

**Chelsey  
Hendriksen**  
iamfitsupps Athlete  
@powerhousechels



**ONE  
CUSTOMER  
AT A TIME.**

**BUILDING  
CHAMPIONS™**

**ONE CUSTOMER  
AT A TIME.**



**ISOLATE  
YOUR BEST  
GAME FOR GAIN**

**RANDY  
COUTURES  
ULTIMATE  
WORKOUT**

**FIT  
SUPPLEMENTS  
WE BUILD CHAMPIONS**

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**www.iamfitsupps.com**



USA / CAN \$2.00

**XTRA PUNCH**  
performance mix

# MY FAVORITE WHEY PROTEIN

**Chelsey Hendriksen**  
iamfitsupps Athlete  
@powerhousechels



# PRE WORKOUT

**DELIVERS EXPLOSIVE STRENGTH & STAMINA\***

Fit Supplements Pre-Workout provides a high intensity explosion of energy, power and strength without the crash\*

All Fit Supplement products are tested and signed off by:  
**Randy Couture**  
6x MMA World Champion



Mark Smith

Nate McIsaac

**FIT SUPPLEMENTS PRE-WORKOUT**

"Didn't give me the headache or the crash I find with other product's."  
"Great workout with this product!"

Mark Smith  
@thefitbox



[www.iamfitsupps.com](http://www.iamfitsupps.com) 1-800-758-2105

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**Fit Supplements™**  
**Uncompromised Quality**



**BUILDING CHAMPIONS**  
**ONE**  
**CUSTOMER**  
**AT A TIME.**

**Quality Materials Used in Our Products:**

FIT SUPPLEMENTS buys raw materials from companies located in the Canada, USA and abroad. Regardless of the country of origin, our extensive quality procedures ensure that FIT SUPPLEMENTS products are safe, pure, and meet label claims. FIT SUPPLEMENTS Quality Assurance Program involves the following key components:

- 1. Vendor Qualification:** FIT SUPPLEMENTS strict vendor qualification program includes screening by a GMP audit questionnaire, followed by facility audits to ensure we select reliable suppliers. As a result, FIT SUPPLEMENTS has close working relationships with a group of trusted vendors who consistently furnish the highest quality materials.
- 2. Ingredient Testing:** All ingredients are carefully inspected upon receipt, sampled, and held under quarantine until analytical testing is completed to confirm that they meet all specifications for purity, activity, and physical characteristics. All materials undergo thorough testing prior to release for manufacturing. Any material that does not meet all specifications is rejected. FIT SUPPLEMENTS reputation for having strict acceptance criteria and rejecting unsuitable materials is well known throughout the nutraceutical industry.
- 3. In-Process Testing:** During the manufacturing process, testing is also conducted to assure that each product conforms to the specifications established for it.
- 4. Finished Product Testing:** All manufactured products undergo final analytical testing to ensure their safety, purity, and activity levels. Final testing includes physical and chemical analyses and microbiological testing to guarantee each FIT SUPPLEMENTS product meets all quality specifications. Sensitive analytical testing is also performed to ensure that our products are below the legal limit for heavy metals (Lead, Cadmium, Arsenic, and Mercury).
- 5. Document Control:** All aspects of the quality program and test results are thoroughly documented. Traceability of every ingredient used in each of our products is an absolute requirement of our system.
- 6. Record Retention:** All production and testing records are maintained in safekeeping for several years.
- 7. Regular Quality Audits:** FIT SUPPLEMENTS undergoes regular quality audits by its licensing and certifying agencies. We also conduct internal audits of our procedures and processes to ensure compliance within our organization.
- 8. Banned Substances:** Competitive athletes risk losing all they worked for if even a trace of a banned substance is consumed that isn't allowed by their governing body. This is an obvious reason for them to only use trusted nutritional supplements. The benefit to the general consumer is this drives stringent processes for assuring purity of every supplement we offer. We can therefore say every FIT SUPPLEMENTS supplement is tested and trusted by professional athletes, equating to purity and safety for every consumer.
- 9. Flavor:** We don't want our products to taste good, we want them to taste AMAZING! We work hard to FORMULATE amazing tasting products in a variety of flavors. Everyone's taste preferences are different and FIT SUPPLEMENTS understands this and is sensitive to it. Our flavor experts select flavor varieties that are popular and easily assimilated. Because of this attention to flavor detail, almost everyone loves at least one of our flavors, and many customers love them all.

**Certifications we follow:**

Good Manufacturing Practices (GMP) practices are required in order to conform to the guidelines recommended by agencies that control authorization and licensing for manufacture and sale of food, drug products, and active pharmaceutical products. These guidelines provide minimum requirements that a pharmaceutical or a food product manufacturer must meet to assure that the products are of high quality and do not pose any risk to the consumer or public. Good manufacturing practices, along with good agricultural practices, good laboratory practices and good clinical practices, are overseen by regulatory agencies in the United States, Canada, Europe, China, and other countries.

Our consumers can be assured of the safety and effectiveness of FIT SUPPLEMENTS products no matter where the raw materials originate because of the extensive testing and GMP quality procedures we maintain. Every product we sell is formulated by scientists and Athletes with over 25 years' experience in the Nutraceutical industry working with Sports Nutrition products specifically.

**If you are not 100% satisfied with your Fit Supplements Products let us know and we will replace it or give you your money back!**

**SUMMER 2016 PRODUCT GUIDE**

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**www.iamfitsupps.com**

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## OUR PROMISE TO YOU:

At **Fit Supplements™** we have a responsibility to provide you with products that are second to none and to offer you the support you need to be successful. One of our primary goals is to have a product mix that provides you all the products you need to be successful in your sport and in your quest for obtaining optimal health.

