

PN

PRONUTRITION

FUEL YOUR

PASSION



 PRO NUTRITION SOUTH AFRICA

 PRONUTRITION SA

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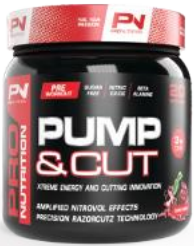
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PRE-WORKOUT

"FUEL THE FIRE, FEEL THE POWER!"



300g

- GRANADILLA
- BLUE LEMONADE
- CHERRY BOMB
- POISON APPLE

PUMP & CUT is the first 3 in 1 pre-workout pump formula infused with beta alanine that delivers explosive energy, pumps, a powerful, natural testosterone boosting effect in addition to a potent fat-shredding thermogenic response.



300g

- SOUR GUMMY
- TROPICAL

NITRO PUMP FX is A stimulant-free pre-workout powerhouse! This stimulant-free pre-workout formula combines powerful ingredients to maximise your performance and focus.



800g

- GRANADILLA
- GRAPE
- TROPICAL PUNCH

PUMP MAXX will increase energy and power while creating mind-blowing pumps from the very first dose. This product is packed with L-Arginine AKG/ HCL and Creatine which are specifically included to elevate your workout and your muscular gains to a previously unattainable level.



800g

- GRANADILLA
- BERRY BLAST
- ORANGE TANG

RELOAD has been scientifically formulated to stimulate muscular growth and to greatly speed up muscular recovery when used after intense physical exercise. Reload will ensure rapid absorption of muscle building nutrients like Creatine, Glutamine, Taurine and the all important BCAA's (Branched-Chain Amino Acids), when used as an intra/post workout drink.



750g

- TANGY ORANGE
- WILD BERRY

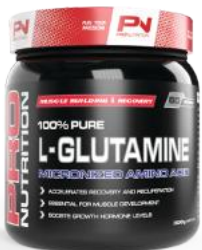
HYDRA SPORT is an advanced, scientifically formulated fluid replacement and hydrating energy boosting sports drink that provides a steady stream of carbohydrates to working muscle which will maximise your performance during exercise. Electrolytes have been added in a precise ratio to balance fluid uptake by muscle cells to reduce cramping.



255g

- GRANADILLA
- NATURAL
- TANGY ORANGE
- CHERRY FIZZ

BCAA STACK contains Branch Chain Amino Acids which are used by elite athletes to support protein synthesis in order to create the muscle building climate necessary for increased recovery and lean muscle gain, decreasing muscle breakdown. BCAA Stack contains a precise combination of L-Leucine, L-Valine and L-Isoleucine.



300g & 100g

NATURAL

L-GLUTAMINE comprises 60% of free form amino acids found in skeletal muscle. Glutamine plays a very important role in protein metabolism and research shows that intense workouts can reduce Glutamine levels by as much as 50%, therefore it is an essential supplement for all athletes.



300g & 100g

NATURAL

TESTOBOOST is formulated to naturally increase your own testosterone levels. This unique formula is designed to stimulate the pituitary gland to secrete LH (Leutenizing Hormone) which signals the body to produce more testosterone. Testoboost contains ZMA, a patented all-natural mineral formula which has been clinically proven to increase free testosterone resulting in muscle strength and mass gains.



120 CAPSULES
60 CAPSULES

CREATINE is a compound that is 100% natural and is produced in the body and used to supply energy to our muscles. Creatine Monohydrate contains more creatine by weight than any other source, making it the best option for enhancing recovery, performance and accelerating muscle growth.

WHEY

“BUILD. RECOVER. REPEAT.”



750g

CHOCOLATE

VANILLA



26g
PROTEIN

1.7g
FAT

2.2g
CARBS

907g, 2kg

CHOCOLATE

STRAWBERRY

VANILLA

CHOC PEANUT BUTTER

COOKIES & CREAM

Pro Nutrition's Plant Protein is a high quality, effective vegan alternative to animal-derived proteins. Plant Protein is ideal for anyone that requires a high quality plant based protein supplement which contains no added sugar. Due to its high BCAA content it is excellent for increasing recovery which makes it an optimal choice for hard training athletes. It is also perfect for individuals who want to increase their protein intake but are lactose intolerant or unable to tolerate egg, milk or soy products.

EXTREME WHEY PROTEIN is a great tasting premium quality whey protein which has been instantized for easy mixing. Low in carbohydrates and fats while being rich in glutamine and BCAAs this is the ideal way to add muscle building protein to your diet, enhancing recovery from intense training. Our product has been scientifically manufactured using low temperature filtration technology preserving the integrity of the protein.



