



DARE TO BE GREAT.

KRONOS



AVAILABLE IN SIZES:
90 CAPSULES

BODY FUTURE'S CUTTING-EDGE TESTOSTERONE SUPPORT CONTAINS MAXIMUM AMOUNTS OF PEER-REVIEWED NATURAL HORMONE ENHANCING INGREDIENTS.

A STUDY OF 75 MEN FOUND THAT 3-MONTH GINGER SUPPLEMENTATION INCREASED TESTOSTERONE BY 17%.

THE USE OF TRIBULUS IN TRADITIONAL MEDICINE HAS LONG BEEN KNOWN TO INCREASE ATHLETIC PERFORMANCE, LIBIDO, AS WELL AS TESTOSTERONE LEVELS.

ZINC AND MAGNESIUM GLYCINATE SALTS IMPROVE SLEEP QUALITY AND ASSIST WITH ENERGY PRODUCTION AND ENHANCE MOOD.

1000MG
TRIBULUS
TERRESTRIS

550MG
GINGER
EXTRACT

30
SERVINGS



3 CAPSULES



BEFORE
BEDTIME

TAKE 3
CAPSULES
ONCE A DAY,
PREFERABLY
BEFORE
BEDTIME. CAN
ALSO TAKE
BEFORE
TRAINING.

SUPPLEMENT FACTS

Serving Size: 3 Capsules

Serving Per Container: 90

	Per 3 Capsule Serving	%NRV*
Tribulus Terrestris (standardized for 40% steroidal saponins)	1000 mg	†
Ginger Extract	550 mg	†
Magnesium (as Magnesium Glycinate)	600 mg	†
Standardized for Magnesium	120 mg	32%
Zinc (as Zinc Glycinate)	80 mg	†
Standardized for Zinc	20 mg	200%
Vitamin B6 (as Pyridoxine H.L)	10.5 mg	617%

*NRV PER SERVING-NUTRIENT REFERENCE VALUES FOR INDIVIDUALS OLDER THAN 4 YEARS.

†-NRV NOT ESTABLISHED.

INGREDIENTS:

OTHER INGREDIENTS: CAPSULE SHELL(GELATIN, PURIFIED WATER, COLOURANT PIROSIL(SILICON DIOXIDE).

ALLERGEN INFORMATION:

CONTAINS NO COMMON ALLERGENS, BUT IS PRODUCED IN A FACILITY THAT PROCESSES WHEY, CASEIN AND EGG.

WARNING: SEEK ADVICE FROM A HEALTH CARE PRACTITIONER BEFORE USE IF YOU HAVE ANY PRE-EXISTING MEDICAL CONDITION. DO NOT USE IF YOU ARE PREGNANT OR NURSING. OR IF YOU ARE BEING TREATED FOR HEART DISEASE OR HIGH BLOOD PRESSURE. SHOULD NOT BE USED IN CONJUNCTION WITH ANY PRESCRIPTION MEDICATION INCLUDING MAO INHIBITORS, STIMULANTS, OR ANTI-DEPRESSANTS. DISCONTINUE USE AND CONSULT YOUR DOCTOR IF ANY ADVERSE REACTIONS OCCUR. **KEEP REACH OF CHILDREN**

PLEASE NOTE

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FUTURE BURN



AVAILABLE IN SIZES:
60 CAPSULES

BODY FUTURE'S FAT BURNER GIVES YOU A FAT BURNING AND ENERGY PRODUCT WITH A HEALTH COMPONENT! CINNAMALDEHYDE AND CURCUMINOID PRODUCED BY CINNAMON AND TURMERIC CONTRIBUTE TO THERMOGENESIS AND WEIGHT LOSS.

IN ADDITION, THEY ARE KNOWN TO LOWER BLOOD PRESSURE AND CHOLESTEROL AS WELL AS STABILIZE BLOOD SUGAR. DOSAGE IS TWO CAPS PER SERVING IF YOU ARE USED TO STIMULANT-BASED PRODUCTS, WHILE IF YOU ARE MORE SENSITIVE TO THERMOGENICS, TAKE ONE CAP FOR EACH SERVING.

