

CARUSO FITNESS NUTRITION PRODUCT LINE

CFN PRODUCTS	ALPHA WHEY 97	IMMUNO WHEY	ISO-95	ISO GOLD	HIGH TECH WHEY	MUSCEL WHEY	POWER GAIN																																																																														
DESCRIPTION	Protein supplement: Very high quality Whey protein isolate. High value in calcium Very high value in cysteine.	Protein supplement: Very high quality Whey Protein isolate. High value in calcium.	Protein supplement: Very high quality Whey Protein isolate. High value in calcium.	Protein supplement: Very high quality Whey Protein isolate.	Protein supplement: Blend of whey protein concentrate and high quality whey isolate.	Meal replacement: Special blend of whey protein concentrate and high quality whey isolate with higher content in carbohydrates.	CFN Power Gain is a high calorie weight gain formula consisting of a blend of 3 high quality proteins (whey protein concentrate, calcium caseinate, egg white albumen). Maltodextrin																																																																														
INDICATIONS	<ol style="list-style-type: none"> Maintains and develops muscle mass. Regeneration and muscular recovery after exercise. Reinforces and maintains the immune system. Supports weight loss. Precursor to glutathione, a powerful antioxidant. 	<ol style="list-style-type: none"> Maintains and develops muscle mass. Regeneration and muscular recovery after exercise. Reinforces and maintains the immune system. Supports weight loss. Precursor to glutathione, a powerful antioxidant. 	<ol style="list-style-type: none"> Maintains and develops muscle mass. Regeneration and muscular recovery after exercise. Reinforces and maintains the immune system. Supports weight loss. Precursor to glutathione, a powerful antioxidant. 	<ol style="list-style-type: none"> Maintains and develops muscle mass. Regeneration and muscular recovery after exercise. Reinforces and maintains the immune system. 	<ol style="list-style-type: none"> Maintains and develops muscle mass. Regeneration and muscular recovery after exercise. 	<ol style="list-style-type: none"> Specially designed for active people to substitute a meal in a well balanced manner and lower in fat. Maintains energy and stamina levels. 	Specially designed for persons who wish to increase their muscle mass or having difficulty gaining weight. POWER GAIN gives your organism a caloric source containing all the nutritional elements to obtain optimal results.																																																																														
DIRECTIONS	It is recommended to take protein before and after physical exercise.	It is recommended to take protein before and after physical exercise.	It is recommended to take protein before and after physical exercise	It is recommended to take protein before and after physical exercise	It is recommended to take protein before and after physical exercise	As a meal replacement of as directed by a healthcare professional.	May be consumed 1 to 3 times daily between meals.																																																																														
NUTRITION FACTS	<table border="0" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 15%;"></td> <td style="width: 12.5%;">10g - 1 scoop</td> <td style="width: 12.5%;">22,5g – 1 scoop</td> <td style="width: 12.5%;">22,5g – 1 scoop</td> <td style="width: 12.5%;">23g – 1 scoop</td> <td style="width: 12.5%;">26g – 1 scoop</td> <td style="width: 12.5%;">36g – 1 scoop</td> <td style="width: 12.5%;">265g – 4 scoops</td> </tr> <tr> <td>Serving Size</td> <td colspan="7"></td> </tr> <tr> <td>Calories <small>*calories/portion</small></td> <td>38 calories</td> <td>82 calories</td> <td>82 calories</td> <td>80 calories</td> <td>104 calories</td> <td>130 calories</td> <td>1037 calories</td> </tr> <tr> <td>Fat <small>*grams/portion</small></td> <td>0g</td> <td>0g</td> <td>0g</td> <td>0g</td> <td>1g</td> <td>1,5g</td> <td>12g</td> </tr> <tr> <td>Carbohydrates <small>*grams/portion</small></td> <td>0g</td> <td>0g</td> <td>0g</td> <td>0,7g</td> <td>3g</td> <td>11g</td> <td>176g</td> </tr> <tr> <td>Proteins <small>*% of proteins</small></td> <td>94% PROT. 9,4g</td> <td>91% PROT. 20,5g</td> <td>91% PROT. 20,5g</td> <td>87% PROT. 20g</td> <td>77% PROT. 20g</td> <td>55% PROT. 20g</td> <td>21% PROT. 56g</td> </tr> <tr> <td>Calcium <small>*% of daily value intake recommended (for 100g)</small></td> <td>12%</td> <td>12%</td> <td>12%</td> <td>8%</td> <td>15%</td> <td>20%</td> <td>170%</td> </tr> <tr> <td>Flavours</td> <td>Natural</td> <td>Natural, Vanilla, Chocolate, Strawberry</td> <td>Natural, Vanilla, Chocolate, Strawberry</td> <td>Vanilla, Chocolate, Strawberry</td> <td>Vanilla, Chocolate, Strawberry</td> <td>Vanilla (Chocolate & Strawberry coming