



VITALLY STRONG



WHEY IMPERIAL

27^g WHEY PROTEIN | 9^g BCAA | 7⁵⁰ GLUTAMINE

Usage Recommendation: Immediately after training, consume 1 scale (38gr.) by mixing it with 300 ml of water. Consume by mixing 1 scale with 300 ml of water, preferably right after waking up in the morning.

Intended Use: It is consumed as a sports food containing amino acids and protein to maintain protein balance during periods of intense physical activity.

Warnings: Children under the age of 15 and pregnant women can only consume it under the supervision of a physician or dietitian. This food should be consumed together with an adequate and balanced diet; it does not meet all nutritional needs on its own. These products should be used according to the recommendations of physicians and dietitians.

With its rich content of Vitalest Whey Protein; It provides high concentrations of amino acids that are essential for the body. In particular, leucine, isoleucine and valine, known as BCAAs (Branched-Chain Amino Acids), are amino acids that play an important role in muscle protein synthesis. Additionally, whey protein contains highly digestible proteins and is quickly absorbed by the body. Studies show that whey protein increases muscle protein synthesis and supports muscle growth and repair. Especially when consumed after exercise, whey protein quickly provides amino acids to the muscles and increases protein synthesis. This accelerates muscle growth and repair.



Net 2128g e

Net 988g e



VITALLY STRONG

Chocolate and Banana Flavored

Energy and Nutrition Items	For 100 g	For 1 serving (38 g)
Energy	18,1 kcal / 76 kJ	7,45 kcal / 31,10 kJ
Fat	0,22 g	0,09 g
Saturated Fat	0,14 g	0,06 g
Carbohydrate	3,29 g	1,35 g
Sugar	3,29 g	1,35 g
Protein	81,09 g	33,25 g
Salt	1334 mg	507 mg
Whey protein Concentrate	65,8 g	27 g
BCAA	23,68 g	9 g
Leucine	10,32 g	3,92 g
Isoleucine	5,03 g	1,91 g
Valine	4,60 g	1,75 g
Alanine	3,73 g	1,42 g
Glutamine	21,3 g	7,5 g
Vitamin B6	4,87 mg	2 mg
Vitamin B3	12,19 mg	5 mg
Vitamin B12	1219 mcg	500 mcg
Sodium	487 mg	200 mg
Potassium	97,5 mg	40 mg

PRE / POST





BCAA 4.1.1.1

6_g BCAA 4.1.1.1 | 2.50_g BETAINE | 1_g TAURINE | 900_{mg} MINERAL

Usage Recommendation: You can consume 1 scale (14,6 g) of the product by mixing it with 300-500 ml of water, preferably before, after or during training. In the scale image below, the amount to be taken is marked in red. (Önder Bey Scale visual will be added.)

Warnings: As a sports food containing amino acids, it is consumed to maintain protein balance during periods of intense physical activity.

Children under the age of 15 and pregnant women can only consume it under the supervision of a physician or dietitian. This food should be consumed together with an adequate and balanced diet; it does not meet all nutritional needs on its own. These products should be used according to the recommendations of physicians and dietitians. BCAA 4.1.1 is a high protein sports food.

Vitalest BCAA 4.1.1 contains; BCAAs, that is, "Branched-Chain Amino Acids", contain leucine, isoleucine and valine, three basic amino acids that are important for the body. The body cannot produce these amino acids, so they must be obtained from food sources.

Important effects of BCAAs on the body;

Increases Muscle Protein Synthesis: BCAAs can contribute to muscle growth by increasing muscle protein synthesis. This is especially important during post-exercise recovery.

Improves Exercise Performance: BCAA intake during exercise can provide additional energy to be used in the muscles and reduce fatigue. This can increase endurance and exercise performance.

Reduces Muscle Breakdown: Muscle breakdown may occur during exercise or intense physical activity. BCAAs can reduce muscle breakdown and protect muscles.

Preserves Lean Muscle Mass: BCAAs can help preserve lean muscle mass during the weight loss process. This can help minimize muscle loss when losing weight instead of just losing fat.



Net: 444g e

Net: 444g e

Apple / Lemone

Energy and Nutrition Items	For 100 g	For 1 serving (14,6 g)
Energy	191,7 cal / 802 J	28 cal / 117 J
Fat	0 g	0 g
Saturated Fat	0 g	0 g
Carbohydrate	0 g	0 g
Sugar	0 g	0 g
Fiber	0 g	0 g
Protein	0 g	0 g
Salt	1,3 g	200 mg
BCAA	41,1 g	6 g
Leucine	23,4 g	3,42 g
Isoleucine	5,9 g	0,86 g
Valine	5,9 g	0,86 g
Alanine	5,9 g	0,86 g
Betaine	17,1 g	2,5 g
Taurine	6,8 g	1 g
Sodium Citrate	4 g	595 mg
Magnesium	342 mg	50 mg
Zinc	102 mg	15 mg
Potassium	273 mg	40 mg

PRE / DURING / POST



VITALLY STRONG





MASS GAINER GOLD

16 PROTEIN **3** CREATINE **75** CARBOHYDRATE
g. g. g.

Usage Recommendation: Consume 1 scoop of product (100gr.) by mixing it with 400 ml of water or low-fat milk. You can consume it instead of a snack, 45 minutes before or immediately after exercise.

Warnings: As a sports food containing high carbohydrates, it is consumed to maintain carbohydrate balance during periods of intense physical activity.

Children under the age of 15 and pregnant women can only consume it under the supervision of a physician or dietitian.

