



ACTIVLAB[®]
LIFT YOUR WORLD

CATALOG 2023

Nutrition supplements and nutrients for athletes and active people

ACTIVLAB - YOUR GOALS ARE OUR PASSION!



FOR OVER 20 YEARS WE HAVE HELPED HUNDREDS OF THOUSANDS OF DREAMS ABOUT THE PERFECT SILHOUETTE, PERFECT FORM AND MEDALS. WE ARE PROUD THAT WE CREATE PRODUCTS FOR ACTIVE AND AMBITIOUS PEOPLE WHO KNOW WHAT THEY WANT TO ACHIEVE AND WHAT THEY AIM. WE HAVE BECOME NOT ONLY PART OF YOUR SPORTS WORLD, BUT ALSO AN ELEMENT OF SUPPORT FOR HEALTH, REGENERATION AND WELL-BEING. WE ARE CHANGING FOR YOU FOR THE BETTER, THE EVIDENCE OF THE GROWING PORTFOLIO OF PRODUCTS, WHICH YOU CAN SEE IN THIS CATALOG.

WE THANK YOU FOR LONG-TERM TRUST AND WE PROMISE YOU TO BE ALWAYS SUPPORTED.
ACTIVLAB – LIFT YOUR WORLD

WE HAVE BEEN CREATING THE BEST DIETARY SUPPLEMENTS FOR OVER 20 YEARS WITH THE GREATEST PASSION AND COMMITMENT.

ALL THE PRODUCTS IN THIS CATALOG ARE BORN FROM THE NEEDS OF PEOPLE LIKE YOU. WE KNOW YOU ARE LOOKING FOR THE HIGHEST QUALITY PRODUCTS, AND THE FIRST STEP TO PROVIDE THEM IS TO USE THE BEST RAW MATERIALS FROM INTERNATIONAL, RENOWNED SUPPLIERS WITH WHOM WE COOPERATE WITH FOR YEARS. TO BE CERTAIN, EACH LOT OF THE IMPORTED RAW MATERIAL IS CAREFULLY TESTED BY OUR QUALITY CONTROL DEPARTMENT, WHICH IS EXTREMELY RESTRICTIVE TO HAVING THE APPROPRIATE CERTIFICATES AND PERMITS. WE DO NOT RECOGNIZE COMPROMISE ON THIS ISSUE

COMPOSITIONS AND RECIPES ARE CREATED BY OUR R&D TEAM IN A MODERN LABORATORY, WHERE WE ARE ALSO ABLE TO CONDUCT SENSORY ANALYSIS OF PRODUCTS TO BE CERTAIN THAT OUR PRODUCTS- IN ADDITION TO THE EXEMPLARY QUALITY THOUGHTFUL ACTIONS - WILL SUIT EVERY TASTE.

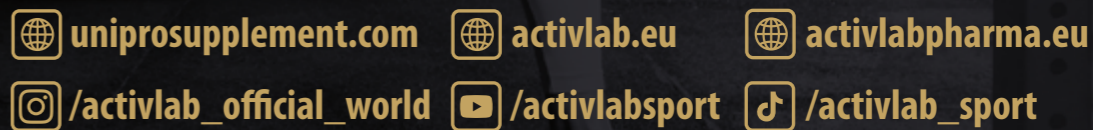
OUR OWN PRODUCTION IN THREE PLANTS IS UNDISBIBLE OUR GREATEST ADVANTAGE. STORAGE, MIXING AND CONFECTION PROCESSES ARE DONE ACCORDING TO STRICTLY DEFINED PROCEDURES WE HAVE DEVELOPED WITH THE BEST SPECIALISTS WITHIN HACCP AND GMP (GOOD MANUFACTURING PRACTICE). EACH LOT OF THE READY PRODUCT COMES BACK TO THE QUALITY CONTROL LABORATORY TO HAVE 100% CONFIDENCE THAT DURING VERY COMPLICATED PROCESSES, WE HAVE DONE EVERYTHING WE COULD AND CREATED PERFECT SUPPLEMENTS FOR YOU. OUR POSSIBILITIES HAVE ALSO OPENED THE WAY FOR THE PRODUCTION OF PHARMACEUTICAL QUALITY SUPPLEMENTS AVAILABLE IN OUR ACTIVLAB PHARMA BRAND.

WE HAVE OUR OWN WAREHOUSE AND LOGISTICS, WHICH WE HAVE IMPROVED FOR YEARS TO CONTINUE TO COMPETE WITH THE BEST ONES AND SET NEW STANDARDS. WE ARE THE BEST IN THIS!

THANKS TO THIS, WE DELIVER THE PRODUCTS TO OUR DISTRIBUTORS ON TIME, AND THE PRICES WE OFFER ARE VERY ATTRACTIVE.

ACTIVLAB PRODUCTS CAN BE FOUND IN THE BEST SPORTS STORES, HYPERMARKETS AND ON THE INTERNET, INCLUDING THE AMAZON INTERNATIONAL SALES PLATFORM.

FIND OUT MORE ABOUT US ON





ENERGY



MASS



SLIMMING



STRENGTH



REGENERATION



SCULPTURE



HEALTH

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MASS GAINERS

Products based on macronutrients like protein, carbohydrates and healthy fats, designed to help gaining muscle mass

MASS UP

- ★ LEGENDARY GAINER WITH LOTS OF CALORIES
- ★ IDEAL PROPORTIONS OF PROTEINS AND CARBOHYDRATES FOR PEOPLE WHO HAVE A PROBLEM WITH WEIGHT GAIN
- ★ INCLUDES ANABOLIC CREATINE AND TAURINE ADDITION

MASS UP is a delicious carbohydrate and protein supplement intended for people who want to increase body weight or, due to a very high caloric demand, support the regeneration of the body.



NUTRITIONAL VALUE (Nutritional Value of 100g)

Energy value	1668 kJ / 393 kcal
Fat	0,5 g
including saturated fatty acids	0,1 g
Carbohydrates	87 g
including sugars	17,5 g
Protein	10 g
Salt	0,10 g
Creatine	2 g
Taurine	2 g

Package: 1200 g, 2000 g, 3000 g, 5000 g

FLAVORS: STRAWBERRY · BANANA · CHOCOLATE · BLUEBERRY · VANILLA · PEACH · COOKIE · FUDGE · SALTY CARAMEL · CAKE WITH CREAM



DE LUXE GAINER

HIGH QUALITY | GUARANTEED

- ★ WPC BASED AND COMPLEX CARBOHYDRATES GAINER
- ★ CONTAINS 20% OF FULL VALUE PROTEIN
- ★ IDEAL FOR PEOPLE WHO LOOK FOR A HIGH-PROTEIN MEAL REPLACEMENT

DE LUXE GAINER is a supplement based on whey protein (WPC) and complex carbohydrates - maltodextrins. Thanks to this, each shake made on its basis is not only incredibly tasty, but also provides high-quality nutrients to rebuild muscles and replenish glycogen stores.



NUTRITIONAL VALUE (Nutritional Value of 100g)

Energy value	1658 kJ / 391 kcal
Fat	2,3 g
including saturated fatty acids	1,5 g
Carbohydrates	72 g
including sugars	11 g
Protein	20 g
Salt	0,27 g

Package: 3000 g

FLAVORS: STRAWBERRY · CHOCOLATE · VANILLA



RICE CARBS + PROTEIN

- ★ RICE-BASED HIGH-CALORIC MEAL REPLACEMENT
- ★ CONTAINS 30% PROTEIN AND COMPLEX CARBOHYDRATE
- ★ PERFECT AS A TRAINING MEAL OR A SNACK

RICE CARBS + PROTEIN is a product based on high-quality rice flour with the addition of rice protein. It is perfect for making gruel, i.e. the popular „cream of rice“, but in this version it provides as much as 30% protein! Protein is responsible for the maintenance and development of muscle mass, and carbohydrates are a source of energy not only for muscles, but also for the brain.

To prepare a meal based on RICE CARBS + PROTEIN, just pour very hot water over it and mix it.

TIP: You can supplement the gruel based on RICE CARBS + PROTEIN with a source of healthy fats - e.g. peanut butter. This will slow down the release of carbohydrates and ensure a stable energy level after a meal.

NUTRITIONAL VALUE
(Nutritional Value of 100g)

Energy value	1456,2 kJ/343,4 kcal
Fat	2,6 g
including saturated fatty acids	1,0 g
Carbohydrates	50 g
including sugars	0,3 g
Protein	30 g
Salt	0 g

Package: 1000 g

FLAVORS: APPLE + CINNAMON





PROTEIN POWDERS

High-protein products, the role of which is to supplement the diet with wholesome proteins, which can most often be prepared in the form of delicious shakes.

HIGH QUALITY | GUARANTEED

WPC 80 STANDARD

- ★ HIGH QUALITY WHEY PROTEIN CONCENTRATE (WPC)
- ★ REFINED FLAVORS AND MODEL SOLUBILITY
- ★ UNIVERSAL PROTEIN SUPPLEMENT HELPING REPLENISHING PROTEIN IN BOTH MASS AND REDUCTION DIET

WPC80 is a classic protein supplement, based on whey proteins. Their high content in the product makes it an ideal source of easily digestible protein - the most important macronutrient for building muscle mass and a dream figure. Whey protein is also a source of exogenous amino acids (EAA), which the body is unable to produce on its own, and are essential for the proper synthesis of muscle proteins (MPS).



(Nutritional Value of 100g)
Daily portion of 100g

Energy value	1007 kJ / 238 kcal
Fat	4,3 g
including saturated fatty acids	2,8 g
Carbohydrates	5,9 g
including sugars	2,6 g
Protein	44 g
Salt	0,25 g

Package: 700g

FLAVORS: NATURAL · STRAWBERRY · VANILLA · PEACH · FUDGE · BANANA · SALT CARAMEL · MILK CHOCOLATE · CHOCOLATE WITH TRUFFLE · CHOCOLATE WITH PLUM



MEGA PROTEIN

- ★ PROTEIN SUPPLEMENT DIRECTED FOR PERSONS BUILDING MUSCLE MASS
- ★ CONTAINS AN ADDITION OF CREATINE AND TAURINE
- ★ PERFECTLY TASTES AND MIXES WITH WATER OR MILK

MEGA PROTEIN is a supplement based on whey protein (70% protein), with the addition of maltodextrins, creatine and taurine. The product is distinguished by the availability of dessert flavors, based on coffee and chocolate, which undoubtedly, when mixed with milk, makes it one of the tastiest conditioners on the market! Coffee flavors contain an addition of caffeine.



(Nutritional Value of 100g)
Daily portion of 100g

Energy value	570/67 kJ/kcal
Fat	
including saturated fatty acids	1,5 g / 0,8 g
Carbohydrates	7,3 g
including sugars	0,7 g
Protein	23 g
Salt	0,1 g
Creatine	2 g
Taurine	2 g
Caffeine (coffee flavor)	50 mg
Caffeine (mocca flavor)	25 mg

Package: 700 g

FLAVORS: COFFEE · CHOCOLATE · TIRAMISU · SALTED CARAMEL · CHOCOLATE WITH NUTS · CHOCOLATE WITH STRAWBERRIES · COOKIES WITH MILK CHOCOLATE · CHOCOLATE WITH CHILLI · SALTY CARAMEL · COOKIE WITH MILK CHOCOLATE · FUDGE



ACTIVLAB®
LIFT YOUR WORLD

PROTEIN

MEGA PROTEIN

- ★ IT CONTAINS AS MUCH AS 65% PROTEIN
- ★ GROWTH AND MAINTENANCE OF MUSCLE MASS
- ★ HELPS MAINTAIN HEALTHY BONES

The product is recommended for people who train professionally and recreationally. MEGA PROTEIN contains whey protein, commonly used in sports supplementation. Protein contributes to the growth and maintenance of muscle mass and helps maintain healthy bones.



(Nutritional Value of 100g)
Daily portion of 100g

Energy value	1542 kJ / 364 kcal
Fat	
including saturated	4 g
fatty acids	2,5 g
Carbohydrates	17 g
including sugars	0,5 g
Protein	65 g
Salt	1,57 g

Package: 1980 g

FLAVORS: • COOKIE • VANILLA • CHOCOLATE • STRAWBERRY • BANANA • SALTY CARAMEL



PROTEIN SHAKE

- ★ WHEY PROTEIN CONCENTRATE AND SOY PROTEIN ISOLATE
- ★ HIGH CONTENT OF ARGININE RESPONSIBLE FOR THE EFFECT OF THE MUSCLE PUMP AND REGENERATION
- ★ LOW IN FAT AND CARBOHYDRATES

Protein Shake is a protein supplement in the form of a combination of the highest quality whey protein concentrate and soy protein isolate in the proportion (50/50). Protein contributes to the growth of muscle mass and helps to maintain it.



NUTRITION VALUE for 100 g

Energy value	1488 kJ / 351 kcal
Fat	
including saturated	
fatty acids	3 g
Carbohydrates	1,3 g
including sugars	3 g
Protein	78 g
Salt	1 g

Package: 750 g

FLAVORS: VANILLA, CHOCOLATE, STRAWBERRY.



GREEN PROTEIN MIX

HIGH QUALITY | GUARANTEED

- ★ MIXTURE OF VEGETABLE PROTEINS
- ★ CONTAINS THE ADDITION OF EXTRACTS, POWDERED VEGETABLES AND FRUIT
- ★ PRODUCT IN THE FORM OF CONVENIENT SACHETS

GREEN PROTEIN MIX is a blend of pea, hemp and rice proteins, giving it a more complete amino acid profile. It will certainly be appreciated by athletes and people who work on the figure, because thanks to the appropriate supply of exogenous amino acids, they can maintain and build up muscle mass.



TIP: GREEN PROTEIN MIX is ideal as an addition to morning porridge and can make it even more nutritious, and the extracts, additionally contained in the product, will provide a whole lot of antioxidants.

NUTRITION VALUE for 100 g
(Daily dose (33g + 150 ml of water))

Energy value	1500 kJ/356 kcal
Fat	
including saturated	4 g
fatty acids	0,5 g
Carbohydrates	15 g
including sugars	5 g
Fiber	16,7 g
Protein	56,7g
Salt	0,7 g
Green blend*	8g

* (powdered spirulina, powdered barley grass, powdered wheatgrass, powdered chlorella, powdered alfalfa, acerola extract, green tea extract, grape seed extract, powdered broccoli, powdered spinach, powdered apple, powdered cabbage, powdered artichoke, powdered avocado juice, green tea matcha, powdered watermelon, powdered ginger root)

Package: 30 g sachet, display 20 sachets

FLAVORS: GREEN APPLE



100% ISOLATE DE LUXE ZERO

- ★ WHEY PROTEIN ISOLATE (WPI)
- ★ LOW FAT AND SUGAR CONTENT
- ★ IDEAL SUPPORT FOR REGENERATION AFTER TRAINING

DE LUXE ISOLATE is a high-protein supplement with over 85% protein content. It is based entirely on whey protein isolate (WPI), which is almost devoid of fats and sugars, including lactose. Such a concentrated source of protein quickly supplies the pool of amino acids necessary for muscle regeneration and growth. The product is also distinguished by perfectly developed flavors and solubility!

TIP: If you want to preserve the most important benefits of Whey Protein Isolate (WPI), only mix it with water! Milk will slow down the digestion of the nutrient, amino acids will enter the bloodstream at the rate that WPC does.

NUTRITION VALUE for 100 g

Energy value	1472 kJ/347 kcal
Fat	<0,5
including saturated fatty acids	0,4 g
Carbohydrates	<0,5
including sugars	<0,5
Protein	85 g
Salt	0,80 g

package: 700 g, 1200 g, 2270 g



FLAVORS: BANANA · CHOCOLATE · NATURAL · STRAWBERRY · VANILLA · PEACH



WPC 80 STANDARD LACTOSE FREE

- ★ LACTOSE FREE
- ★ NO SUGARS ADDED
- ★ ASPARTAME FREE

WPC 80 Standard LACTOSE FREE is a high-protein powder supplement, consisting of 100% pure whey protein concentrate with a reduced sugar content. The product contains a high protein content, which supports the building of lean muscle mass, inhibits catabolism and increases protein synthesis – enhances anabolic processes. The product does not contain lactose.

The supplement is characterized by great solubility and delicious flavors, developed in cooperation with specialists who create aromas in one of the leading European companies. WPC 80 Standard is recommended for both people building muscle mass and reducing unnecessary fat tissue. It is perfect as a dietary supplement with valuable animal proteins.



NUTRITION VALUE for 100 g

Energy value	1576 kJ / 373 kcal
Fat	6,0 g
including saturated fatty acids	3,4 g
Carbohydrates	5,0 g
including sugars	5,0 g
Protein	75 g
Salt	0,59 g

package: 700 g

FLAVORS: · CHOCOLATE · STRAWBERRY · BANANA · VANILLA



SOYA PRO

- ★ HIGH PROTEIN SUPPLEMENT BASED ON SOY PROTEIN ISOLATE (SPI)
- ★ PERFECT PROTEIN SOURCE FOR VEGAN AND VEGETARIAN
- ★ LOW FAT AND SUGAR FREE

SOYA PRO is a high-protein supplement in which the source of protein is soy protein isolate. It is perfect as a supplement to vegan and vegetarian diets, providing valuable protein rich in amino acids necessary in the process of muscle regeneration. The product will also work for people who are allergic to milk (whey) proteins.



NUTRITION VALUE for 100 g

Energy value	1485 kJ / 350 kcal
Fat	2 g
including saturated	
fatty acids	0,5 g
Carbohydrates	2 g
including sugars	0 g
Glucides	0g
Salt	4,5 g
Caffeine	30 g

Package: 500 g

FLAVORS: • CHOCOLATE-HAZELNUT FLAVOUR • BANANA-HAZELNUT FLAVOUR • COFFEE



MUSCLE UP PROTEIN

- ★ THE SOURCE OF THE HIGHEST QUALITY WHEY PROTEIN
- ★ ENRICHED WITH TAURINE AND CREATINE
- ★ FOR PEOPLE WHO WANT TO BUILD MUSCLE MASS

Muscle Up Protein is a source of the highest quality whey protein commonly used in sports supplementation. Additionally, the product has been enriched with creatine and taurine.

Whey protein concentrate is the highest quality animal protein obtained from whey, which is a by-product of the cheese production process. Currently, technological processes enable the isolation of whey proteins from whey. This is possible thanks to the ultrafiltration process, which allows the whey to be removed from fat and lactose.