200 MG
CAFFEINE

100 MG
CINNAMON

100 MG
TURMERIC

60
SERVINGS



1-2 CAPSULES



TAKE AFTER
BREAKFAST
AND/OR BEFORE
TRAINING

TAKE 1-2
CAPSULES
TWICE DAILY

SUPPLEMENT FACTS

Serving Size: 1 Capsules

Serving Per Container: 60

	Per 1 Capsule Serving	%NRV*
Caffeine Anhydrous	200 mg	†
Cinnamon Extract	100 mg	†
Turmeric Extract	100 mg	†

*NRV PER SERVING-NUTRIENT REFERENCE VALUES FOR INDIVIDUALS OLDER THAN 4 YEARS.

†-NRV NOT ESTABLISHED.

INGREDIENTS:

OTHER INGREDIENTS: CAPSULE SHELL (GELATIN, PURIFIED WATER, COLOURANT), PIROSIL (SILICON DIOXIDE).

PLEASE NOTE:

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ALLERGEN INFORMATION:

CONTAINS NO COMMON ALLERGENS, BUT IS PRODUCED IN A FACILITY THAT PROCESSES WHEY, CASEIN, EGG AND SOY.

KEEP OUT OF REACH OF CHILDREN. THIS PRODUCT HAS NOT BEEN EVALUATED AS A MEDICINE BY THE MEDICINES CONTROL COUNCIL OF SOUTH AFRICA AND IS NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE. **DO NOT EXCEED RECOMMENDED DAILY INTAKE DIETARY SUPPLEMENTS. SHOULD NOT REPLACE A PROPER DIET.**

HYPNOS

THE GOD OF SLEEP OR WAS IT THE GOD OF RECOVERY? YOU BE THE JUDGE.

THIS BLEND OF TRADITIONAL ZMA AND GINGER WILL BOOST YOUR TESTOSTERONE, INCREASE LEAN MUSCLE, AND HAVE A POSITIVE IMPACT ON YOUR ENERGY LEVELS.

BENEFITS INCLUDE HIGHER TESTOSTERONE, IMPROVED RECOVERY, BETTER SLEEP QUALITY AND HEIGHTENED LIBIDO



AVAILABLE IN SIZES:
90 CAPSULES

20 MG
VITAMIN B6

700 MG
GINGER

26 MG
ZINC

660 MG
MAGNESIUM
GLYCINATE

30
SERVINGS



1-2 CAPSULES



TAKE AFTER
BREAKFAST
AND/OR BEFORE
TRAINING

TAKE 1-2
CAPSULES
TWICE DAILY

SUPPLEMENT FACTS

Serving Size: 3 Capsules

Serving Per Container: 30

	Per 3 Capsule Serving	%NRV*
Ginger Extract	700 mg	†
Magnesium (As MG Glycinate)	660 mg	†
Standardized for magnesium	132 mg	35%
Zinc (As zinc glycinate)	105 mg	†
Standardized for zinc	26 mg	250%
Vitamin B6 (as Pyridoxine)	20 mg	617%

**NRV PER SERVING-NUTRIENT REFERENCE VALUES FOR INDIVIDUALS OLDER THAN 4 YEARS.

†-NRV NOT ESTABLISHED.

INGREDIENTS:

OTHER INGREDIENTS: CAPSULE SHELL (GELATIN, PURIFIED WATER, COLOURANT), PIROSIL (SILICON DIOXIDE).

