



EASTLAKE SUPPLEMENTS

Price Catalog & Information



Building Muscle

The Academy of Nutrition and Dietetics reports that active individuals need 1.4 to 1.8 grams of protein per kilogram of body weight each day to build muscle mass. This means active while trying to build muscle one should consume 0.64 to 0.82 grams of protein per pound of body weight each day. For example, a 160-pound person trying to increase lean body mass should consume 102 to 131 grams of protein every day, and regularly participate in strength-building resistance exercises.

Endurance Exercise

Active individuals who regularly participate in endurance training have increased protein needs. According to the Academy of Nutrition and Dietetics, endurance-trained individuals need 0.55 to 0.9 grams of protein per pound of body weight each day, depending on the duration and intensity of their workouts. For example, a 160-pound person who regularly runs, bikes or swims for periods of 1 hour or longer may need 88 to 144 grams of protein every day.

Weight Loss

Active individuals trying to lose weight should reduce their calorie intake, but keep their protein intake high to reduce muscle mass loss associated with weight loss. A study published in a 2010 edition of “Medicine and Science in Sports and Exercise” found that increasing protein intake to 2.3 grams per kilogram, or about 1 gram of protein per pound of body weight per day, reduced lean body mass loss in athletes during a weight-loss program.

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High protein diets help keep your body and mind healthy and strong.

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Nutrakey Whey Optima

Retail Price: 30 serving \$49.99, 70 serving \$89.99

Member Price: 30 serving \$34.99, 70 serving \$51.99



4 great flavors

Vanilla Ice Cream Cookie,
 Cookies & Cream,
 Chocolate Lava Cake,
 Salted Caramel PB Cup

Nutrition Facts

Serving Size: 1 Scoop (32g)

Servings Per Container: 30

Amount Per Serving	
Calories 120	Calories from Fat 15
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 330mg	13%
Potassium 35mg	1%
Total Carbohydrate 3g	1%
Dietary Fiber 0g	0%
Sugars 2g	
Protein 23g	46%
Vitamin A 0%	●
Calcium 15%	●
Phosphorus 2%	●
Vitamin C 0%	●
Iron 0%	●
Magnesium 6%	●
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Protein	50g 65g

INGREDIENTS: Whey Protein Blend (Whey Protein Isolate, Whey Protein Concentrate, Whey Protein Hydrolysate), Natural and Artificial Flavors, Cocoa, Salt, Xanthan Gum, Sucralose, Essential Fatty Acid Matrix (Medium Chain Triglycerides, Conjugated Linoleic Acid, Silicon Dioxide), Digestive Enzyme Complex (Glycoamylase, Amylase, Lipase, Protease, Papain, Hemicellulase, Cellulase, Lactase, Maltodextrin).

Allergen Information: Contains milk and peanuts.

NutraKey BCAA Optima

Retail Price: 30 serving \$49.99

Member Price: 30 serving \$27.99



Supplement Facts		
Serving Size: 1 Scoop (14.7 grams)		
Servings per container: 30		
	Amount Per Serving	%DV
Calories	0	
Total Fat	0 g	0%
Sodium	80 mg	3%
Potassium	90 mg	3%
Total Carbohydrates	0 g	0%
Sugars	0 g	
BCAA Recovery Matrix	12,001 mg	**
Vitamin B6	1 mg	50%
Leucine	3500 mg	**
Isoleucine	1750 mg	**
Valine	1750 mg	**
Citrulline Malate	500 mg	**
Taurine Electrolyte Blend	1900 mg	**
Taurine, Sodium Chloride, Potassium Chloride		
Glutamine Advanced Matrix	2600 mg	**
Glutamine, Glutamate, Glutamine AKG		

**No daily value has been established for this supplement
Percent Daily Values (% DV) are based on a 2,000 calorie diet

Recommended Use: Mix 1 scoop with 16oz of water or your favorite beverage. For maximum results, consume 1 serving 30-60 minutes prior to exercise and 1 additional serving immediately after exercise.
Non-training days: Take 1 serving with first meal of the day.