500g

BANANA SPLIT

CARAMEL FUDGE

CINNABUN



1.8kg

CHOCOLATE

STRAWBERRY

VANILLA



907g

CHOCOLATE

STRAWBERRY

VANILLA

LIMITED EDITION EXTREME WHEY delivers premium whey protein in a gourmet range of flavours for a rich, satisfying taste. Designed for lean muscle growth and rapid recovery, it mixes easily with no added fats or carbs. Rich in L-Glutamine and BCAAs, it aids muscle repair and reduces soreness after intense workouts. Advanced low-temperature filtration preserves whey micro-fractions for optimal immune support and muscle-building benefits.

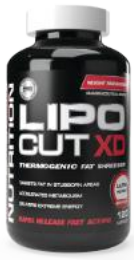
WHEY FUSION Whey Fusion is a whey protein based blend that contains optimal ratios of high quality fast, medium and slow release proteins. Casein has been added to ensure a sustained release of amino acids into the bloodstream while whey protein provides a fast release of amino acids to assist in post-workout recovery. Whey Fusion is ideal to use post workout or at any other time of the day.

EXTREME LEAN is a delicious and convenient meal replacement. This high protein product has no added sugars and contains moderate amounts of complex carbohydrates which help to stabilize blood sugar levels and prevent sugar cravings. **EXTREME LEAN** may be used to replace two or three whole food meals daily, helping to drastically cut back on unnecessary calories while ensuring complete nutritional balance.

25.7g PROTEIN 1.7g FAT 2.2g CARBS

32g PROTEIN 2g FAT 3g CARBS

26g PROTEIN 4g FAT 14g CARBS



90 SOFTGELS

LIPO CUT is expertly formulated to contain the most powerful and effective fat shredding ingredients that science has to offer. The unprecedented impact of this product is achieved through specific localized receptor site targeting, burning fat in the most stubborn areas of the body. We have added Raspberry Ketones, a natural compound, to further assist with fat loss and speed up metabolism.



60 CAPSULES

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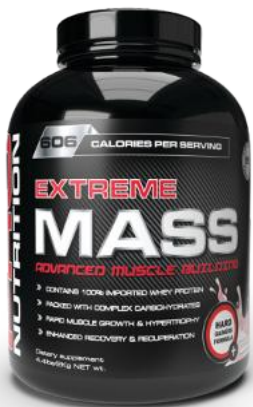
120 CAPSULES

CLA 1000 Human clinical studies have shown that CLA (Conjugated Linoleic Acid) plays a vital role in reducing body fat and enhancing lean muscle mass. Studies have demonstrated remarkable antioxidant and immune enhancing benefits, making it a must for anyone pursuing a lean and healthy physique.



20 CAPSULES

L-CARNITINE is critical for energy production in every cell in the human body. It transports fat, in the form of fatty acids, to the mitochondria where energy is produced, resulting in L-Carnitine playing a vital role in fat metabolism. This supplement is an excellent, stimulant free weight loss aid. L-Carnitine has also been shown to improve brain health and function, improve recovery from strenuous exercise and assist in cardiovascular function.



1kg, 4kg

CHOCOLATE

STRAWBERRY

VANILLA



1kg

NATURAL

TANGY ORANGE

EXTREME MASS is packed with protein, complex carbohydrates and amino acids designed to help you to gain lean mass fast by supplying amino acids needed by the body for the repair and growth of muscle tissue. Complex carbohydrates provide energy for intense workouts, assist in muscular recuperation while restoring glycogen reserves. Extreme Mass is used by individuals of all ages.

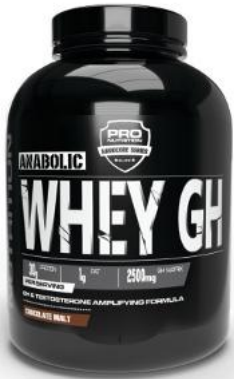
CARB UP is scientifically formulated blend of carbohydrates specially developed to assist with the replenishment of both hepatic (liver) and muscle glycogen (carbohydrate) stores. The carbohydrate blend is comprised primarily of Glucose Polymers with small amounts of Glucose and Fructose. This combination has been found to be the best at providing a source of short and long term energy. Ideal for pre-workout, intra-workout & post exercise.