Whey protein concentrate is characterized by a high biological value and a large share of exogenous amino acids.



NUTRITIONAL VALUE
(Nutritional Value of 100g)

Energy	1783 kJ
Fat	5,0 g
Carbohydrates	24 g
Protein	70 g
Salt	0,5 g / 1,701 g
Creatine	6 g
Taurine	6 g

Package: 700 g, 2000 g, 3000 g

FLAVORS: STRAWBERRY • BANANA • CHOCOLATE • CHERRY • VANILLA • FUDGE



VEGE PRO

- ★ HIGH PROTEIN SUPPLEMENT BASED ON SOY PROTEIN ISOLATE (SPI)
- ★ PERFECT PROTEIN SOURCE FOR VEGAN AND VEGETARIAN
- ★ LOW FAT AND SUGAR FREE

VEGE PRO is a high-protein supplement based on soy protein isolate, pea protein, rice protein and hemp protein. Each serving of the product contains 77% of valuable vegetable proteins. The product is an ideal alternative to dairy products, used to supplement the daily diet with protein. Protein contributes to the growth of muscle mass.



NUTRITION VALUE for 100 g

Energy value	1475 kJ/348 kcal
Fat	2 g
including saturated fatty acids	0,6 g
Carbohydrates	4 g
including sugars	<0,5 g
Fibre	3 g
Protein	77 g
Salt	0,5

Package: 500 g
FLAVORS: - CHOCOLATE- NUT - BANANA- CHOCOLATE- NUT WITH RUM- COOKIE



100% ISO WHEY CLEAR DRINK

- ★ CLEARLY PURE WHEY PROTEIN ISOLATE
- ★ REFRESHING FLAVORS
- ★ OVER 83% PURE PROTEINS

100% ISO WHEY CLEAR DRINK is a powdered dietary supplement based on whey protein isolate. Each serving of the product provides 21 g of wholesome protein in the form of a delicious, refreshing drink. The product after preparation is clear, thanks to which it owes its name - „clear“.



NUTRITION VALUE for 100 g
(Dissolve 25 g (1 scoop) in 300 ml of water. Use once a day, preferably after training)

Energy value	1443 kJ / 340 kcal
Fat	< 0,5 g
including saturated fatty acids	< 0,1 g
Carbohydrates	< 0,5 g
including sugars	< 0,5 g
Protein	83 g
Salt	0,69 g

package: 700 g
FLAVORS: - CURRANT - GRAPEFRUIT- PEACH - ICED TEA



100% WHEY PREMIUM

- ★ THE HIGHEST QUALITY WHEY PROTEIN (WPC)
- ★ HIGH PROTEIN CONTENT (75%)
- ★ REFINED FLAVORS AND VERY GOOD MIXING

100% WHEY PREMIUM is a high-protein supplement, the source of which is exclusively whey protein concentrate (WPC). This protein has a complete amino acid profile, is also rich in essential amino acids, is easy to digest and is quick to digest. The product can be used around training, as an immediate support for regeneration or as a supplement to meals with protein.

TIP: Using a WPC protein supplement before a meal with a high glycemic index (such as a cheat meal) will reduce your insulin response and help you avoid the urge to snack later.

NUTRITION VALUE for 100 g

Energy value	1704 kJ/403 kcal
Fat	7,1 g
including saturated fatty acids	4,6 g
Carbohydrates	9,8 g
including sugars	4,3 g
Protein	75 g
Salt	0,41 g

Package: 500 g, 2000 g, 2270 g



FLAVORS: BERRY · STRAWBERRY · COFFEE · VANILLA · MILK CHOCOLATE · FUDGE · CHOCOLATE · SALTY CARAMEL · CHEESECAKE WITH ORANGE · CAKE WITH CHERRY · COCONUT WITH CHOCOLATE · PEANUT BUTTER WITH CHOCOLATE · MILK BAR · COOKIE WITH MILK CHOCOLATE · CINNAMON · CARAMEL WITH CHOCOLATE



WHEY PROTEIN

- ★ FAST ABSORPTION
- ★ RICH IN ESSENTIAL AMINO ACIDS
- ★ VERSATILE PROTEIN SOURCE

Whey Protein is a versatile supplement suitable for both competitive athletes and recreational fitness enthusiasts. It contains high-quality whey protein, a staple in sports nutrition, known for its ability to support muscle growth, maintenance, and the preservation of healthy bones. Whether you're training intensively or simply staying active, Whey Protein can seamlessly fit into your daily routine, providing you with the protein support you need for your fitness goals.

NUTRITION VALUE for 100 g

Energy value	1542 kJ/364 kcal
Fat	4 g
including saturated fatty acids	2,5 g
Carbohydrates	17 g
including sugars	0,5 g
Protein	65 g
Salt	0,24 g / 1,57 g* / 2,23 g**

*chocolate flavour
** salty caramel taste

Package: 500 g

FLAVORS: VANILLA, BANANA, SALTED CARAMEL, STRAWBERRY, CHOCOLATE





CREATINE

The most popular, and best-tested for effectiveness and safety, dietary supplement for increasing muscle mass and strength.

CREATINE POWDER SUPER

- ★ CREATINE IN THE FORM OF MONOHYDRATE
- ★ EFFECTIVE FOR INCREASING STRENGTH AND MUSCLE MASS
- ★ WITHOUT ADDITIONS OF OTHER ACTIVE INGREDIENTS

CREATINE POWDER SUPER is a powdered dietary supplement containing creatine monohydrate. It is the most popular, legal substance that increases strength and muscle mass. Already 3g of creatine monohydrate a day are able to significantly improve the strength and exercise parameters.



NUTRITIONAL VALUE
(Daily dose 6 g)

Creatine monohydrate 5000 mg



Package: 500 g

FLAVORS: LEMON · BLACK CURRANT · ORANGE · NEUTRAL

HIGH QUALITY | GUARANTEED

CREATINE MONOHYDRATE

- ★ CREATINE IN THE FORM OF MONOHYDRATE
- ★ INTERESTING, VERY ATTRACTIVE FLAVORS
- ★ THE STRONGEST, LEGAL SUPPLEMENT FOR BUILDING MUSCLE MASS

CREATINE MONOHYDRATE is a supplement that provides high-quality creatine monohydrate. The product is dedicated to people who are looking for a breakthrough from ordinary creatines that do not stand out with anything special. CREATINE MONOHYDRATE comes in three interesting flavors that will change monotonous supplementation into the most delicious muscle building!



NUTRITIONAL VALUE
(Daily dose 6g)

Creatine monohydrate 4,5 g



Package: 500 g

FLAVORS: COLA · BALLOON GUM · ICE CANDIES

CREATINE CAPSULES

- ★ IT HELPS TO INCREASE LEAN MUSCLE MASS
- ★ IT INCREASES EFFICIENCY AND CONTRIBUTES TO AN INCREASE IN ENERGY
- ★ IT AFFECTS FASTER AND MORE EFFECTIVE REGENERATION OF MUSCLE TISSUE

Creatine increases physical performance in the case of consecutive short, very intense physical exercises. The beneficial effect occurs when consuming 3 g of creatine daily. Creatine Tabs is recommended for athletes engaged in various disciplines as a support for recreational and competitive training.



NUTRITIONAL VALUE
(Daily dose (4 tablets))

Creatine monohydrate 4000 mg

Package: 300 capsules



CREATINE TABS

- ★ INCREASES PHYSICAL PERFORMANCE IN THE CASE OF CONSECUTIVE SHORT INTENSE EXERCISES
- ★ SUPPORTING RECREATIONAL AND COMPETITIVE TRAINING
- ★ FOR PEOPLE WHO WANT TO INCREASE MUSCLE MASS

Creatine increases physical performance in the case of consecutive short, very intense physical exercises. The beneficial effect occurs when consuming 3 g of creatine daily. Creatine Tabs is recommended for athletes engaged in various disciplines as a support for recreational and competitive training.



NUTRITIONAL VALUE
daily dose (4 tablets)

Creatine monohydrate 4000 mg

Package: 120 tablets • 300 tablets



CREAVITA

- ★ MATRIX OF CREATINE MONOHYDRATE AND TAURINE
- ★ ADDITION OF ADVANCED B-VITAMIN COMPLEX (WITH P-5-P AND METHYLCOBALAMINE)
- ★ PERFECT FLAVOURS!

CREAVITA is a modern supplement designed to support anabolic processes in everyone level! The addition of active forms of B vitamins supports the overcoming of barriers and fatigue, so as to be able to use the full potential of the most effective combination creatine with taurine.

NUTRITION VALUE for 100 g
NUTRITION FACTS daily portion (10 g)

Creatine monohydrate	5000 mg
Taurine	1000 mg
Thiamin (Vitamin B1)	1,1 mg (100%*)
Riboflavin (Vitamin B2)	1,4 mg (100%*)
Niacin	16 mg (100%*)
Pantothenic acid Pyridoxal 5'-phosphate (Vitamin B6)	6 mg (100%*)
Biotin	1,4 mg (100%*)
Folic acid	50 µg (100%*)
Methylcobalamin (Vitamin B12)	200 µg (100%*)



Package: 300 g

FLAVORS: LEMON - LIME - MOHITO - GRAPE

CREA-SHOT 2.0

- ★ ADVANCED MIX OF ANABOLIC COMPONENTS
- ★ ADDITION OF BETA-ALANINE AND ELECTROLYTES
- ★ PERFECT PRE-WORKOUT OPTION

CREA-SHOT 2.0 is a pre-workout blend based on three chemical forms of creatine: monohydrate, malate and ethyl ester (CEE). In addition, the preparation has been supplemented with beta-alanine, l-tyrosine and citrulline malate, which can improve training parameters.

TIP: CREA-SHOT 2.0 can be used not only before training, but also during the training, so that the creatine from the product instantly replenishes the resources of ATP - the „battery“ for working muscles.



NUTRITION VALUE for 20 g
(Daily dose (20 g + 250 ml of water))

Beta-alanine	3 g	Taurine	1 g	Folic acid	200 µg
Creatine Monohydrate	3 g	Inositol	100 mg	Vitamin B12	2,5 µg
Creatine malate	1 g	Vitamin B1	1,1 mg	Sodium	600 mg
Creatine ethyl ester	1 g	Vitamin B2	1,4 mg	Calcium	120 mg
L-arginine	2 g	Niacin	16 mg	Magnesium	60 mg
L-glutamine	1 g	Pantothenic acid	6 mg	Phosphorus	105 mg
Citrulline malate	1 g	Vitamin B6	1,4 mg	Potassium	300 mg
L-Tyrosine	1 g	Biotin	50 µg	Chloride	120 mg

Package: 500 g, 20 g sachet, display 20x sachet

FLAVORS: LEMON - ORANGE - GRAPE



CREATINE TABS

- ★ SAFE SUPPLEMENT AND EXTREMELY EFFECTIVE
- ★ DELICIOUS ORANGE FLAVOR
- ★ SUPPORT REGENERATION AND CONVALESCENCE

CREATINE TABS is a dietary supplement in the form of effervescent tablets that contains creatine monohydrate. It is the best studied and known component of supplements for athletes (but not only), qualified by the Australian Institute of Sport to group A, i.e. supplements with proven effectiveness [1]. Creatine is also the most popular supplement used by people working on increasing muscle mass, strength and endurance.



NUTRITIONAL VALUE
(Dissolve 1 tablet in 200 ml of water. Use 3 times a day)

Creatine Monohydrate	3000 mg
- including creatine	2637 mg

Package: 20 effervescent tablets

FLAVORS: STRAWBERRY





AMINO ACIDS

Supplements that provide direct building blocks for all proteins in the body - amino acids. Thanks to their special properties and structure, they also show functional effects.

AMINO COMPLEX

- ★ COMBINATION OF HYDROLYSED CHICKEN AND WHEY PROTEIN
- ★ HIGH BCAA CONCENTRATION
- ★ LOW FAT AND LACTOSE TO MAXIMIZE ABSORPTION TIME

Amino Complex is a composition of the highest quality amino acids from min. from whey protein hydrolyzate, poultry protein hydrolyzate, egg albumin and whey protein concentrate. Amino acids are the basic building block of proteins. Protein contributes to the growth and maintenance of muscle mass. Amino Complex provides a complete set of protein amino acids. Exogenous amino acids cannot be produced by the body, so they should be supplied with food.



NUTRITIONAL VALUE
(12 tablets a day, preferably 4 tablets on an empty stomach, 4 tablets before training and 4 tablets after training)

Amino acids:	10 000 mg	L-Glutamine	1490 mg
L-Leucine	830 mg	Glycine	755 mg
L-Isoleucine	450 mg	L-Histidine	185 mg
L-Lysine	775 mg	L-proline	710 mg
L-Methionine	230 mg	L-Serine	495 mg
L-Phenylalanine	375 mg	L-Tyrosine	280 mg
L-Threonine	490 mg		
L-Tryptophan	130 mg		
L-Valine	490 mg		
L-Alanine	660 mg		
L-Arginine	495 mg		
L-aspartic acid	975 mg		
L-Cysteine	185 mg		

Package: 120, 300 tablets

FLAVORS: POMEGRANATE



BCAA XTRA

- ★ OPTIMAL BCAA 2:1:1 RATIO
- ★ 3,5G OF L-GLUTAMINE EACH PORTION
- ★ WORLD'S FIRST BCAA WITH GLUTAMINE

BCAA Xtra contains branched chain amino acids (leucine, isoleucine, valine) and glutamine. BCAA amino acids constitute approx. 35% of the essential amino acids building muscle protein and nearly 50% of the amino acids that must be supplied with food. Glutamine plays the role of a 'nitrogen source' for biochemical processes in the body.



NUTRITIONAL VALUE for 10g
(10 g (2 teaspoons), dissolve in 250 ml of water, shaking in a water bottle. On training days: a serving of 10 g before training and 10 g after training. On non-training days: one 10 g serving before a meal)

L-leucine	2,5 g
L-isoleucine	1,25 g
L-valine	1,25 g
L-glutamine	3,5 g

Package: 500 g

FLAVORS: LEMON · BLACK CURRANT · GRAPEFRUIT · PEAR · BLUEBERRY · KIWI
ORANGE · STRAWBERRY · CHERRY



HIGH QUALITY | GUARANTEED

ACTIVLAB®
LIFT YOUR WORLD

AMINO ACIDS

BCAA XTRA INSTANT

- ★ OPTIMAL BCAA 2:1:1 RATIO
- ★ 3,5G OF L-GLUTAMINE EACH PORTION
- ★ PERFECT SOLUBILITY

Each 10 g portion of BCAA Xtra Instant Activlab contains 5 g of BCAA amino acids in the optimal 2:1:1 ratio and 3.5 g of L-Glutamine. BCAA amino acids constitute approx. 35% of the essential amino acids building muscle protein and nearly 50% of the amino acids that must be supplied with food. Most of the glutamine is synthesized in skeletal muscles and accounts for over 60% of all amino acids that build human muscles



NUTRITION VALUE for 10g
(1 scoop of powder (10 g) dissolve in 250 ml of water)

L-leucine	2,5 g
L-isoleucine	1,25 g
L-valine	1,25 g
L-glutamine	3,5 g

Package: 500 g, 800 g

FLAVORS: ORANGE · LEMON · COLA · GRAPEFRUIT · KIWI
STRAWBERRY · CHERRY · WATERMELON · PISTACHIO-LYCHEE



BCAA XTRA DRINK

- ★ THE FIRST AMINO ACID DRINK IN THE WORLD
- ★ 5000 MG OF BRANCHED CHAIN AMINO ACIDS IN OPTIMAL PROPORTIONS
- ★ IT SHORTENS THE REGENERATION PERIOD AFTER AN INTENSIVE PHYSICAL EXERTION AND HAS A POSITIVE EFFECT ON BODY ENDURANCE

BCAA Xtra Drink is a functional drink containing BCAA amino acids. BCAA Xtra Drink contains 5000 mg of branched chain amino acids in optimal proportions, and the convenient form of the can allows you to always have a drink with you. This is a new version of our iconic BCAA Xtra Drink, the world's first BCAA in the form of a drink. With an improved composition



NUTRITIONAL VALUE
(1 can before or after training)

BCAAs, including:	5000 mg
L-leucine	2500 mg
L-isoleucine	1250 mg
L-valine	1250 mg

Package: 330 ml

FLAVORS: LEMON · ORANGE



MASTER DRINK

- ★ AN AMINO ACID DRINK IN THE FORM OF A DELICIOUS DRINK
- ★ PROVIDES A COMPLETE SET OF EXOGENOUS AMINO ACIDS, INCLUDING BCAA
- ★ PERFECT AS A REFRESHING DRINK DURING TRAINING

MASTER DRINK is a dietary supplement in the form of a delicious, carbonated drink that provides a complete set of exogenous amino acids necessary for muscle development. The product does not contain sugar and can be used at any time.



NUTRITION VALUE for 500 ml

Energy value	119 kJ / 28 kcal	L-Lysine	1 800 mg
Fat	0 g	L-Valine	1 560 mg
including saturated	0 g	L-Isoleucine	1 200 mg
fatty acids	0 g	L-Phenylalanine	900 mg
Carbohydrates	0 g	L-Threonine	900 mg
including sugars	0 g	L-Tryptophan	240 mg
Protein	7 g	EAA	9 000 mg
Salt	0 g	including BCAA	5 160 mg
L-Leucine	2 400 mg		

Package: 500 ml bottle

FLAVORS: ORANGE



GLUTAMINE 1000 TABS

- ★ A CONVENIENT FORM OF FLAVORED TABLETS
- ★ GLUTAMINE BUILDS 60% OF MUSCLE PROTEINS
- ★ SUPPORT FOR A HEALTHY GUT AND IMMUNITY

GLUTAMINE 1000 TABS is a dietary supplement in the form of flavored tablets that provides a valuable amino acid - L-glutamine. It is abundant in muscles, accounting for up to 60% of their mass, therefore glutamine is extremely important for the maintenance and development of muscles. In addition, glutamine is involved in immune processes and has a positive effect on gut health.



NUTRITIONAL VALUE
(4 tablets, preferably 2 tablets before training and 2 tablets after workout)

L-glutamine	4000 mg
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Package: 120, 240 tablets

FLAVORS: RASPBERRY



BCAA 1000 XXL TABS

- ★ 1000MG BCAA IN EACH TABLET
- ★ OPTIMAL RATIO BETWEEN AMINO ACIDS: 2: 1: 1
- ★ A CONVENIENT FORM OF TAKING THE SUPPLEMENT

BCAA 1000 XXL TABS is a dietary supplement in the form of tablets, providing branched chain amino acids: leucine, isoleucine and valine in optimal proportions, i.e. 2: 1: 1. The use of the product before training supplements the BCAA pool in the bloodstream, which effectively blocks the appearance of drowsiness and fatigue due to the change in the concentration of another amino acid - l-tryptophan. In addition, leucine is actively involved in the synthesis of muscle proteins.



