are hugely beneficial, however, can leave us with a little trouble switching off and falling asleep, or even having a deep sleep.

This is where stroms clever formulations come in and help us come away from a sympathetic dominant state and switch off and relax as we fall into the PNS.

Containing ingredients proven to lower cortisol (stress hormone), we would highly recommend this program to anyone that struggles with stress or uses any form of caffeine throughout the day.



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Health - STROM Support Max

Strom have developed this product as an 'all rounder' for supporting assisted athletes.

This product contains an impressive panel that has been formulated with industry experts in this field, providing you with a supplement you can trust to take care of you when pushing the limits.

It is normal for this product to smell of sulphur/eggs.

This can be taken in both off season and prep.

1 months supply
120 caps - 4 caps a day
Per 4 cap serving
Vitamins d3 - 5000iu
Selenium - 100mcg
N-Acetyl Cysteine - 1,000mg
Co-Q10 100mg
TUDCA 250mg
Betaine HCL. 500mg
Citrus Bergamot 500mg
dandelion root extract 100mg
hawthorn berry 100mg

This has also been produced in a registered ISO9001 compliant and audited facility.

We would highly recommend using this product if you are assisted.



You can order this in store @powerbuilding_gym_official or go to our website and order now using the link www.pbessentialsupps.com

Pump pre workouts are used commonly to enhance blood flow, improves focus and provide a better pump.

This is perfect for those of you that are either training later on in the afternoon-night time, in need of a product that will improve performance without tampering with sleep/recovery.

‘Ride On’ is one of the industries leading pump formulas in capsule form.

This is very different to the traditional pump pre workout that usually comes in powder form.

This product is very easy to use, containing 4 super ingredients all proven to work in synergy to improve your pump.

We would recommend this to anyone that is looking to enhance their pump in the gym.



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Stim pre workouts are perfect for anyone looking to maximise performance in the gym.

These formulas are created after years of research to provide an effective and clear focus during the session, as well as proven ingredients physical benefit when training.

HR LABS created 'DEFIB' to provide you with all the energy and focus that you need.

They have also included ingredients that are proven to enhance blood flow and improve your pump in the gym.

This is very much an 'all in one' pre workout formula.

We would recommend this for anyone that is looking to trial a new stim pre workout.



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AM Priming is part of the Dr.Dean St Mart health range at supplement needs.

This product has been developed to do exactly what it says on the tub, and prime you first thing after waking.

This formulation has been proven to help prime the body for all of the daily stresses that life has to offer.

This blend of ingredients has been designed to be used when daily stress management and creativity is required.

This is suitable for vegans, vegetarians and is halal certified.

This product is manufactured in a facility that processes products containing nuts, milk, soy and fish.

We would recommend this for anyone with high work stress or is looking to improve their training via optimal focus and mental performance.



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Health - SN Electrolyte+

Electrolyte+ is part of the supplement needs performance range.

This product contains 3 of the body's main electrolytes.

510mg of Potassium, 140mg of Sodium and 45mg of Magnesium.

This is packed alongside 500mg of Magnesium Taurate, 2.5g of D-Ribose and 1g of Creatine Monohydrate all in a simple and convenient 7g serving scoop.

This has been specifically designed to be taken first thing in the morning and optimise daily hydration.

This is perfect for anyone that may suffer with dehydration or cramps during exercise.

D-Ribose is what is known as a reducing sugar which can react resulting in the white powder slowly changing to a yellow-offset colour. This does not effect the quality of the product.

Electrolyte+ is designed to be used during periods when hydration goals need support.

1 serving (7g) is to be mixed with 500ml of water and consumed ideally upon wake.

A further serving may be used during times of mental fatigue; and additionally during the peri workout window. This is suitable for Vegetarians, Vegans and is Halal Certified.

This product is manufactured in a facility that processes products containing nuts, milk, soy and fish

We would recommend this to anyone that is looking to improve their hydration levels.