40g	2.8g	103g
PROTEIN	FAT	CARBS

0g	0g	49.5g
PROTEIN	FAT	CARBS



HARD CORE



1kg

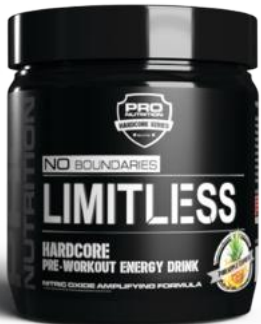
- CHOCOLATE
- STRAWBERRY
- VANILLA

ANABOLIC WHEY GH has been formulated with 100% pure whey protein and quality complex carbohydrates in a precise ratio to enhance the anabolic environment, replenish glycogen reserves and prevent muscle break down in your body. Anabolic Whey GH contains added D-Aspartic Acid which is a natural testosterone booster and GH boosting L-Ornithine and L-



120 CAPSULES

SIX PACK is a cutting edge formula designed to effectively shred fat and enhance definition. The effectiveness of this product is achieved through specific localised receptor site targeting, burning fat in the stubborn areas of the male and female physique. These powerful ingredients will ensure that you are RIPPED TO SHREDS.



400g

- Tropical Thunder
- Pineapple Express

LIMITLESS pre-work out is developed for the Hardcore athlete that wants NO boundaries. Limitless is infused with a combination of Agmatine Sulphate, L Arginine (AKG), Beta Alanine and L-Histidine for its diverse Nitric Oxide (NO) producing effects, increasing blood volume and flow to the muscle cells. Expect nothing less than insane pumps with added Potassium Nitrate. Spiked with a precise blend of stimulants, (Hordenine HCL, Caffeine, L Tyrosine & Citrus Aurantrum) this product will sharpen mental focus and provide limitless energy.



120 CAPSULES

GH TEST formula is designed to boost athletic performance, support anti-aging, and naturally increase growth hormone (GH) and testosterone levels. It features a blend of powerful ingredients like GABA, which promotes relaxation and stimulates GH production, L-Arginine HCL for improved blood flow and muscle recovery, and Zinc Oxide to strengthen immune function and support testosterone production.



MUSCLELAB



4.5kg

- CHOCOLATE
- STRAWBERRY
- VANILLA
- NEAPOLITAN

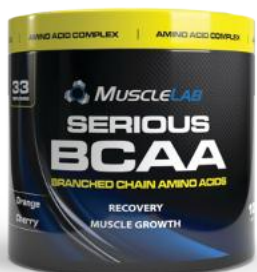


2kg

- CHOCOLATE
- STRAWBERRY
- VANILLA

SERIOUS SIZE ANABOLIC Is the absolute ultimate mass gainer scientifically engineered for the hard-gainer in need of serious caloric intake. SERIOUS SIZE ANABOLIC features an optimal ratio of protein to carbohydrates, with our signature MultiStage Protein Complex along with a unique MegaMass Carbohydrate Blend that will fast track your muscle mass gains. In addition, to ensure maximum power and muscle growth - each serving of the formula includes 9 grams of our plateau shattering AminoBolic Growth Matrix. SERIOUS SIZE ANABOLIC will speed up recovery from heavy training while providing the key nutrients your body needs to pack on that SERIOUS SIZE!

SERIOUS SIZE has been scientifically formulated to the ratio of carbs / protein used by professional bodybuilders. This ultra-advanced weight gain formula consists of only the highest quality protein sources. Rich in complex carbs, we've included Creatine Monohydrate to push your muscle gains through the roof! The superior amino acid profile increases muscle building while reducing muscle breakdown. This muscle cell volumising formula will ensure that you pack on some SERIOUS SIZE.



100g

- CHERRY
- ORANGE

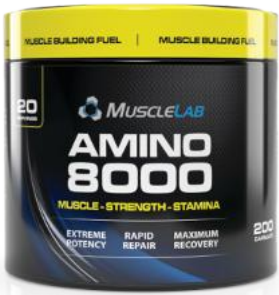


100g

- TANGY ORANGE

MUSCLE LAB SERIOUS BCAA comprises of L-Leucine, L-Valine & L-Isoleucine in a precise 3:1:1 ratio. These essential Amino Acids are proven to decrease muscle breakdown and will accelerate post-workout recovery leading to a SERIOUS increase in muscle mass. SERIOUS BCAA is used by body builders and other elite athletes to support and enhance the muscle building anabolic climate within the body. Muscle Lab BCAA is best consumed around workouts, ideally pre, during and post workout.

MUSCLE LAB CREATINE TRANSPORT is a scientifically formulated advanced creatine delivery matrix designed to enhance muscle cell volume and replenish glycogen stores, resulting in bigger, fuller muscle and improved recovery. Creatine is one of the most researched bodybuilding supplements and has been proven to increase strength, muscle cell volume and aid in energy production.