PLEASE NOTE:

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ALLERGEN INFORMATION:

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CREATINE MONOHYDRATE

THE DIETARY SUPPLEMENT CREATINE MONOHYDRATE PRIMARILY INCREASES SIZE AND STRENGTH. THIS IS ACHIEVED BY THE CREATING NEW MUSCLE FIBERS, RAISING LEVELS OF GF-1, AND DECREASING LEVELS OF MYOSTATIN. IT ALSO IMPROVES ATHLETIC PERFORMANCE BY ENHANCING ATP PRODUCTION DURING HIGH-INTENSITY EXERCISES. THERE HAVE BEEN NO SIDE EFFECTS REPORTED IN A NUMBER OF LARGE AND LONG-TERM CLINICAL TRIALS.

SUPPLEMENT FACTS

Serving Size: 1 level scoop (5g)

Serving Per Container: 60

	Per 5g Serving	%NRV*
Creatine Monohydrate	5000 mg	†

*NRV PER SERVING-NUTRIENT REFERENCE VALUES FOR INDIVIDUALS OLDER THAN 4 YEARS.

†-NRV NOT ESTABLISHED.

INGREDIENTS:

CREATINE MONOHYDRATE

ALLERGEN INFORMATION:

CONTAINS NO COMMON ALLERGENS, BUT PRODUCED IN A FACILITY THAT PROCESSES WHEY, CASEIN, EGG AND SOY.

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PLEASE NOTE:

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AVAILABLE IN SIZES:
200G

**5000 MG
CREATINE
MONOHYDRATE**

**40
SERVINGS**

UNFLAVOURED

WHILE ONE SERVING OF CREATINE IS SUFFICIENT TO REALIZE GAINS, BEST RESULTS CAN BE ACHIEVED BY STACKING 4 SERVINGS A DAY WITH WATER OR BEVERAGE OF CHOICE, A SUGGESTED REGIME IS 2 MONTHS ON FOLLOWED BY TWO WEEKS OFF IN ORDER TO ALLOW THE CREATINE RECEPTORS TO UNBLOCK



1 LEVEL SCOOP



TWICE
DAILY



200ML OF WATER

HELIOS



AVAILABLE IN SIZES:
160G

NON-STIM? ALL PUMP.

CHAOS PUMP IS A POWERFUL WORKOUT SUPPLEMENT THAT CONTAINS HIGH LEVELS OF KEY INGREDIENTS TO ENHANCE YOUR WORKOUTS.

THE FORMULA INCLUDES BETA ALANINE, KNOWN AS THE TOP PUMP ENHANCER, GLYCINE FOR HGH RELEASE, AND PINE BARK EXTRACT AS A CRAMP PREVENTION AGENT.

TOGETHER, THESE INGREDIENTS CAN HELP YOU ACHIEVE MAXIMUM RESULTS IN THE GYM.

1700 MG
GLYCINE

3500 MG
BETA - ALANINE

20
SERVINGS

COCO PINE



1 HEAPED SCOOP



ONCE
DAILY



300ML OF WATER

MIX 1 HEAPED SCOOP (APPROX. 8G)
WITH 300ML OF WATER. SHAKE
THOROUGHLY AND DRINK WITHIN 25
MINUTES PRIOR TO YOUR WORKOUT

SUPPLEMENT FACTS

Serving Size: 1 heaped scoop (8g)

Serving Per Container: 20

	Per 8g serving
PUMP AND VOLUMIZING COMPLEX	
Beta Alanine	3 500 mg
Niacin (as nicotinic acid)	100 mg
Glycine	1 700 mg
Taurine	400 mg
Betaine	500 g
Pine Bark Extract	200 g

**NRV PER SERVING-NUTRIENT REFERENCE VALUES FOR INDIVIDUALS OLDER THAN 4 YEARS.

OTHER INGREDIENTS:

PINEAPPLE FLAVORING, COLOURANT, PIROSIL, CITRIC ACID,
SWEETENER BLEND

ALLERGEN INFORMATION:

CONTAINS NO COMMON ALLERGENS, BUT PRODUCED IN A FACILITY
THAT PROCESSES WHEY, CASEIN, EGG AND SOY.