NUTRITION VALUE
(8 tablets a day, 4 tablets before training and 4 tablets after training. Do not exceed the recommended daily dose. Dietary supplement cannot be used as a substitute for a varied diet.)

L-leucine	4 g
L-isoleucine	2 g
L-valine	2 g

Package: 120, 240 tablets



EAA XTRA

- ★ A SET OF EXOGENOUS AMINO ACIDS
- ★ INVOLVES MUSCLE REGENERATION DURING AND AFTER TRAINING
- ★ ADDITION OF VALUABLE VITAMINS

EAA XTRA is a powder supplement that provides a complete set of essential exogenous amino acids (EAA), including branched chain amino acids (BCAA). These amino acids must be supplied from food as the body cannot produce them on its own.



TIP: The use of EAA amino acids together with carbohydrates, eg CARBOMAX, during training, allows you to significantly increase the synthesis of muscle proteins in relation to the rate of their breakdown (catabolism, MPB).

NUTRITION VALUE for 10g

L-Isoleucine	1000 mg
L-Leucine	1950 mg
L-Lysine	1500 mg
L-Methionine	500 mg
L-Phenylalanine	750 mg
L-Threonine	750 mg
L-Tryptophan	200 mg
L-Valine	1300 mg
Thiamin (Vitamin B1)	0,55 mg
Riboflavin (Vitamin B2)	0,7 mg
Niacin (B3)	8 mg
Pantothenic acid (B5)	3 mg
Vitamin B6	0,7 mg
Biotin (B7)	25 mg
Folic acid (B9)	100 mg
Vitamin B12	1,25 mg

Package: 500 g

FLAVORS: LEMON · ORANGE · GRAPEFRUIT



EAA XTRA INSTANT

- ★ A MIXTURE OF AMINO ACIDS WITH PERFECT SOLUBILITY
- ★ ADDITION OF VALUABLE B VITAMINS SUPPORTING ENERGY CONVERSION
- ★ REFRESHING, FRUITY FLAVORS

EAA XTRA INSTANT is a dietary supplement in the form of a powder with perfectly developed solubility and flavors. The product provides essential amino acids (EAA), which are essential for the synthesis of muscle proteins and regeneration after training. EAA supplementation just around the training period is crucial to fully use the potential of training stimuli.



NUTRITIONAL VALUE
(12 tablets a day, preferably 4 tablets on an empty stomach, 4 tablets before training and 4 tablets after training)

L-Leucine	1,95 g	Biotin (B7)	25 mg
L-Isoleucine	1,0 g	Folic acid (B9)	100 mg
L-Valine	1,3 g	Vitamin B12	1,25 mg
L-Lysine	1,5 g		
L-Phenylalanine	0,75 g		
L-Threonine	0,75 g		
L-Methionine	0,5 g		
L-Tryptophan	0,2 g		
Vitamin B1	0,55 mg		
Vitamin B2	0,7 mg		
Niacin (B3)	8 mg		
Pantothenic acid (B5)	3 mg		
Vitamin B6	0,7 mg		

Package: 500 g

FLAVORS: RASPBERRY · STRAWBERRY · WATERMELON · MANGO · BLACKBERRY



EAA XTRA SHOT

- ★ A SET OF EXOGENOUS AMINO ACIDS IN A CONVENIENT SHOT FORM
- ★ PERFECT FOR USE BEFORE, DURING OR AFTER TRAINING
- ★ PROPORTIONS OF AMINO ACIDS SELECTED ACCORDING TO WHO RECOMMENDATIONS

EAA XTRA SHOT is a dietary supplement in the form of a drink closed in a convenient, small bottle. Each shot contains a portion of EAA amino acids in the amount recommended by the World Health Organization - WHO. These amino acids are crucial for the synthesis of proteins in the body, and their supply from outside is crucial, because the body is unable to produce exogenous amino acids on its own.



TIP: Whenever you miss a meal and you have an unexpected effort, keep a bottle of amino acids at hand to reduce catabolic processes.

NUTRITION VALUE for 80 ml
(10 g (2 teaspoons), dissolve in 250 ml of water, shaking in a water bottle. On training days: 10g serving before training and 10 g after training.
On non-training days: one serving of 10 g before meals)

EAA	4600 mg
L-Histidine	250 mg
L-isoleucine	500 mg
L-leucine	975 mg
L-lysine	750 mg
L-methionine	375 mg
L-phenylalanine	625 mg
L-threonine	375 mg
L-tryptophan	100 mg
L-valine	650 mg

Package: 1 shot 80 ml · display: 12 shots

FLAVORS: LEMON · LIME



BCAA XTRA DRINK

- ★ 1 TABLET OF 7500 MG BCAA IN THE RATIO OF 2: 1: 1
- ★ SUPPORTING RECREATIONAL AND COMPETITIVE TRAINING
- ★ WITHOUT SUGAR, DISSOLVE IN 200 ML OF WATER. USE 3 TIMES A DAY.

BCAA XTRA DRINK - 7500 mg BCAA is the perfect solution for everyone who wants to supplement amino acids during intense physical training. This slightly carbonated and pasteurized functional drink contains as much as 7500 mg of BCAA in the optimal 2:1:1 ratio, providing you with excellent support during recreational and competitive training.



Energy value	85 kJ / 20 kcal
Fat	0 g
including fatty acids saturated	0 g
Carbohydrates	0 g
including sugars	0 g
Protein	5 g
Salt	0,1 g
BCAAs	
including:	7500 mg
L-leucine	3750 mg
L-isoleucine	1875 mg
L-valine	1875 mg

Package: bottle 500 ml, 12 x 500 ml bottles

FLAVORS: TONIC





CARBOHYDRATES

Nutrition supplements whose role is to provide easily digestible carbohydrates, which are the main source of energy for athletes.

ISOACTIVE

- ★ WORLD'S FIRST ISTONIC WITH A FUNCTIONAL ADDITIVES
- ★ BASED ON CARBOHYDRATES, ELECTROLYTES, MINERALS AND B-VITAMIN
- ★ HELPS TO MAINTAIN STAMINA DURING LONG ACTIVITIES

ISOactive is an isotonic drink which is an OPTIMUM COMPOSITION OF CARBOHYDRATES, ELECTROLYTES, MINERAL ELEMENTS AND GROUP B VITAMINS. The practical sachet is extremely convenient to use, and its content is sufficient to prepare up to 500 ml of isotonic drink. The preparation perfectly complements the water loss in the body, at the same time providing the most important electrolytes, i.e. sodium, potassium, chlorides, calcium and magnesium. The optimal content of vitamins from the group.



Package: • 31,5 g sachet, display 20x 31,5 sachet, 630 g jar
 FLAVORS: LEMON WITH GREEN TEA • GRAPEFRUIT WITH GINSENG • COCONUT • ORANGE WITH GUARANA • CHERRY • WATERMELON • TEA WITH LEMONGRASS • ICED PEACH TEA • ICED LEMONADE • KIWI POMEGRANATE COOLING • PINEAPPLE • MULTI-FRUIT • EXOTIC • BLACKCURRANT WITH APPLE • RHUBARB-LEMON • RASPBERRY-LIME • STRAWBERRY-MINT

ISOACTIVE ZERO

- ★ ZERO SUGAR AND CARBOHYDRATES
- ★ HELPS TO MAINTAIN STAMINA DURING LONG ACTIVITIES

Product without sugar. Group positions, fluids, salts (sodium, chloride and magnesium), and group vitamin.



Package: 225 g

FLAVORS: • GRAPEFRUIT • LEMON

ISOACTIVE DRINK

- ★ REFRESHING LEMON FLAVOR
- ★ ENHANCED WITH B VITAMINS AND MAGNESIUM
- ★ DELICIOUS LEMON FLAVOR

Isoactive Drink is your go-to non-carbonated isotonic beverage featuring a delightful lemon flavor that's perfect for staying refreshed during your active days. But it's more than just a tasty drink. We've enriched it with essential B vitamins and magnesium, offering you not just hydration but also support for normal energy metabolism.



NUTRITION VALUE for 100 ml

Energy value	95 kJ / 22 kcal	
Fat	0 g	
of which saturated fatty acids	0 g	
Carbohydrates	5,3 g	
of which sugars	4,8 g	
Protein		
Salt	0,16 g	
Pantothenic acid	1,2 mg	(20%*)
Vitamin B6	0,28 mg	(20%*)
Biotin	10 µg	(20%*)
Vitamin B12	0,5 µg	(20%*)
Magnesium	28 mg	(7,5%*)

Package: 250 ml, 24 x 250 ml

FLAVORS: LEMON



ISOACTIVE PURE

- ★ PURE ELECTROLYTES & CARBOHYDRATES COMPOSITION
- ★ GLUCOSE TO FRUCTOSE OPTIMAL 2:1 RATIO
- ★ NO ARTIFICIAL ADDITIVES

Isoactive PURE by Activlab is the only product on the market whose composition has been developed according to the guidelines of the EU and the Australian Institute of Sport. The product is a pure composition of electrolytes, mineral elements, carbohydrates and B vitamins. It does not contain any artificial additives (flavors, dyes, preservatives, sweeteners). Isoactive PURE is the optimal proportion of simple carbohydrates - glucose / fructose 2: 1.



NUTRITION VALUE for 500 ml
(a portion (40 g - 1 scoop) dissolved in a water bottle with 500 ml of water)

Energy value	595 kJ / 140 kcal	Zinc	1,5 mg
Fats	0 g	Vitamin B1	0,17 mg
including saturated		Vitamin B2	0,21 mg
fatty acids	0 g	Niacin (B3)	2,4 mg
Carbohydrates	35 g	Pantothenic acid (B5)	0,9 mg
including sugars	35 g	Vitamin B6	0,21 mg
Protein	0 g	Biotin (B7)	7,5 µg
Salt	1 g	Folic acid (B9)	30 µg
Sodium	400 mg	Vitamin B12	0,38 µg
Potassium	100 mg	Vitamin C	40 mg
Chloride	120 mg	Caffeine	40 mg
Calcium	120 mg		
Magnesium	60 mg		
Phosphorus	60 mg		

Package: 40 g sachet, 680 g jar

FLAVORS: LIME



HOT SPORT DRINK

- ★ INSTANT ISOTONIC CONCENTRATE
- ★ OPTIMAL COMPOSITION OF ELECTROLYTES, CARBOHYDRATES AND VITAMINS
- ★ HELPS TO REPLENISH WATER AND MINERALS

HOT SPORT DRINK is an isotonic drink concentrate that contains a complete set of carbohydrates, minerals and vitamins in optimal amounts, intended for the preparation of a hydration drink that allows you to quickly replenish these ingredients generated during exercise



NUTRITION VALUE for 100g

Energy value	1479 kJ / 348 kcal	Folic acid	80 µg
Fat	0 g	Vitamin B12	1 µg
including saturated		Biotin	20 µg
fatty acids	0 g	L-carnitine	270 mg
Carbohydrates	87 g		
including sugars	56 g		
Protein	0 g		
Salt	1,3 g		
Sodium	533 mg		
Potassium	350 mg		
Calcium	325 mg		
Magnesium	140 mg		
Chlorides	318 mg		
Vitamin C	80 mg		
Vitamin B1	0,44 mg		
Vitamin B2	0,56 mg		
Niacin	6,4 mg		
Pantothenic acid	2,4 mg		
Vitamin B6	0,56 mg		

Package: 1000 g

FLAVORS: LEMON - ORANGE - GRAPEFRUIT - CHERRY



CARBOMAX

- ★ COMPOSITION OF CARBOHYDRATES, VITAMINS AND MINERALS
- ★ HELPS TO REPLENISH ENERGY AFTER INTENSIVE EXERCISES
- ★ QUICK ENERGY SHOT

CARBOMAX is a dietary supplement based on carbohydrates derived from maltodextrins. They are complex sugars that quickly release glucose and allow it to enter the bloodstream at an optimal rate to power working muscles. The product has been enriched with a set of vitamins and minerals.



TIP: CARBOMAX can also be used after training, in order to quickly regenerate glycogen resources. CARBOMAX will also allow you to better saturate your muscles with creatine and amino acids

NUTRITION VALUE for 100 g

Energy value	1598 kJ / 376 kcal	Niacin	16 mg
Fat	0 g	Vitamin B6	1,4 mg
including saturated		Folic acid	200 µg
fatty acids	0 g	Vitamin B12	2,5 µg
Carbohydrates	94 g	Biotin	50 µg
including sugars	14 g	Pantothenic acid	6 mg
Protein	0 g	Iron	14 mg
Salt	0,33 g	Zinc	10 mg
Vitamin A	800 µg	Copper	1 mg
Vitamin E	5 µg	Manganese	2 mg
Vitamin K	12 µg	Selenium	55 µg
Vitamin C	75 µg	Chromium	40 µg
Thiamine	80 µg	Molybdenum	50 µg
Riboflavin	1,1 mg	Iodine	150 µg
	1,4 mg		

Package: 1000 g, 3000 g

FLAVORS: STRAWBERRY - ORANGE - KIWI - GRAPEFRUIT - BLACK CURRANT - LEMON



RICE CARBS

- ★ MOSTLY KNOWN AS THE „CREAM OF RICE“
- ★ SOURCE OF EASY-DIGESTIBLE COMPLEX CARBOHYDRATES
- ★ AMAZING FLAVOURS!

RICE CARBS is a product based on high-quality rice flour, which can be easily prepared in the form of a porridge or gruel. Just pour a measured amount of the product into hot water and wait until it cools down. RICE CARBS can be the basis for any meal in which you need easily digestible complex carbohydrates.



NUTRITION VALUE

Energy value	1456,2 kJ / 343,4 kcal
Fat	2,6 g
including saturated	
fatty acids	1,0 g
Carbohydrates	50 g
including sugars	0,3 g
Protein	8 g
Salt	0 g

Package: 1000 g

FLAVORS: NATURAL, STRAWBERRY, VANILLA, BANANA, MILK CHOCOLATE, APPLE WITH CINNAMON





HIGH QUALITY | GUARANTEED

ACTIVLAB®
LIFT YOUR WORLD



BLACK WOLF

- ★ VERY POPULAR PREWORKOUT MIXTURE
- ★ A POWERFUL DOSE OF ENERGY
- ★ PERFORMANCE BOOSTER

BLACK WOLF is an advanced pre-training mixture, the task of which is to increase training parameters, starting from the mental issue - better concentration and focus thanks to caffeine, tyrosine, a complex of B vitamins, to the improvement of training parameters such as strength and endurance, which is primarily responsible for creatine and beta-alanine. Products such as BLACK WOLF are perfect when we don't have enough energy to train. For energy boosting use with a small amount of carbohydrates, eg CARBOMAX.

TIP: If you feel the need to use more BLACK WOLF power, instead of increasing the dose, take the second dose and sip it in small sips throughout the training.

NUTRITION VALUE for 20 g

Creatine	3000 mg
Beta-alanine	2400 mg
Caffeine	200 mg
Beet root extract	200 mg
Citrulline	3000 mg
Taurine	1500 mg
Ca-HMB	1500 mg
L-phenylalanine	750 mg
L-tyrosine	500 mg
Phosphorus	200 mg (28,6%*)
Pantothenic acid	50 mg (833%*)
Vitamin B6	15 mg (1071%*)
Zinc	15 mg (150%*)
Sodium	600 mg
Potassium	300 mg (15%*)
Chloride	120 mg (15%*)
Magnesium	60 mg (16%*)
Calcium	380 mg (47,5%*)

*% of nutrient reference value

Package: 300 g

FLAVORS: FRUIT - BLACKCURRANT - LEMON



TRAINING

Supplements supporting the body's efficiency before, during and after training.

TRAINING

BLACK WOLF SHOT

- ★ IT IMPROVES ENDURANCE AND REDUCES PHYSICAL FATIGUE
- ★ IT IMPROVES CONCENTRATION AND INCREASES THE OVERALL EFFICIENCY OF THE BODY
- ★ A HIGH DOSE OF ENERGY - EXCELLENT PRE-WORKOUT

BLACK WOLF SHOT is a pre-training mix in the form of a shot, which contains valuable ingredients that improve the exercise parameters of people who train. The caffeine contained in it stimulates and reduces the feeling of fatigue. A solid dose of beta-alanine helps to increase the amount of carnosine in the muscles - a natural buffer that allows the body to work more efficiently.



NUTRITION VALUE for (1/2 shot - 40 ml / fruit):
(The product contains 2 portions of 1/2 shot (40 ml) before training.)

Beta-alanine	2400 mg
Phenylalanine + Tyrosine	500 mg
Caffeine	200 mg
Niacin (B3)	16 mg
Vitamin B6	2,1 mg
Vitamin B12	5 µg

NUTRITION VALUE for (1/2 shot - 40 ml / orange - cherry):
(The product contains 2 portions of 1/2 shot (40 ml) before training.)

Beta-alanine	2500 mg
Phenylalanine + Tyrosine	500 mg
Caffeine	200 mg
Niacin (B3)	16 mg
Vitamin B6	2,1 mg
Vitamin B12	5 µg

Package: 80 ml shot, display x 12 shots
FLAVORS: FRUIT, ORANGE - CHERRY



KUMITE

- ★ INNOVATIVE PRE-TRAINING MIX
- ★ A COMBINATION OF INGREDIENTS THAT INCREASE EFFICIENCY AND ENERGIZE
- ★ ADDITION OF VALUABLE VITAMINS AND MINERALS

KUMITE is a pre-training mixture designed for people training martial arts for whom endurance, focus and concentration are more important than a muscle pump. KUMITE is based on proven ingredients such as beta-alanine, creatine malate, citrulline malate or caffeine with taurine. The addition of vitamins and minerals helps the body to supplement any deficiencies that are also of great importance for the sports form and exercise predisposition.