Other Ingredients: Citric Acid, Natural and Artificial Flavors, Sucralose, Malic Acid

Turn Your Pains Into Gains: Reduce muscle inflammation and soreness, burn more fat, and recover faster*

While BCAAs alone are a great way to prevent muscle catabolism, increase strength, prioritize fat utilization, and enhance your ability to recover, NutraKey's Optima formula enhances these properties with the protective ingredient of taurine and the quick recovery effects of glutamine.

5% Nutrition All Day You May

Retail Price: 30 serving \$59.99

Member Price: 30 serving \$39.99



Supplement Facts

Serving Size: 15.5g
Servings Per Container: 30

	Amount Per Serving	% Daily Value*
Vitamin C (as Ascorbic Acid)	200 mg	333%
Vitamin B6 (as Pyridoxine Hydrochloride)	2 mg	100%
Vitamin B12 (as Cyanocobalamin)	125 mcg	2083%
BCAA BLEND:	6,000 mg	†
L-Leucine, L-Isoleucine, L-Valine		
ESSENTIAL AMINO ACID BLEND:	155 mg	†
L-Phenylalanine, L-Threonine L-Histidine, L-Methionine		
CONDITIONALLY ESSENTIAL AMINO ACID BLEND:	2,800mg	†
L-Glutamine, L-Carnitine L-Tartrate, N-Acetyl Cystine		
AMINO ACID SUPPORT BLEND:	960mg	†
L-Taurine, Raw Coconut Water Concentrate, Alpha-Hydroxyisocaproic Acid (Leucic Acid), Bromelain, MicroDried Blueberry Fruit Powder		
INTRA-CELLULAR BUFFER BLEND:	1,500mg	†
Creatinol-O-Phosphate (CopMax™), Beta-Alanine (CarnoSyn®)		
JOINT SUPPORT BLEND:	600mg	†
D-Glucosamine Sulfate Potassium, Methylsulfonylmethane (MSM)		

* Percent Daily Values are based on a 2,000 calorie diet.

† Daily Value not established

Other Ingredients: Natural Flavors, Citric Acid, Glucose Polymers, Acesulfame Potassium, Sucralose, Silicon Dioxide, and Red #40.

“5%er’s will do What Ever It Takes to ensure their bodies are being fed All Day, and know that to train day in- day out at a high level you need more than just amino acids; the whole body needs to be prepared and ready for the next onslaught in the gym! Stay healthy, stay anabolic, stay strong”

5% Nutrition “Kill It”

Retail Price: 30 serving \$59.99

Member Price: 30 serving \$34.99



Supplement Facts

Serving Size: 1 Scoop (10.5g)
Servings Per Container: 30

	Amount Per Serving	% Daily Value*
Vitamin B3 (as Niacinamide)	30 mg	150%
Magnesium (as Creatine MagnaPower®(Magnesium Creatine Chelate))	72 mg	18%
Sodium (as Sodium Citrate)	24 mg	1%
Potassium (as Potassium Citrate and Raw Coconut Water Concentrate)	42 mg	1%
CREATINE BLEND:	1,500 mg	
Magnesium Creatine Chelate (Creatine MagnaPower®), Tri-Creatine Malate, Creatine Pyruvate		†
NO/ENDURANCE BLEND:	7,450 mg	
Tri-Citrulline Malate, Beta-Alanine (CarnoSyn®), Taurine, Agmatine Sulfate (AgmaMax™), N-Acetyl L-Tyrosine, Creatinol-O-Phosphate (COPMax™), Caffeine (250mg), L-Norvaline, Rhodia Rosea Extract (Root)		

* Percent Daily Values are based on a 2,000 calorie diet.

† Daily Value not established

Other Ingredients: Natural Flavors, Silicon Dioxide, Sucralose, Citric Acid, and Red #40.

Net Wt. 315 Grams

Warning: Do not use if you are pregnant or nursing. Consult a physician before using this product. Do not use if you are taking an MAO or MAOI inhibitor. Exceeding recommended dosage may cause serious adverse side effects including heart attack and stroke. Discontinue use and call a physician immediately if you experience rapid heartbeat, dizziness, severe headache, shortness of breath, or other similar symptoms. Individuals who are allergic or hypersensitive to caffeine should avoid the use of this product. Not intended for use by persons under the age of 18. Improper use of this product may be hazardous to a person's health.