### How do we do this?

Constant research and Innovation with full disclosure labeling so you know what you are putting in your body. We back this up with a 100% Guarantee that we will support you with world class service, great pricing, and selection.

## WHO WE ARE

**Fit Supplements™** is a leader within the distribution and production of nutritional supplements in the health and fitness industry. We offer a wide-range of products for hard-core bodybuilders, work out enthusiasts, athletes, elite athletes, and health conscious individuals. Having such a large selection of products allows us to assist you in reaching your life long goal of being Fit.

## LOOKING FORWARD

**Fit Supplements™** is motivated to continue with the development of new products that provide you with the leading edge that you need to be successful. With over 20 years of experience in the distribution of health and fitness products, we know the business of nutritional supplements. Look for new and exciting **Fit Supplements products** from your favorite retailer or here at "[iamfitsupps.com](http://iamfitsupps.com)"

### Telephone:

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### FIT SUPPLEMENTS USA

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Las Vegas, Nevada, 89119, USA

### Randy "The Natural" Couture

Brand Ambassador, Owner - 6\* MMA World Champion



# Workout Accessories



**Chelsey Hendriksen**  
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@powerhousechels



## T-SHIRTS

MEN'S / WOMEN'S



**SHAKER CUPS WITH  
STEEL MIXING BALL**

## #askfit

**Q.** What is a good stack for increasing my Hockey\Football\Sport performance?

- Multi Vitamin is the start of any program.
- Whey Protein or Whey Isolate
- Gainz, Depending on age for after your practice/workouts to help you replace the glycogen levels and keep your weight on.
- Xtra Punch is a great product to use for Hydration, energy boost and recovery. Use it during your game and practice. L-Citrulline will help blood flow in the body and can help your performance. NO CAFFEINE
- Omega 3 or EFA, heart, brain and numerous other benefits.
- Glutamine to help recovery and keep your weight on and prevent muscle breakdown. Increase or decrease depending on the amount of ice time per day/week.
- Elite Level Players:
  - Creatine, I would suggest 8 grams of per day. (Will increase your strength and VO2max, with proper water and hydration you should not cramp) If you slow down stop using. I personally haven't heard of this yet. Biggest issue is that you get bigger and stronger.
  - Beta-Alanine: This supplement can allow you to perform for longer periods of time before becoming fatigued. This is due to boosting the levels of Carnosine in the muscles and reducing the acid buildup in muscles. Increasing the amount of time you can perform at a high level is huge. (this is not a stimulant)
  - Fit Test as this can increase your testosterone naturally which has too many benefits to list. The main one would be to increase your strength.

- Greens will help you get your daily dose needed for an optimal diet if you aren't eating perfectly.
- BCAA, help recovery. Use after workout or Intra workout should you be pushing it to the max.

- ZMA, can help you sleep and increase testosterone naturally.
- \*\* Note: If trying to lose weight I would remove the Whey Protein and Use Whey Isolate Only for all shakes except after practice or exercise, and at that point I would mix my Whey Isolate with 1 scoop of Gainz so that you get the carbohydrates needed. No other shakes of Gainz would be taken other than for Post Workout recovery.

- \*\*\* Note: For Gaining Weight I would be using a full serving of Gainz after workout or practice and prior to bedtime. If it is too filling try adding a 1/2 serving with 3 of your meals.

## #askfit

**Q.** What is a good Stack for Increasing my Strength?

- 100% Whey Protein
- Fit Test
- BCAA
- Creatine
- Pre-Workout

**Q.** What is a good Teen Stack?

- Whey Protein Or Whey Isolate if Lactose issues or trying to lose weight
- Xtra Punch for Intra Workout Support and Recovery
- BCAA
- Multi Vitamin
- Omega or EFA
- Greens if not eating your leafy greens and fruit regularly

**Q.** What is a good Women's Stack?

- Whey Isolate if trying to Slim down or Whey Protein for lower cost per serving
- Multi Vitamin
- Omega or EFA
- Primrose Oil
- Greens
- If Trying to Slim down add CLA, Fit Cuts, or Fit Slim

Note: I don't mean to add the kitchen sink here but if you are an elite athlete you need to pay very close attention to your food intake, calories and supplements that help give you that extra edge and to do it naturally you need to be doing everything possible.



[www.iamfitsupps.com](http://www.iamfitsupps.com)

# 100% WHEY PROTEIN



## Just The Facts:

**23 g 100% Whey Protein • Zero Amino Fillers • Low Carbs, Low Fat • No Added Sugars • Great Taste • Gluten Free • Mixes Instantly • Helps Build & Repair Body Tissue**

## Q. Why should I use Whey protein?

A. Great tasting protein, easy to use in shakes and smoothies, lower cost per serving than an isolate.

**Recommended Use or Purpose:** Excellent Source of protein that can help in; maintenance of good health building and repairing body tissues \*building anti-bodies\* Recovery.