WARNING: SEEK ADVICE FROM A HEALTH CARE PRACTITIONER
BEFORE USE IF YOU HAVE ANY PRE-EXISTING MEDICAL CONDITION.
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BEING TREATED FOR HEART DISEASE OR HIGH BLOOD PRESSURE.
SHOULD NOT BE USED IN CONJUNCTION WITH ANY PRESCRIPTION
MEDICATION INCLUDING MAO INHIBITORS, STIMULANTS, OR ANTI-
DEPRESSANTS. DISCONTINUE USE AND CONSULT YOUR DOCTOR IF
ANY ADVERSE REACTIONS OCCUR. **KEEP OUT OF REACH OF
CHILDREN**

PLEASE NOTE:

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MEDICINE CONTROL COUNCIL OF SOUTH AFRICA AND IS NOT
INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE.

KRATOS RAGE



AVAILABLE IN SIZES:
160G

"KRATOS IS CHARACTERIZED AS BRUTAL AND MERCILESS" - NOT OUR WORDS - THAT'S WIKIPEDIA.

KRATOS IS DESIGNED USING TRIED AND TESTED INGREDIENTS TO DELIVER POWERFUL PUMPS AND INTENSE ENERGY LEVELS.

THERE ARE THREE COMPONENTS TO THIS PRODUCT: 400MG OF CAFFEINE PROVIDES ENERGY AND FOCUS, NIACIN AND BETA-ALANINE INCREASE BLOOD FLOW, VASCULARITY AND MUSCLE PUMP, AND CREATINE MONOHYDRATE AND GLYCINE HELP PROVIDE EXTRA CELL VOLUMISATION, STRENGTH AND ENDURANCE.

400MG
Caffeine

3000MG
BETA - ALANINE

20
SERVINGS

TROPICAL BLAST



1 HEAPED SCOOP



ONCE DAILY



300ML OF WATER

MIX 1 HEAPED SCOOP (APPROX. 8G) WITH 300ML OF WATER. SHAKE THOROUGHLY AND DRINK WITHIN 25 MINUTES PRIOR TO YOUR WORKOUT

SUPPLEMENT FACTS

Serving Size: 1 heaped scoop (8g)
Serving Per Container: 20

	Per 8g serving
PUMP AND ENERGY COMPLEX	
Beta Alanine	3 000 mg
Creatine Monohydrate	1 000 mg
Glycine	1 000 mg
Caffeine Anhydrous	400 mg
Niacin (As Nicotinic Acid)	100 g

**NRV PER SERVING-NUTRIENT REFERENCE VALUES FOR INDIVIDUALS OLDER THAN 4 YEARS.

OTHER INGREDIENTS:
PINEAPPLE FLAVORING, COLOURANT, PIROSIL, CITRIC ACID, SWEETENER BLEND

ALLERGEN INFORMATION:
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CHAOS PUMP

"ADDITION TO GIVING YOU GREAT PUMPS, CHAOS PUMP HAS BEEN FORMULATED WITH POWERFUL INGREDIENTS TO GREATLY INCREASE YOUR FOCUS AND ENERGY LEVELS.

CAFFEINE, NIACIN, BETA-ALANINE, AND CREATINE MONOHYDRATE ARE PLENTIFUL IN THIS PRODUCT.

IN ADDITION, IT CONTAINS HIGH-QUALITY CARBS THAT WILL HELP YOU INCREASE MUSCLE MASS



AVAILABLE IN SIZES:
300G

300MG
Caffeine

2000MG
BETA - ALANINE

20
SERVINGS

TROPICAL PINE



1 HEAPED SCOOP



ONCE
DAILY



300ML OF WATER

1650MG
Dextrose

750MG
Maltodextrin

SUPPLEMENT FACTS

Serving Size: 1 level scoop (8g)
Serving Per Container: 20

	Per 15g serving
Taurine	500 mg
Beta Alanine	2 000 mg
Creatine Monohydrate	1 000 mg
Glycine	1 500 mg
Caffeine Anhydrous	300 mg
Niacin (As Nicotinic Acid)	100 g
Waxy Maize	2 000 mg
Dextrose	1 650 mg
Maltodextrin	750 mg
Magnesium Bisglycinate	50 mg
Sodium Phosphate	50 mg
Potassium Phosphate	50 mg