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KILL IT Pre-workout was designed to elevate your ability to train harder, stay strong longer, and produce a overflowing pipeline of muscle healing blood to your working muscles. You love working out and having killer workouts; all you need is something to help you get past your natural ability. To be the best, and train like the best, you don't just need a good workout- you need to KILL IT!

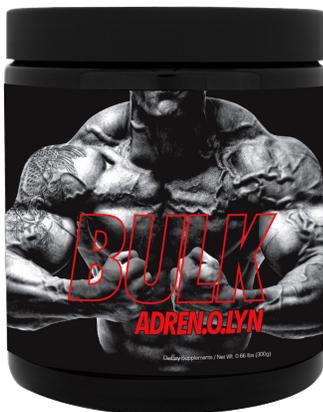
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Intense Focus

Blackmarket Labs AdreN.O.lyn Cuts and Bulk

Retail Price: 30 serving \$59.99

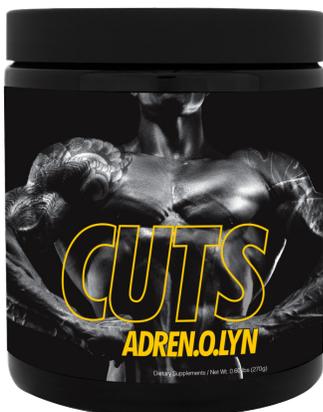
Member Price: 30 serving \$34.99



WHAT'S INCLUDED: 2-in-1 pre workout and test booster. BlackMarket focuses on formulating products with quality, potent ingredients that improve overall results, unlike other products that just have stimulants only.

WHAT IT DOES: This enhancing formula gives you the energy to push past peak physical performance while developing optimal muscle mass and strength faster than would have otherwise been possible.

THE RESULTS: Feel effects fast. Skin tingles and you get an instant charge, giving you the energy you need to push past performance plateaus.



WHAT'S INCLUDED: 2-in-1 pre workout and thermogenic blend. BlackMarket focuses on formulating products with quality, potent ingredients that improve overall results, unlike other products that just have stimulants only.

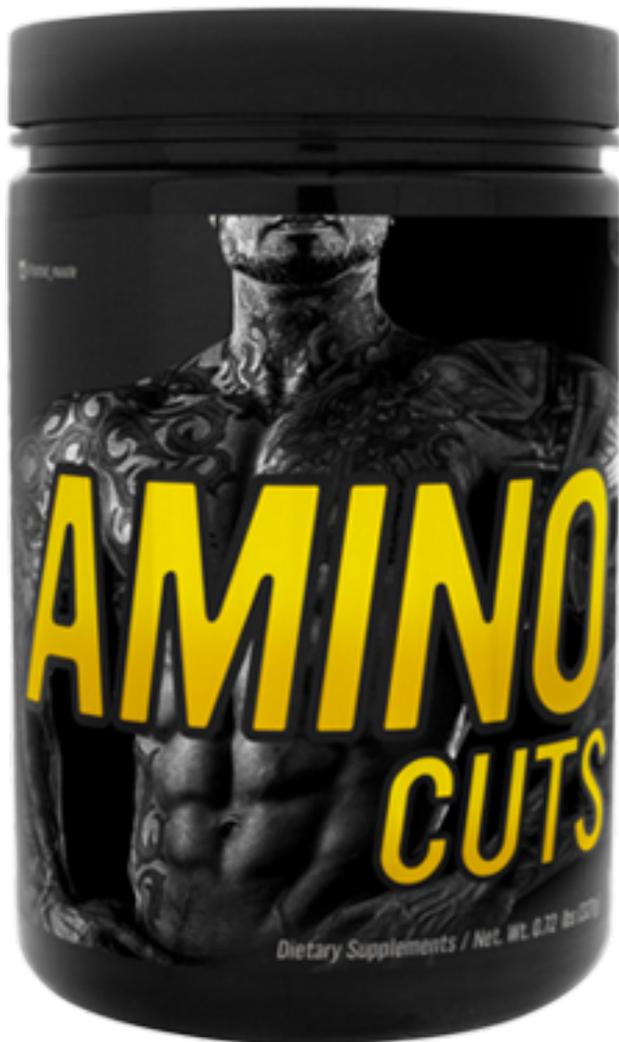
WHAT IT DOES: This enhancing formula allows you to push past peak physical performance while developing optimal muscle definition and shedding unwanted fat.