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Astrag-Flow is part of the supplements needs health range formulated by Dr. Dean St Mart.

This product was developed with the idea of supporting kidney and blood pressure health and function.

This has been made possible by using key proven ingredients such as Astragalus Root, Beetroot Extract, Hawthorn Berry Extract and Goldenrod.

This product is a core member of the advanced health stack recommended to all assisted athletes alongside Liver Stack & CV Stack.

1 serving (4 capsules) is to be taken with a morning meal, with a 2nd serving (4 capsules) with an afternoon or evening meal.

This product is suitable for Vegetarians, Vegans and is Halal Certified.

This product is manufactured in a facility that processes products containing nuts, milk, soy and fish.

We would highly recommend this if you are an assisted athlete.



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Health - SN CV Pro+

CV Pro+ is part of the supplements needs health range formulated by Dr. Dean St Mart.

This product was created to help assisted athletes keep their heart health in check whilst pushing the limits.

This is especially good at recovering a bad cholesterol ratio.

This has been made possible using proven ingredients such as Red Yeast Rice Extract for Monacolin K, Nicotinic Acid (Flush Niacin), Pycnogenol, BCM-95 Bio-Curcumin, Arjuna, Policosanol.

C-V Pro+ has been specifically designed to be stacked alongside C-V Stack to create a fully comprehensive trifecta stack for C-V health.

1 capsule is to be taken daily for the first 5 days to assess and build tolerance to the Niacin Flush, slowly increasing to the full 5 capsule serving.

Ideally to be taken away from the training window.

Do not exceed the recommended dose and do not take for more than 8 weeks consecutively without a break.

This product is suitable for Vegetarians, Vegans and is Halal Certified.

This product is manufactured in a facility that processes products containing nuts, milk, soy and fish.

We would recommend this to anyone looking to improve their heart health.



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Liver Stack is part of the supplements needs health range formulated by Dr. Dean St Mart.

This product was designed to defend the liver while assisted athletes are pushing the limits.

This is made possible using 6 proven ingredients at the correct doses such as TUDCA (taoursodeoxycholic acid), Ox Bile Powder Extract, L-Choline Bitartrate, Inositol, Calcium D-Glucarate and Diindolymethane (DIM).

Liver Stack has been designed to support liver health; and is a core member of the Advanced Health Stack alongside C-V Stack and Astrag-Flow.

Liver Stack is designed to be used during periods when liver and bile health support is required.

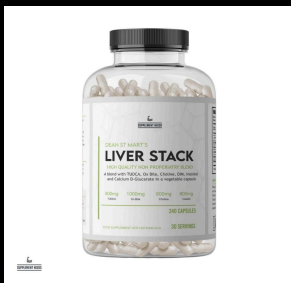
1 serving (4 capsules) is to be taken with a morning meal, with a 2nd serving (4 capsules) with an afternoon or evening meal.

Ensure the product is taken with a fat containing meal due to the nature of the ingredients.

Liver Stack can also be stacked alongside Liposomal Glutathione and TUDCA + NAC for fully comprehensive liver health support.

This product is suitable for Vegetarians, Vegans and is Halal Certified.

This product is manufactured in a facility that processes products containing nuts, milk, soy and fish.



We would recommend this to anyone looking to support their liver.

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Multivitamin & Mineral Pro was created to become the ultimate all in one supplement that you need.

This is part of the supplement needs health range.

Providing you with 19 ingredients of 10 vitamins and 9 minerals all correctly dosed.

This supplement contains Retinyl Palmitate, eight B vitamins (B1 Thiamine, B2 Riboflavin, B3 Niacin, B5 Pantothenic acid, B6 Pyridoxine-5-Phosphate, B7 Biotin, B9 Methylfolate, B12 Methylcobalamin), Vitamin E as alpha-tocopherol; and the minerals Chromium, Copper, Iodine, Magnesium, Manganese, Molybdenum, Selenium, Zinc and Boron.

