



PREMIUM NUTRITION

**THE BRAND
THAT WORKS**





PN Creatine Monohydrate. Food supplement.

Serving size: ~1 scoop (5 g)

Servings per container: 60

Amount in	5 g
Creatine monohydrate	5 g
of which creatine	4,4 g
Vitamin B6	1,4 mg (100% NRV)

%NRV – Nutrient Reference Value



PACKAGE

300 g



OUTER-BOX

12



ON THE PALLET

936



PN Glutamine. Food supplement.

Serving size: ~1 scoop (5 g)
Servings per container: 60

Amount in	5 g
L-glutamine	5 g
Vitamin B6	1,4 mg (100% NRV)

%NRV – Nutrient Reference Value

		
PACKAGE	OUTER-BOX	ON THE PALLET
300 g	12	936



PN CREA TEST. Food supplement.

Serving size: ~1 scoop (8,5 g) Servings per container: 30	
Amount in	8,5 g
Creatine monohydrate	5000 mg
of which creatine	4400 mg
D-aspartic acid (DAA)	1000 mg
Tribulus terrestris fruits extract	1000 mg
of which saponins	400 mg

Flavours: Mango-Lemon, Fruit Massage, Blackberry-Pineapple, Orange-Mango, Citrus-Peach, Dragon Fruit, Lychee, Exotic, Grape, Sour Watermelon, Red Fruit Punch.

		
PACKAGE	OUTER-BOX	ON THE PALLET
255 g	12	936



PN PUMP PRE-WORKOUT. Food supplement.

Serving size: ~1 scoop (8,75 g)		
Servings per container: 44		
Amount per	8,75 g	17,5 g
Citrulline malate	3000 mg	6000 mg
of which citrulline	2000 mg	4000 mg
Beta-alanine	1500 mg	3000 mg
Creatine monohydrate	1500 mg	3000 mg
of which creatine	1320 mg	2640 mg
L-arginine alphaketoglutarate (A-AKG)	1000 mg	2000 mg
of which L- arginine	700 mg	1400 mg
Caffeine	200 mg	400 mg

Flavours: Mango-Lemon, Fruit Massage, Blackberry-Pineapple, Orange-Mango, Citrus-Peach, Dragon Fruit, Lychee, Exotic, Apple, Grape, Sour Watermelon, Blue Raspberry, Red Fruit Punch.

		
PACKAGE	OUTER-BOX	ON THE PALLET
385 g	12	720



PN EAA+BCAA. Food supplement.

Serving size: ~1 scoop (6,2 g) Servings per container: 62		
Amount per	6,2 g	12,4 g
EAA	4853 mg	9706 mg
L-leucine	918 mg	1836 mg
L-isoleucine	442 mg	884 mg
L-valine	518 mg	1036 mg
L-lysine HCl	1199 mg	2398 mg
of which L-lysine	959,2 mg	1918,4 mg
L-threonine	667 mg	1334 mg
L-phenylalanine	500 mg	1000 mg
L-methionine	432 mg	864 mg
L-histidine	100 mg	200 mg
L-tryptophan	77 mg	154 mg

Flavours: Sour Watermelon, Mango-Lemon, Citrus-Peach, Orange-Mango, Blackberry-Pineapple, Fruit massage, Exotic, Lychee, Dragon fruit, Grape, Blue raspberry, Red Fruit Punch.

		
PACKAGE	OUTER-BOX	ON THE PALLET
390 g	12	720



PN 100% Whey Protein Concentrate.

