



PIERRE SPIES
 South African Rugby Union
 player for the Springboks

FAILURE IS NOT AN OPTION



FORMULATED FOR MAXIMUM MUSCLE PROTECTION

PREMIUM 8 HR CASEIN contains undenatured first-step extracted pure calcium caseinate and Aminogen®. It supports rapid, complete muscle recovery and is scientifically formulated to ensure an optimal, steady amino acid release into the body, without any bloating effects.

Unlike whey, which is absorbed quickly in the body, calcium caseinate is an insoluble, slow digesting, milk-derived protein. This makes calcium caseinate an excellent choice of protein right before bedtime, since it offers a slow, steady synthesis of aminos, promoting muscle mass.

26.5g
 PROTEIN

0.5g
 CARBS

166
 CALORIES

V
 VEGETARIAN

YOUR INSTANT RESULTS PLAN

Combine Premium 8 HR Casein with these products to ensure you get the results you require faster than your competition.

Products to be used in conjunction with a balanced diet and training programme.

CREATINE X4

A new generation creatine that will dramatically enhance performance, growth and recovery.



BCAA

A potent combination of the Branched Chain Amino Acids to decrease recovery time, by increasing the rate at which lean body mass is gained.



ANABOLIC NITRO X4

Pre workout pump product for bodybuilding and power athletes to enhance muscular density, size and strength.



IT'S ALL ABOUT RESULTS



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 FITNESS

Muscle Finesse