NUTRITION VALUE for 20g

Stamina Matrix		Energy Formula	
Beta-alanine	3 g	Caffeine	100 mg
Creatine malate	3 g	Taurine	500 mg
Citrulline malate	3 g	Inositol	100 mg
L-arginine alpha-ketoglutarate	1 g	L-Tyrosine	1 g
L-glutamine	1 g	Rehydration Formula	
Focus Matrix		Sodium	600 mg
Rhodiola rosea extract	300 mg	Calcium	480 mg
Thiamin (Vitamin B1)	2,2 mg	Magnesium	225 mg
Riboflavin (Vitamin B2)	2,8 mg	Potassium	300 mg
Niacin	48 mg	Chlorides	120 mg
Pantothenic acid	12 mg		
Vitamin B6	2,8 mg		
Biotin	100 µg		
Folic acid	400 µg		
Vitamin B12	5 µg		

Package: 400 g

FLAVORS: TROPICAL FRUITS



FIREBLASTER

- ★ PRE-TRAINING BLEND WITH THERMOGENIC PROPERTIES
- ★ IDEAL FOR USE DURING REDUCTION TRAINING
- ★ CONTAINS THE ADDITION OF MINERALS AND VITAMINS

FIREBLASTER is a pre-training mixture closed in convenient sachets. Each serving of the product provides ingredients with stimulating and energizing properties - which is especially important during caloric deficit training - and improving endurance, such as beta-alanine. The addition of raspberry ketones, caffeine and bitter orange extract will help to fuel the metabolism.



NUTRITION VALUE for 12 g

Beta-alanine	2,5 g	Magnesium	60 mg
L-arginine	2 g	Sodium	300 mg
L-Tyrosine	500 mg	Potassium	300 mg
Bitter orange extract	300 mg	Chloride	120 mg
Caffeine	200 mg		
Raspberry ketones	200 mg		
Vitamin B1	2,2 mg		
Vitamin B2	2,8 mg		
Niacin	48 mg		
Pantothenic acid	12 mg		
Vitamin B6	2,8 mg		
Biotin	100 µg		
Folic acid	400 µg		
Vitamin B12	5 µg		
Calcium	120 mg		

Package: 20 sachets of 12 g

FLAVORS: TROPICAL FRUITS



DE LUXE BEET SHOT

- ★ NATURAL PREWORKOUT BASED ON NITRATES FROM BEET JUICE
- ★ HELPS TO IMPROVE STAMINA AND PERFORMANCE
- ★ SCIENCE-PROVEN EFFECTIVITY

Beet Shot Activlab contains concentrated beetroot juice with the addition of citrulline. It contains a high content of nitrates. Citrulline is an organic chemical compound from the group of amino acids, a derivative of ornithine. Its main advantage is supporting the process of arginine synthesis in the human body. In practice, this means that the amount of citrulline ingested will increase the amount of arginine in our body. This action directly translates into the amount of nitric oxide that is synthesized under the influence of arginine, it will affect for vasodilation and better blood supply to the working muscle.



NUTRITION VALUE for 100ml

Thickened juice from beet including Betaine (Trimethylglycine) L-Citrulline	80 ml 550 mg 2000 mg
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Package: 80 ml shot, display x 12 shots

FLAVORS: BEET



DE LUXE CHERRY SHOT

- ★ VITAMIN C
- ★ 80 ML FROM 500 G OF CHERRIES
- ★ CELL PROTECTION



Cherry juice concentrate. Sour cherry (80 ml from 500 g of cherries) with the addition of vitamin C, pasteurized. The product is used by people looking for acceleration of regeneration after physical exertion and support in the fight against muscle sores.



NUTRITION VALUE for 1 shot

Concentrated cherry juice	80 ml
Vitamin C	80 mg

Package: 80 ml shot, display x 12 shots

FLAVORS: CHERRY



BETA ALANINE

- ★ MAIN CARNOSINE COMPONENT
- ★ HELPS TO IMPROVE STAMINA
- ★ EASY TO CONSUME FORM OF CAPSULES

Beta-Alanine by Activlab is a product designed specifically for people training strength and endurance sports. One capsule contains as much as 1000 mg of beta-alanine!



NUTRITIONAL VALUE (daily dose (4 capsules))

Beta-alanine 4000 mg



Package: 60 capsules

BETA ALANINE XTRA

HIGH QUALITY | GUARANTEED

- ★ A PRE-TRAINING PREPARATION BASED ON BETA-ALANINE
- ★ REGULAR SUPPLEMENTATION INCREASES THE OVERALL ENDURANCE OF THE BODY
- ★ CAN MAKE IT ITCHY!

BETA-ALANINE XTRA is a dietary supplement in the form of a flavored powder that contains beta-alanine. It is an amino acid that, together with histidine, forms a molecule of carnosine - a hydrogen buffer in the muscles that delays muscle acidification and allows them to work at full capacity for longer.



TIP: If you feel itchy after consuming beta-alanine, divide the daily dose into several smaller ones and use at different times of the day.

NUTRITION VALLUE for 3,5 g

Beta-alanine 3000 mg



Package: 300 g

FLAVORS: APPLE · STRAWBERRY · COLA

CITRULLINE XTRA

- ★ IMPROVES MUSCLE PERFORMANCE
- ★ HELPS TO DELAY FEELING OF TIREDNESS
- ★ MAKES RECOVERY MORE EFFECTIVE

Citrulline Xtra is a combination of L-citrulline and malate (malic acid). The use of the product increases the body's efficiency, delays the feeling of fatigue and accelerates the regeneration process. Citrulline is an amino acid that is transformed in the body into arginine, from which nitric oxide (NO) is produced in the blood vessels. The product will also work as an excellent supplementation supplement for people who are in the process of reduction of adipose tissue, who want to reduce the loss of muscle tissue.



NUTRITION VALUE for 6 g

Citrulline malate	5000 mg
including citrulline	2800 mg



Package: 200 g

FLAVORS: SWEETS • LEMON • APPLE

ARGININE 3

- ★ 3 FORMS OF ARGININE IN ONE PRODUCT,
- ★ MAXIMUM SUPPORT FOR NO PRODUCTION,
- ★ BETTER MUSCLE PUMP, MUSCLE BLOOD SUPPLY AND REGENERATION.

ARGININE3 is a dietary supplement in capsules that provides arginine in three forms: free L-amino acid, alpha-ketoglutarate (AKG) and pyroglutamate. Arginine is involved in the production of nitric oxide, which dilates the veins and blood vessels, increasing the flow of blood with valuable nutrients and oxygen to working muscles. Arginine supplementation is also recommended for people who care about the circulatory system.



NUTRITION VALUE for 4 capsules

L-arginine	2000 mg
L-arginine alpha-ketoglutarate	800 mg
L-arginine pyroglutamate	800 mg



Package: 120 capsules

NITRO CAPS

- ★ AN EFFECTIVE COMBINATION OF AAKG WITH CITRULLINE MALATE,
- ★ MAXIMIZES THE PRODUCTION OF NO IN TISSUES,
- ★ IMPROVES MUSCLE WORK AND REGENERATION PROCESSES.

NITRO CAPS is a dietary supplement in the form of capsules that provides an exceptionally effective combination of arginine and citrulline. Both amino acids are in the form of esters with organic acids, which makes them very bioavailable and carries a number of positive effects. The supplement is perfect for improving the quality of strength training and regeneration.



NUTRITION VALUE for 8 capsules
(8 capsules a day)

L-arginine alpha-ketoglutarate	3000 mg
L-citrulline malate	2400 mg
Niacin	48 mg

Package: 120, 240 capsules



ENERGY SHOT

HIGH QUALITY | GUARANTEED

- ★ A POWERFUL BOOST OF ENERGY
- ★ ADDITION OF VITAMINS AND AMINO ACIDS SUPPORTING ENERGY PROCESSES
- ★ A CONVENIENT FORM OF A SHOT

ENERGY SHOT is a supplement in the form of a drink closed in a convenient bottle, which provides a high dose of caffeine (200 mg) and taurine (500 mg). In addition, the product also includes B vitamins and vitamin C, which also help reduce the feeling of tiredness and weariness.



NUTRITION VALUE for 100 ml
(1 shot a day)

Caffeine	200 mg
Taurine	500 mg
Phenylalanine + tyrosine	500 mg
Vitamin C	160 mg
Riboflavin (B2)	2,8 mg
Niacin (B3)	32 mg
Vitamin B6	2,8 mg
Folic acid (B9)	400 ug
Vitamin B12	5 ug

Package: 100 ml shot, display x 12 shots

FLAVORS: FRUIT



CAFFEINE POWER

- ★ 200MG CAFFEINE EACH CAPSULE
- ★ 200MG CAFFEINE EACH CAPSULE
- ★ HELPS TO INCREASE ENERGY AND PRODUCTIVITY

Caffeine Power by Activlab is a dietary supplement for physically active people, especially those who perform endurance exercises. The product contains 200 mg of caffeine in one capsule.



NUTRITIONAL VALUE for 1 capsule

caffeine 200 mg

Package: 60 capsules



ENERGON X 1000

- ★ BASED ON NATURAL EXTRACTS FROM GUARANA AND GINSENG

Energon X 1000 is a composition of guarana and ginseng extracts as well as taurine, magnesium and vitamin B6. Guarana extract is a source of caffeine, which contributes to increasing endurance and physical performance during exercise. Moreover, caffeine improves focus and concentration and contributes to a reduction in the degree of feeling of effort. Magnesium and vitamin B6 contribute to the reduction of tiredness and fatigue, as well as to maintaining proper energy metabolism. Energon X 1000 it is recommended especially during periods of increased psychophysical effort.



NUTRITION VALUE for 2 capsules

Guarana extract including caffeine	600 mg
Ginseng extract	132 mg
Taurine	200 mg
Magnesium	70 mg
Vitamin B6	150 mg
	1,4 mg

Package: 90 capsules



BLACK GORILLA ICE PUMP SHOT

- ★ IT DOES NOT CONTAIN CAFFEINE AND STIMULANTS
- ★ PERFECT COMBINATION OF CITRULLINE WITH GLYCEROL
- ★ PLEASANT COOLING EFFECT WHEN DRINKING

BLACK GORILLA ICE PUMP SHOT is a dietary supplement in the form of a shot, intended for use before training. It does not contain stimulants, and its effectiveness is due to the unique combination of l-citrulline and glycerol. The product also contains beta-alanine.



NUTRITION VALUE for (1 shot - preferably before training, in divided portions.)

L-cytrulina	4000 mg
Glicerol	2500 mg
Beta-alanina	2400 mg
Niacyna	240 mg

Package: 80 ml shot, display x 12 shots
FLAVORS: ORANGE-GRAPEFRUIT



BLACK GORILLA ICE PUMP

- ★ DOES NOT CONTAIN CAFFEINE
- ★ 4000 MG OF L-CITRULLINE
- ★ 2500 MG OF L-ARGININE
- ★ 2400 MG OF BETA-ALANINE
- ★ ICE COOLING EFFECT

BLACK GORILLA ICE PUMP is a multi-ingredient, advanced pre-workout blend without the addition of caffeine, containing beta-alanine, AAKG, L-citrulline and niacin. The product is intended for people with increased physical activity.



NUTRITION VALUE for (Dissolve 10 g (2 scoops) in 240 ml of water)

L-citrulline	4000 mg
L-arginine alpha-ketoglutarate	2500 mg
Beta-alanine	2400 mg
Niacin	240 mg

Package: 300g
FLAVORS: - APPLE - STRAWBERRY LEMONADE



BLACK PANTHER EXTREME SHOT

- ★ HIGH CITRULLINE CONTENT
- ★ INTENSIVELY STIMULATES AND SUPPORTS MUSCLE PUMPING
- ★ NO CHEMICAL AFTERTASTE!

BLACK PANTHER EXTREME SHOT is a new, advanced preparation for use before training, the task of which is to improve training parameters so that the session is performed in 100% with the assumptions. In addition to stimulants such as caffeine and tyrosine, the product contains large amounts of citrulline and beta-alanine. An interesting addition to the preparation is phosphorus, considered an important factor in the utilization of metabolites formed during exercise.



NUTRITION VALUE for (1/2 shot a day, before training, drink in two portions (due to the content of beta-alanine, which should not be used in an amount of more than 800mg in a single portion))

Beta-alanine	3200 mg
L-citrulline	3000 mg
L-phenylalanine + L-tyrosine	1000 mg
Phosphorus	300 mg
Caffeine	400 mg

Package: 80 ml shot, display x 12 shots

FLAVORS: CHERRY - APPLE





WEIGHT REDUCTION

Supplements supporting the reduction of unnecessary kilograms.

L-CARNITINE 600/1000

- ★ HELPS TO BURN MORE FAT
- ★ NATURAL INGREDIENT OF MITOCHONDRIA
- ★ PLAYS IMPORTANT ROLE IN THYROID FUNCTIONS

L-Carnitine is a naturally occurring amino acid. We can find it in animal tissue (meat and dairy products). This amino acid is involved in energy metabolism and in mitochondrial protection. It is a substance that in the human body it is formed spontaneously, but it can be supplied from food. It should be remembered that L-carnitine does not burn fat when the body is deficient.



NUTRITIONAL VALUE
(1 - 2 capsules a day)

L-CARNITINE 1000 SUPER
L-carnitine 1000 mg

L-CARNITINE 600
L-carnitine 1200 mg (2 capsules)



Package: L-CARNITINE 600 - 60, 135 capsules
L-CARNITINE 1000 SUPER - 30 capsules

HIGH QUALITY | GUARANTEED

L-CARNITINE PLUS GREEN TEA

- ★ SUPPLEMENTATION PROVIDES L-CARNITINE, WHICH IS INVOLVED IN THE CONVERSION OF FATS INTO ENERGY,
- ★ THE ADDITION OF GREEN TEA EXTRACT PROVIDES EGCG,
- ★ PROTECTS CELLS AGAINST FREE RADICALS

L-Carnitine Plus Green Tea is a combination of L-carnitine and green tea leaf extract containing epigallocatechin gallate (EGCG). L-carnitine is a compound that occurs naturally in the body, primarily in the muscles. One of the functions of L-carnitine is involved in the transport of long-chain fatty acids to cells. EGCG is a powerful antioxidant, 100 times stronger than vitamin C and 25 times stronger than vitamin E.



NUTRITIONAL VALUE
(2 capsules a day)

L-carnitine	1000 mg
Green tea extract including EGCG	400 mg
Caffeine	180 mg
	64 mg

Package: 60 capsules



ACTIVLAB®
LIFT YOUR WORLD

WEIGHT REDUCTION

L-CARNITINE HCA PLUS

- ★ THE COMBINATION OF L-CARNITINE AND GARCINIA CAMBOGIA FRUIT EXTRACT
- ★ GARCINIA CAMBOGIA EXTRACT ADDED
- ★ REDUCES THE APPETITE

L-CARNITINE + HCA is a dietary supplement that helps replenish L-carnitine deficiencies and provides Garcinia Cambogia extract - a source of hydroxycitric acid (HCA). This compound acts as an appetite suppressant, which definitely contributes to the improvement of the effectiveness of weight loss.



NUTRITIONAL VALUE:
(2 capsules a day)

L-carnitine	1500 mg
Garcinia cambogia extract, including: Hydroxycitric acid (HCA)	560 mg 336 mg

Package: 50 capsules



L-CARNITINE SHOT

- ★ L-CARNITINE IN A CONVENIENT SHOT FORM
- ★ REPLENISHES THE FATTY ACID TRANSPORTER
- ★ SUPPORTS FAT METABOLISM

L-CARNITINE SHOT is a dietary supplement based on L-carnitine in the form of a drink closed in a convenient bottle. Each shot provides 3000 mg of L-carnitine, which effectively replenishes its deficiencies in the body, and thus contributes to the proper reduction process.



NUTRITIONAL VALUE:
(1 bottle of shot daily)

L-carnitine	3000 mg
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Package: 100 ml shot, display x 12 shots



CARNITINE 3

- ★ L-CARNITINE IN THREE CHEMICAL FORMS
- ★ ACETYL-L-CARNITINE SUPPORTS FAT METABOLISM IN THE NERVOUS SYSTEM
- ★ SUPPORTS THE SYNTHESIS OF ACETYLCHOLINE.

L-CARNITINE3 is a dietary supplement in capsules, based on three forms of L-carnitine: as a free amino acid, as acetyl-L-carnitine (ALC, ALCAR) and as L-carnitine tartrate. Each of these forms is present in large amounts, and the combination of carnitine with an acetyl group deserves special attention, which facilitates its action within the nervous system and provides an ingredient for the synthesis of the stimulating neurotransmitter - acetylcholine.



NUTRITIONAL VALUE:
(for 2 capsules)

L-carnitine	600 mg
Acetyl-L-carnitine	600 mg
L-carnitine tartrate	600 mg

Package: 120 capsules



THERMO SHAPE 2.0

- ★ A COMPREHENSIVE PREPARATION SUPPORTING THE REDUCTION OF ADIPOSE TISSUE
- ★ HAS THERMOGENIC AND STIMULATING PROPERTIES
- ★ IMPROVES THE METABOLISM OF FATTY ACIDS

THERMO SHAPE 2.0 is a dietary supplement in capsules, which is based on a specially composed mixture of ingredients, supporting each aspect of effective reduction. Caffeine in a high dose is responsible for stimulation in order to maintain physical activity in the period of reduced caloric value. L-carnitine with tyrosine will positively affect the work of the thyroid gland, which is responsible for the metabolic rate, and the cayenne pepper extract will help burn additional calories through thermogenesis (heat release). The product also contains chromium, which is helpful in managing glycemic problems, which may cause you to eat sweets. Garcinia Cambogia extract, containing HCA, will also help to control the appetite.



NUTRITIONAL VALUE
(Daily dose - 3 capsules)

L-carnitine	300 mg
bitter orange extract	300 mg
green tea extract including EGCG	200 mg 90 mg
caffeine	200 mg
Garcinia Cambogia extract including HCA	150 mg 90 mg
L-Tyrosine	100 mg
Cayenne pepper including capsaicin	100 mg 0,3 mg
black pepper extract including piperine	5 mg 4,7 mg
chromium	40 µg

Package: 90, 180 capsules



THERMO SHAPE PRO + FORSKOLIN



- ★ AN ADVANCED BLEND OF THERMOGENICS AND STIMULANTS FOR BETTER REDUCTION EFFECTS
- ★ ADDITION OF FORSKOLIN, POSITIVELY INFLUENCING METABOLISM
- ★ REPLENISHES VITAMIN DEFICIENCIES

THERMO SHAPE PRO is a dietary supplement in capsules, with a very complex composition, in which you can find stimulating ingredients such as caffeine, thermogenic (extracts of bitter orange and cayenne pepper), HCA suppressing excessive appetite, vitamin complex, chromium and antioxidants (EGCG and ALA). The product is ideally suited to the final stage of reduction, where the metabolic rate begins to decline.