**100% Whey Protein  
Zero Amino Fillers  
Low Carbs, Low Fat  
No Added Sugars  
Great Taste  
Gluten Free  
Mixes Instantly**



Amount Per Serving		% Daily Value †	
<b>Calories</b>	122		
<b>Calories from Fat</b>	14		
<b>Total Fat</b>	1.5 g		2.3%
Saturated Fat	1.2 g		6%
Trans Fat	0 g		
<b>Cholesterol</b>	40 mg		13.3%
<b>Sodium</b>	108 mg		4.5%
<b>Total Carbohydrate</b>	4 g		1.33%
Dietary Fiber	0 g		
Sugars	0 g		
<b>Protein</b>	23 g		46%
<b>Vitamin A</b>	0%	<b>Vitamin C</b>	0%
<b>Calcium</b>	10%	<b>Iron</b>	0%

Not a Significant Source of Dietary Fiber. † Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

	2,000	2,500
Total Fat	Less than 65 g	80 g
Sat. Fat	Less than 20 g	25 g
Cholesterol	Less than 300 mg	300 mg
Sodium	Less than 2,400 mg	2,400 mg
Total Carbohydrate	300 g	375 g
Dietary Fiber	25 g	30 g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

**Nutritional Facts:** (Nutrition Facts Vary between flavors)

**Category:** Nutrition, Performance, Recovery, Weight Management, Muscle Builder  
**Flavors:** Chocolate, Cookies & Cream, Strawberry, Vanilla. **Stack with:** L-Glutamine, a diet and weight management product, Pre Workout, BCAA. Stacks would vary based on your activity levels and personal goals. **Size:** 35g Single Serving, 4.4lbs = 57 servings. **Form:** Powder

# 100% WHEY ISOLATE

At **Fit Supplements™** We only use a Whey Protein Isolate 90% that provides the highest biological value of proteins. What this means is your body is able to hold on to more of the protein.

## Why should i use 100% Whey Isolate?

**A.** offers 27 grams of bio-active whey protein isolate, per 30 g serving • extracted with cold cross-flow membrane and ion exchange, producing an ultra-Micro filtered isolate without the impurities in other products • Zero lactose • Zero carbohydrates • Zero fat • Gluten Free • Source of essential amino acids involved in muscle protein synthesis • Excellent source of protein which helps build and repair body tissues protein is needed to increase nitrogen, nitrogen helps heal and build muscle • can help build antibodies

## How Much should i take?

**A.** This depends on your activity level, your body weight, and your goals but generally speaking adults can use 1-3 scoops daily. With water, juice or milk. You can use in the evening to help you fill up. Take a few hours before or after taking other medications. **Nutritional Facts:** (Nutrition Facts Vary between flavors) **Category:** Nutrition, Performance, Recovery, Weight Management, Muscle Builder **Flavors:** Chocolate, Strawberry, Vanilla **Stack with:** L-Glutamine, a diet and weight management product, Pre Workout, BCAA. Stacks would vary based on your activity levels and personal goals. **Size:** 35g Single Serving, 2lbs = 30 Servings, 4.4lbs = 67 servings **Form:** Powder

Nutrition Facts	
Serving Size: 1 Rounded Scoop (30g) Servings Per Container: 30	
Amount Per Serving	
Calories	108
Calories from Fat	2
% Daily Value †	
Total Fat	0 g
Saturated Fat	0 g
Trans Fat	0 g
Cholesterol	0 g
Sodium	6 mg
Total Carbohydrate	0 g 1.33% †
Dietary Fiber	0 g
Sugars	0 g
Protein	27 g 46% †
Vitamin A	0%
Calcium	2%
Vitamin C	0%
Iron	0%
Not a Significant Source of Dietary Fiber. † Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:	
Calories: 2,000 2,500	
Total Fat	Less than 65 g 80 g
Sat. Fat	Less than 20 g 25 g
Cholesterol	Less than 300 mg 300 mg
Sodium	Less than 2,400 mg 2,400 mg
Total Carbohydrate	300 g 375 g
Dietary Fiber	25 g 30 g
Calories per gram:	
Fat 9	Carbohydrate 4 Protein 4

**This is by far the best product for muscle growth without fat gain, and stomach discomfort. Some people like to use it as an appetite suppressant in diets for weight loss.**

# #askfit

## #askfit

**Q.** What is a great stack with 100% Weight Gainz?

**A.** Fit Gainz, Xtreme Pre-workout, Creatine, L-Glutamine.

This is a great stack for keeping the calories, up and putting on some good mass. I suggest taking a minimum of 8 grams of creatine per day, along with a minimum of 10 grams of L-Glutamine depending on training. If you are training high intensity more than 4 times per week increase Glutamine to help recover. Split your Shakes to after your workout and bedtime.

## #askfit

**Q.** What is a great Weight Management Stack?

**A.** From My experience, I would suggest using a

- Whey Isolate (cleanest protein source) 1-3 times per day depending on the time you have available to eat through the day. Start in the AM with a shake and add one at lunch or a snack later in the day.
  - Omega Fatty Acid and/or EFA,
  - Good multi Vitamin.
  - Stimulants, depending on your age and tolerance I would suggest implementing a boost at the start of the day and mid-day.
  - We offer Fit Cuts which is more stimulatory so if you are okay with a boost this is good
  - Fit Slim. if you don't like to be too energized and want a less stimulatory effect try this one
  - Fit CLA for no stimulants at all. A great weight Management Supplement without the jitters. Takes a little longer to get the body burning fat but is a great natural alternative.
  - Ladies add Evening Primrose, a great daily supplement to help you feel great
  - Consistency is key when it comes to managing your weight!
- What is a Great Stack for Gaining Muscle for guys 40+?
- Whey Protein – Slower Releasing Protein Or
  - Whey Protein – Isolate Clean protein, High BV % allows greatest absorption of protein
  - Creatine : 8 grams a day will help you fill out the muscle and increase your strength
  - Omega 3 or EFA great to help balance your essential fats and help your moods
  - Fit Test 3 to 6 Capsules a day will help give you a boost in energy and vitality. Increasing Natural test will help you increase strength as well. • Multi Vitamin, don't cheap out. Get a good one so that you can assimilate all the nutrients you are putting in your body.