This food should be consumed together with an adequate and balanced diet; it does not meet all nutritional needs on its own. These products should be used according to the recommendations of physicians and dietitians. Its consumption should be supported by an appropriate amount of fluid intake. Mass Gainer is a high carbohydrate sports food.

Vitalest Mass Gainer provides high carbohydrate, high protein and rich vitamin and mineral support.

Some of the effects of Mass Gainer on the body are:

High Calorie: Mass gainer usually has a high calorie content. This may be ideal for those who want to increase their daily calorie intake for weight gain. It is especially preferred for people who have difficulty gaining weight or athletes who want to increase muscle mass quickly.

High Carbohydrate Content: Mass gainer usually contains high amounts of carbohydrates. This is important for boosting energy levels and improving exercise performance. Additionally, carbohydrates can support post-workout recovery by replenishing muscle glycogen stores.

High Protein Content: Mass gainer generally contains high amounts of protein. This provides essential amino acids necessary for muscle growth and repair. Protein plays a critical role in increasing muscle mass.

Vitalest Mass Gainer; It provides easy consumption with its quality content and rich flavor varieties such as chocolate and banana.



VITALLY STRONG



CHOCOLATE / BANANA

Energy and Nutrition Items	For 100 g (1 serving)
Energy	364 cal / 1255 J
Fat	0 g
Saturated Fat	0 g
Carbohydrate	75 g
Sugar	7,4 g
Fiber	0 g
Protein	16 g
Salt	200 mg
Whey protein concentrate	16 g
Creatine Monohydrate	3 g
Vitamin B6	2 mg
Vitamin B3	5 mg
Vitamin B12	500 mcg
Sodium	200 mg
Potassium	40 mg

PRE / POST





CREATINE MONOHYDRATE

PURE / MICRONIZED FORM
5 g. Creatine Monohydrate

Usage Recommendation: You can consume the product, filling half of the measuring cup (5g) in the box, by mixing it with 200 ml of water, preferably before or after training.

In the scale image below, the amount to be taken is marked in red. (Önder Bey Scale visual will be added.)

Vitalest Creatine Monohydrate is a Sports Food Containing Amino Acid. As a sports food containing amino acids, it is consumed to maintain amino acid balance during periods of intense physical activity.

Warnings: Children under the age of 15 and pregnant women can only consume it under the supervision of a physician or dietician. This food should be consumed together with an adequate and balanced diet; it does not meet all nutritional needs on its own. These products should be used according to the recommendations of physicians and dietitians. Plenty of water should be consumed during use.

Vitalest Creatine contains Creatine monohydrate and vitamin B6. Creatine is a compound naturally found in the body and is especially found in muscles. Creatine plays a role in the production of an energy molecule called ATP (adenosine triphosphate). At the same time, vitamin B6 plays a catalytic role in creatine synthesis. In particular, it supports creatine production by accelerating the conversion of arginine and glycine to creatine during creatine synthesis. Vitamin B6 serves as a cofactor in this conversion process and facilitates creatine production.

Effects of Creatine Monohydrate on the body;

Performance Improvement: Creatine monohydrate may improve performance, especially during short-term, intense exercises (e.g., weight lifting or sprints). It can increase training duration and intensity by providing greater strength and endurance.

Muscle Gain: Creatine monohydrate can help with bulking and visible muscle gain by increasing water retention in the muscles.

Fast Recovery: Creatine monohydrate can reduce muscle damage after exercise and help muscles recover faster.



Net: 300g e

Energy and Nutrition Items	For 100 g	For 1 serving (5g)
Energy	0 kJ/0 kcal	0 kJ/0 kcal
Fat	0 g	0 g
Saturated Fat	0 g	0 g
Carbohydrate	0 g	0 g
Sugar	0 g	0 g
Fiber	0 g	0 g
Protein	0 g	0 g
Salt	0 g	0 g
Creatine Monohydrate	100 g	5 g

PRE / POST



VITALLY STRONG



GLUTAMINE

PURE / MICRONIZED FORM

5 g. Glutamine

Usage Recommendation: Consume 1 scoop of product (5 g) by mixing it with 400 ml of water or low-fat milk. You can consume it as a snack, 45 minutes before exercise or immediately after exercise.

Warnings: As a sports food containing amino acids and protein, it is consumed to maintain protein balance during periods of intense physical activity. Children under the age of 15 and pregnant women can only consume it under the supervision of a physician or dietitian. This food should be consumed together with an adequate and balanced diet; it does not meet all nutritional needs on its own. These products should be used according to the recommendations of physicians and dietitians. Its consumption should be supported by an appropriate amount of fluid intake. It is recommended to consume it with vitamin B6.

Vitalest Glutamine contains: Glutamine is one of the most abundant amino acids found in the body.

It is one of the amino acids that are the building blocks of proteins and is of vital importance for the human body.

Glutamine plays an important role in the muscle repair process.

Micro injuries occur in muscle fibers during exercise or intense physical activities. These injuries are perceived as a signal for the muscles to grow and strengthen.

Glutamine is effective at many steps in this process of injury repair and muscle growth:

Muscle Protein Synthesis: Glutamine is an essential amino acid required for muscle protein synthesis. It is essential for muscle growth and repair and may help rebuild muscles quickly by reducing muscle damage after exercise.



Net: 300g e

Energy and Nutrition Items	For 100 g	1 serving (5 g)
Energy	400 kcal / 1673 kJ	20 kcal / 83.7 kJ
Fat	0 g	0 g
Saturated Fat	0 g	0 g
Carbohydrate	0 g	0 g
Sugar	0 g	0 g
Fiber	0 g	0 g
Protein	100 g	5 g
Salt	0 g	0 g
Glutamine	100 g	5 g

PRE / POST



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AKSUVİTAL

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