Vitamin D3 and K2 have been left out specifically due to being key ingredients in C-V Stack, ImmunoPro+ and Omega Pro+ to avoid D3 overload if taking multiple products in the line.

Multivitamin and Mineral Pro has been specifically designed to complement the every day demands of the body.

Multivitamin and Mineral Pro is designed to be used during periods when optimal daily health support is required.

Ideally you will take 1 capsule daily before a meal.

This product is suitable for Vegetarians, Vegans and is Halal Certified.

This product is manufactured in a facility that processes products containing nuts, milk, soy and fish.

We would recommend this to anyone looking to get the full spectrum of vitamins and minerals.



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Health - SN Digestive Stack

Digestive stack was created to become the ultimate digestion supplement.

This is part of the supplement needs health range.

This product was formulated by Dr. Dean St Mart to include 7 proven ingredients correctly dosed such as Betaine HCl, Pepsin and Zinc Carnosine; Pancreatin providing Amylase, Protease and Lipase digestive enzymes; Alpha Galactosidase enzyme to aid in reducing gas from fermentable carbohydrates; Diamine Oxidase enzyme which lowers histamine; and Ginger Extract for Gingerols.

Digestive stack has been designed to support overall stomach and digestive health.

Digestive Stack is designed to be used during periods when digestive support is required.

You should take 1 serving preferably 30 minutes prior to the first or largest meal of the day.

Some individuals may find better tolerance starting at 1 capsule if required.

This product is suitable for Vegetarians, Vegans and is Halal Certified.

This product is manufactured in a facility that processes products containing nuts, milk, soy and fish.

We would recommend this to anyone looking to improve their digestion.



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Glutamine is one of the most important amino acids founds in the body, especially when the goal is improving or maintaining muscle mass.

Glutamine is a building block for making proteins in the body, and is responsible for supplying over 30% of nitrogen into the muscle for muscle protein synthesis to occur.

Glutamine will become extremely depleted during physical activity, especially during hypertrophy style training.

Studies have shown that it can take over 5 days for glutamine to fully restore to normal levels.

Assuming you will be training more often than once every 5 days it would be beneficial to supplement with glutamine to help lower the possibility of muscle protein breakdown and increase the speed of muscle protein synthesis.

Effective doses have been shown above 5g a day but can be useful up to 15g a day In advanced athletes.

We would highly recommend supplementing with glutamine if your goal is to improve or sustain muscle mass.



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Curcumin is widely known as an anti-inflammatory and pain reliever, but new scientific evidence shows that it may also be anti-catabolic and have positive insulin sensitising effects.

Curcumin can reduce inflammation post workout especially after increased eccentric load.

It Prevents the negative feedback mechanism that reduces insulin signalling increasing the anabolic signalling effects of insulin by increasing insulin sensitisation.

Liposomal Curcumin with Resveratrol is a fully transparent, non proprietary product at efficacious doses as part of the Supplement Needs Liposomal range.

Liposome Curcumin with Resveratrol utilises an exclusive patented technology which micro-encapsulates the ingredients in natural non-hydrogenated sunflower phosphatidylcholine derived liposomes; which can be as small as 50 nanometers, to permeate the lipid bilayer of cells.

Liposomal Curcumin and Resveratrol has been specifically designed to aid in ensuring optimal absorption of the key ingredients - Curcumin and Resveratrol.

Effective doses have been shown between 100mg-200mg per day of curcumin.

We would recommend this to anyone looking to lower inflammation.



You can order this in store @powerbuilding_gym_official or go to our website and order now using the link www.pbessentialsupps.com

Glutathione is a molecule found naturally in your body, produced by the liver and nerve cells using a combination of 3 amino acids resulting in one of the most powerful anti oxidants.

Supplementing with glutathione and supplying the body with a sufficient dose has been shown to help treat and possibly prevent serious conditions such as heart disease!