**Chelsey Hendriksen**  
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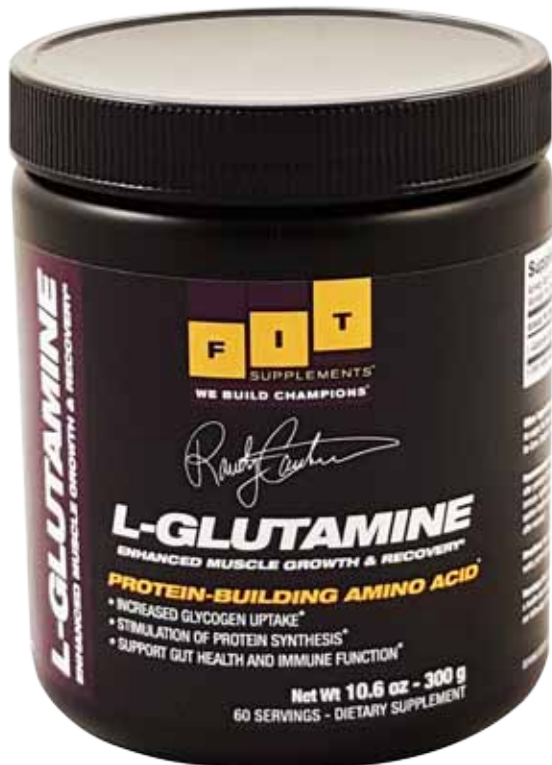
**Fit Supplements™** L-Glutamine, Helps increase recovery and prevent the breakdown of muscle. Glutamine can help you recover from over training as well. Ajinomoto is the only brand of L-Glutamine we currently offer. Ajinomoto is considered one of the world's top producers of L-Glutamine.

### Why Do I need L-Glutamine?

**Helps body prevent infections, promotes wound healing. Can help the body boost immune function. Can play a major role in preserving muscle. A common issue as we age. Helps stop the loss of Muscle Mass. L-Glutamine prevents muscular catabolism and participates in the transport of nitrogen from muscle tissue.**

Main energy source of rapidly dividing cells (lymphocytes, enterocytes) which allows a stronger immune system and digestive system. **1.** Helps maintain cellular hydration and volume. **2.** Help you maintain muscle. **3.** Supports Immune and intestinal health. **4.** L-Glutamine is often considered an essential amino acid during periods of high stress and illness.

**Studies have shown that an intake of 2g of L-Glutamine before going to sleep increases growth hormone by 400%. And It accelerates the healing of contusions and burns.**



**Category:** Nutrition, Performance, Recovery, Weight Management, Muscle Builder.

**Flavors:** NONE.

**Stack with:** BCAA, (Male's with Fit Test), 100% WHEY PROTEIN AFTER, OR 100% WHEY PROTEIN ISOLATE. Xtreme PRE-WORKOUT, CREATINE (DURING), L-GLUTAMINE After. BETA-ALANINE \*Stacks would vary based on your activity levels and personal goals. **Size:** 300 grams =60 servings.

**Form:** Powder

### Supplement Facts

Serving Size 1 scoop (5 g)	
Servings Per Container 60	
Amount Per Serving	% Daily Value †
L-Glutamine (Ajinomoto)	5,000 mg †
† Daily value not established.	

**Nutritional Facts:** (Nutrition Facts Vary between flavors) **Category:** Nutrition, Performance, Recovery, Weight Management, Muscle Builder **Flavors:** Chocolate, Vanilla. **Stack with:** L-Glutamine, a diet and weight management product, Pre Workout, BCAA. Stacks would vary based on your activity levels and personal goals.

**Size:** 35g Single Serving, 10 lbs: = 17 Servings. **Form:** Powder

Amount Per Serving		% Daily Value †	
<b>Calories</b>	920		
<b>Calories from Fat</b>	21.6		
<b>Total Fat</b>	2.4 g	3.7%	†
Saturated Fat	2 g	10%	†
Trans Fat	0 g		
<b>Cholesterol</b>	0 g		
<b>Sodium</b>	136 mg	5.7%	†
<b>Total Carbohydrate</b>	156 g	52%	†
Dietary Fiber	0 g		
Sugars	52 g		†
<b>Protein</b>	68 g	136%	†
<b>Calcium</b>	0 g	0%	†
<b>Vitamin A</b>	0%	<b>Vitamin C</b>	0%
<b>Potassium</b>	0%	<b>Iron</b>	0%
<b>Creatine &amp; Glutamine Blend</b>	13600 mg		†
<b>Carbohydrate Blend (maltodextrin, fructose)</b>	156 g	52%	†
*We are a Significant Source of Dietary Fiber. †Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.			
	Calories:	2,000	2,500
<b>Total Fat</b>	Less than	65 g	80 g
<b>Sat. Fat</b>	Less than	20 g	25 g
<b>Cholesterol</b>	Less than	300 mg	300 mg
<b>Sodium</b>	Less than	2,400 mg	2,400 mg
<b>Total Carbohydrate</b>	Less than	300 g	375 g
<b>Dietary Fiber</b>	Less than	25 g	30 g
Calories per gram:			
	Fat 9	Carbohydrate 4	Protein 4



# CLA

**Fit Supplements™ CLA** aids in Weight Loss, Improving Lean Body Composition, Reducing Hunger, and is naturally derived from Safflower Oil. Backed by over 200 Research Studies!

## Why Should I use CLA?

CLA, may help to support a reduction in fat mass when used with a program of reduced intake of dietary calories and increased physical activity.

