

# QUALITY SPORTS PRODUCTS YOU CAN TRUST

Since 1988 NOW® Sports has been supplying natural athletes with pure, unadulterated sports nutrition products that legitimately support their fitness goals. We exhaustively test to ensure the identity and potency of every formula we produce. Whether you're a world-class athlete training for competition or a busy mom trying to stay in shape, it's important to know what you're putting in your body. NOW® Sports products are tested through the Informed-Sport/Informed-Choice program to ensure the absence of more than 220 substances banned from professional sports, so you can trust our products to be clean and effective.



\* These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

## PRE-WORKOUT ESSENTIALS

Preparing for any type of workout is as important as the workout itself. You must have the proper mental and physical preparation so your body and mind are equipped for the demands of the workout. Warming up gradually revs up your cardiovascular system, increases blood flow to your muscles, and raises your body temperature. Get plenty of rest the night before and ensure you're obtaining the right nutrients before a workout to provide the fuel your body needs for maximum results.

### MCT OIL



Medium-chain triglycerides, or MCTs, are fats that are easily digested and metabolized very quickly, encouraging immediate use for energy rather than being stored like other types of fats.\*

- Studies show that substituting MCT oil for other fats in a healthy diet may support a healthy weight and body composition\*
- Use before a workout to support energy levels and proper fat metabolism\*

### T-LEAN® EXTREME



T-Lean® Extreme helps to promote a healthy metabolic rate and supports weight management when used in conjunction with a healthy diet and regular exercise.\*

- Enhances energy production\*
- Should be taken earlier in the day due to its natural caffeine content

### AMINO POWER PRE-WORKOUT



Amino Power supports muscle growth, retention, and recovery.\*

- Includes beta-alanine to delay muscle fatigue and promote rapid recovery from intense exercise\*
- Includes arginine to enhance blood flow and nutrient delivery\*
- Take 20-30 minutes before working out

## POST-WORKOUT ESSENTIALS

Rest and recovery are essential components of any workout routine. Your after-exercise recovery routine has a big impact on your fitness gains. Exercising and stretching at a very low intensity for 5 to 10 minutes after a workout helps remove lactic acid from your muscles, reducing stiffness and soreness. Dietary protein is absolutely essential post-workout to help muscles recover and rebuild after exertion. Protein is a primary component of muscle tissue and the primary natural source of the branched-chain amino acids leucine, isoleucine, and valine.

### ZMA®



A combination of zinc, magnesium, and vitamin B-6 designed to maximize absorption of these nutrients to promote recovery from exercise.\*

- Zinc and magnesium play important roles in tissue repair and energy production\*
- Take 30 to 60 minutes before bedtime, preferably on an empty stomach

### HMB



HMB is a metabolite of the branched-chain amino acid leucine that plays a role in the regulation of muscle protein breakdown.\*

- Helps to preserve lean muscle tissue, which in turn helps to maintain muscle strength and mass\*
- May help to enhance recovery from intense exercise\*
- Take 2 to 3 times daily

### WHEY PROTEIN



Whey protein is a high-quality protein that's both bioavailable and easily digested.

- Considered to have the highest biological value of any protein source
- Ideally should be taken within one hour of workout completion to take advantage of heightened protein absorption post-workout

## STRENGTH & MASS TRAINING\*

Training for strength and mass requires an aggressive mindset and an even more aggressive nutrition regimen. Weightlifters push their muscles to the edge of failure every workout, and in doing so they up the ante for their body's nutritional needs. In order to maximize your workouts you have to go all-in – mentally, physically, and nutritionally.

### CREATINE MONOHYDRATE



Studies show that creatine supplementation can help maintain existing muscle tissue, support the growth and development of lean mass, and promote optimal performance during short bouts of intense exercise.\*

- Designed to be added to fruit juice or other sweetened liquids
- Take 3 to 4 times daily, before and after exercise, for the first 7 days and 1 to 3 times daily afterwards for maintenance

### ARGININE STACK



Arginine Stack is the ultimate energy sports supplement mix that's ideal for anyone, from casual fitness enthusiasts to world-class athletes.\*

- Includes creatine to support muscle strength and provide fuel for muscle cells\*
- Includes yerba mate and guarana to enhance alertness\*
- Take 1 to 3 times daily, on an empty stomach at least 2 hours after a meal or protein shake

### EGG WHITE PROTEIN POWDER



Egg white protein is an excellent natural source of high-quality protein with virtually no fat or carbohydrates.

- One of the highest quality proteins available as scored on the PDCAAS (Protein Digestibility Corrected Amino Acid Score)
- Can be taken before or after exercise

## ENDURANCE TRAINING\*

Endurance athletes are always striving for optimal performance. Sports supplementation is a very important aspect of daily training for endurance sports. Proper supplementation may help to increase speed, reduce times, and help push through fatigue for a stronger finish. For peak performance, your body demands nutrients to keep you strong, fast, and focused.

### CARBO ENDURANCE POWDER



Carbo Endurance features the carbohydrate isomaltulose, which is similar to sucrose but is more slowly and steadily broken down in the GI tract.

- Prolonged release into the bloodstream results in a lower glycemic response compared to sucrose
- Ideal fuel for endurance sports
- Consume before or during endurance exercise

### BCAA BIG 6



BCAA Big 6 supports muscle retention and recovery.\*

- Betaine is included to help maintain fluid balance during exercise\*
- Taurine further supports endurance\*
- Can be taken before, during, or after exercise

### L-CARNITINE



Carnitine helps maintain lean body mass due to its role in transporting fatty acids into cellular mitochondria for energy production.\*

- Promotes the use of fat for energy production\*
- Ideally taken with a post-workout meal



# ESSENTIAL SPORTS NUTRITION GUIDE



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