THE RESULTS: Feel effects fast. Skin tingles and you get an instant charge, giving you the energy you need to push past performance plateaus. Over time the body can become leaner and more muscular.

Blackmarket Labs Amino Cuts

Retail Price: 30 serving \$59.99

Member Price: 30 serving \$39.99



AMINO CUTS: BLUE RAZZ

Supplement Facts

Serving Size - 12g (1 scoop)
Servings Per Container - 30

	Amount Per Serving	%DV*
Calories	30	
Carbohydrates	1g	<1%
Sugars	0g	
Vitamin B1	1.5mg	100%
Vitamin B2	1.7mg	100%
Vitamin B6	2mg	100%
Vitamin B12	25mcg	417%
Sodium	20mg	<1%
Vitamin C	50mg	83%
L-Leucine	3g	†
L-Isoleucine	1.5g	†
L-Valine	1.5g	†
L-Alanine	1.5g	†
L-Carnitine Tartrate	2g	†
Capsicum (Capsimax®)	50mg	†
Synephrine (Advanta Z®)	30mg	†

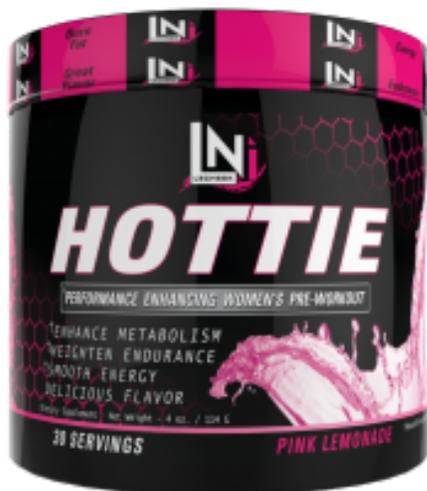
Other Ingredients

Citric Acid, Tartaric Acid, Natural and Artificial Flavor, Malic Acid, Sucralose, Silicon Dioxide, Calcium Silicate, Trisodium Citrate, Acesulfame Potassium, Ascorbic Acid, FD&C Blue #1

Lecheek Nutrition “Hottie”

Retail Price: 30 serving \$39.99

Member Price: 30 serving \$27.99



**Hottie™ The new Women's
Pre-Workout and Thermogenic!**

**Hottie is the latest product from
Lecheek Nutrition and was
formulated to help women
maximize their workouts.**

**Hottie is an all in one product
designed to meet the specific
needs of every woman**

regardless of fitness level. With

**our unique blend of Amino Acids and other ingredients designed to
improve performance in the gym and promote health in everyday life.**

**In addition to these great benefits, Hottie also contains ingredients
that help promote fat loss and increases body temperature**

1st Phorm BCAA (40 serving)

Retail Price: 40 serving \$42.99

Member Price: 40 serving \$37.99



Branched Chain Amino Acids, or BCAAs are three of the essential amino acids your body requires to operate. These three amino acids; Leucine, Isoleucine, and Valine can increase muscle protein synthesis, increase muscle growth and decrease muscle fatigue. The use of BCAAs can prevent you from slipping into a catabolic state during periods of fasting, cardio or intense training.

Designed specifically for intra-workout consumption and proven effective, BCAA's are one of the most trusted supplements in the industry. 1st Phorm's BCAAs help to facilitate fast loss and new muscle construction. Also, by orchestrating optimal protein synthesis and by balancing the intracellular energy economy it is helping to decrease recovery time. You don't just get the feeling of being recovered...you are truly recovered.