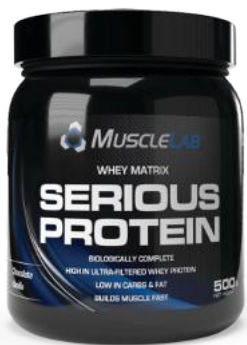
200 CAPSULES

AMINO 8000 contains a potent dose of amino acids to create an anabolic environment and fight muscle breakdown. The triple-action of the BCAA's- L-Leucine, L-Isoleucine and L-Valine amino acids combined with EAA's support faster growth and repair to help shorten recovery time and maintain muscle. Amino 8000 provides a complete profile containing 8g of the finest quality amino acids per daily serving. This makes Amino 8000 an absolute must in order to achieve your training goals.



60 CAPSULES

MUSCLE LAB SUPER TEST is your number one choice if you are serious about increasing your testosterone levels. Testosterone is key for strength and muscle gain. This scientific formula will stimulate your body to secrete more LH (Luteinizing Hormone) that will naturally result in increased testosterone production using the highest quality Tribulus Terrestris. Chrysin acts as a powerful anti-estrogen and when combined with ZMA-studies have shown improved free testosterone levels.



500g

CHOCOLATE

VANILLA

SERIOUS PROTEIN is a high quality, high protein product that contains a superior amino acid profile. These amino acids are required to build muscle, improve post-workout recovery while increasing endurance and strength. Serious Protein provides these amino acids in an all-natural and great tasting formula. It offers large amounts of high quality protein without added fats or sugars. Serious Protein is the perfect product to help build muscle while staying lean and toned.



520g

GRAPE

ORANGE

SERIOUS PUMP is scientifically formulated to provide a precise ratio of muscle pumping and energising nutrients. This is achieved by the inclusion of potent and proven pharmaceutical grade ingredients like L-Arginine, Creatine and Caffeine to maximise strength and athletic performance.

LEAN girl



COLLAGEN HOT CHOCOLATE CREAMY & DELICIOUS

500g

Lean Girl Collagen Hot Chocolate is a decadently delicious creamy blend of the finest quality dark cocoa and 100% hydrolysed Collagen. We have used the PEPTAN® brand of hydrolysed bovine collagen as it is a Type 1 collagen-identical to the collagen found in human bones and skin. This LOW GI hot chocolate offers guilt-free indulgence while giving you the many health and aesthetic benefits of Collagen.

COLLAGEN ALL NATURAL with ANTI-AGEING BENEFITS

200g

Collagen is the main protein in the connective tissue of the body and represents almost 30% of all human protein content. It is the key structural protein that ensures the cohesion, elasticity and regeneration of all our connective tissue while strengthening the musculoskeletal system and preserving the integrity of our skin- making 100% Collagen the ideal choice to promote anti-ageing and longevity. Our 100% Collagen is the PEPTAN® brand of hydrolysed bovine collagen. PEPTAN® is a Type 1 collagen which is identical to the collagen found in human bones and skin.

CLA ADVANCED CELLULITE REDUCTION

90 SOFTGELS

Clinical studies have shown that CLA (Conjugated Linoleic Acid) plays a vital role in reducing body fat and enhancing lean muscle tone. The appearance of cellulite stems from the accumulation of toxins, fat and fluid under the skin which causes the fibrous tissue to become hard and 'dimpled'. Cellulite can affect both overweight and underweight women, with excess fat making the condition appear aesthetically worse. CLA's powerful anti-carcinogenic and anti-oxidant properties work together to rid the body of toxins while reducing body fat. These combined benefits provide you with an advanced tool in maintaining a toned, healthy physique.

THERMOSLIM INFUSED WITH RASPBERRY KETONES & L-CARNITINE

300g

Thermo Slim HD, pre-workout and slimming formula, delivers explosive energy as well as a powerful thermogenic response. Infused with your ultimate fat burning ingredients: with added Chromium Picolinate, Thermo Slim stabilises blood sugar levels and curbs sugar cravings. Not to mention, the strength enhancing benefits as well as improved blood circulation throughout the body- it's no wonder you about to have an exhilarating experience.

BURN N FIRM ADVANCED THERMOGENIC FORMULA

60 CAPSULES

Burn n Firm is scientifically formulated to maximise fat reduction. Containing ingredients that are researched & proven to be highly effective, elevating the thermogenic effect within the mitochondria- Burn n Firm's innovative formula will accelerate your metabolism.

