



An athlete's level of success is often measured by many elements. Commitment, lifestyle, perseverance and dietary choices can ultimately mean the difference between perfection and failure. NOW® Sports offers a powerful collection of science-based supplements, exceptionally developed by athletes for athletes who understand that it is hard work, not hype, that breeds results.

References

1. Lubeck, Walter, *L-Carnitine; The Supplement for Fitness*, Lotus Press 1998, 2002.
2. Ross, Julia; *The Diet Cure*; Penguin Books, 2000
3. DeFelice, Stephen, *The Carnitine Defense*; Rodale/Reach Publishing, 1999
4. G. Redmon, *Energy for Life*; Vital Health Publishing, 2000
5. Balch, J., *The Super Antioxidants*; M. Evans and Company Publishing, 1998

* These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.



Quality is Affordable

LEGENDARY PROTEIN

❖ Whey Protein Isolate

Voted 2005 Whole Food's Magazine Natural Choice Winner, "Best Sports Supplement". 50 grams of superior microfiltered whey isolates per serving, high BCAA profile, ultra low fat and carbs. Mixes instantly, natural unflavored.*



❖ Soy Protein

NOW® 90% Soy Protein has an excellent nutritional profile that includes 21 grams of phytoestrogen-rich soy protein with only 1 gram of fat and 90 calories per delicious serving. Smart protein for low-carb and vegetarian lifestyles.*



❖ Calcium Caseinate

This milk-derived protein boasts a quality rating matched only by whey, and has an impressive nutritional/amino profile to boot. After it "gels" in the stomach, it's digested very slowly, allowing far more nutrients to be utilized over an extended period of time.*



ADVANCED ENDURANCE & PERFORMANCE

❖ **Creatine Powder** - How do you decide which creatine is right for you when there are literally hundreds available? Simple. Let the experts tell you their pick! Our 100% Creatine Pure Powder stole the show at the 2004 Vity awards, taking home 1st place!*



❖ **ZMA** - Intense workouts can quickly deprive your body of the nutrients it needs for growth, strength and recovery. ZMA® is a unique blend of zinc, magnesium and B6 that can help restore these levels while increasing muscle-building testosterone and IGF-1.*



❖ **Pyruvate** - Supplementing with this potent combination of calcium and pyruvic salt can assist the body in shuttling glycogen into the eager fibers of hard-worked muscles. University led studies indicate that pyruvate can also help expedite the utilization of fat.*



POWERFUL AMINO ACIDS

❖ **L-Carnitine 1000 mg** - A must-have for anyone working to fine tune their physique. L-carnitine helps transport dietary and brown fat into the mitochondrial region of the cells where it can be converted into energy that the body can use for workouts and recovery.*



❖ **Glutamine Pure Powder** - Adding glutamine to your nutritional regime is a smart way to get the most out of your demanding workouts. It's vital to both metabolism and protein synthesis, and also helps supply your muscles with enough nitrogen to prevent catabolic waste.*



❖ **BCAA Pure Powder** - The essential amino acids leucine, isoleucine and valine have become staples in the lives of many athletes, based on the unique role they play in muscle development and recovery. In fact, they actually account for nearly 1/3 of human muscle.*

