



F2

FULL FORCE
NUTRITION



CATALOG 2015

WWW.FULLFORCE-NUTRITION.COM

F2

FULL FORCE

NUTRITION



FULL FORCE PRODUCTS ARE FOOD SUPPLEMENTS
AND ARE NOT INTENDED TO DIAGNOSE, TREAT,
CURE OR PREVENT ANY DISEASE!



BCAA+B6	4.
BCAA FORCE.....	6.
CREATINE MONOHYDRATE	8.
COLLAGEN CAPS	10.
FULL BURN	11.
FULL RAGE.....	12.
FULL TESTO.....	13.
FULL MASS	14.
GLUTAMINE FORCE	16.
KREA-FORCE.....	18.
L-CARNITINE	20.
L-GLUTAMINE.....	21.
PURE FORCE.....	22.
SYNER-6	24.
SUPERCARB FAST	26.
SUPERCARB SLOW	28.
VITAL FORCE	30.



BCAA+B6

BCAA AMINO ACIDS WITH VITAMIN B6

The Branched-Chain Amino Acids (BCAA's) are an important group of essential amino acids consisting of Leucine, Isoleucine and Valine. The BCAA's are among the nine essential amino acids for humans, because our body can't manufacture them. Their only source is our daily food or food supplementation. On the other hand, they account for a substantial amount of the essential amino acids in muscle proteins. Vitamin B6 is included in our formula. This vitamin contributes to normal energy-yielding metabolism and to the reduction of tiredness and fatigue. Vitamin B6 plays a role in normal protein and glycogen metabolism and in the normal function of the immune system.

Directions: Take 1 serving daily (5 tablets) before training or before going to bed.



SIZES:

150 tablets (30 servings)

350 tablets (70 servings)

NUTRITION INFORMATION

Serving size: 5 tablets

Servings Per Container: 30/70

Amount per serving

NRV%*

Vitamin B6	1.4 mg	100%
L-Leucine	2200 mg	
L-Isoleucine	1100 mg	
L-Valine	1100 mg	

*NRV%: Nutrient Reference Values.



BCAA FORCE

BCAA AMINO MATRIX WITH GLUTAMINE!

The Branched-Chain Amino Acids (BCAA's) are a group of so-called essential amino acids consisting of Leucine, Isoleucine and Valine. The BCAA's are among the 9 essential amino acids for humans, because our bodies can't manufacture them, so their only source is our daily food or food supplementation. On the other hand, they account for 35% of the essential amino acids in muscle proteins. Glutamine is a top ingredient for athletes in popularity, so we included it to boost Glutamine intake levels as well. BCAA FORCE is a source of Vitamin B6, which contributes to:

- the regulation of hormonal activity,
 - normal energy-yielding metabolism,
 - the reduction of tiredness and fatigue,
 - normal functioning of the immune system and nervous system,
 - normal protein and glycogen metabolism,
 - normal red blood cell formation.
-

Directions: Mix 1 serving (10 g) in 300 ml water daily. Allow the drink to sit for a while to increase the dissolution of ingredients. Consume around, and/or during your workouts or meals.



SIZES:

350 G (35 servings)

FLAVOR:

MELON

NUTRITION INFORMATION

Serving size: 10 g (3/4 scoop)

Servings Per Container: 35

Amount per serving	NRV%*	NRV%*
Vitamin B6	1.4 mg	100%
L-Leucine	3000 mg	
L-Isoleucine	1500 mg	
L-Valine	1500 mg	
L-Glutamine	1000 mg	

*NRV%: Nutrient Reference Values.

CREATINE MONOHYDRATE

Creatine is a nitrogenous organic acid that occurs in vertebrates. Approximately 95% of the Creatine in the body is located in skeletal muscle cells. These cells can store more Creatine than what you normally get from your daily diet and is synthesized by the body. By supplementing your diet with Creatine, your muscles will retain more Creatine. Creatine in a 3 g daily dose is scientifically proven to increase performance in successive burst of short-term, high intensity exercise like weight training and interval cardio.