Serving size: ~1 scoop (30 g)
Servings per container: 66

Nutrition declaration	100 g	30 g
Energy	1665 kJ / 393 kcal ^{1,2,4,5,6,7,8,9,10,11,12,13,14,15} 1608 kJ / 380 kcal ¹⁻¹⁵	507 kJ / 120 kcal ^{1,2,4,5,6,7,8,9,10,11,12,13,14,15} 477 kJ / 113 kcal ¹⁻¹⁵
Fat	4,1 g ^{1,2,4,5,6,7,8,9,10,11,12,13,14,15} , 4,4 g ^{3,15}	1,2 g ^{1,2,4,5,6,7,8,9,10,11,12,13,14,15} , 1,3 g ^{3,15}
of which saturates	2,4 g ^{1,2,4,5,6,7,8,9,10,11,12,13,14,15} , 2,5 g ^{3,15}	0,7 g ^{1,2,4,5,6,7,8,9,10,11,12,13,14,15} , 0,8 g ^{3,15}
Carbohydrate	14 g	4,2 g
of which sugars	4,5 g ^{1,2,4,5,6,7,8,9,10,11,12,13,14,15} , 4,4 g ^{3,15}	1,4 g ^{1,2,4,5,6,7,8,9,10,11,12,13,14,15} , 1,3 g ^{3,15}
Protein	75 g ^{1,2,4,5,6,7,8,9,10,11,12,13,14,15} , 71 g ^{3,15}	23 g ^{1,2,4,5,6,7,8,9,10,11,12,13,14,15} , 21 g ^{3,15}
Salt	0,38 g ^{1,2,4,5,6,7,8,9,10,11,12,13,14,15} , 1,3 g ^{3,15}	0,11 g ^{1,2,4,5,6,7,8,9,10,11,12,13,14,15} , 0,39 g ^{3,15}

Flavours: Banana Peach, Bunty, Chocolate, Coffee frappe, Cookies with Cream, Lemon Cheesecake, Mango, Peach Passionfruit, Pineapple, Snikers, Strawberry Banana, Vanilla, White chocolate cranberry, Strawberry, Choco-Oro.



PACKAGE

2 kg



OUTER-BOX

4



ON THE PALLET

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PN 100% Whey Isolate.

Serving size: ~1 scoop (30 g)
Servings per container: 66

Nutrition declaration	100 g	30 g
Energy	1572 kJ / 370 kcal ^{1,2,4,5,6,7,8,9,10,11,12,13,14,-} 1537 kJ / 362 kcal ^{13,15}	474 kJ / 112 kcal ^{1,2,4,5,6,7,8,9,10,11,12,13,14,-} 464 kJ / 109 kcal ^{13,15}
Fat	1,5 g ^{1,2,4,5,6,7,8,9,10,11,12,13,14,-} , 1,8 g ^{3,15}	0,44 g ^{1,2,4,5,6,7,8,9,10,11,12,13,14,-} , 2,6 g ^{3,15}
of which saturates	0,9 g ^{1,2,4,5,6,7,8,9,10,11,12,13,14,-} , 1,1 g ^{3,15}	0,3 g
Carbohydrate	6,2 g ^{1,2,4,5,6,7,8,9,10,11,12,13,14,-} , 6,5 g ^{3,15}	1,9 g ^{1,2,4,5,6,7,8,9,10,11,12,13,14,-} , 2 g ^{3,15}
of which sugars	1,9 g ^{1,2,4,5,6,7,8,9,10,11,12,13,14,-} , 2 g ^{3,15}	0,6 g
Protein	83 g ^{1,2,4,5,6,7,8,9,10,11,12,13,14,-} , 80 g ^{3,15}	25 g ^{1,2,4,5,6,7,8,9,10,11,12,13,14,-} , 24 g ^{3,15}
Salt	0,79 g ^{1,2,4,5,6,7,8,9,10,11,12,13,14,-} , 1,4 g ^{3,15}	0,24 g ^{1,2,4,5,6,7,8,9,10,11,12,13,14,-} , 0,41 g ^{3,15}

Flavours: Banana Peach, Bunt, Chocolate, Coffee frappe, Cookies with Cream, Lemon Cheesecake, Mango, Peach Passionfruit, Pineapple, Snikers, Strawberry Banana, Vanilla, White chocolate cranberry, Strawberry, Choco-Oro.



PACKAGE

2 kg



OUTER-BOX

4



ON THE PALLET

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PN TEST MASS GAINER. Food supplement.