**How Long can I use it for?** Consult a health care practitioner for use beyond 6 months.

**How many do I take per day & How?** Adults. Take 3 softgels daily. Take with food.

**Category:** Weight Management **Stack with:** BCAA, 100% Whey Protein, 100% Whey Protein Isolate. Stacks would vary based on your activity levels and personal goals. **Size:** 180 Soft Gels = 3 Per Day 60 Days, 6 per Day 30 Days.

**Form:** Soft Gel

Supplement Facts	
Serving Size: 1 Softgel Capsules Servings Per Container 180	
Amount Per Serving	% Daily Value
Calories	10
Calories from Fat	10
Total Fat	1 g 2%†
CLA (Conjugated linoleic acids) From (Safflower Oil of Safflower Seed)	1000 mg *
† Percent Daily Values are based on a 2,000 calorie diet. * Daily value not established.	

# CAFFEINE

**Fit Supplements™** 200 mg Caffeine Capsules help to temporarily restore mental alertness or wakefulness when experiencing fatigue or drowsiness. Caffeine is the most popular dietary supplement in the world. It is a powerful Stimulant to the Central Nervous System.

Supplement Facts	
Serving Size 1 Capsule (200mg) Capsules Per Container 100	
Amount Per Serving	% Daily Value
Caffeine Anhydrous	200 mg †
† Daily value not established.	

## Why should I use Caffeine?

Helps to promote alertness and wakefulness, and to enhance cognitive performance. (temporarily). Helps to relieve fatigue (temporarily). Promotes endurance (temporarily). Enhance motor performance (temporarily). Use as a mild diuretic.(temporarily).

**Category:** Energy, Mental Alertness, Endurance.

**Stack with:** N/A **Size:** 100 Capsules. **Form:** Gelatin Capsules **For occasional use only.** Dosage suggestions: Take 1 capsule every 3-4 hours, or as needed, not to exceed 1,000 mg per day. 800 mg used as a mild diuretic.



# ZMA

## Why Should I use ZMA?

**1.** Helps to promote healthy mood balance. **2.** Helps the body to metabolize carbohydrates, fats and proteins. **3.** Helps in the development and maintenance of bones and teeth. **4.** Helps in tissue formation. **5.** Helps to maintain proper muscle function. **5.** Helps to maintain healthy skin. **6.** Helps to maintain immune function. **7.** May increase testosterone and growth hormone when using twice a day for more than 7 weeks\*

**ZMA is also a significant source of zinc, magnesium and vitamin B6 (pyridoxine HCl). Fit Supplements gives you more, including 5-HTP in ZMA.**

**What is 5-HTP (5-Hydroxytryptophan)?** It is a serotonin precursor for a better regulation of sleep disorders and insomnia. Also used as an appetite suppressant. **What is Zinc?** An essential element that contributes to the functions of over 300 enzymes inside the human cells. It can also contribute to the production of testosterone in men. **What is Magnesium?** An essential element that helps to calm the nervous system. A nervous system at rest during sleep allows the release of growth hormone. **How do I use ZMA?** Use for a minimum of 1 week to notice the effects. Consult a health care practitioner for use beyond one year.

## How much should I Take?

2 capsules 3 times daily. Take with food.  
Take a few hours before or after

**Flavors:** none

**Stack with:** BCAA, (Male's with Fit Test), 100% WHEY PROTEIN, OR 100% WHEY PROTEIN ISOLATE., L-GLUTAMINE

\*Stacks would vary based on your activity levels and personal goals

**Size:** 90 =45 servings

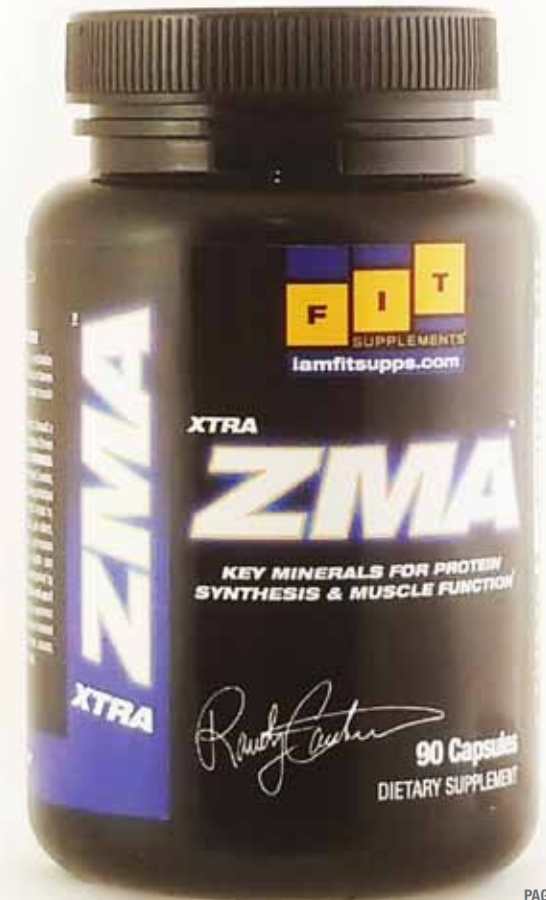
**Form:** Gelatin Capsules

## Supplement Facts

Supplement Facts	
Serving Size 1 Capsules Servings Per Container 90	
Amount Per Serving	% Daily Value †
Magnesium (Citrate)	150 mg 38%
5-Hydroxytryptophan (5-HTP) (Isolated from Griffonia (seed))	33 mg *
Zinc (Aspartate)	10 mg 67%
Vitamin B-6 (Pyridoxine HCl)	3.5 mg 57%

† Percent Daily Values are based on a 2,000 calorie diet.  
\* Daily value not established.