Directions: Divide your bodyweight in kg by 3. That is the total amount of Creatine in grams you should take daily in the "loading phase" (first week of use). After that period, take no more than half of that amount for maintenance. Use on an empty stomach, mainly after training, with simple carbohydrates. Use 400 ml fluid for every serving (5 grams) of Creatine to achieve proper solution. Don't take more than 10 grams in one sitting, spread out the daily dose!



SIZES:

450 g (90 servings)



FLAVOR:

UNFLAVORED



NUTRITION INFORMATION

Serving size: 5 g (2/3 scoop)

Servings Per Container: 90

Amount per serving

5g

Creatine Monohydrate

5000 mg

providing pure Creatine

4420 mg



COLLAGEN CAPS

MARINE HYDROLYZED COLLAGEN

SIZES:

180 capsules
(22 servings)

Our collagen is selectively derived from fish skin and scales that have been consumed by mankind for a long time. This product is hydrolyzed into lower molecular weight and contains collagen peptides. The nine essential amino acids make up a substantial proportion of its total amino acid content. It's a physiological fact that Collagen is one of the major proteins found in connective tissues and skin.

Directions: Daily dose is 8 capsules for best results. To maximize absorption and utilization take it on an empty stomach.



NUTRITION INFORMATION

Serving size: 8 capsules

Servings Per Container: 22

Amount per serving

Marine Hydrolyzed Collagen

5200 mg



FULL BURN

**CARNITINE - CAFFEINE -
HERBAL SUPER COMPLEX**

SIZES:

90 capsules
(30 servings)

FULL BURN is a “super complex” formula made up of 13 popular ingredients! FULL BURN contains Hydroxycitric Acid (HCA) from Garcinia cambogia extract, and Epigallocatechin Gallate (EGCG) from Green Tea extract. Our formula also contains Chromium that contributes to the maintenance of normal blood glucose levels and to normal macronutrient metabolism! L-Carnitine in the product ensures that you don’t have to take it separately.

Directions: Take a serving (3 capsules) per day before meals or training. To check your tolerance, take only 1-2 capsules first. Be mindful of other sources of stimulants!



NUTRITION INFORMATION

Serving size: 3 capsules

Servings Per Container: 30

Amount per serving		NRV%*
Chromium	23 mcg	57%
L-Carnitine L-Tartrate	500 mg	
Citrus aurantium extract (4% Synephrine)	500 mg	
Garcinia cambogia extract	400 mg	
L-Tyrosine	200 mg	
Bitter Melon extract	100 mg	
Green Tea extract	100 mg	
Alpha Lipoic Acid	50 mg	
Cinnamon extract	50 mg	
Coenzyme Q10	50 mg	
Taraxacum officinale extract	50 mg	
Cayenne Pepper extract	20 mg	
Caffeine (total amount)	209 mg	

*NRV%: Nutrient Reference Values.



FULL RAGE

COMPLEX PRE-EVENT POTENTIATOR FORMULA WITH CITRULLINE MALATE

FULL RAGE is an ideal „pre-event“ choice for several reasons. It contains a good dose of extra amino acids and Niacin, plus Arginine Alpha Ketoglutarate. L-Carnitine is required for the transport of fatty acids (carnitine shuttle) during the energy yielding oxidative degradation of lipids. Beta-Alanine is a natural amino acid that occurs in muscle peptides carnosine and anserine and also in pantothenic acid (vitamin B5). Conditionally essential amino L-Arginine is the only precursor of Nitric Oxide (NO) and is also necessary for the synthesis of creatine. The formula provides Citrulline Malate, Caffeine and Taurine which are very popular among bodybuilders and athletes. Niacin contributes to the following beneficial physiological effects:

- normal energy-yielding metabolism
- normal functioning of the nervous system
- normal psychological function
- maintenance of normal mucous membranes
- maintenance of normal skin
- reduction of tiredness and fatigue

Directions:

For maximum effect take one serving (6 capsules) before training or any other physical or mental task. To gauge your tolerance, take only 1-3 capsules first.