1st Phorm Level-1

Retail Price: 30 serving \$49.99

Member Price: 30 serving \$42.99



Level-1 is comprised of the Level-1 Matrix which is an ultra bio-available, sustained assimilation protein formula consisting of Cross-Flow

Micro-Filtrated Whey Protein Isolate, Low Temperature

Micro-Filtrated Whey Protein Concentrate, Low Temperature Processed Milk Protein Concentrate, Pure Egg Whites and Sodium Caseinate. The Level-1

Matrix is specifically formulated to deliver the highest quality, premium proteins in a sustained

release which mimics the protein assimilation rates of whole food. Level-1 uses only proteins that have been low-temperature processed to take extra precaution to not denature or damage delicate protein fractions.

1st Phorm Phormula-1

Retail Price: 32 serving \$56.99

Member Price: 32 serving \$46.99



Maximum Assimilation and Amino Acid Retention Speeds-Up Muscle Repair and Growth

Phormula-1® is the industry's leading whey protein isolate. In addition to the ultra-premium protein sources used, Phormula-1 is by far the best tasting, best mixing isolated protein on the market. Not only will you taste the difference, you will actually feel the difference immediately when you use it!

1st M-Factor (Goddess and Hero)

Retail Price: 40 days \$29.99

Member Price: 40 days \$24.99



M-FACTOR

There are many health issues that stem from deficiencies in micro-nutrients, and being low in them can cause some road blocks towards your fitness goals. Luckily you can get all your micro-nutrients in M-Factor. Since the demand for certain nutrients vary between men and women, there is a M-Factor to precisely meet each genders needs to increase overall health and speed up results.

Betancourt B-NOX Androrush

Retail Price: 35 servings \$39.99

Member Price: 35 servings \$34.99



SUPPLEMENT FACTS

Amount per serving		% Daily Value*
Serving Size: 1 Scoop (18.1 g) Serving per Container: 35		
Calories		50
Calories from fat		0
Total Carbohydrate	11 g	4%
Sugar	0 g	
Magnesium (as magnesium oxide)	120 mg	30%
Zinc (as zinc oxide)	20 mg	133.3%
Potassium (as potassium citrate & potassium glycerophosphate)	20 mg	<1%
B-NOX™ Pre-Workout Formula	15,602 mg	**
Strength-Endurance		
Glucose Polymers, Taurine, Beta-Alanine (as Carnosyn®), Di-Creatine Malate, Creatine Ethyl Ester HCl, Creatine Monohydrate, Co-enzyme Q10		
Neural Energy		
Glucuronolactone, Anhydrous Caffeine, N-Acetyl-L-Tyrosine, Guarana (<i>Paullinia cupana</i>) (std. to 22% caffeine) (seed), <i>Citrus aurantium</i> extract (std. to 30% synephrines) (fruit)		
Nitric Oxide		
Beet Root (<i>Beta vulgaris</i>), L-Tyrosine, L-Histidine HCl, Creatine AKG**, Theobromine (<i>Theobroma cacao</i>) (seed)		
Anabolic Solidification		
L-Glutamine, Branched-Chain Amino Acids (BCAA: L-Valine, L-Isoleucine, L-Leucine)		
Endocrine Ignition		
Maca Extract 4:1 (<i>Lipidium meyenii</i>) (root), <i>Tribulus terrestris</i> extract (std. to 40% saponins) (seed), Stinging Nettle Root (std. to 8% sitosterol), Zinc Magnesium Aspartate (ZMA®)		
Pre-Launch		
Bioperine® (Black Pepper extract) (std. to 95% piperine) (<i>Piper nigrum</i>) (fruit).		

* Percent Daily Values are based on a 2,000 calorie diet.

** Daily Value not established ***Alpha-Ketoglutarate

B-NOX™ is the first pre-workout nitric oxide to offer a testosterone boosting blend promoted to enhance aggression and the pump during exercise.* For energy, B-X™ combines N-Acetyl Tyrosine, Glucuronolactone, Caffeine Anhydrous, and Theobromine for the ultimate, sustained energy rush with less chance of 'crash' or 'jitters'