**NRV PER SERVING-NUTRIENT REFERENCE VALUES FOR INDIVIDUALS OLDER THAN 4 YEARS.

OTHER INGREDIENTS:
PINEAPPLE FLAVORING, COLOURANT, PIROSIL, CITRIC ACID, SWEETENER BLEND

ALLERGEN INFORMATION:
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RESURGE

RECOVERY FOR WHEN YOU NEED IT MOST. BRUTAL WORKOUT? RE-SURGE

BCAA'S HAVE GOT A PROVEN TRACK RECORD WHEN IT COMES TO AIDING MUSCLE GROWTH AND ENHANCING EXERCISE PERFORMANCE. ADDITIONALLY, THEY IMPROVE BODY COMPOSITION BY ASSISTING WITH WEIGHT LOSS.

WITH GLYCINE, THIS BCAA DRINK HELPS RELEASE GH, INCREASES ENERGY, AND SPEEDS UP RECOVERY.



AVAILABLE IN SIZES:
240G

8000MG
BRANCH CHAIN
AMINO + GLYCINE

30
SERVINGS

TROPICAL COCONUT



1 LEVEL SCOOP



BEFORE,
DURING
OR AFTER
TRAINING



250ML OF WATER

SUPPLEMENT FACTS

Serving Size: 1 heaped scoop (8g)

Serving Per Container: 20

	Per 8g serving	%NRV*
BZAA 3:1:1 Blend	3 500 mg	†
Leucine, Iso-leucine, Valine		†
Glycine	2 500 mg	†

*NRV PER SERVING-NUTRIENT REFERENCE VALUES FOR INDIVIDUALS OLDER THAN 4 YEARS.

OTHER INGREDIENTS:

BCAA 3:1:1 BLEND (LEUCINE, ISO-LEUCINE, VALINE) GLYCINE, FLAVOURING, NON-NUTRITIVE SWEETENER, ANTI-CAKING AGENT, COLOURANT.

ALLERGEN INFORMATION:

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ADVANCED WHEY PROTEIN

A HIGH PROTEIN PRODUCT WITH A UNIQUE COMBINATION OF WHEY CONCENTRATE AND PEA PROTEIN. GLYCINE IS ADDED FOR ITS HUMAN GROWTH HORMONE BENEFITS, AND ADDED CREATINE ENSURES MUSCLE GROWTH IS FULLY STIMULATED.

20G
PROTEIN

6G
CARBS

30
SERVINGS

CHOCOLATE
VANILLA
STRAWBERRY

MIX 1 LEVEL SCOOP (APPROX. 30G) WITH 200ML OF WATER OR MILK. SHAKE THOROUGHLY AND DRINK WITHIN 30 MINUTES OF COMPLETING YOUR WORKOUT. TAKE 1-3 SERVINGS PER DAY, OR AS REQUIRED TO SATISFY YOUR DAILY CALORIE NEEDS.

SUPPLEMENT FACTS

Serving Size: 1 level scoop (30g)

Serving Per Container: 30

	Per 30 g Serving	Per 100 g Serving
Energy	468 kJ	1560 kJ
Protein (Including AA's)	20 g	66 g
Carbohydrates	6 g	20 g
Fat	1 g	3.3 g
Dietary Fibre#	0.6 g	2 g
Sodium	150 mg	500 mg
HGH MUSCLE COMPLEX		
Glycine Creatine Monohydrate Creatine HCL	4000 mg	500 mg

**NRV PER SERVING-NUTRIENT REFERENCE VALUES FOR INDIVIDUALS OLDER THAN 4 YEARS.

INGREDIENTS: MALTODEXTRIN, DEXTROSE, WHEY CONCENTRATE, PEA PROTEIN, GLYCINE, CREATINE MONOHYDRATE, CREATINE HCL, FLAVOURANTS, SOY LECITHIN, COCOA (IN CHOCOLATE VARIANTS ONLY), THICKENER, NON- NUTRITIVE SWEETENERS, COLOURANTS.