NUTRITION INFORMATION

Serving size: 6 capsules

Servings Per Container: 24

Amount per serving	NRV%*		
Niacin (Vitamin B3)	100 mg NE	625%	Caffeine
			160 mg

F2 Proprietary Matrix 3500 mg

Taurine (1000 mg), Beta-Alanine (500 mg), L-Arginine HCl (500 mg),
L-Carnitine L-Tartrate (500 mg), L-Citrulline Malate (500 mg), L-Tyrosine (250 mg),
Acetyl L-Carnitine HCl (200 mg), L-Arginine Alpha Ketoglutarate (50 mg)

*NRV%: Nutrient Reference Values.

SIZES:

144 capsules
(24 servings)



FULL TESTO

6 COMPONENT TRIBULUS FORMULA WITH ZINC AND VITAMIN D3!

Non-stimulant FULL TESTO is a 6 component complex formula to maximize your potentialities! Tribulus terrestris extract standardized for saponins is an indispensable herbal component of such formulas together with L-Carnitine derivative L-Carnitine L-Tartrate. Conditionally essential amino L-Arginine is the immediate precursor of nitric oxide (NO). French maritime pine tree bark extract is also a component of FULL TESTO. Combined with Vitamin D3 and Zinc these ingredients result in several beneficial effects. Zinc contributes to the maintenance of normal testosterone levels in the blood, to normal fertility and reproduction and also to normal protein synthesis. Vitamin D contributes to the maintenance of normal muscle function and has a role in the process of cell division. Zinc and Vitamin D contribute to the normal function of the immune system. FULL TESTO is for hard men working, training and living with full force and who at the same time want to keep their blood testosterone at an optimal level.

Directions: Use 1 serving (4 capsules) daily 30 minutes before working out or sexual encounter. On rest days take 4x1 capsules with meals. Cycle use if you take FULL TESTO daily; take a break after 12 weeks!



NUTRITION INFORMATION

Serving size: 4 capsules

Servings Per Container: 36

Amount per serving

NRV%*

Vitamin D3

5 mcg

100%

Zinc

10 mg

100%

L-Arginine HCl

1500 mg

Tribulus terrestris extract

500 mg

(contains 200 mg saponins minimum)

L-Carnitine L-Tartrate

500 mg

Pycnogenol (95% Proanthocyanidin)

50 mg

SIZES:

144 capsules
(36 servings)

*NRV%: Nutrient Reference Values.



FULL MASS

**POWERFUL MUSCLE MASS GAINER
WITH 2 WHEY PROTEINS!**

If you want to gain muscle mass, the daily total caloric balance is of primary importance! Unless you provide optimal energy for your body to perform, repair and build, progress will not happen. Above average weight active athletes may even need around 5,000 calories a day to maintain their muscle mass and performance level, and may find a more serious nutritional support helpful to exceed their current level. FULL MASS is an excellent quality muscle mass gainer and post-workout formula that is able to provide nutritional support. FULL MASS has 2 quality whey protein concentrates. Whey protein is an abundant source of L-Glutamine and branched-chain aminos. Each serving of FULL MASS provides you about 2 g L-Glutamine and 2,5 g BCAAs. Its proteins contribute to the maintenance and growth of muscle mass and also to maintenance of normal bones.

Directions: Mix one serving (50 grams) daily with 500 ml of any kind of liquid. The serving should always be used right after training to supply necessary nutrients this time for your body.



SIZES:

2300 g (46 servings)

4400 g (88 servings)

FLAVORS:

MILK CHOCOLATE,

PINEAPPLE VANILLA,

STRAWBERRY BANANA

NUTRITION INFORMATION

Serving size: 50 g (3/4 scoop)

Servings Per Container: 46/88

Amount per serving	50 g	RI%*	100 g
Energy	799 kJ/191 kcal	9.5%	1598 kJ/382 kcal
Fat	0.8 g	1.1%	1.6 g
of which Saturates	0.5 g	2.5%	1 g
Carbohydrate	37 g	14%	74 g
of which Sugars	28 g	31%	56 g
Protein	9 g	18%	18 g
Salt	1.4 g	23%	2.8 g

*RI%: Reference intake of an average adult (8400 kJ/2000 kcal).