Anti oxidants are crucial in the body, they help fight free radicals from causing oxidative cell damage. When more free radicals are present than anti oxidants, this can lead to conditions such as high blood pressure, heart disease and many more...

Anti oxidants help maintain a healthy balance in the body. They can also help metabolism of toxins decreasing the chances of cancer, Natural creation and repair of DNA, Activation of enzymes and protein production.

Liposomal Glutathione is a fully transparent, non proprietary product at an efficacious dose as part of the Supplement Needs Liposomal range.

Liposome Glutathione utilises an exclusive patented technology which micro-encapsulates the ingredients in natural non-hydrogenated sunflower phosphatidylcholine derived liposomes; which can be as small as 50 nanometers, to permeate the lipid bilayer of cells.

Liposomal Glutathione has been specifically designed to aid in ensuring optimal absorption of the key ingredient; Glutathione, the body's master antioxidant.

Supplement Needs Liposomal Glutathione is delivered through a trademarked form of Glutathione known as Setria®.

We would highly recommend this product for assisted athletes and anyone looking to improve their overall health.



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CV STACK is part of the supplements needs health range formulated by Dr. Dean St Mart.

This product was created to help assisted athletes keep their heart health in check whilst pushing the limits.

C-V Stack is a fully transparent, non proprietary product containing 11 ingredients at efficacious doses as part of the Supplement Needs Dean St Mart Health range.

Formulated by Dean St Mart using a host of antioxidant ingredients such as EvNol trademarked Tocotrienol (Vitamin E) complex; Pantethine and Citrus Bergamot; Olive Leaf Extract, Grape Seed Extract, Green Tea Extract for EGCG, Coenzyme Q10, Asthaxanthin, Garlic Extract for Allicin; Vitamin D3 and Vitamin K2 (MK-7). C-V Stack has been designed to support C-V health; and is a core member of the Advanced Health Stack alongside Liver Stack and Astrag-Flow.

Ideally to be taken away from the training window.

This product is suitable for Vegetarians, Vegans and is Halal Certified.

This product is manufactured in a facility that processes products containing nuts, milk, soy and fish.

We would recommend this to anyone looking to improve their heart health.



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Naughty Boy Stim Pre Workout

Stim pre workouts are perfect for anyone that is looking to maximise performance in the gym. These formulas are created after years of research to provide an effective and clear focus during the session, as well as proven ingredients physical benefit when training.

MENACE was formulated to tick all the boxes, covering **PUMP, ENERGY, FOCUS** and **ABSORPTION**.



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This is perfect for those of you that are either training later on in the afternoon-night time, in need of a product that will improve performance without tampering with sleep/recovery.

SICKPUMP® was formulated to give you the 'SICKEST PUMP'. Their goal was to offer a fully loaded and transparent formula containing key patented ingredients.

All TEN ingredients have been dosed at the recommended clinical dosages and some even above.

The SICKPUMP® formula contains three patented ingredients SETRIA®, NITROSIGINE and ASTRAGIN®, these three ingredients are some of the most exciting ingredients currently in the industry and have all been backed by clinical studies.



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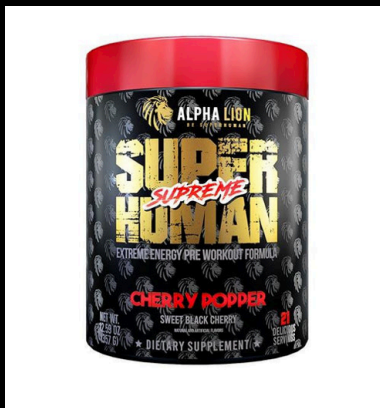
So what makes the **NEW SUPERHUMAN® SUPREME** formula so incredible? Alphalion went back to the gains lab and somehow created a longer-lasting, more euphoric pre-workout experience.

Juniper Berry Extract increases both the effectiveness AND uptake of stimulants in the body...
While at the same time creating a more "euphoric" feeling while working out...