\*Based on a research study done in 2000.





**Fit Test Xtreme™** is a synergistic blend of herbs that naturally stimulates the production of testosterone. **Tribulus** enhances sexual performances in healthy individuals and improves athletic performances. **Maca**, also known as *Lepidium meyenii*, stimulates sexual activity of men and women, and may increase sperm production, stimulates sensory nerves and also increases sexual desire. **Fit Test Xtreme™** also contains horny goat weed, an ingredient that may prevent impotence, general fatigue, chronic bronchitis and menstrual irregularities. It may also stimulate libido, the immune system and sperm production. **Hafergras** (*Avena Sativa*), herbalists have been using it since the seventeenth century for various disorders including fatigue, nervous disorders, depression, insomnia, rheumatism, scabies and leprosy.

This mixture acts as a precursor hormone to increase energy, athletic performance and muscle mass.

### SUGGESTED USE:

Adults. Take 3 capsules in the morning and 3 capsules in the afternoon. Take with food. **Nutritional Facts:**

**Category:** Nutrition, Performance, Recovery, Weight Management, Muscle Builder **Flavors:** NONE

**Stack with:** Stack with: BCAA, 100% WHEY PROTEIN AFTER, OR 100% WHEY PROTEIN ISOLATE. Xtreme PRE-WORK-OUT, CREATINE (DURING), L-GLUTAMINE After. BETA-ALANINE, ZMA. \*Stacks would vary based on your activity levels and personal goals. **Size:** 90 Capsules = 30 servings. **Form:** Gelatin Capsules.



Supplement Facts	
Serving Size 3 Capsules Servings Per Container 30	
Amount Per Serving	% Daily Value †
Calories	0
Total Carbohydrate	0 <1%
Bulgarian Tribulus Terrestris	1500 mg †
45% Saponins (Standardized Extract)	
Epimedium Leaf extract (40:1)	300 mg †
Avena sativa (seed) (4:1)	300 mg †
Maca ( <i>Lepidium meyenii</i> ) (root) (4:1)	150 mg †

† Daily value not established.  
Percent Daily Values are based on a 2,000 calorie diet.

**Fit Cuts Xtreme™** is a highly concentrated weight management formula designed to promote the use of fat reserves and basal metabolism acceleration. Designed to increase energy levels, each capsule of Fit Cuts Xtreme is highly concentrated in guarana, caffeine, green tea extract and green coffee beans. This unique blend contains raspberry ketones, which promotes the secretion of adiponectin, a hormone that regulates fatty acids' metabolism. In addition, a high concentration of Acetyl L-Carnitine facilitates the use of fat as an energy source and is a powerful neuro protective antioxidant.

**RECOMMENDED USE OR PURPOSE:** Helps (temporarily) to relieve fatigue, to promote endurance, and to enhance motor performance. Used (temporarily) as a mild diuretic. Could be a complement to a healthy lifestyle that incorporates a calorie-reduced diet and regular physical activity for individuals involved in a weight management program. Helps maintain healthy blood pressure levels. Helps support cardiovascular health. Provides antioxidants. Helps the body to metabolize carbohydrates, proteins and fats.

# FIT SLIM EXTREME

**Fit Slim Xtreme™** a new weight loss formula, combines the latest and most effective ingredients to date. This Formula will give you a lift without the jitters associated with other weight loss products. Fit SLIM™ is a unique weight loss formula which contributes to fat loss with green tea extract as its only stimulant which has no effect on the balance of cortisol. Fit SLIM™ unique formulation includes raspberry ketones which promotes the secretion of adiponectin, a hormone that regulates fatty acids' metabolism. In addition, a high concentration of acetyl L-carnitine HCl facilitates the use of fat as an energy source and is a powerful neuroprotective antioxidant.

Supplement Facts	
Serving Size 2 Capsules Servings Per Container 50	
Amount Per Serving	% Daily Value †
Calories	0
Total Carbohydrate	0 <1%
Raspberry ketones	400 mg †
Acetyl-L-Carnitine	200 mg †
Green tea extract (leaf) (standardized)	240 mg †
L-Tyrosine	100 mg †
Panax ginseng (root)	50 mg †
Vitamin B6 (Pyridoxal hydrochloride)	10 mg 250%†
Cayenne (powdered fruit)	5 mg †

† Daily value not established.  
Percent Daily Values are based on a 2,000 calorie diet.



**Why  
Should I Use  
FIT SLIM™  
and not  
FIT CUTS™?**

...Fit Slim's  
Formulation  
Uses less caffeine  
and a different  
synergy of  
ingredients than  
Fit Cuts.

# PRE WORKOUT

At **Fit Supplements™** Xtreme Pre-workout™ may be the most potent pre-workout you will ever take. All this and you won't get the crash you get with others. This product offers a 100% guarantee.

A Pre-Workout product on the legal limit of stimulants with: 200mg Caffeine, 30mg Synephrine, 50 mg Niacin. Also, since FIT Supplements always does things properly, it contains a vitamin complex as well as Beta Alanine, L-Tyrosine, and Creatine Monohydrate for a complete muscular pump. This is the Pre-workout of all Pre-workouts.... Be close to the gym when you take your first drink as it is very fast acting!

### RECOMMENDED USE OR PURPOSE:

Workout supplement. Athletic support. Helps (temporarily) to relieve fatigue, to promote endurance, and to enhance motor performance. L-Arginine is a nonessential amino acid that is involved in protein synthesis.