GLUTAMINE FORCE

**6000 MG L-GLUTAMINE
WITH LEUCINE & VITAMINS**

L-Glutamine is the most abundant amino acid in the human blood. Glutamine may become conditionally essential in certain situations, including intensive physical training, when the body cannot meet its needs by synthesizing Glutamine. This conditionally essential amino acid can be provided by dietary protein intake and via supplements such as GLUTAMINE FORCE that provides 6000 mg of L-Glutamine per serving! The formula contains the important muscle amino L-Leucine and several vitamins that contribute to beneficial health effects. Vitamin C helps to maintain the normal function of the immune system during and after intense exercise. The beneficial effect is obtained with a daily intake of 200 mg (found in 1 serving of Glutamine Force) in addition to the recommended daily intake of Vitamin C!*

Nicotinamide, Vitamin B6 and Vitamin B12 contribute to the reduction of tiredness and fatigue, to normal energy-yielding metabolism, to normal functioning of the nervous system and to normal psychological function. Nicotinamide contributes to the maintenance of normal mucous membranes and normal skin. Vitamin B6 and Vitamin B12 contribute to normal red blood cell formation. Vitamin B6 contributes to the regulation of hormonal activity and to normal protein and glycogen metabolism.

Directions: Dissolve 1 serving (10 g) in 300 ml water and drink before breakfast or after training or before sleep.



SIZES:

500 g (50 servings)

FLAVOR:

MANGO

NUTRITION INFORMATION

Serving size: 10 g (3/4 scoop)

Servings Per Container: 50

Amount per serving		NRV%*
Vitamin C	200 mg	250%
Niacin (Vitamin B3)	16 mg NE	100%
Vitamin B6	2.8 mg	200%
Vitamin B12	5 mcg	200%
L-Glutamine	6000 mg	
L-Leucine	1500 mg	

*NRV%: Nutrient Reference Values.



KREA-FORCE

MULTI CREATINE MATRIX WITH TAURINE

Taking more than one type of creatine may be advantageous. KREA-FORCE is a composite of 4 different creatine forms supplemented with extras. The multi-creatine matrix provides Creatine Monohydrate, the most studied Creatine form ever, its pH-Correct™ buffered form Kre-Alkalyn®, Creatine citrate and Creatine pyruvate. Creatine in the dose of at least 3 grams a day is scientifically proven to increase performance in successive bursts of short-term, high intensity exercise like weight training and intense interval cardio! KREA-FORCE provides this required dose. In addition, the formula contains taurine and important metabolic intermediates, Alpha-Ketoglutarate and Malic Acid.

Directions: Take 1 serving daily before breakfast or after training. Mix 1 serving (5 g) with 300 ml of water. Consume directly after preparation.



SIZES:

500 g (100 servings)

FLAVOR:

PINEAPPLE

NUTRITION INFORMATION

Serving size: 5 g (3/4 scoop)

Servings Per Container: 100

Amount per serving

Taurine	500 mg
Proprietary "KREA-FORCE" matrix	3655 mg
Multi-Creatine Matrix	(3455 mg)
Creatine Monohydrate, Creatine Citrate, Creatine Pyruvate, Kre-Alkalyn® (buffered Creatine Monohydrate) of which pure creatine 3000 mg	
Support Matrix	(200 mg)
Alpha-Ketoglutarate Calcium (100 mg), Malic Acid (100 mg)	



L-CARNITINE

600 MG L-CARNITINE L-TARTRATE

SIZES:

150 capsules (150 servings)

This product provides 600 mg of L-carnitine L-tartrate per capsule.

Directions:

Take 1 serving (1 capsule)
60 minutes before training.