TIP: Do not use thermogenics at the beginning of the reduction. Only when you start to feel the effects of a caloric deficit and feel a marked decrease in energy and commitment to daily activities, add THERMO SHAPE 2.0 to your supplementation. Then, after a few weeks, replace it with THERMO SHAPE PRO, and finally combine it with THERMO SHAPE HYDRO OFF.

NUTRITIONAL VALUE
(1 capsule once a day)

Caffeine	100 mg	Black pepper extract	5,3 mg
Bitter orange extract including synephrine	100 mg / 6 mg	including piperine	5 mg
Indian nettle extract	50 mg	Chrome	100 mg
including forskolin	10 mg	Thiamin (B1)	1,1 mg
Garcinia cambogia extract	50 mg	Riboflavin (B2)	1,4 mg
including hydroxycitric acid	30 mg	Niacin (B3)	16 mg
Green coffee extract	50 mg	Pantothenic acid (B5)	6 mg
including chlorogenic acid	25 mg	Vitamin B6	1,4 mg
Alpha lipoic acid	50 mg	Biotin (B7)	50 mg
Cayenne pepper extract	50 mg	Folic acid (B9)	200 mg
including capsaicin	5 mg	Vitamin B12	2,5 mg

Package: 60 capsules



THERMO SHAPE HYDRO OFF

- ★ PERFECT IN THE FINAL PHASE OF REDUCTION
- ★ ALLOWS YOU TO GET RID OF EXCESS SUBCUTANEOUS WATER
- ★ INCREASES THERMOGENESIS AND ENERGIZES.

THERMO SHAPE HYDRO OFF is a dietary supplement in capsules, which is based on safe and effective plant extracts (green tea, dandelion, field horsetail, bitter orange) and anhydrous caffeine. The product is designed to induce a safe diuresis, which will help get rid of excess water in the body. Its accumulation is caused on the one hand by body fatigue, but also by effective fat burning. It is worth knowing that the fat molecule is made of glycerol and three fatty acid residues, which are burned as an energy source. On the other hand, glycerol remains in cells, where it binds water strongly, which interferes with the assessment of the effectiveness of the reduction process and diminishes the visual effects.



NUTRITIONAL VALUE
(3 capsules a day, no longer than 7 days in a row)

Bitter orange extract	300 mg
Caffeine	200 mg
Green tea extract	200 mg
Raspberry ketones	200 mg
Dandelion extract	200 mg
Field horsetail extract	200 mg

Package: 60 capsules



MACHINE MAN BURNER

- ★ REDUCTION SUPPORT COMPLEX
- ★ SUPPORTS CORRECT GLYCEMIA
- ★ HAS A THERMOGENIC AND STIMULATING EFFECT

MACHINE MAN BURNER is a dietary supplement in capsules that comprehensively supports the reduction of unnecessary body fat. The ingredients of the product support the sugar balance and allow you to keep insulin in check, which allows you to reduce insulin resistance. In addition, the product provides iodine, which has a positive effect on the work of the thyroid gland, whose hormones significantly affect the metabolism. Each serving of MACHINE MAN BURNER is also a source of safe and effective stimulants, as well as substances that increase the burning of additional calories by thermogenesis.



Use:
2 capsules before breakfast and 2 capsules before dinner.

The preparation in its composition includes, among others:
L-carnitine
Taurine
Bitter orange fruit extract
Green tea leaf extract
Oligofructosis

In addition, plant extracts used in Machine Man Burner are a source of caffeine (guarana), antioxidants (green tea) and compounds involved in fat metabolism (garcinia). B vitamins contribute to the maintenance of proper energy metabolism. Chromium, on the other hand, helps to maintain the proper level of glucose in the blood. Caffeine contributes to the increase of endurance and physical efficiency during exercise and to the reduction of the feeling of effort

The full composition is available at www.activlab.pl
Package: 120 capsules





HEALTH AND REGENERATION

Regain health, form and good energy

ASHWAGANDHA

- ★ THE MOST POPULAR AND EFFECTIVE ADAPTOGEN
- ★ A VERY HIGH CONCENTRATION OF WITHANOLIDES
- ★ EFFECTIVE IN REDUCING CORTISOL

ASHWAGANDHA is a dietary supplement in capsules containing a standardized extract of Ashwagandha, a plant known in the folk medicine of the East for centuries. It is known for its adaptogenic properties, in particular in reducing cortisol - the stress hormone. The withanolides contained in it also contribute to the proper functioning of the thyroid gland. In addition, the spectrum of its positive effects on the body is very wide and concerns virtually every functional system of organisms.

TIP: Use ashwagandha at bedtime to help manage cortisol.



NUTRITIONAL VALUE
(1 capsule daily (500 mg))

Ashwagandha Root Extract	300 mg
including withanolides	21 mg

Package: 60 capsules



HIGH QUALITY | GUARANTEED

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HEALTH AND REGENERATION

BACOPA

- ★ HELPS WITH PROPER BRAIN FUNCTION AND CONCENTRATION
- ★ BOOST MEMORY AND LEARNING
- ★ HELPS TO CONTROL ADHD

It is a dietary supplement containing small-leaved bacopa leaf extract (Bacopa monnieri). This plant is classified as an adaptogen, and its healing properties will be appreciated by people who have memory problems. Small-leaved bacopa is a plant native to India, from traditional medicine, it has been used, among others, in the treatment of epilepsy, insomnia, as well as a sedative and anxiety-relieving substance.



NUTRITIONAL VALUE:
(One capsule daily between meals.
The product can be used for a long time)

bakopa leaf extract including bacopazides	300 mg 60 mg
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Package: 60 capsules

CURCUMA

- ★ SOOTHES INFLAMMATION,
- ★ INCREASES THE LEVEL OF ANTIOXIDANTS IN THE BODY,
- ★ ENRICHED WITH PIPERINE, INCREASING BIOAVAILABILITY.

CURCUMA is a dietary supplement in capsules that contains a highly concentrated turmeric extract, rich in curcuminoids with a biological effect. This extract is used by people who want to reduce inflammation in the body, and the addition of piperine (black pepper extract).

TIP: Meals high in fat will promote better absorption of curcuminoids.



NUTRITIONAL VALUE for 2 capsules
(1 capsule a day at any time of the day)

Turmeric extract	500 mg
Piperine	5 mg



Package: 60 capsules

MACA

- ★ MAY IMPROVE MEMORY AND STAMINA
- ★ BOOSTS VITALITY AND SEXUAL PERFORMANCE
- ★ HELPS TO BUILD LEAN MUSCLE MASS

MACA is a dietary supplement that contains Maca extract, known as the Peruvian „ginseng“. Maca is classified as an adaptogen: it has a positive effect on concentration, improves memory, increases the endurance of the body, supports physical and mental fitness, helps to maintain an optimal energy level and stabilizes the hormonal balance. Supports vitality and sexual performance. It has a positive effect on the structure and harmonious growth and endurance of muscle mass.



NUTRITIONAL VALUE:
(1 capsule once a day)

Maca's extract	500 mg
Beta-Ecdysterone	2,5 mg



Package: 60 capsules

KUDZU

- ★ HELPS TO QUIT SMOKING OR DRINKING ALCOHOL
- ★ SUPPLEMENTATION CAN HELP TO LOWER BLOOD PREASURE
- ★ PERSPECTIVE ANTI-CANCER SUPPLEMENT

Kudzu is a dietary supplement containing a standardized raw material - kudzu root (Pueraria Montana - patchy resistor). It is especially recommended in periods related to the reduction of alcohol consumption and smoking. Kudzu, or resistor or lead, is a plant that has found its application in the treatment of diabetes, flu, fever, nausea and migraines in the Far East. Kudzu root can also lower high blood pressure and alleviate gastrointestinal discomfort.



NUTRITIONAL VALUE
(1 capsule a day at any time of the day)

Kudzu root extract	500 mg
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Package: 60 capsules

RHODIOLA

- ★ HELPS TO MAINTAIN PROPER MIND FUNCTION
- ★ MAY PREVENT HEART AND BLOODSTREAM AGAINST DISEASES
- ★ SIGNIFICANTLY INCREASES BODY PERFORMANCE

Rhodiola is a supplement containing standardized Rhodiola rosea extract. Rhodiola rosea is a medicinal plant, found mainly in the mountainous areas of Siberia, and to a lesser extent in Europe and North America. In medicine uses a root and rhizome that contain a number of active substances, including adaptogens. These are substances that facilitate the body's adaptation to unfavorable conditions environmental conditions.

TIP: Rhodiola should be used before a cardio session, especially in the company of antioxidants, such as grape extract. As a result, the effectiveness of training in terms of fat burning will increase significantly.



NUTRITIONAL VALUE:
(1 capsule daily)

Rhodiola rosea root extract	300 mg
including rosavins	9 mg



Package: 60 capsules

PANAX GINSENG

- ★ HELPS TO INCREASE ENERGY AND VITALITY
- ★ MAY LEAD TO BETTER SEXUAL PERFORMANCE
- ★ COULD HELP WITH DECREASE OF FEELING TIREDNESS AND EXHAUSTION

PANAX GINSENG is a product containing high-class ginseng extract (Panax ginseng C.A. Meyer), standardized for the presence of active substances. This raw material has been used for centuries as a plant supporting vitality the body.



NUTRITIONAL VALUE for 2 capsules
(1 capsule daily)

Ginseng extract	37,5 mg
including ginsenosides	30 mg



Package: 60 capsules

PIPERINE EXTRA STRONG

- ★ HELPS TO CONTROL FAT CELLS METABOLISM
- ★ MAY CONTROL FATTY ACID CONCENTRATION IN THE BLOODSTREAM
- ★ IMPROVES DIGESTION AND AVAILABILITY OF NUTRIENTS

The product contains black pepper extract (Piper nigrum), standardized for 95% piperine. Studies have shown that piperine can block the formation of new fat cells and lower the level of fat in the bloodstream. Under the influence of piperine, the secretion of digestive juices also increases, which improves the digestion of food. Piperine also affects the absorption of nutrients: vitamin C, selenium, beta-carotene, vitamin A, vitamin B6 and coenzyme Q.



NUTRITIONAL VALUE:
(1 capsule once a day)

Black Pepper Extract,	26,3 mg
including Piperine	25 mg



Package: 60 capsules

NAC 500 MG

- ★ GLUTATHIONE PRECURSOR - THE STRONGEST ANTIOXIDANT
- ★ SUPPORTS THE IMMUNE SYSTEM
- ★ CONTRIBUTES TO LIVER DETOXIFICATION AND DETOX

NAC is a dietary supplement containing the amino acid N-acetyl-cysteine. It takes part in the formation of glutathione - a peptide, which is the most powerful natural antioxidant in the body. In addition, it plays a key role in the functioning and reproduction of immune cells - lymphocytes.



NUTRITIONAL VALUE
(1 capsule daily)

N-acetyl-L-cysteine	500 mg
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Package: 90 capsules

OMEGA-3 SPORT

- ★ 330MG EPA AND 220MG DHA EACH CAPSULE
- ★ SUPPORTS THE CIRCULATORY AND IMMUNE SYSTEM
- ★ ONE OF THE MOST IMPORTANT SUPPLEMENT FOR HEALTH

OMEGA-3 SPORT is a dietary supplement containing fish oil with a high content of essential, unsaturated fatty acids Omega-3: EPA (33%) and DHA (22%). Currently, supplements that source omega-3s are considered absolutely essential not only for athletes, but also for everyone who is looking for body support and immunity.



NUTRITION VALUE for 2 capsules
(1-2 capsules a day for people who care for the proper functioning of the heart and brain and proper vision;
2 capsules 2 times a day for people who want to additionally maintain the proper level of triglycerides in the blood.)

Eicosapentaenoic acid (EPA)	660 mg
Docosahexaenoic acid (DHA)	440 mg
Vitamin E / Vitamin E	6,8 mg

Package: 90 capsules softgel



THYROVIT

- ★ BEST INGREDIENTS THAT WORKS WITH THYROID GLAND
- ★ THE EFFECTIVENESS OF THE INGREDIENTS HAS BEEN CONFIRMED BY SCIENTIFIC RESEARCH
- ★ PERFECT SUPPORT FOR REDUCING BODY FAT

The main ingredients of the preparation are inositol, L-tyrosine and L-carnitine. The formula is complemented by extracts of Ashwagandha root (*Withania somnifera*) and bladderwrack (*Fucus vesiculosus*), which is distinguished by a high content of iodine. Iodine helps in the proper production of thyroid hormones and supports the function of the thyroid gland. Moreover, iodine contributes to the maintenance of proper energy metabolism. Thyrovit also provides selenium, which helps in the proper functioning of the thyroid gland.



NUTRITIONAL VALUE:
(2 capsules a day)

Inositol	400 mg
L-carnitine	400 mg
L-Tyrosine	150 mg
Ashwagandha extract including withanolides	150 mg / 10 mg
Fucus extract including iodine	150 mg / 150 µg
Selenium	55 µg

Package: 60 vege capsules





Package: 400 g

FLEX XTRA

- ★ COLLAGEN SULFATE
GLUCOSAMINE
- ★ SULFATE
CHONDROITIN
- ★ MSM BOSWELLIA
SERRATA

A multi-component product that should be reached by people exposed to injuries resulting from overloading joints and tendons. It provides a complex of components that build the locomotor system and support its reconstruction, such as vitamins C and D3. The base for the product, however, is type I hydrolyzed collagen with a very high biological value.



NUTRITIONAL VALUE for 1 portion (20 g)

Hydrolysed collagen	9000 mg
Glucosamine sulphate	1500 mg
Chondroitin sulphate	1200 mg
Methylsulfonylmethane (MSM)	300 mg
Extract from the resin of Indian frankincense (<i>Boswellia serrata</i>)	200 mg
Vitamin C	100 mg
Vitamin B6	5 mg
Vitamin D	7,5 µg
Hyaluronic acid	20 mg

** % of nutrient reference value

FLAVORS: BLACKCURRANT, PEACH

ELECTROACTIVE

- ★ ESSENTIAL ELECTROLYTES - SODIUM - POTASSIUM
- CHLORIDE - CALCIUM AND MAGNESIUM
- ★ DURING INCREASED PHYSICAL EXERTION
- ★ THE FORM OF A CONVENIENT TUBE
CONTAINING 20 TABLETS

Sodium and potassium are involved, among others in conduction of nerve impulses and increase the degree of hydration of the body's cells. Calcium and magnesium help in the proper functioning of the muscles. Chloride is the basic anionic electrolyte.



NUTRITIONAL VALUE:
(2 tablets a day)

Glucose	1000 mg
Sodium	600 mg
Potassium	300 mg
Chloride	120 mg
Magnesium	60 mg
Vitamin C	80 mg

Package: 20 effervescent tablets

FLAVORS: JUICY ORANGE



VITALITY SPORT + D3

- ★ ESSENTIAL VITAMINS AND MINERALS
- ★ MOST IMPORTANT MINERALS IN THE FORM OF CHELATES
- ★ HIGH VITAMIN D3 CONTENT

Vitality Sport + D3 is a new version of the sensational vitamin and mineral preparation, enhanced with a solid dose of vitamin D3, which helps in the proper functioning the immune system. The supplement is in the form of tablets, thanks to which it does not contain beef gelatin and is vegetarian-friendly.



NUTRITIONAL VALUE
(for 2 capsules)

Vitamin A	800 µg	Magnesium	60 mg
Vitamin D	50 µg	Potassium	300 mg
Vitamin E	12 mg	Phosphorus	105 mg
Vitamin K	75 µg	Chloride	120 mg
Vitamin C	80 mg	Iron	14 mg
Thiamin (Vitamin B1)	1,1 mg	Zinc	10 mg
Riboflavin (Vitamin B2)	1,4 mg	Iodine	150 µg
Vitamin B6	1,4 mg	Copper	1 mg
Vitamin B12	2,5 µg	Chromium	40 µg
Niacin	16 mg	Manganese	1,8 mg
Pantothenic acid	6 mg	Fluoride	3,5 mg
Biotin	50 µg	Molybdenum	60 µg
Folic acid	200 µg	Selenium	55 µg
Calcium	120 mg		

Package: 60, 120 tablets



VITAMIN D3 8000

- ★ 800 SERVINGS OF THE PRODUCT!
- ★ SUPPORTS THE IMMUNE SYSTEM
- ★ CONTRIBUTES TO THE MAINTENANCE OF HEALTHY BONES

VITAMIN D3 8000 is a dietary supplement in the form of tablets containing 8000iu of vitamin D3. The daily dose, which replenishes the deficiencies of this ingredient, is already ¼ of a tablet. Vitamin D3 plays an important role in the proper functioning of the immune system and maintaining healthy bones.



NUTRITIONAL VALUE:
(for 1/4 tablet)

Vitamin D3	50 mcg (2000 iu) (8000 i.u.) 2000%*
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Package: 200 tablets



VITAMIN D3+K2 MAX

HIGH QUALITY | GUARANTEED

- ★ UP TO 4000IU OF VITAMIN D3 PER SERVING
- ★ VITAMIN K2 IN THE FORM OF MK-7
- ★ 120 SERVINGS OF THE PRODUCT!

VITAMIN D3 + K2 MAX is a dietary supplement in the form of tablets that helps to replenish the deficiencies of valuable vitamins. The product contains a high dose of vitamin D3, which supports the immune system and, together with vitamin K2, helps maintain healthy bones. VITAMIN D3 + K2 MAX provides vitamin K2 in a highly absorbable form of menaquinone-7.



NUTRITIONAL VALUE
(for 1/2 tablet)

Vitamin D3	50 mcg
Vitamin K2	50 mcg

Package: 120 tablets



PROBIOTIC XTRA

- ★ OVER 50 BILLION CFU IN EACH CAPSULE,
- ★ 10 MARKED AND TESTED STRAINS OF BACTERIA
- ★ ADDITION OF A PREBIOTIC SUPPORTING THE DEVELOPMENT OF BENEFICIAL INTESTINAL MICROFLORA

PROBIOTIC XTRA is a dietary supplement in vegan gastro-resistant capsules that provides more than 50 billion CFU of 10 labeled strains of probiotic bacteria in each serving. Thanks to the microencapsulation technology, bacteria are extremely persistent and survive. The addition of a prebiotic has a positive effect on the process of intestinal colonization by beneficial bacteria.