ALLERGEN INFORMATION: CONTAINS NO COMMON ALLERGENS, BUT IS PRODUCED IN A FACILITY THAT PROCESSES WHEY, CASEIN, EGG AND SOY.

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AVAILABLE IN SIZES:
900G & 1.8KG



2 LEVEL SCOOP



**AFTER
WORKOUT**



200ML OF WATER



ECO LABEL



ADVANCED MASS BUILDER

A MASS GAINER THAT IS SPECIALLY FORMULATED WITH A COMBINATION OF COMPLEX CARBOHYDRATES AND A HIGH PROTEIN. THIS UNIQUE BLEND IS DESIGNED TO SUPPORT MUSCLE GROWTH AND RECOVERY, MAKING IT AN EXCELLENT CHOICE FOR THOSE LOOKING TO BUILD SIZE AND STRENGTH. IN ADDITION, IT ALSO CONTAINS TWO DIFFERENT FORMS OF CREATINE, WHICH ARE KNOWN TO PROVIDE ADDITIONAL BENEFITS FOR INCREASING MUSCLE SIZE AND ENHANCING ATHLETIC PERFORMANCE.



**AVAILABLE IN SIZES:
1.8KG & 3.6KG**

**10G
PROTEIN**

**43G
CARBS**

**15
SERVINGS**

**CHOCOLATE
VANILLA
STRAWBERRY**

MIX 2 SCOOPS (APPROX. 60G) WITH 200ML OF WATER OR MILK. SHAKE THOROUGHLY AND DRINK WITHIN 30 MINUTES OF COMPLETING YOUR WORKOUT, TAKE 2-3 SERVINGS PER DAY, OR AS REQUIRED TO SATISFY YOUR DAILY CALORIE NEEDS.

SUPPLEMENT FACTS

Serving Size: 2 level scoop (60g)

Serving Per Container: 15

	Per 60g Serving	Per 100 g Serving
Energy	918 kj	1531 kj
Protein (Including AA's)	10 g	16.67 g
Carbohydrates	43 g	72 g
Fat	0 g	0 g
Dietary Fibre#	0 g	0 g
Sodium	60 mg	100 mg
HIGH MUSCLE COMPLEX		
Glycine creatine Monohydrate	5000 mg	8300 mg

*NRV PER SERVING-NUTRIENT REFERENCE VALUES FOR INDIVIDUALS OLDER THAN 4 YEARS.

INGREDIENTS: WAXY MAIZE STARCH, MALTODEXTRIN, DEXTROSE, WHEY CONCENTRATE, PEA PROTEIN, GLYCINE, CREATINE MONOHYDRATE, CREATINE HCL, FLAVOURANTS, SOY LECITHIN, COCOA (IN CHOCOLATE VARIANTS ONLY), THICKENER, NON- NUTRITIVE SWEETENERS, COLOURANTS.

ALLERGEN INFORMATION: CONTAINS NO COMMON ALLERGENS, BUT IS PRODUCED IN A FACILITY THAT PROCESSES WHEY, CASEIN, EGG AND SOY.

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2 LEVEL SCOOP



**AFTER
WORKOUT**



200ML OF WATER

DEXTROSE



AVAILABLE IN SIZES:
900G

MUSCLE ENERGY | POST WORKOUT RECOVER

30 TOTAL SERVING **30G** PER SERVING **900G**

1 Level scoops

200 ml water/milk

1-3 servings daily

MALTODEXTRIN



MUSCLE ENERGY | POST WORKOUT RECOVER

30 TOTAL SERVING **30G** PER SERVING **9000G**

1 Level
scoops

200 ml
water/milk

1-3 servings
daily

AVAILABLE IN SIZES:
900G