NUTRITION INFORMATION

Serving size: 1 capsule

Servings Per Container: 150

Amount per serving

L-Carnitine L-Tartrate

600 mg



L-GLUTAMINE

PURE L-GLUTAMINE AMINO ACID

SIZES:

450 g (90 servings)

Glutamine is the most abundant amino acid in the human blood. Glutamine may become conditionally essential in certain situations, including intensive physical training, when the body cannot meet its needs by synthesizing glutamine. This conditionally essential amino acid can be provided by dietary protein intake, including by food supplements.

Directions: Take 1 serving (5 grams) a day. Use mainly before /during and after training, and also before going to bed. Glutamine may be combined with carbohydrate containing drinks.



FLAVOR:

UNFLAVORED

NUTRITION INFORMATION

Serving size: 5 g (2/3 scoop)

Servings Per Container: 90

Amount per serving

5 g

L-Glutamine

5000 mg



PURE FORCE

11 COMPONENT PWO POWDER COMPLEX FORMULA WITH CITRULLINE MALATE & β -ALANINE

No more than you need. And no less. This is PURE FORCE, the clean pre-workout powder formula with proven and popular ingredients. They were carefully selected and dosed to support especially intense hardcore training. The Pure Force Complex consists of indispensable Beta-Alanine, L-Arginine Alpha-Ketoglutarate, L-Citrulline DL-Malate, amino acids L-Tyrosine and Taurine, and Carnitine derivative Acetyl L-Carnitine Hydrochloride.

Besides caffeine, PURE FORCE provides vitamin and mineral components with several beneficial physiological effects: Magnesium, Niacin and Vitamin B12 contribute to the reduction of tiredness and fatigue, to normal energy-yielding metabolism, to normal functioning of the nervous system and to normal psychological function. Magnesium contributes to electrolyte balance and to normal protein synthesis. Niacin contributes to the maintenance of normal mucous membranes and normal skin. Vitamin B12 contributes to normal red blood cell formation. Vitamin D contributes to the maintenance of normal muscle function. Magnesium and Vitamin D contribute to the maintenance of normal bones and have a role in the process of cell division. Vitamins B12 and D contribute to the normal function of the immune system.

Directions: Mix 1 serving (10 g) with 300 ml of cold water daily. Use 30-45 minutes before training, preferably on an empty stomach.

**SIZES:**

300 g (30 servings)

FLAVOR:

RASPBERRY

NUTRITION INFORMATION

Serving size: 10 g (3/4 scoop)

Servings Per Container: 30

Amount per serving		NRV%*
Niacin (Vitamin B3)	16 mg NE	100%
Vitamin B12	2.5 mcg	100%
Vitamin D3	5 mcg	100%
Magnesium	75 mg	20%
Caffeine	90 mg	
"Pure Force" Complex	3950 mg	
Beta-Alanine (1000 mg), L-Arginine Alpha-Ketoglutarate (1000 mg), L-Citrulline DL-Malate (1000 mg), Taurine (500 mg), L-Tyrosine (250 mg), Acetyl L-Carnitine HCl (200 mg)		

*NRV%: Nutrient Reference Values.



SYNER-6

6 QUALITY PROTEINS WITH GLUTAMINE PEPTIDES

SYNER-6 is a premium protein blend consisting of 6 types of quality protein sources. It all starts with the most popular milk proteins: whey protein isolate, whey protein concentrate and ultrafiltered milk protein isolate providing extra undenaturated micellar casein and whey in a natural ratio! To complete the blend, calcium caseinate, micellar casein concentrate and egg white protein are added. SYNER-6 provides the complete amino acid spectrum, including all types of essential aminos. These 9 amino acids (i.e. Histidine, Isoleucine, Leucine, Lysine, Methionine, Phenylalanine, Threonine, Tryptophan, Valine) are considered essential for life, because the body cannot synthesize them. SYNER-6 has a high protein content and its proteins contribute to the maintenance and growth of muscle mass and also to the maintenance of normal bones! What's also great about SYNER-6 is the addition of extra ingredients. The trademarked PepForm® Glutamine Peptides provide the important extra amino acid Glutamine. The dietary fiber inulin is present in a good dose. Inulin is water soluble, but resistant to digestion. In the other group of active ingredients we have the digestive enzymes Bromelain and Papain! SYNER-6 is made without Aspartame, and has a superb flavor and a creamy texture! Because of its complex protein blend and fiber content, it is also great for night-time use.