NUTRITIONAL VALUE:
(1 capsule daily)

NUTRITION FACTS - daily portion (1 capsule)	
<i>Bifidobacterium lactis</i> B501	30 x 109 CFU*
<i>Bifidobacterium breve</i> BR03	7,5 x 109 CFU*
<i>Lactobacillus paracasei</i> LPC00	5 x 109 CFU*
<i>Lactobacillus rhamnosus</i> LR06	2 x 109 CFU*
<i>Lactobacillus plantarum</i> LP09	2 x 109 CFU*
<i>Lactobacillus casei</i> LC03	1 x 109 CFU*
<i>Lactobacillus acidophilus</i> LA02	1 x 109 CFU*
<i>Bifidobacterium bifidum</i> BB01	5 x 108 CFU*
<i>Streptococcus thermophilus</i> FP4	5 x 108 CFU*
<i>Bifidobacterium longum</i> BL03	5 x 108 CFU*
Fructooligosaccharides	15 mg

* CFU - colony-forming unit

Package: 30 vege capsules



MULTIACTIVE

- ★ COMPREHENSIVE DAILY VITAMIN AND MINERAL SUPPLEMENT
- ★ INCLUDES ESSENTIAL B-GROUP VITAMINS, A, D, E, AND C
- ★ ENRICHED WITH PLANT EXTRACTS

MULTIACTIVE is a comprehensive dietary supplement providing your daily essential vitamins and minerals, including B-group vitamins, vitamins A, D, E, and C. It also contains beneficial plant extracts such as artichoke leaf, nettle root, pumpkin seed, green tea leaf with EGCG, and black pepper fruit with piperine for enhanced overall well-being. It's a versatile choice for daily supplementation.



NUTRITIONAL VALUE:
(2 capsules daily)

Vitamin A (µg)	800 µg	100%*
Vitamin D (µg)	10 µg	200%*
Vitamin E (mg)	24 mg	200%*
Vitamin C (mg)	200 mg	363%*
Thiamine (mg)	15,4 mg	1400%*
Riboflavin (mg)	19,6 mg	1400%*
Niacin (mg)	32 mg	200%*
Vitamin B6 (mg)	18 mg	1286%*
Folic acid (µg)	400 µg	200%*
Vitamin B12 (µg)	2,5 µg	1000%*
Biotin (µg)	100 µg	200%*
Pantothenic acid (mg)	12 mg	200%*
Calcium (mg)	120 mg	15%*
Magnesium (mg)	120 mg	32%*
Iron (mg)	3 mg	21%*
Zinc (mg)	15 mg	150%*
Copper (mg)	1 mg	100%*
Manganese (mg)	1,8 mg	90%*
Selenium (µg)	75 µg	136%*
Chromium (µg)	150 µg	375%*
Iodine (µg)	150 µg	100%*
Citrus bioflavonoids	40 mg	
Artichoke extract	80 mg	
including cynarin	2 mg	
Pumpkin seed extract	60 mg	
Common nettle extract	60 mg	
Green tea extract	60 mg	
including EGCG	27 mg	
Alpha-lipoic acid	10 mg	
Black pepper extract	1 mg	
including piperine	0,95 mg	
Choline	82,5 mg	
Inositol	50 mg	
* % of reference intake value		



Package: 60 capsules

MCT OIL

- ★ HIGH C 8:0 AND C 10:0 FATTY ACIDS
- ★ ONE OF THE FASTEST SOURCE OF KETONES
- ★ MAIN INGREDIENT OF BULLETPROOF COFFEE

MCT OIL is a high-quality MCT oil containing a spectrum of medium-chain fatty acids. It is a valuable addition to high-fat diets where it is responsible for instant energy delivery. The metabolism of MCTs proceeds with the formation of ketone bodies.



NUTRITIONAL VALUE
(2 tablespoons - 12 g)

MCT oil	12 g
including caprylic acid	6,6 g - 7,8 g
capric acid	4,2 g - 5,4 g

Package: 400 ml bottle



HMB XXL TABS

- ★ HIGH CONTENT OF HMB IN A TABLET
- ★ PROMOTES THE NOURISHMENT OF THE INTESTINAL EPITHELIUM
- ★ USED BY BODYBUILDERS AND ATHLETES

HMB XXL TABS is a dietary supplement in tablets that contains calcium beta-hydroxy-beta-methylbutyrate (HMB), which is a product of leucine transformation. HMB, belonging to the group of butyrates, helps nourish the epithelium of the small intestine, which has a positive effect on the digestibility of the digested food and its better use. HMB is a supplement that has been known in sport for years and is most often used by people who train hard in the gym.



NUTRITION VALUE for 1 capsule:

Ca-HMB	1250 mg
including HMB	1000 mg

Package: 120 tablets, 230 tablets



HMB CAPS

- ★ A NEW VERSION OF THE POPULAR HMB IN CAPSULES
- ★ SUPPORTS THE HEALTHY CONDITION OF THE INTESTINAL EPITHELIUM AND VILLI
- ★ SHOWS ANTI-CATABOLIC PROPERTIES

HMB CAPS is a dietary supplement in capsules that contains HMB in the form of calcium salt. It is worth remembering that HMB is a compound that occurs naturally in the body as a product of leucine metabolism and is involved in many biological processes. Its supplementation will also allow it to be used by epithelial cells that derive energy from butyrates.



NUTRITIONAL VALUE for 6 capsules

Ca-HMB	4300 mg
including HMB	3700 mg

Package: 240 capsules



ZMA

- ★ SUPPLEMENTS DEFICIENCIES OF ZINC, MAGNESIUM AND VITAMIN B6
- ★ EFFECTIVELY SUPPORTS REGENERATION DURING SLEEP
- ★ ZINC HELPS TO MAINTAIN THE PROPER LEVEL OF TESTOSTERONE

ZMA is a dietary supplement in capsules that contains zinc and magnesium chelates as well as vitamin B6. Zinc supports the production of testosterone, protein synthesis, transformation of macronutrients and the functioning of the immune system. Magnesium, in turn, is involved in over 300 processes, but above all has a positive effect on the regeneration of the nervous system and facilitates relaxation and falling asleep. Vitamin B6 supports the metabolism of magnesium and its absorption.



NUTRITIONAL VALUE:
(for 4 capsules)

Magnesium	400 mg
Zinc	25 mg
Vitamin B6	10,5 mg

Package: 90 capsules



ZEN

- ★ COMBINATION OF THE ZMA FORMULA WITH INGREDIENTS SUPPORTING REGENERATION
- ★ ADDITION OF DAA AND MELATONIN TO HELP YOU FALL ASLEEP
- ★ FOR PEOPLE LOOKING FOR MAXIMUM REGENERATION DURING SLEEP

ZEN is a dietary supplement in capsules, which is based on a combination of zinc, magnesium and vitamin B6 (ZMA) with valuable additives that facilitate the regeneration of the body during sleep. Noteworthy is melatonin in a dose of 1 mg, which shortens the time needed to fall asleep, DAA acid and Ashwagandha extract, which promotes the reduction of cortisol and adaptation to stress. The L-tryptophan contained in the product takes part, with the participation of magnesium and vitamin B6, in the formation of serotonin - the „happiness hormone“.



NUTRITIONAL VALUE

(4 capsules; take between meals or at bedtime.)

Magnesium	375 mg
Zinc	10 mg
Vitamin B6	1,4 mg
D-aspartic acid	500 mg
GABA	500 mg
L-Tryptophan	250 mg
Melatonin	1 mg
Ashwagandha extract including withanolides	50 mg
	3,5 mg

Package: 120 capsules



GABA 750 MG

- ★ RELIEVES THE EFFECTS OF STRESS
- ★ IT SUPPORTS THE REGENERATION OF THE BODY AT NIGHT
- ★ INCREASES THE PRODUCTION OF GROWTH HORMONE

GABA is a product that contains as much as 750 mg of pure gammaaminobutyric acid, which acts as the main inhibitory neurotransmitter in the entire system nervous.



NUTRITIONAL VALUE:
(1 capsule once a day)

Gamma-Aminobutyric Acid (GABA)	750 mg
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Package: 60 capsules



TRIBU STALLION

- ★ HIGHLY CONCENTRATED TRIBULUS TERRESTRIS EXTRACT
- ★ HIGH CONTENT OF BIOLOGICALLY ACTIVE SAPONINS
- ★ SUPPORTS VITALITY AND MALE SEXUAL FUNCTIONS

TRIBU STALLION is a dietary supplement in capsules that contains as much as 1000 mg of Tribulus terrestris extract in each serving. This extract is rich in biologically active steroidal saponins, which are eagerly reached by people who want to naturally increase the level of testosterone and vitality.



NUTRITIONAL VALUE
(1-2 capsules, between main meals
(1 hour after a meal))

Tribulus terrestris extract including saponins	2000 mg 1200 mg
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Package: 60 capsules



TRIBUACTIV B6

- ★ COMBINATION OF TRIBULUS EXTRACT AND ZMA
- ★ ZINC SUPPORTS THE PROPER LEVEL OF TESTOSTERONE
- ★ MAGNESIUM PARTICIPATES IN OVER 300 METABOLIC CHANGES

TRIBUACTIV B6 is a dietary supplement in capsules that contains concentrated Tribulus terrestris extract as well as zinc, magnesium and vitamin B6, collectively known as ZMA. The zinc contained in the preparation contributes to the maintenance of the correct level of testosterone, which, in the case of too low production by the body, can be more intensively synthesized with the use of steroid saponins from the extract.



NUTRITIONAL VALUE :
(2 capsules a day)

Tribulus terrestris extract including saponins	1000 mg
Magnesium	600 mg
Zinc	150 mg
Vitamin B6	10 mg
	1,4 mg

Package: 90 capsules



HGH DAY

- ★ SUPPORTS THE PRODUCTION OF GROWTH HORMONE DURING THE DAY
- ★ COMPOSITION BASED ON NATURAL SUBSTRATES OF METABOLIC PATHWAYS
- ★ FULLY LEGAL!

HGH DAY is a dietary supplement in capsules that contains Maca root extract, arginine, ornithine HCl and zinc. The product was composed to maximally support the natural production of growth hormone by the pituitary gland.



NUTRITION VALUE for 3 capsules
(On training days, 3 capsules a day.
On non-training days, 2 capsules a day.)

Maca extract (Lepidium meyenii) including b-ecdysone	1500 mg 7,5 mg
Arginine	900 mg
Ornithine hydrochloride	450 mg
Zinc	10 mg

Package: 60 capsules



HGH NIGHT

- ★ SUPPORTS THE PRODUCTION OF GROWTH HORMONE AT NIGHT
- ★ A COMBINATION OF AMINO ACIDS AND GABA
- ★ HAS A POSITIVE EFFECT ON NIGHT REGENERATION

HGH NIGHT is a dietary supplement in capsules, composed of natural ingredients found in the body in order to maximally support the natural synthesis of growth hormone, providing the necessary ingredients for this process. Moreover, GABA is a neurotransmitter with an inhibitory effect, facilitating relaxation.



NUTRITION VALUE for 3 capsules:
(On training days, 3 capsules per night.
On non-training days, 2 capsules a night.)

Arginine Pyroglutamate	1170 mg
Gamma-aminobutyric acid	720 mg
Lysine hydrochloride	720 mg

Package: 60 capsules





CLASSIC SERIES

Classic products that will help you make the form

HIGH QUALITY | GUARANTEED

CREATINE MONOHYDRATE CAPS

- ★ CLASSIC COMBINATION OF CREATINE AND TAURINE
- ★ AVAILABLE FLAVOR OPTIONS AND UNFLAVOURED VERSION
- ★ USED BY PEOPLE WORKING ON INCREASING MUSCLE MASS AND STRENGTH

CREATINE MONOHYDRATE is a powdered dietary supplement that provides the classic combination of creatine monohydrate with taurine. The use of the product increases the concentration of creatine in the muscles, where it allows for quick energy regeneration in the form of ATP. Creatine is also the best-studied supplement in terms of safety and effectiveness.

NUTRITION VALUE in 6 g

Creatine Monohydrate including creatine	4,5 g 4 g
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Package: 300 capsules



CREATINE MONOHYDRATE

- ★ A CLASSIC SUPPLEMENT FOR MUSCLES AND TRAINING MUSCLES
- ★ SCIENTIFICALLY PROVEN EFFECTIVENESS AND SAFETY
- ★ A VALUABLE ADDITION OF TAURINE

CREATINE MONOHYDRATE is a powdered dietary supplement that contains creatine monohydrate. This is by far the most popular chemical form of this compound, which is most often used by people who train in strength sports. Creatine is also the best-researched and effective legal supplement. The product contains the addition of taurine and is distinguished by its amazing taste.

NUTRITION VALUE in 6 g

Creatine Monohydrate including creatine	4050 mg 3565 mg
including taurine	450 mg

Package: 300 g

FLAVORS: NATURAL, BLACK CURRANT, ORANGE, LEMON



ACTIVLAB®
LIFT YOUR WORLD

CLASSIC SERIES

L-GLUTAMINE

- ★ GLUTAMINE WITH THE ADDITION OF TAURINE
- ★ SUPPLEMENTS THE CONDITIONALLY ESSENTIAL AMINO ACID
- ★ WORKS ANTI-CATABOLIC AND STIMULATES THE IMMUNE SYSTEM

L-GLUTAMINE is a powdered dietary supplement that supplements the diet with L-glutamine - an amino acid that accounts for over 60% of muscle proteins. In situations where the body is at risk, immune cells need glutamine to multiply and be active, as it is their fuel. Then the muscles are catabolized to obtain glutamine from them. Supplementation allows you to bypass this process and complements the concentration of this amino acid in the blood. In addition, L-glutamine is responsible for the tightness of the intestines, which also translates into health.



NUTRITIONAL VALUE daily portion (10 g)

L-glutamine	8,9 g
Taurine	1 g

Package: 300 g
FLAVORS: NATURAL

TRICREATINE MALATE

- ★ A VALUED AND POPULAR FORM OF CREATINE - MALATE
- ★ PROMOTES THE DEVELOPMENT OF MUSCLE MASS AND STRENGTH
- ★ SAFE FOR WOMEN!

TRICREATINE MALATE is a powdered dietary supplement that contains creatine in the form of malate. It is a very popular chemical form of this supplement, appreciated by many supporters of the „iron sport“. Creatine increases endurance in the event of short, intense, consecutive exercises. It is a source of phosphates for the regeneration of high-energy ATP molecules, which are „batteries“ for working muscles and biological processes, including the synthesis of muscle proteins.



NUTRITION VALUE in 6 g

Tricreatine malate	5000 mg
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Package: 300 g
FLAVORS: NATURAL, BLACKCURRANT, KIWI, ORANGE

HMB POWDER

- ★ HMB IN THE FORM OF A POWDER
- ★ FUEL FOR INTESTINAL VILLI AND EPITHELIUM
- ★ PROMOTES THE DEVELOPMENT OF MUSCLE MASS BY LIMITING CATABOLIC PROCESSES

HMB POWDER is a powdered dietary supplement that contains the calcium salt of beta-hydroxy-beta-methylbutyric acid (HMB) - a compound that occurs naturally in the body and performs biological functions. Athletes eagerly reach for HMB, especially during the period of working on the form before the competition. The use of butyrates helps to keep the intestinal epithelium and villi in good condition, which contributes to better use of food.

NUTRITION INFORMATION for 2,5g

Ca-HMB	2498 mg
including HMB	2150 mg
Vitamin B6	1.75 mg (125% *)

*% of the nutrient reference value

Package: 200 g
Flavour: natural





FUNCTIONAL FOOD

Eat healthy and stay fit

PROTEIN BREAKFAST

- ★ BASED ON WHEY PROTEIN AS A SOURCE OF PROTEIN
- ★ INCLUDES OATS AND RICE FLAKES, GUARANA AND MAGNESIUM
- ★ HELPS TO CONTROL MACRONUTRIENTS INTAKE

High-protein supplement containing oat and rice flakes with the addition of guarana and magnesium. Whey protein concentrate. It is an animal-based protein obtained from whey, which is a by-product of the cheese-making process. Currently, technological processes enable the isolation of whey proteins from whey. This is possible thanks to the ultrafiltration process, which allows the whey to be removed from fat and lactose.



NUTRITION VALUE for 100 g
(100 g (4 scoops) dissolved in 200 ml of water)

Energy value	1577 kJ / 372 kcal
Fat	2,2 g
including saturated fatty acids	0,3 g
Carbohydrates	66 g
including sugars	12,4 g
Protein	22 g
Salt	1 g
Magnesium	120 mg
Guarana extract including caffeine	100 mg / 22 mg

Package: 1000 g

FLAVORS: CHOCOLATE · YOGHURT WITH CHERRY · COCONUT VANILLA · FOREST FRUIT · STRAWBERRY



SUPER PROTEIN BREAKFAST

- ★ A PROPOSAL OF A NATURAL BREAKFAST IN THE FORM OF FLAKES, INCLUDING OAT FLAKES
- ★ FUNCTIONAL ADDITIVES (COLLAGEN, CHIA SEEDS, FREEZE-DRIED FRUIT)
- ★ WHEN MIXED WITH MILK, IT CREATES A HIGH-PROTEIN, DELICIOUS MEAL

SUPER PROTEIN BREAKFAST is a ready-made breakfast that you just need to mix with milk to get a wholesome meal. It is composed of flakes, incl. oat, but also from rice, freeze-dried fruit and additives such as vitamins, minerals, collagen and chia seeds. SUPER PROTEIN BREAKFAST is a source of protein and fiber.

Variants: oatmeal and rice flakes with bananas, oatmeal and rice flakes with strawberries, porridge with strawberries, porridge with apples and cinnamon.



(1 portion of the product [6 full tablespoons] pour into a bowl or mug. Pour 100 ml of hot 1.5% milk (up to the level of the flakes). Mix well and wait 3-5 minutes. Consume after preparation.)

The full composition is available at www.activlab.pl

Package: 300 g

FLAVORS: PORRIDGE WITH STRAWBERRIES · PORRIDGE WITH APPLE AND CINNAMON



HIGH QUALITY | GUARANTEED

ACTIVLAB®
LIFT YOUR WORLD

FUNCTIONAL FOOD

SUPER PROTEIN BREAKFAST

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Variants: oatmeal and rice flakes with bananas, oatmeal and rice flakes with strawberries, porridge with strawberries, porridge with apples and cinnamon.



Pour one portion of the product [6 full tablespoons] into a bowl or mug, then add 100 ml of 1.5% milk, warm or cold. Consume after preparation.