Serving size: ~2 Scoops (100 g)

Servings per container: 30

Nutrition declaration	100 g	200 g
Energy	1577 kJ / 372 kcal ^{1,16,} 1617 kJ/381 kcal ^{2,3,4,5,6,7,8,9,10,11,12,13,14,15}	3155 kJ / 744 kcal ^{1,16,} 3235 kJ / 762 kcal ^{2,3,4,5,6,7,8,9,10,11,12,13,14,15}
Fat	2,2 g ^{1,16,} ; 1,9 g ^{2,3,4,5,6,7,8,9,10,11,12,13,14,15}	4,4 g ^{1,16,} ; 3,8 g ^{2,3,4,5,6,7,8,9,10,11,12,13,14,15}
of which saturates	1,3 g ^{1,16,} ; 1,1 g ^{2,3,4,5,6,7,8,9,10,11,12,13,14,15}	2,6 g ^{1,16,} ; 2,2 g ^{2,3,4,5,6,7,8,9,10,11,12,13,14,15}
Carbohydrate	58 g ^{1,16,} ; 61 g ^{2,3,4,5,6,7,8,9,10,11,12,13,14,15}	116 g ^{1,16,} ; 122 g ^{2,3,4,5,6,7,8,9,10,11,12,13,14,15}
of which sugars	14 g	28 g
Protein	30 g	60 g
Salt	0,43 g	0,86 g
Taurine	1500 mg	3000 mg
D-aspartic acid	50 mg	100 mg
Calcium β-hydroxy-β-methylbutyrate	50 mg	100 mg
of which HMB	43 mg	86 mg
Creatine monohydrate	750 mg	1500 mg
of which creatine	630 mg	1260 mg
L-arginine	50 mg	100 mg
L-ornithine	50 mg	100 mg
Fenugreek seeds extract	50 mg	100 mg

Flavours: Chocolate, Chocolate with hazelnut, Toffee, Banana, Vanilla, Vanilla-almond, Strawberry, White chocolate coconut, Pistachio ice cream, Raspberry, Cookies with Cream, Snikers, Bounty, Coffee frappe, Strawberry-Banana, Choco-Oro.

		
PACKAGE	OUTER-BOX	ON THE PALLET
3 kg	4	144



PN L-Carnitine Pro 3000. Food supplement.

Portion: ~2 spoons (10 ml)
Servings per container: 50

Amount in	10 ml
L-carnitine	2000 mg
Pantothenic acid	6,7 mg (112% NRV)

%NRV - Nutrient Reference Values

Flavours: Cherry-Cola, Blue Raspberry, Sour Watermelon.

		
PACKAGE	OUTER-BOX	ON THE PALLET
500 ml	12	1368



PN VITA FORMULA. Food Supplement.

Serving size: 3 tablets

Servings per container: 30

Amount per

3 tablets

Vitamin-mineral complex	
Vitamin A	300 µg RE (38% NRV)
Vitamin C	188 mg (235% NRV)
Vitamin D	9,4 µg (188% NRV)
Vitamin E	38 mg α-TE (317% NRV)
Vitamin B1	3,8 mg (345% NRV)
Vitamin B2	3,8 mg (271% NRV)
Niacin	6 mg (38% NRV)
Vitamin B6	3,9 mg (279% NRV)
Folic acid	150 µg (75% NRV)
Vitamin B12	30 µg (1200% NRV)
Biotin	57 µg (114% NRV)
Pantothenic acid	14 mg (233% NRV)
Phosphorus	169 mg (24% NRV)
Iodine	54 µg (36% NRV)
Magnesium	75 mg (20% NRV)
Zinc	5,6 mg (56% NRV)
Selenium	75 µg (136% NRV)
Copper	0,39 mg (39% NRV)
Manganese	0,66 mg (33% NRV)
Chromium	11 µg (28% NRV)
Calcium	375 mg (47% NRV)
Antioxidant Complex	
Coenzyme Q10	0,9 mg
Lutein	0,2 mg
Lycopene	0,2 mg
Hawthorn fruit extract (3% bioflavonoids)	23 mg (0,7 mg)
Pine bark extract	3,8 mg
Citrus bioflavonoids	37,5 mg
Grape seed extract	9,4 mg
Performance Complex	
Taurine	105,8 mg
Para-aminobenzoic acid	75 mg
L-carnitine	4,7 mg
Choline bitartrate	46,9 mg
of which choline	19 mg
Panax ginseng root extract (5% ginsenosides)	56 mg (2,8 mg)
Inositol	23 mg
Inulin	52 mg

NRV - Nutrient Reference Values



PACKAGE

90 tablets



OUTER-BOX

12



ON THE PALLET

3024



THE BRAND THAT WORKS



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