Directions: Mix 1 serving (47 grams) with 400 ml water. The best time to use is after training.



SIZES:

1316 g (28 servings)

2350 g (50 servings)

FLAVORS:

CHOCOLATE,
PINEAPPLE VANILLA,
STRAWBERRY YOGURT

NUTRITION INFORMATION

Serving size: 47 g (1 1/3 scoops)

Servings Per Container: 28/50

Amount per serving	47 g	RI%*	100 g
Energy	640 kJ/153 kcal	7.7%	1364 kJ/326 kcal
Fat	3 g	4.3%	6.4 g
of which Saturates	0.9 g	4.5%	1.9 g
Carbohydrate	8.5 g	3.3%	18 g
of which Sugars	1.6 g	1.8%	3.4 g
Protein	23 g	46%	49 g
Salt	0.12 g	2%	0.26 g
Fiber	5.5 g		12 g
NRV%**			
Potassium	268 mg	13%	570 mg
Calcium	198 mg	25%	421 mg
Digestive Enzyme Blend	40 mg		85 mg

Ananas comosus extract (Bromelain) (20 mg), Carica papaya extract (Papain) (20 mg)

*RI%: Reference intake of an average adult (8400 kJ/2000 kcal). **NRV%: nutrient reference values



SUPERCARB FAST

4 COMPONENT DAY-TIME CARBOHYDRATE BLEND

Both intensive weight training and endurance exercise can decrease the body's energy stores. Therefore, it can be beneficial to quickly replenish all lost vital substrates.

SUPERCARB FAST contains 4 different types of carbs: Waxy Maize Starch, Maltodextrin, Dextrose and Fructose.

Waxy Maize Starch consists mainly of very high molecular weight, branched-chain amylopectin. The molecular weight of Maltodextrin is around 1,000-10,000, while Dextrose and Fructose are approximately 180 each! This straight chain, high dextrose equivalent maltodextrin has a high-glycemic index.

It has generally been accepted by science that prolonged submaximal exercise is limited by the availability of muscle and liver glycogen stores and that these stores increase when carbohydrate intake is high. It has also been shown that the rate of glycogen (stored carbohydrate in the body) synthesis is highest in muscles in which the glycogen stores have been depleted by exercise.

The rate of glycogen synthesis following exercise is of importance for athletes during training sessions with repeated periods of heavy or submaximal exercise, as well as during competition especially when several periods of intense exercise are performed.

Directions: Since this is a macronutrient category product - carbohydrates - your usage totally depends on your individual needs. Typically, mix one serving (50 grams of powder) with 500 ml of liquid (protein shake, fruit juice, etc.) and drink prior, during and/or right after your workout.



○ — **SIZES:**
1000 g (20 servings)

○ — **FLAVOR:**
UNFLAVORED



NUTRITION INFORMATION

Serving size: 50 g (1 scoop)

Servings Per Container: 20

Amount per serving	50 g	RI%*	100 g
Energy	837 kJ/200 kcal	10%	1674 kJ/400 kcal
Fat	0 g	0%	0 g
of which Saturates	0 g	0%	0 g
Carbohydrate	50 g	19%	100 g
of which Sugar	6 g	6.7%	12 g
Protein	0 g	0%	0 g
Salt	0 g	0%	0 g

*RI%: Reference intake of an average adult (8400 kJ/2000 kcal).