The full composition is available at www.activlab.pl

Package: 300 g

FLAVORS: OAT FLAKES AND RICE FLAKES WITH BANANA · OAT FLAKES AND RICE FLAKES WITH STRAWBERRIES

HIGH PROTEIN ICE CREAM

- ★ HIGH PROTEIN ICE CREAM
- ★ A GREAT VARIETY TO YOUR DAILY DIET
- ★ PERFECT SNACK FOR CHILDREN AND ADULTS

Ice cream contains a negligible amount of sugar, so it contains much fewer calories and can be part of the diet even for those who pay attention to their diet and watch their calorie intake on a daily basis. Compared to regular ice cream, Super Dessert High Protein Ice Cream has much more protein and less fat. A serving contains as much as 34% protein and very little fat.



NUTRITION VALUE for 100 g
Pour 100 g (4 scoops) of powder into 100 ml water, mix for 3 minutes, put in freezers for 3 hours)

Energy value	2048 kJ/489 kcal
Fat	24 g
including saturated fatty acids	14 g
Carbohydrates	34 g
including sugars	29 g
Protein	34 g
Salt	0,75 g

Package: 400 g

FLAVORS: SALT CARAMEL · STRAWBERRY · VANILLA · CHOCOLATE



SUPER PROTEIN PUDDING

- ★ DELICIOUS AND FILLING PUDDING FOR MANY PORTIONS
- ★ ADDITION OF WPC PROTEIN
- ★ DOES NOT CONTAIN SUGAR!

SUPER PROTEIN BUILDING is a suggestion of a dessert that is always worth having at hand when we feel like something sweet. Each serving of the product provides not only an amazing taste experience, but also wholesome proteins and starch along with naturally occurring sugars, because you will not find additional sugar in our product. One serving provides just over 100 kcal.



(Pour 30 g [3 scoops] into a cup, pour 100 ml of cold water and mix thoroughly.

1. Heat in microwave (600 W, about 2.5 minutes) until you get the consistency of pudding.
2. Pour into a saucepan, cook over low heat, stirring while, until the consistency of pudding. Ready-to-eat pudding can be served with fresh fruit, fruit juice or whipped cream.)

The full composition is available at www.activlab.pl

Package: 450 g

FLAVORS: CHOCOLATE · VANILLA



SUPER FIT JELLY

- ★ NO SUGAR ADDED
- ★ INCLUDING VITAMIN COMPLEX
- ★ NATURAL LYOPHILISED FRUITS

Fit raspberry jelly is a low-calorie snack, without added sugar, enriched with vitamins: A, D, E, K, C, B-complex. It contains a sweetener. It contains naturally occurring sugars. Vitamins contained in the product: - support immunity (vitamin C, D) - eliminate free radicals (vitamins C, E) - support the proper production of collagen (vitamin C). The jelly has a raspberry flavor and contains the addition of natural, freeze-dried fruit. Very easy to prepare, no cooking required. One serving is only 56 kcal.



Pour 15 g (3 scoops) into a cup, pour 150 ml of boiling water and stir vigorously until a smooth consistency is obtained.

The full composition is available at www.activlab.pl

Package: 300 g

FLAVORS: RASPBERRY



FIT COCOA

- ★ NO SUGAR ADDED!
- ★ HIGH PROTEIN AND FIBRE CONTENT
- ★ PERFECT AS BOTH COLD AND HOT DRINK

SUPER FIT COCOA DRINK is a delicious drink designed for those who value a healthy lifestyle and at the same time do not want to give up the perfect taste. Cocoa is the powdered seed of the cocoa fruit, a tree that grows wild in forests equatorial North of South America and Central America. Cocoa has been used not only as a raw material for the production of chocolate and the drink of the same name, but also - due to its medicinal properties - as a therapeutic agent in alternative medicine. No wonder, cocoa beans are rich in nutritional value - they are a source of many vitamins, trace elements and healthy fats.



One serving of the product for 1 serving
- Dissolve 20 g (1.5 scoops) in 150 ml of hot water. Mix thoroughly. The product can also be prepared using a shaker.

Energy value	148 kJ / 36 kcal
Fat	1.6 g
including saturated fatty acids	1.0 g
Carbohydrates	2.2 g
including sugars	1.5 g
Fiber	1.9 g
Protein	2.2 g
Salt	0.02 g
Magnesium	75 mg

Package: 500 g

FLAVORS: COCOA



SUPER PROTEIN PANCAKES

- ★ HIGH PROTEIN CONTENT
- ★ NO SUGAR ADDED
- ★ PERFECT SNACK FOR CALORIES CUTTING

Protein Pancakes is a pre-prepared mixture from which you can quickly and easily prepare delicious gingerbread pancakes. It is the perfect complement to reduction diets and supports the muscular system without giving up with delicious taste. Protein Pancakes have been enriched with WPC whey protein concentrate. WPC is an animal protein obtained from whey produced in the process of milk processing. Protein contributes to construction and maintenance lean muscle mass and accelerates post-workout regeneration.



Mix a portion of the product 50 g [4 scoops] exactly 50 ml of cold water. Put the dough on the well-heated oil in a pan. Fry on medium heat on both sides until golden brown. Serve with powdered sugar, cinnamon, honey, jam, maple syrup, yogurt or fruit. 1 portion of the product gives 1 pancake.

The full composition is available at www.activlab.pl

Package: 400 g



FLAVORS: GINGERBREAD · CHOCOLATE · VANILLA · RASPBERRY



HIGH WHEY PROTEIN BAR

- ★ TASTY PROTEIN BAR
- ★ BASED ON HIGH-QUALITY INGREDIENTS
- ★ ADDITION OF FREE AMINOACIDS LIKE L-GLUTAMINE

The High Whey Protein Bar is a high-protein product rich in vitamins and minerals. It is available in amazing flavors (walnut-caramel, black currant, and yoghurt-coated vanilla), among which everyone will find something for themselves. High Whey Protein Bar by Activlab can be consumed both before and after training, while providing the body with everything it needs. Our bar has the optimal proportions of protein, carbohydrates and fats as well as vitamins and minerals. It contains as much as 1.9 g of BCAA amino acids in one serving, and has been additionally enriched with glutamine.

The full composition is available at www.activlab.pl

Package: 80 g, display 24x80g



FLAVORS: WALNUT-CARAMEL · BLACK CURRANT · VANILLA IN YOGHURT-GLAZE

VITAMIN BAR

- ★ GREAT TASTES AND PROVIDES VITAMINS FROM THE ADEK GROUP
- ★ IT IS A SOURCE OF MAGNESIUM WHICH CONTRIBUTES FOR THE PROPER FUNCTIONING OF THE MUSCLES

HIGH PROTEIN BAR

- ★ A TASTY SNACK WITH A HIGH PROTEIN CONTENT
- ★ STRONG ANTIOXIDANT PROPERTIES
- ★ CAN DETOXYIFY THE LIVER AND IMPROVE INSULIN SENSITIVITY

HIGH PROTEIN BAR is a protein bar with a nut-caramel filling, topped with milk chocolate with a reduced sugar content. The protein content varies between 27% and 30%, depending on the flavor variant. The product does not contain glucose-fructose syrup.



The full composition is available at www.activlab.pl

Package: 80 g, display 24x80g

FLAVORS: CARAMEL-NOUGAT, CARAMEL-NOUGAT



VITAMIN BAR A bar with peanuts in milk chocolate, enriched with vitamins and magnesium.



Package: 46 g, display 24x46g

ISOLERO DRINK

- ★ AN AROMATIC DRINK TO BE DISSOLVED IN WATER,
- ★ PERFECTLY DEVELOPED TWO-FRUIT FLAVORS
- ★ FUNCTIONAL ACCESSORIES

ISOLERO Drink is an instant drink, sugar-free and negligible calorific value. It contains sweeteners. Each one ISOLERO Drink sachet is enough to prepare 1.5 liter of delicious drink.

NUTRITIONAL VALUE for 1 serving: (the contents of the sachet (10 g) to dissolve in 1.5 liters of water.)

Energy value	66,3 kJ/15,6 kcal
Fat	0 g
including saturated fatty acids	0 g
Carbohydrates	3,9 g
including sugars	0 g
Protein	0 g
Salt	0,53 g
Inulin	1,5 g

Package: 10 sachets x 10 g

FLAVORS: ORANGE-GRAPEFRUIT · PEACH-ORANGE · STRAWBERRY-MELON



PEANUT BUTTER CRUNCH

- ★ IT DOES NOT CONTAIN SALT
- ★ NO ADDED SUGAR
- ★ PROTEIN SOURCE

PEANUT BUTTER CRUNCH is a supplement for people on a ketogenic diet; it contains a lot of monounsaturated fatty acids, it goes well with pancakes, protein shakes and traditional oatmeal. Contains peanut pieces.

Love peanut butter but control your sugar intake? Don't worry - we've got exactly what you need!



Energy value	2571 kJ / 621 kcal
Fat	51 g
including	
fatty acids saturated	6,3 g
fatty acids monounsaturated	40 g
fatty acids polyunsaturated	5,1 g
Carbohydrates	12 g
including sugars	5,6 g
Fiber	9,3 g
Protein	23 g
Salt	0 g

Package: 500 g



PEANUT BUTTER SMOOTH

- ★ IT DOES NOT CONTAIN SALT
- ★ NO ADDED SUGAR
- ★ PROTEIN SOURCE

PEANUT BUTTER SMOOTH, is a supplement for people on a ketogenic diet, contains a lot of monounsaturated fatty acids, goes well with pancakes, protein shakes and traditional oatmeal.

Love peanut butter but control your sugar intake? Don't worry - we've got exactly what you need!



Energy value	2642 kJ / 638 kcal
Fat	53 g
including	
fatty acids saturated	8,1 g
fatty acids monounsaturated	36 g
fatty acids polyunsaturated	8,5 g
Carbohydrates	10 g
including sugars	6 g
Fiber	7,3 g
Protein	27 g
Salt	0 g

Package: 500 g



BULLETPROOF COFFEE

- ★ COFFEE DRINK WITH THE ADDITION OF MCT OIL
- ★ SUPPORTS THE KETOGENIC DIET
- ★ DELICIOUS COCONUT FLAVOR

BULLETPROOF COFFEE DRINK is an instant coffee drink based on a mix of arabica and robusta coffees, with the addition of MCT oil, which is a source of medium-chain fatty acids. Bulletproof coffee is a popular beverage among those following the ketogenic diet. BULLETPROOF COFFEE DRINK has a delicious coconut flavor.



Pour a portion of 5 g (1.5 scoops) into a mug or cup, pour 180 ml of hot water.

Energy value	78 kJ / 19 kcal
Fat	1 g
including fatty acids saturated	1 g
Carbohydrates	1,5 g
including sugars	0,6 g
Fiber	0,6 g
Protein	0,8 g
Salt	0,01 g
Caffeine	67,5 mg
MCTs	1000 mg

Package: 150 g

FLAVORS: COCONUT



POWER COFFEE

- ★ DELICIOUS INSTANT COFFEE
- ★ CHOCOLATE FLAVOR
- ★ INCREASED CAFFEINE CONTENT

POWER COFFEE DRINK is an instant coffee drink with additional caffeine and guarana extract. One portion of the product (5 g) corresponds to 3 cups of coffee. The delicious, chocolate flavor will surely appeal to all fans of energizing drinks and desserts.



Pour a portion of 5 g (1½ scoops) into a mug or cup, pour 180 ml of hot water.

Energy value	63 kJ / 15 kcal
Fat	≤ 0,5 g
including fatty acids saturated	≤ 0,5 g
Carbohydrates	1,5 g
including sugars	0,6 g
Fiber	1 g
Protein	1,7 g
Salt	0,01 g
Caffeine	200 mg
Guarana extract	100 mg

Package: 150 g

FLAVORS: CHOCOLATE



PROTEIN COFFEE

- ★ THE ADDITION OF HYDROLYZED COLLAGEN
- ★ DELICIOUS VANILLA FLAVOR
- ★ HIGH CAFFEINE CONTENT

PROTEIN COFFEE DRINK is a coffee drink based on instant coffee, which contains the addition of hydrolyzed collagen. The drink is distinguished by an excellent vanilla flavor.



Pour a portion of 5 g (1.5 scoops) into a mug or cup, pour 180 ml of hot water.

Energy value	63 kJ / 15 kcal
Fat	≤ 0,5 g
including fatty acids saturated	≤ 0,5 g
Carbohydrates	1,5 g
including sugars	0,6 g
Fiber	1 g
Protein	1,7 g
Salt	0,01 g
Caffeine	67,5 mg
hydrolyzed collagen	1000 mg

Package: 150 g
FLAVORS: VANILLA



SWEET YUMMY CREAM NUT-COCOA

- ★ DELICIOUS HAZELNUT-COCOA CREAM WITHOUT ADDED SUGAR
- ★ SWEET SATISFACTION
- ★ HEALTHIER CHOICE

Indulge guilt-free in our Hazelnut-Cocoa Cream, a delectable treat with no added sugar or palm oil. It's sweetened smartly with a sweetener while maintaining the natural sugars found in its delightful ingredients. A delicious and mindful choice for your cravings.



Nutritional value (100 g)

Energy	2147 kJ / 519 kcal
Fat	39 g
of which saturates	9,3 g
Carbohydrates of which:	48 g
sugar	8,8 g
polyols	36 g
Fiber	4,5 g
Protein	6,1 mg
Salt	0,18 mg

Package: 320 g
FLAVORS: NUT-COCOA



SWEET YUMMY CREAM COCONUT

- ★ DELIGHTFUL TASTE OF COCONUT WITH REAL COCONUT FLAKES
- ★ MINDFUL CHOICE
- ★ TASTY AND WHOLESOME TREAT

Delight in our Coconut-Flavored Cream, featuring real coconut flakes and a tropical taste sensation. This luscious spread contains no added sugar or palm oil, and it's sweetened thoughtfully with a sweetener while maintaining the natural sugars found in coconut. A guilt-free and naturally delicious choice for your cravings.



Nutritional value (100 g)

Energy value	2297 kJ / 555 kcal
Fat	44 g
of which saturates	15 g
Carbohydrates of which:	48 g
sugars	11 g
polyols	32 g
Fibre	0,7 g
Protein	4,2 g
Salt	0,28 mg

Package: 320 g
FLAVORS: COCONUT





ELEMENTS

Mind and energy metabolism support

MAGNESIUM TAURATE P-5-P

- ★ ONE OF THE BEST FORM OF MAGNESIUM
- ★ ADDITION OF P-5-P (VITAMIN B6)
- ★ GREAT MIND AND ENERGY SUPPORT

MAGNESIUM TAURATE is a dietary supplement in capsules that contains magnesium taurate and vitamin B6 in the form of pyridoxal 5'-phosphate. Magnesium participates in over 300 biochemical reactions and supports the work of the nervous system and the maintenance of proper cognitive functions. Vitamin B6 helps in its metabolism, which also supports energy processes in the body. Magnesium taurate has a very good bioavailability.



NUTRITIONAL VALUE:
(1 capsules a day)

Taurine	1000 mg
Magnesium	90 mg
P-5-P (vitamin B6)	2,8 mg

Package: 60 capsules



VITAMIN C + L-LYSINE

- ★ 1000MG OF VITAMIN C
- ★ ADDITION OF L-LYSINE
- ★ SUPPORTS IMMUNITY AND COLLAGEN SYNTHESIS

Elements Vitamin C is a product that supplements vitamin C deficiencies. Additionally, supplementation with the product provides a biologically valuable exogenous amino acid - L-lysine. Ascorbic acid has a strong antioxidant effect and is involved in many metabolic pathways.



NUTRITIONAL VALUE
(1 capsule a day)

Vitamin C	1000 mg
L-lysine	100 mg

Package: 60 capsules



BETA GLUCAN

- ★ HIGH QUALITY YEAST EXTRACT
- ★ HIGH CONTENT OF NATURAL GLUCANS
- ★ MOBILIZES IMMUNE SYSTEM

ELEMENTS Beta Glucan is a dietary supplement based on high-quality, standardized brewer's yeast extract (*Saccharomyces cerevisiae*), containing beta-1,3 / 1,6D-glucan. It is a polysaccharide found in the cell walls of some yeasts and fungi, as well as cereals. Scientific research shows that the consumption of beta-glucans mobilizes the immune system.

NUTRITIONAL VALUE
(1 capsule daily)

Saccharomyces cerevisiae yeast extract, standardized for 70% 1.3 / 1.6 D beta-glucan	250 mg
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Package: 90 vege capsules



ALA

- ★ HIGH ALPHA-LIPOIC ACID CONTENT
- ★ STRONG ANTIOXIDANT PROPERTIES
- ★ CAN DETOXYIFY THE LIVER AND IMPROVE INSULIN SENSITIVITY

ALA is a dietary supplement in capsules containing high concentration of alpha-lipoic acid (600 mg / 1 capsule). ALA is a powerful antioxidant that helps fight free radicals that damage cells and organelles. Supplementation can also help people who struggle with liver poisoning and insulin resistance.



NUTRITIONAL VALUE:
(1 capsule a day, can be taken regardless of meals, with a sufficient amount of liquid.)

Alpha lipoic acid	600 mg
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Package: 60 capsules



ALCAR

- ★ HIGHLY BIOAVAILABILITY FORM OF CARNITINE
- ★ PROMOTES ACETYLCHOLINE SYNTHESIS
- ★ PERFECT QUALITY

ALCAR is a dietary supplement in capsules that contains acetyl-L-carnitine - a combination of carnitine with an acetyl group. Thanks to this, the molecule of this compound is more bioavailable for the nervous system and promotes the synthesis of acetylcholine, which is a neurotransmitter involved in cognitive processes. L-carnitine supplementation allows you to supplement its deficiencies so that energy is obtained from fatty acids without any obstacles.



NUTRITIONAL VALUE
(It is recommended to consume 1 serving daily.)

Acetyl L-carnitine	500 mg
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Package: 90 capsules



ALPHA-GPC 300 MG

- ★ SUPPORT WORK LIVER
- ★ SUPPORTS FUNCTIONS COGNITIVE
- ★ HELP WITH DISTURBANCES MEMORY AND DIFFICULTIES WITH CONCENTRATION

The main component is alpha-glycerophosphorylcholine (Alpha-GPC) - a phospholipid metabolite found in neuronal membranes. This product is recommended for people looking for support in improving memory, concentration, improving the learning process and improving cognitive functions.