soon)</td> <td>Vanilla, Chocolate, Strawberry, Banana</td> </tr> <tr> <td>Formats</td> <td>300g–910g–2,27kg</td> <td>340g–910g–2,27kg</td> <td>340g–910g–2,27kg</td> <td>910g–2,27kg–4,5g</td> <td>910g– 2,27kg–4,5kg</td> <td>1,13kg–2,27kg–4,5kg</td> <td>1,5kg–3kg–6kg– 5kg</td> </tr> </table>														10g - 1 scoop	22,5g – 1 scoop	22,5g – 1 scoop	23g – 1 scoop	26g – 1 scoop	36g – 1 scoop	265g – 4 scoops	Serving Size								Calories <small>*calories/portion</small>	38 calories	82 calories	82 calories	80 calories	104 calories	130 calories	1037 calories	Fat <small>*grams/portion</small>	0g	0g	0g	0g	1g	1,5g	12g	Carbohydrates <small>*grams/portion</small>	0g	0g	0g	0,7g	3g	11g	176g	Proteins <small>*% of proteins</small>	94% PROT. 9,4g	91% PROT. 20,5g	91% PROT. 20,5g	87% PROT. 20g	77% PROT. 20g	55% PROT. 20g	21% PROT. 56g	Calcium <small>*% of daily value intake recommended (for 100g)</small>	12%	12%	12%	8%	15%	20%	170%	Flavours	Natural	Natural, Vanilla, Chocolate, Strawberry	Natural, Vanilla, Chocolate, Strawberry	Vanilla, Chocolate, Strawberry	Vanilla, Chocolate, Strawberry	Vanilla (Chocolate & Strawberry coming soon)	Vanilla, Chocolate, Strawberry, Banana	Formats	300g–910g–2,27kg	340g–910g–2,27kg	340g–910g–2,27kg	910g–2,27kg–4,5g	910g– 2,27kg–4,5kg	1,13kg–2,27kg–4,5kg	1,5kg–3kg–6kg– 5kg
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CFN PRODUCTS	CREATINE	GLUTAFERM	TRIBULUS	ULTRA SLIM II	CLA-85	VITAMINS & IRON
DESCRIPTION	Micronized <i>creatine</i> mono-hydrate 99.7% pure.	Fermented L-Glutamine powder (minimum purity 99%).	Bulgarian <i>Tribulus Terrestris</i> : 100% Bulgarian <i>Tribulus Terrestris</i> 800mg. Over 45% saponins with furostinols.	DIETETIC FORMULA: WEIGHT LOSS	Conjugated Linoleic acid: <i>CLA</i> is a fatty acid derived from pure safflower oil. Minimum 85% of conjugated Linoleic acid. Extra strength formula 1000mg.	<i>CFN vitamins & iron</i> ampules contain a well balanced blend of B complex vitamins and iron specially derived from beef liver extract.
INDICATIONS	Creatine plays an essential role in the muscle energy metabolism by regulating the ATP (Adenosin Triphosphate) structure, important chemical element that feeds the muscles at the time of short movements. It is the initial releaser of the muscular contraction which produces energy.	Glutamine plays an important role in the metabolism and is recognized as being the cell generator and precludes the muscle tissue degeneration. It is particularly solicited during an intensive training, a bodily injury and during a stressful state.	The active principals of <i>Tribulus</i> are: flavanoides, saponins and alkaloids having positive physiological effects on the human organism. It has the ability to increase the natural level of testosterone by developing a hormone called "Lutenisian Hormone" (LH) which supports muscle development, stamina and sports performance.	<i>ULTRA SLIM II</i> is a formula of lipotropic agents and thermogenic herbs, specially designed to increase the potential weight loss and reduce appetite. Exclusively manufactured by using a state of the art technology, <i>ULTRA SLIM II</i> increases the metabolism and works to reduce the fluid retention by its diuretic action and by this, defines the muscle.	<i>CLA</i> is recommended for people who want to lose weight in the abdominal region. It increases the link between muscle mass and fatty tissue (more muscle, less fat). With a dose of 3 softgels per day, a weight loss can be observed, naturally and safely.	This synergy helps you reap a superior athletic performance (vitamin B complex), mental equilibrium via enhanced transport of oxygen to the brain (iron), and better endurance (liver extract).
DIRECTIONS	Take in a cycle manner for a maximum of 6 weeks and stop for 4 weeks. First 5 days: 5g in the morning 5g before exercising 5g after exercising 5g in the evening Afterwards: 5g before exercising 5g after exercising Drink at least 2 liters of water every day.	<i>GLUTAFERM</i> promotes the immune functions maintenance, stimulates the glycogen synthesis (energy reserve) and the natural production of growth hormones. It is also a precursor containing a powerful antioxidant. Take 1 to 2 teaspoons with water or juice morning and evening and drink immediately.	Take in a cycle manner for 4 to 6 weeks and stop for another 4 to 6 weeks. Take 1 to 2 capsules 3 times a day with meals or as recommended by a healthcare professional.	Take 1 to 2 capsules 3 times a day with meals.	As a dietary supplement, take one softgel 3 times daily, preferable with meals.	Take 1 ampule once a day preferably in the morning or before physical exercise.
FORMATS	300g – 500g – 1000g	500g – 1000g – 1500g	90 capsules	120 capsules	90 softgels	Box of 24 ampules