SUPERCARB SLOW

4 COMPONENT NIGHT-TIME CARBOHYDRATE MATRIX

SUPERCARB SLOW contains selected complex carbohydrate sources such as low glycemic index Maltodextrin, Palatinose™ (a designer time-released carb), Oat flour and Fructose. It has generally been accepted by sport science that complex, high molecular weight carbohydrate sources are preferred during the term of a low carb diet and on-season.

Take alone or mix SUPERCARB SLOW with quality complex protein sources as you need.

Directions: Since this is a macronutrient category product - carbohydrates - your usage totally depends on your individual needs. Typically mix one serving (50 grams of powder) with 500 ml water or your protein shake any time during the day but primarily at bedtime.

**SIZES:**

1000 g (20 servings)

**FLAVOR:**

UNFLAVORED

**NUTRITION INFORMATION**

Serving size: 50 g (3/4 scoop)

Servings Per Container: 20

Amount per serving	50 g	RI%*	100 g
Energy	820 kJ/196 kcal	10%	1640 kJ/392 kcal
Fat	0 g	0%	0 g
of which Saturates	0 g	0%	0 g
Carbohydrate	49 g	19%	98 g
of which Sugar	12 g	13%	24 g
Protein	0 g	0%	0 g
Salt	0 g	0%	0 g

*RI%: Reference intake of an average adult (8400 kJ/2000 kcal).



VITAL FORCE

HARDCORE VITAMIN AND MINERAL COMPLEX WITH EXTRAS

VITAL FORCE provides vitamins, minerals and some other important ingredients having beneficial effects on your life and health. Their doses were determined individually, according to the needs of hardcore athletes. Vitamin C and Vitamin B12 contribute to the normal function of the immune and nervous systems, and to the reduction of tiredness and fatigue. Vitamin B1 contributes to the normal function of the heart, Vitamin B2 to the maintenance of normal vision and normal red blood cells. Folic Acid helps with normal amino acid synthesis and has a role in the process of cell division. Biotin contributes to normal psychological function and macronutrient metabolism. Vitamin D contributes to the maintenance of normal muscle and immune system function, and to the normal absorption/ utilisation of Calcium and Phosphorus. Zinc contributes to normal fertility, reproduction and to the maintenance of optimal testosterone levels, and also to normal macronutrient metabolism.* Choline contributes to normal homocysteine metabolism, to normal lipid metabolism and to the maintenance of normal liver function. VITAL FORCE additionally has Rutin, Hesperidin, Inositol and it's fortified with Echinacea extract as well!

Directions: Take 2 capsules a day preferably with meals.



SIZES:

90 capsules (45 servings)



NUTRITION INFORMATION

Serving size: 2 capsules

Servings Per Container: 45

Amount per serving	NRV%*	Amount per serving	NRV%*
Vitamin A 800 mcg RE	100%	Magnesium 75 mg	20%
Vitamin B1 (Thiamine) 4.2 mg	382%	Iron 14 mg	100%
Vitamin B2 (Riboflavin) 4.8 mg	343%	Zinc 10 mg	100%
Vitamin B3 (Niacin) 36 mg NE	225%	Manganese 3.5 mg	175%
Vitamin B5 (Pantothenic Acid) 18 mg	300%	Copper 1.65 mg	165%
Vitamin B6 (Pyridoxine) 2 mg	143%	Iodine 150 mcg	100%
Vitamin B7 (Biotin) 450 mcg	900%	Selenium 50 mcg	91%
Vitamin B9 (Folic Acid) 200 mcg	100%	Molybdenum 150 mcg	300%
Vitamin B12 3 mcg	120%	Echinacea extract 100 mg	
Vitamin C 180 mg	225%	Choline 82.5 mg	
Vitamin D 5 mcg	100%	Rutin 15 mg	
Vitamin E 20 mg α-TE	167%	Hesperidin 5 mg	
Calcium 160 mg	20%	Inositol 5 mg	

*NRV%: Nutrient Reference Values.

F2

FULL FORCE
NUTRITION

ACCESSORIES



WWW.FULLFORCE-NUTRITION.COM