**Nutritional Facts:** (Nutrition Facts Vary between flavors) **Category:** Mental Alertness, Strength **Flavors:** Blue Raspberry, Fruit Punch, Green Apple, Mangoicious **Stack with:** BCAA, (Male's 20+ with Fit Test), 100% WHEY PROTEIN AFTER, OR 100% WHEY PROTEIN ISOLATE. BETA-ALANINE, CREATINE (DURING), L-GLUTAMINE After. \*Stacks would vary based on your activity levels and personal goals. **Size:** 35g Single Serving, 12 g Single Serving = 300 g = 25 servings **Form:** Powder Start with 1/2 serving or less based on your tolerance.

Supplement Facts	
Serving Size 1 scoop (12 g)	
Servings Per Container 25	
Amount Per Serving	% Daily Value
Calories	5
Total Carbohydrate	1 g <1%**
Beta-Alanine	3000 mg †
L-Arginine	2,000 mg †
L-Tyrosine	1,000 mg †
Caffeine	200 mg †
Synephrine	30 mg †
Vitamin B6 (Pyridoxal hydrochlorid	35 mg 1750%
Niacinamin	50 mg 250%
Folate (Folic acid)	250 mcg 62.5%
Vitamin B12 (Cyanocobalamin)	500 mcg 5000%
Vitamin C (Ascorbic acid)	250 mg 416%
Creatine Monohydrate	500 mg †

† Daily value not established.  
\*\* Percent Daily Values are based on a 2,000 calorie diet

# BETA ALANINE

Beta Alanine "It's needed for the production of carnosine," and research suggests that it may improve muscular endurance of older adults, and can reduce symptoms of fatigue. It is a naturally occurring non-essential amino acid that is converted to other chemicals that can then affect muscles in a positive way. "It's needed for the production of carnosine," explains Roberta Anding RD, American Dietetic Association spokesperson and sports dietitian for the Houston Texans. "Carnosine is needed by muscle cells to act as a buffer to control intracellular Ph." Too much acid accumulation by muscles is thought to contribute to fatigue.

### What it'll do for you?

Research suggests that, during high intensity weight training or sprint work, Beta Alanine can reduce the symptoms of fatigue. Additionally, supplementation with beta alanine may improve muscular endurance of older adults, as carnosine declines with age. **May reduce the symptoms of fatigue**, In a double-blind 2007 Belgium study, fifteen male sprint-trained competitive athletes were either given Beta Alanine supplements or placebos for four weeks. Muscle carnosine concentration was tested and performance was evaluated. The men taking the supplements showed an increase in muscle carnosine and a decline of fatigue. However, the increase in muscle carnosine did not improve isometric endurance or race time among the sprinters. A handful of additional studies have found similar results and Beta Alanine is generally considered effective for offsetting feelings of fatigues. **May enhance the benefits of creatine**, A study at The College of New Jersey performed in 2006 looked at the effects of Beta Alanine when combined with creatine. During a 10-week resistance-training program, 33 college football players took either creatine, creatine plus beta-alanine or a placebo. The group taking the beta alanine saw the most significant gains in lean body mass as well as reduction of body fat percentage.

### Recommended Usage

"Vegetarians have lower carnosine levels and may benefit from supplementation," Anding says. The dose of beta alanine shown to be effective is between four and five grams per day. "However, side effects occur at this dosage and the supplement needs to be divided into to six doses, separated by at least two hours."

**Category:** Strength, Performance, Recovery.

**Flavors:** Mixed Berry **Stack with:** BCAA, (Male's with Fit Test), 100% WHEY PROTEIN AFTER, OR 100% WHEY PROTEIN ISOLATE. Xtreme PRE-WORKOUT, CREATINE (DURING), L-GLUTAMINE After. \*Stacks would vary based on your activity levels and personal goals. **Size:** 300 g = 110 servings

Supplement Facts	
Serving Size 1/2 scoop (2.7 g)	
Servings Per Container 110	
Amount Per Serving	% Daily Value
Beta-Alanine	2,500 mg †

† Daily value not established.



# EXTRA

## Fit Supplements™

Xtra Punch™ is the new breakthrough endurance and recovery sports drink with 3 sources of fats to supply medium and slow energy.

This unique mixture contains anti-catabolic ingredients such as BCAA's (L-Leucine, L-Isoleucine, L-Valine, L-Glutamine, L-Citruline and Taurine. Energy Blend is needed to Fuel you through your workout.

Recovery Blend of Amino Acids is to help you recover and give you that extra edge you have been looking for. Electrolytes Blend is to help keep you hydrated from start to finish.

You will also find that it contains the best blend of quality mineral salts on the market to help provide Cellular stability and prevent dehydration.

## Nutrition Facts

Serving Size: 1 Scoops (35 g)  
Servings Per Container: 15

Amount Per Serving		
<b>Calories</b>	88	
Calories from Fat	21.6	
		<b>% Daily Value †</b>
<b>Total Fat</b>	2.4 g	3.7% †
Saturated Fat	2 g	10% †
Trans Fat	0 g	
<b>Cholesterol</b>	0 g	
<b>Sodium</b>	136 mg	5.7% †
<b>Total Carbohydrate</b>	22 g	52% †
Dietary Fiber	0 g	
Sugars	12 g	
Protein	<1 g	
<b>Vitamin C</b> (as ascorbic acid)	210 mg	
<b>Calcium</b> (as calcium ascorbate)	126 mg	
<b>Magnesium</b> (as calcium ascorbate)	126 mg	
<b>Sodium</b> (as sodium citrate)	252 mg	
<b>Potassium</b> (as potassium citrate)	126 mg	

Not a Significant Source of Dietary Fiber. † Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.