NUTRITIONAL VALUE
(1 capsule daily)

alpha-GPC	300 mg
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EFFECTIVE SUPPORT FOR COGNITIVE PROCESSES
SCIENTIFICALLY PROVEN
VEGAN FRIENDLY



Package: 60 vege capsules

ZMP

- ★ ZMA FORMULA BASED ON THE BEST INGREDIENTS
- ★ ZINC AND MAGNESIUM CHELATES, P-5-P AND MELATONIN
- ★ SUPPORT FOR THE REGENERATION OF THE BODY DURING SLEEP

ZMP is a dietary supplement in capsules, which is based on the ZMA formula, with the difference that in its composition zinc and magnesium come from highly digestible chelates, and vitamin B6 has been replaced with its metabolically active form. Each serving also provides 1mg of melatonin to help you fall asleep. As one of the few ZMA products, our product is available in vegan-friendly capsules.



NUTRITIONAL VALUE:
(3 capsules a day, preferably approx. 30 minutes before planned falling asleep.)

Magnesium	400 mg
Zinc	15 mg
P-5-P (vitamin B6)	10,5 mg
Melatonin	1 mg

Package: 90 vege capsules



ADEK K-FORTE

- ★ HELPS TO REPLENISH LACKS OF ESSENTIAL VITAMINS
- ★ INCLUDING K2 IN THE FORM OF MK-7

ADEK FORTE is a dietary supplement in capsules that helps to replenish the deficiencies of vitamins A, D, E and K. Vitamins are necessary for the proper functioning of the body.



NUTRITIONAL VALUE:
(1 capsule a day)

The full composition is available at www.activlab.pl

Package: 60 vege capsules



BERBERINE

- ★ HELPS TO REDUCE ABNORMAL BLOOD SUGAR LEVEL
- ★ SUPPORTS WEIGHT MANAGEMENT
- ★ IMPROVES LIPID PROFILE

BERBERINE is a dietary supplement in capsules, based on a standardized extract of barberry, containing 95% berberine. This plant alkaloid has a wide range of effects, but its most popular use is to help people struggling with the problem of low insulin sensitivity, where it can be as effective as popular drugs such as Metformin. The proper level of glycaemia is essential for maintaining proper body weight.



NUTRITIONAL VALUE:
(Daily dose - 1 capsule)

Barberry root extract including berberine	420 mg 400 mg
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Package: 90 capsules



DIGESTIVE ENZYMES

- ★ COMBINATION OF MOST IMPORTANT DIGESTION ENZYME
- ★ HELPS TO DIGEST AND ABSORB NUTRIENTS
- ★ BASED ON DIGEZYME BY SABINSA CORP.

Diet supplement. The product is based on the DigeZyme® digestive enzyme complex, which is not of animal origin. It consists of:

- α-amylase (digestion of carbohydrates, starch),
- neutral protease (protein digestion),
- lactase (digestion of lactose),
- lipase (digestion of fats),
- cellulase (cellulose digestion).

The product is dedicated to people who want to support digestion and food absorption. DigeZyme® is owned by Sabinsa Corp.



NUTRITIONAL VALUE
(1 capsule daily)

Amylase	7200 DU
Protease	1800 PC
Lactase	1200 ALU
Cellulase	330 CU
Lipase	60 FIP

Package: 90 vege capsules



LION'S MANE

- ★ STANDARDIZED LION'S MANE EXTRACT
- ★ BENEFICIAL INFLUENCE ON THE STRUCTURE AND MECHANICS OF NERVES
- ★ IMPROVES MEMORY AND COGNITIVE PROCESSES

LION'S MANE is a dietary supplement in capsules containing standardized lion's mane extract. It is a fungus with nootropic properties that has been of interest to scientists for some time who are studying its potential to improve memory and intelligence, influence the formation of new nerves and the processes of myelination. In Eastern medicine, Lion's Mane has been used for centuries to treat stomach problems.



NUTRITIONAL VALUE:
(1 capsule a day)

Hericum erinaceus extract including 30% polysaccharides	500 mg
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Package: 90 vege capsules



METHYL B-COMPLEX

- ★ HIGH DOSAGE OF VITAMIN B-COMPLEX
- ★ ACTIVE FORMS OF B6 AND B12 VITAMINS
- ★ WITH CHOLINE AND INOSITOL

Methyl B-complex from the Elements line is a modern dietary supplement, created to effectively supplement the deficiencies of B vitamins, enriched with active forms of vitamins B6 and B12. The addition of choline and inositol supports the beneficial effects of the vitamin complex, which is especially beneficial for the proper functioning of the nervous system.



NUTRITIONAL VALUE:
(1 capsule a day)

Thiamin (vitamin B1)	100 mg
Riboflavin (vitamin B2)	40 mg
Niacin	16 mg
Vitamin B6 (p-5-p)	18 mg
Folic acid	600 mcg
Vitamin B12 (Methylcobalamin)	100 mcg
Biotin	2,5 mg
Pantothenic acid	200 mg
Choline	20 mg
Inositol	50 mg
P-aminobenzoic acid (PABA)	50 mg

Package: 60 vege capsules



LIPID SUPPORT

- ★ HELPS TO MAINTAIN PROPER LIPID LEVEL
- ★ MAY INCREASE HDL-CHOLESTEROL TYPE
- ★ SUPPORTS IMMUNE SYSTEM

LIPID SUPPORT is a dietary supplement in capsules that contains standardized Bergamot and garlic extracts. It is a known combination, even used in pharmacy, by people struggling with cholesterol problems. Bergamot can be helpful when your LDL „bad cholesterol“ is too high and your HDL „good cholesterol“ is too low.



NUTRITIONAL VALUE
(It is recommended to consume 1 capsule daily.)

Bergamot fruit extract	500 mg
including polyphenols	160 mg
Garlic extract	100 mg

Package: 60 vege capsules





Run & Bike®

RUN & BIKE

is a line of high-quality supplements designed for endurance athletes

ENERGY GEL

- ★ PROVIDES GLUCOSE - A DIRECT FUEL FOR MUSCLES
- ★ IT CONTAINS THE ADDITION OF VITAMIN C, WHICH REDUCES THE FEELING OF TIREDNESS AND WEARINESS
- ★ CONVENIENT PACKAGING THAT FACILITATES THE USE OF THE GEL WHILE RUNNING OR CYCLING

ENERGY GEL is a product that replenishes lost energy reserves thanks to the glucose it contains. Glucose is also known as grape sugar, the basic lichen sugar, the use of which after training ensures the replacement of muscle glycogen deficiency. Glucose is also an essential component in maintaining the correct temperature of the muscles during intense physical exertion. Natural sources of glucose are honey, fruit and fruit spikes.



NUTRITIONAL VALUE (for 100 g)

Energy value	1275 kJ / 300 kcal
Fat	0 g
including saturated fatty acids	0 g
Carbohydrates	75 g
including sugars	75 g
Protein	0 g
Salt	0,01 g
Vitamin C	250 mg (313%*)

Package: 40 g, display x 18 pieces

FLAVORS: ORANGE, STRAWBERRY, LEMON



ELECTROLYTES

- ★ HELPS TO REPLENISH ELECTROLYTES DURING AND AFTER ACTIVITY
- ★ PROMOTES TO REPLENISH WATER
- ★ TASTY AND FRESH FLAVOUR

Run & Bike Electrolytes is a unique composition of electrolytes with vitamin C, in the form of an effervescent tablet for the preparation of a delicious, refreshing lime-flavored drink. The use of drinks that replenish lost electrolytes and water is essential to stay fit.



NUTRITIONAL VALUE:
(Dissolve 1 tablet in 200 ml of water.
Use 2-4 times a day)

Glucose	1000 mg
Sodium	600 mg
Potassium	300 mg
Chloride	120 mg
Magnesium	60 mg
Vitamin C	80 mg

Package: 20 effervescent tablets

FLAVORS: LIME



FLEX COMPLETE

- ★ A COMPLEX FORMULA THAT IMPROVES JOINT HEALTH
- ★ HIGH DOSES OF CHONDROITIN SULFATES AND GLUCOSAMINE
- ★ SUPPORT FOR THE REGENERATION OF THE LOCOMOTOR APPARATUS

FLEX COMPLETE is a powdered dietary supplement that comprehensively provides ingredients for the regeneration of the locomotor system. The basis for the product is collagen hydrolyzate, which builds joint structures, as well as glucosamine and chondroitin sulfates, which support cartilage regeneration. In addition, the product also contains MSM, vitamins B6, C and D, hyaluronic acid and Boswellia serrata extract.



NUTRITIONAL VALUE:
(20 g (3 scoops) dissolved in 250 ml of water)

Hydrolysed collagen	9000 mg
Glucosamine sulfate	1500 mg
Chondroitin sulfate	1200 mg
Methylsulfonylmethane (MSM)	300 mg
Frankincense resin extract (Boswellia serrata)	
Vitamin C	200 mg
Vitamin B6	5 mg
Vitamin D	7,5 µg
Hyaluronic acid	20 mg

Opakowanie : 400 g

FLAVORS: PEACH



IMMUNE TABS

- ★ BOOSTS IMMUNITY
- ★ MAY DECREASE FEELING OF TIREDNESS AND EXHAUSTION
- ★ INCLUDES NATURAL EXTRACTS

Immune Tabs is a dietary supplement in the form of effervescent tablets with an orange flavor, which contains vitamin C, zinc and vitamin D, which significantly support immunity and have a positive effect on the sports form. The composition of the preparation is complemented by valuable extracts of elderberry and purple coneflower – ingredients many popular supplements supporting the immune system.



NUTRITIONAL VALUE:
(Dissolve 1 tablet in 200 ml of water. Use once a day)

Vitamin C	1000 mg
Zinc	15 mg
Vitamin D	50 µg
Elderberry extract	150 mg
Echinacea extract	100 mg

Package: 20 effervescent tablets

FLAVORS: ORANGE



COLLAGEN

- ★ HIGH-QUALITY TYPE I COLLAGEN PEPTIDES
- ★ ADDITION OF VITAMIN C AND HYALURONIC ACID
- ★ SUPPORT FOR THE REGENERATION OF THE LOCOMOTOR APPARATUS

Run & Bike Collagen is a preparation designed for people practicing sports, whose joints and tendons are exposed to regular overload. The product has been formulated to provide high-quality peptides from hydrolyzed type I collagen, which is the main building block of joints and bones, and hyaluronic acid, which is present in the synovial fluid. Additionally, each serving of the product delivers vitamin C, which is involved in the reconstruction of collagen structures, ensuring the proper functioning of bones and cartilage.



NUTRITIONAL VALUE for 4 tablets
(4 tablets a day)

Hydrolyzed collagen	2400 mg
Hyaluronic acid	100 mg
Vitamin C	80 mg

Package: 90 tablets



ISOTONIC

- ★ BALANCES THE LEVEL OF WATER AND ELECTROLYTES EXCRETED FROM THE BODY IN THE PROCESS OF SWEAT SECRETION
- ★ CREATED FOR ATHLETES OF ENDURANCE DISCIPLINES
- ★ HELPS TO REDUCE FATIGUE AND PROVIDES A VITAMIN COMPLEX

Isotonic is a drink that balances the level of water and electrolytes excreted from the body in the process of sweat secretion. It also replenishes vitamins and minerals and, to a small extent, also carbohydrates burned during exercise.



Dissolve a portion (31.5 g - 1 scoop) in a water bottle with 500 ml of water. Use before, during (every 15 min) and after exercise (approx. 200 ml).

NUTRITIONAL VALUE (100 g):

Energy	1419.5 kJ / 334 kcal;
Fa	0 g (of which saturates 0 g);
Carbohydrate	83.5 g (of which sugars 83.5 g);
Protein	0 g;
Salt	2.8 g;
Sodium	1110 mg;
Potassium	413 mg (20%*);
Chloride	381 mg (47%*);
Calcium	381 mg (47%*);
Magnesium	190 mg (50%*);
Vitamin B1	0.55 mg (50%*);
Vitamin B2	0.7 mg (50%*);
Niacin	8 mg (50%*);
Pantothenic acid	3 mg (50%*);
Vitamin B6	0.7 mg (50%*);
Biotin	25 µg (50%*);
Folic acid	100 µg (50%*);
Vitamin B12	1.25 µg (50%*);
Guarana extract	317 mg (of which caffeine 70 mg).

* % of nutrient reference value



Package: 475 g
FLAVORS: ORANGE - LEMON

OXYGENIC

- ★ MAY RISE MAXIMAL LEVEL OF VO2
- ★ REDUCES THE ACIDIFICATION OF MUSCLE CELLS DURING EXERCISE
- ★ INCREASES THE ADAPTATION OF THE NERVOUS SYSTEM TO PHYSICAL LOADS

Oxygenic is a breakthrough dietary supplement intended primarily for endurance athletes who want to improve their exercise capacity.

The synergistic action of the ingredients of the preparation is primarily intended to:

- raise the maximum VO2max (VO2max)
- reduce the acidification of muscle cells during exercise
- increase the adaptation of the nervous system to physical stresses



NUTRITIONAL VALUE
(4 capsules, in divided portions, preferably before exercise)

Beta-alanine	2000 mg
Rhodiola rosea extract including rosavins	300 mg
Ginseng extract including ginsenosides	9 mg
Caffeine	30 mg
Taurine	24 mg
Calcium	100 mg
Phosphorus	200 mg (25%*)
Potassium	105 mg (15%*)
Chrome	300 mg (15%*)
	40 µg (100%*)

Package: 60 capsules



ENERGY TABS

- ★ AN ADVANCED „ENERGY DRINK” IN THE FORM OF EFFERVESCENT TABLETS
- ★ DELICIOUS STRAWBERRY FLAVOR
- ★ HIGH CAFFEINE CONTENT!

RUN&BIKE ENERGY TABS is a dietary supplement in the form of effervescent tablets, which contains a large dose of caffeine, L-theanine and a set of B vitamins and ascorbic acid. The product is an excellent alternative to energy drinks, because it does not contain sugar, and the combination of caffeine with L-theanine has a much better effect than each of them separately.



NUTRITIONAL VALUE:
(Dissolve 1 tablet in 200 ml of water.
Use 2 times a day)

Caffeine	200 mg
L-theanine	200 mg
Vitamin C	200 mg (250 %*)
Thiamine	2,2 mg (200 %*)
Riboflavin	2,8 mg (200 %*)
Niacin	32 mg (200 %*)
Pantothenic acid	12 mg (200 %*)
Vitamin B6	2,8 mg (200 %*)
Biotin	100 mcg (200 %*)
Vitamin B12	400 mcg (200 %*)
Raspberry fruit extract - including raspberry ketones	5 mcg (200 %*) 200 mg

Package: 20 effervescent tablets

FLAVORS: STRAWBERRY



CREATINE TABS

- ★ SAFE SUPPLEMENT AND EXTREMELY EFFECTIVE
- ★ DELICIOUS ORANGE FLAVOR
- ★ SUPPORT REGENERATION AND CONVALESCENCE

RUN&BIKE CREATINE TABS is a dietary supplement in the form of effervescent tablets that contain creatine monohydrate. It is a component that occurs naturally in the muscles, where it is a reservoir of phosphates for the reconstruction of ATP - a biological energy carrier that participates in, among others, in muscle contraction. The ergogenic properties of creatine help to improve endurance during short, intense efforts, repeated in series. Thanks to the effectiveness and safety of use, creatine is one of the most popular sports supplements.



NUTRITIONAL VALUE:
(Dissolve 1 tablet in 200 ml of water.
Use 3 times a day)

Creatine Monohydrate - including creatine	3000 mg 2637 mg
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Package: 20 effervescent tablets

FLAVORS: STRAWBERRY





NEW!





ACCESSORIES

Everything that can be useful to you to prepare a delicious meal or shake

BOTTLE

- ★ 750ML CAPACITY
- ★ MADE OF HIGH QUALITY MATERIAL
- ★ EASY TO CLEAN

ActivLab Water bottle, made of high-quality material, is used to store and transport isotonic drinks, energy drinks and other drinks that are recommended to athletes during intense physical exertion. This lightweight container is made of high-quality material that does not absorb odors. The shape of the container, profiled in such a way as to perfectly fit the hand, also allows you to eliminate the phenomenon of overheating and foaming of liquids. The non-slip material of our water bottle is also easy to keep clean. The container has a convenient mouthpiece that can be opened without using the hands, which prevents the spilling of liquids. The Activlab water bottle is perfect for the gym, bike or tennis match.



LUNCHBOX

- ★ HIGH QUALITY
- ★ PERFECT FOR MEALS AND SNACKS
- ★ EASY TO CLEAN

Activlab food container made of high-quality plastic - polypropylene. The optimal dimensions of the product mean that you can conveniently store food, taking it with you wherever you need it. The box has all the necessary food approvals. Our lunchbox is a convenient solution for anyone who pays attention to practicality

gadgets. The product is dishwasher safe (up to 40 ° C) and can also be used to heat food in a microwave oven (leave the lid open while heating). The Activlab food container will keep your meals and snacks fresh. A special click closure guarantees tightness so you can be sure that the box will not open in the punching bag.



SHAKER

- ★ HIGH QUALITY
- ★ EASY TO CLEAN

Functional shaker with the Activlab logo with a capacity of 700 ml. Made of solid and durable material, it is a great gadget, thanks to which you can prepare nutrients quickly and accurately, obtaining a perfectly smooth consistency. If you only value the convenience of use and practicality, the shaker will be the perfect solution. The product is easy to clean and is also suitable for washing in dishwashers. The shaker bottle is transparent with a clearly marked measuring cup. It also has a special strainer, which in turn allows you to quickly mix sports nutrients.



SHAKER NEON

- ★ NON-TOXIC MATERIALS
- ★ EASY TO CLEAN

Functional shaker with the ACTIVLAB logo with a capacity of 600 ml. Made of high-quality non-toxic plastic, it is a great gadget with which you can prepare nutrients quickly and accurately. The shaker includes a strainer thanks to which you will get a perfectly smooth consistency of the shaken product. The product is available in 3 amazing colors: magenta, yellow and blue!



SHAKER PRO ACTIVLAB

Shaker Pro Activlab 700ml is a professional shaker that will help you quickly and effectively prepare your protein drink. This shaker has been designed with your convenience in mind - it is dishwasher safe, which will save you time on manual washing. In addition, the shaker is equipped with a practical measuring cup with capacity, thanks to which you can accurately measure the amount of ingredients. Thanks to the Circle Technology, the inside of the shaker is polished and the bottom is rounded. This guarantees perfect mixing of the contents without the need to use additional accessories, such as a sieve or ball.



NOTES

A large white rounded rectangular area containing seven horizontal dotted lines for writing notes.





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