SHAKE N SLIM ADVANCED MEAL REPLACEMENT

500g

Lean Girl's Shake 'n Slim with Chromium Picolinate and Hydroxycitric Acid has been scientifically formulated for ladies striving for fat reduction. Each serving of Shake 'n Slim's high protein and low glycaemic index carbohydrates provides sustained energy and maintains muscle tissue. Enriched with advanced multi-vitamins and micronutrients aiding fat reduction and increased mental vitality. Using Lean Girl Shake 'n Slim as a quick, healthy meal replacement will be a smart, effective approach to weight loss.

L-CARNITINE DELITE DELICIOUS WEIGHT-LOSS SYRUP

500ml

L-Carnitine is a natural occurring amino acid that promotes healthy body composition by transporting fatty acids into mitochondria for energy production. In addition to supporting fat-loss, L-Carnitine has also been shown to reduce muscle fatigue and helps improve athletic endurance. This stimulant free, delicious product may be used as an alternative to sugar based syrups and sauces, feel free to spread over your rice cakes, pancakes or simply add to your protein drink or bowl of oats.

SLIM SNACK LITE NOUGAT BAR DELICIOUS SNACK BAR

40g

Slim Snack Lite Nougat Bar is light, guilt-free treat made for health-conscious women. Nut-free and free from cholesterol, preservatives, and colourants, it's perfect for on-the-go snacking without compromising on nutrition..

390 READY TO DRINK PRE-WORKOUT

GRAPE

GRANADILLA

APPLE

CHERRY BOMB



DELICIOUS, CALORIE-FREE WATER FLAVOUR ENHANCERS

WATER FLAVOUR DROPS

FOR THE WHOLE FAMILY

ZERO SUGAR

ZERO CALORIES

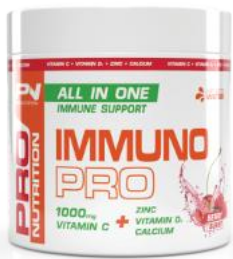


RAW DATE ENERGY BAR is a naturally energizing, vegan snack made with nutrient-rich dates, desiccated coconut, and cocoa powder. Free from cholesterol, preservatives, and colourants.

PEANUT BUTTER PROTEIN BAR is a tasty, high-protein snack made with creamy peanut butter to support fitness and recovery. Perfect for post-workout or an energy boost, it's free from cholesterol, preservatives, and colourants.

MY PRO NUTRITION

NUTRACEUTICALS



Pro Nutrition's IMMUNO-PRO is an all-in-one drink which will provide you with 1000mg Vitamin C per serving, as well as effective dosages of Zinc and Vitamin D3. Vitamin C is a powerful anti-oxidant that can strengthen your body's natural defences by scavenging harmful free radicals that will otherwise place your body under stress. Sufficient daily intake of Zinc and Vitamin D3 daily have also been shown to improve immune system health and resistance against certain diseases.

60 CAPSULES



LIVER PROTECT has been formulated to provide maximum liver protection against damage caused by toxins, free radicals, alcohol, viruses and harmful drugs. NAC has been shown to protect the liver from damage by various toxic chemicals. Milk Thistle has been proven to prevent liver toxicity and destruction, enhance liver function and stimulate the replacement of damaged liver cells with healthy cells.

60 CAPSULES



VITA MAXX For the human body to perform at its maximum potential, it requires a vast array of vital nutrients that produce optimum health and performance. Vita Maxx contains a precise, high-potency combination of vitamins A through to E, scientifically formulated to compliment your dietary needs.

90 CAPSULES



C MAXX Vitamin C has a role in everything from immune system function to collagen formation. It has been shown to prevent many illnesses from everyday ailments such as the common cold to devastating diseases such as cancer. As an anti-oxidant Vitamin C is able to scavenge

120 CAPSULES



JOINT HEAL contains effective natural nutrients that support joint and connective tissue health. Glucosamine Sulphate supports mobility and flexibility in joints by stimulating the production of synovial fluid. Chondroitin Sulphate, a key constituent of cartilage has been included while added MSM ensures health of connective tissue. Bromelain provides an powerful anti-inflammatory effect.

90 SOFTGELS



OMEGA MAXX Essential fatty acids cannot be synthesized by the body and therefore need to be consumed through one's diet. These EFA's (Omega-3 and Omega-6) are vital nutrients that are needed in adequate amounts and are involved in energy production, brain development and function, reduction of inflammation, immune function and mood regulation.