So you'll be feeling the effects of Supreme's powerful formula more than ever before + feeling overall happier every time you step foot in the gym!

Coupled with the addition of the absorption titan AstraGin®, we've maximized the efficiency of every ingredient in Supreme so you get the most out of EVERY scoop.

Add these to the already incredible SuperHuman ingredients present and you have an unparalleled **MAX DOSED** pre-workout experience!!!



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This is perfect for those of you that are either training later on in the afternoon-night time, in need of a product that will improve performance without tampering with sleep/recovery.

SUPERHUMAN PUMP is a revolutionary stim-free pre-workout experience scientifically engineered to give you violent muscle pumps and muscles so full you may rip the sleeves off your shirt during your workout!

SUPERHUMAN PUMP contains a MAX-DOSED formula packed with the perfect pump primers.

With these absolutely **LOADED** premium ingredients, you have an unparalleled workout experience you have to feel in your biceps to believe!



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Alphalion Superhuman Greens

Alphalion created SuperHuman Greens to give you over 40 epic superfoods loaded into every scoop. Make no mistake: this isn't just some BS "fruits and veggies" blend loaded with sugar... Your immune system and digestive health will be jolted into action† thanks to a powerful combination of:

- 🥬 6000 mg Grass and Greens blend
- 🥦 2000 mg Carotenoid-Rich Vegetable blend
- 🍏 1000 mg Fruits + Vegetable blend
- 🌱 500 mg Sprouts + Sea Vegetable blend
- 🥦 500 mg Cruciferous Vegetable blend
- 💪 680 mg Probiotics & Enzymes blend

The best ingredients that fight the free radicals and toxins of the modern world aren't commonly found in your diet.

Let's be honest - when was the last time you had some sea vegetables and spirulina?

Daily consumption of these superfoods can make a huge difference in how you look and feel. Our goal was to make your daily SUPERHUMAN GREENS taste amazing, so you never miss out on all the amazing benefits of the healthiest ingredients on earth.



You can order this in store @powerbuilding_gym_official or go to our website and order now using the link www.pbessentialsupps.com

Vitamin C is a very ‘well known’ supplement that is extremely popular mostly due to its immune system support.

This particular vitamin is well known for very good reason, it is not produced by the body meaning we must consume this from diet and as always most of us don’t achieve the recommended dose from diet alone.

Vitamin C, also known as ascorbic acid, is necessary for the growth development and repair of all body tissues.

Vitamin C helps support collagen synthesis, which is found in hair, skin, nails and joints.

Vitamin C also helps support the immune system and in the reduction of tiredness and fatigue.

Vitamin C contributes to maintain normal function of the immune system during and after intense physical exercise

This is what makes vitamin C as what we would consider an essential part of your supplement stack!



You can order this in store @powerbuilding_gym_official or go to our website and order now using the link www.pbessentialsupps.com

Vitamin Ashwaghandha is arguably one of the most underrated supplements on the market.

It has incredible capabilities, backed with over 300 scientific studies showing mind blowing results in terms of its cortisol 'stress hormone' lowering effects.

It is a herb that has been used for years dating all the way back to ancient Indian medicine.

As well as its possibilities for lowering stress, it has also been shown to relieve anxiety.

This is a fantastic tool which can be beneficial to athletes looking for optimal recovery, by lowering themselves back into the PNS state after being involved in heavy physical exercise or after using stimulants.

It has also been shown to improve brain function, lower blood sugars, heart health and in some cases increase fertility!!!

If you are diabetic, You should consult a doctor before using this supplement.

We would highly recommend this to anyone looking to optimise recovery and sleep.



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**These statements have not been evaluated by any official health authority.
These products are not intended to diagnose, treat, cure, or prevent any
disease.**

**Customer reviews on our site are provided for informational purposes only and
are not intended to diagnose, treat, cure or prevent any illness or disease.**



FITNESS ACADEMY

TRAINING | NUTRITION | COACHING