# PUNCH

*Helps you Recover Quicker*

*Keeps you Hydrated*

*Taste is light and smooth for ease of use during strenuous exercise.*

*Caffeine Free*

## Nutritional Facts:

(Nutrition Facts Vary between flavors)

**Category:** HYDRATION & RECOVERY

**Flavors:** Lemon Lime, Pink Punch.

**Stack with:** BCAA, (Male's with Fit Test),

100% WHEY PROTEIN AFTER, OR

100% WHEY PROTEIN ISOLATE.

Xtreme PRE-WORKOUT,

CREATINE (DURING),

L-GLUTAMINE After.

BETA-ALANINE.

\*Stacks would vary based on your activity levels and personal goals.

**Size:** 35 grams = Single Serving

525 grams = 15 servings.

**Form:** Powder



**Curtis Lazar**  
Joined us at the Fit Supplements Booth recently at PLAYON in Kelowna.

# CREATINE

**Fit Supplements™** Pure Creatine Monohydrate provides you 5 grams of Creatine per scoop. Improves performance in high intensity sports or short duration activities. It is the most researched and clinically proven Creatine on the market today, and possibly one of the most effective supplements. You won't beat the price for the benefits!

## Why do I need Creatine?

**1.** Facilitates the renewal of energy within muscle cells **2.** Reduces recovery times **3.** Promotes increased muscle mass

**Creatine Monohydrate has been shown to increase muscle mass when used in conjunction with a resistance training regimen. Also improves performance in activities such as:**

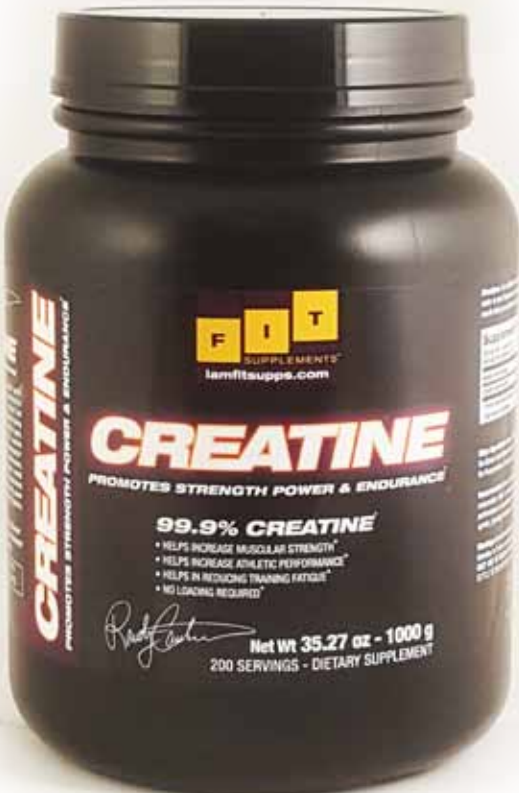
**1. Sprints 2. Jumping 3. Resistance Training**

**How?** By increasing muscle energy levels.

## Why take Creatine Monohydrate over other types of Creatine?

It is the most researched and clinically proven Creatine on the market today. Possibly one of the most effective sports supplements on the market today. And at a very reasonable price for benefits received.

**Category:** Nutrition, Performance, Muscle Builder. **Flavors:** NONE. **Stack with:** BCAA, (Male's with Fit Test), 100% WHEY PROTEIN AFTER, OR 100% WHEY PROTEIN ISOLATE. Xtreme PRE-WORKOUT, CREATINE (DURING), L-GLUTAMINE After. BETA-ALANINE. \*Stacks would vary based on your activity levels and personal goals. **Size:** 300 grams = 60 servings, 1000 grams = 100 servings. **Form:** Powder



Supplement Facts	
Serving Size 1 scoop (5 g) Servings Per Container 200	
Amount Per Serving	% Daily Value †
Creatine Monohydrate	5000 mg *
† Percent Daily Values are based on a 2,000 calorie diet. * Daily value not established.	



# BCAA

**Fit Supplements™** Xtreme BCAA packed with 9 grams of branched chain amino acids per serving in an ideal ratio of 2:1:1 (Leucine, Isoleucine, and Valine). Branch chained amino acids that are key to improving performance in the ring and in the gym, on the ice. Doing your favorite strenuous activity

## Why Should I use Xtreme BCAA?

**1.** To support workouts and athletics **2.** Stimulate protein synthesis at the cellular level = Reduced training burnout.

## What are the benefits I can expect from Xtreme BCAA?

**1.** Helps fight fatigue due to muscular effort. **2.** Increases working capacity and endurance. **3.** Increases muscular mass  
**4.** DECREASE PROTEIN CATABOLISM\*

## How do I take it?

Take 1 scoop daily or more depending on your training and exercise regime. Mix the product well in 1- 2 cups of water. Take 45-90 minutes before exercising, or try it during your workout....

**Flavors:** Blue Raspberry, Fruit Punch, Pineapple Mango. **Size:** 300 grams = 30 servings, 10 grams = Single Serving. **Form:** Powder

Supplement Facts		
Serving Size 1 scoop (10 g) Servings Per Container 30		
Amount Per Serving	% Daily Value †	
Calories	5	
Total Carbohydrate	1 g	<1%**
L-Leucine	4,500 mg	†
L-Isoleucine	2,250 mg	†
L-Valine	2,250 mg	†
** Percent Daily Values are based on a 2,000 calorie diet. † Daily value not established.		

