

NUTREND[®]



NUTRITION

ADVICE 2018

2018

2010

1993

For **25** years



WE HAVE BEEN CHANGING THE WORLD OF SPORTS NUTRITION AND FOOD FOR AN ACTIVE LIFESTYLE!

For a quarter of a century, NUTREND has been the synonym for success and sustained growth and proof that a Czech company can conquer the world. The NUTREND company is the market leader in sports nutrition and food for an active lifestyle. We own the latest technology, thousands of square metres for our factory, storage and we are the World leaders when it comes to the range of our portfolio and its orientation.

Our supply is divided into three divisions: Bodybuilding, Endurance and Active Lifestyle. NUTREND is continuously expanding abroad; at the moment, it supplies more than 60 countries with its products. The wide range of the product portfolio, the latest technology, uncompromising emphasis on quality and training – this is what places NUTREND among the most important European producers of food supplements for sporting and active lifestyles.

Professional athletes, whose performance and career depend on food supplements, are not the only ones who confirm the top quality of the products, but also millions of happy customers.

In 2011, NUTREND extended its portfolio of its exceptionally high-quality HORSKÝ PRAMEN (MOUNTAIN SPRING) water source, which comes from a 170-metre deep artesian well. This spring water is available on the market and trades under the name NARTES.



WE ARE NUTREND

2018

The year 2018 is absolutely crucial for NUTREND – it means not only a celebration of the 25th anniversary of the company's founding, but also that the multifunctional NUTREND WORLD complex that follows up on the already expanded production, warehouse and administrative space will be opened.

The four-storey NUTREND WORLD will be a celebration of sports, a healthy lifestyle and well-being in all its forms. The fitness centre stretching across 1,000 square meters with state-of-the-art machines and diagnostics will offer plenty of room for a variety of sports activities as well as different types of training, and the stylish restaurant will serve quality and fresh food all day long, not only as a self-service, but there will also be a team of chefs, bakers and confectioners to satisfy even the most demanding requirements.

Our guests can book a total of 24 stylish rooms. All of them will offer a view of the main local attraction: the church of Svatý Kopeček. Visitors will also have the opportunity to use a private wellness area. Naturally, there will be a congress centre, show kitchen facilities, a café and a running area right on the roof of the building.



NUTREND's production halls are top-notch and are among the most advanced and most comprehensive in the world. In 2016, NUTREND invested considerable money in expanding the production and warehouse space as well as in buying new technologies. The complexity of its portfolio makes NUTREND absolutely unique – we offer not only liquid and loose products, but also gels, capsules and energy, protein and other bars. Our production space covers 5,790 m², our warehouse space amounts to 10,980 m², and our office space covers 4,160 m².



Avocado



- A source of fibre, folic acid and pantothenic acid, vitamins B6, E, K, C
- A rich source of minerals, especially potassium, copper, magnesium and phosphorus
- Its pulp contains only a small amount of sugar, but (for fruit) an unusual amount of fat (the fatty acid composition resembles olive oil)
- Anti-inflammatory and anticancer effects
- Helps prevent osteoarthritis and rheumatoid arthritis
- Regulates blood sugar levels
- Promotes the proper functioning of the cardiovascular system
- Increases the absorption of carotenoids

Superfoods constitute a very widely discussed topic. Everyone has heard of them but not many people know exactly what they are, except one thing - they are extra good for us. The trend of superfoods began about 15 years ago, when it was called "superfruity".

SUPERFOODS are the most concentrated and nutritionally RICH foods in the world! Superfoods nourish the body perfectly and their effects have been tested for thousands of years in all parts of the world as well as in various ancient civilisations (South America, Asia, Africa).



- Vitamin B, potassium, magnesium, calcium, iron, fibre
- Dried have 6 times more calories than fresh
- Increase performance and concentration, stimulate nerves, and help fight fatigue
- Valuable sources of quality antioxidants
- Cleansing effect on the gastrointestinal tract, the kidneys and the urinary tract

Figs



- Soothes the intestinal tract
- Eliminates intestinal gas
- Has an anti-inflammatory effect
- Brings a safe and effective relief of nausea during pregnancy
- Reduces pain and improves mobility in people with osteoarthritis or rheumatoid arthritis

Ginger



Blueberries



- Contain tanstuffs, antioxidants, bioflavonoids, carotenoids, provitamin A, resveratrol, vitamin C
- B vitamins, magnesium, potassium, manganese, iron, copper, zinc, chromium
- Anti-oxidation support for the entire body
- Support heart function, improve immunity and prevent infections
- Protect human eyes against harmful sunlight and oxidative stress
- Improve cognitive functions
- Anticancer effects

Grapefruit



- A rich source of vitamins B, C, K and flavonoids
- Contains the pectin fibre; the pink and red kinds contain the antioxidant lycopene
- A superfood with a high nutrient content
- Vitamins A, B, C, E
- Minerals and trace elements - calcium, magnesium, zinc, potassium, iron, phosphorus, manganese, copper, molybdenum
- Omega-3 unsaturated fatty acids, antioxidants, fibre
- Suitable for fat-reducing diets, creates a feeling of satiety

FOODS

Broccoli



- Contains tanstuffs, antioxidants, bioflavonoids, carotenoids, provitamin A, resveratrol, vitamin C
- B vitamins, magnesium, potassium, manganese, iron, copper, zinc, chromium
- Anti-oxidation support for the entire body
- Supports heart function, improves immunity and prevents infections
- Protect human eyes against harmful sunlight and oxidative stress
- Improves cognitive functions
- Anticancer effects

Chia



SUPER FOODS

1

Volume workout

This training period is focused on gaining muscle mass. What is characteristic of this type of training is mainly work with high load in a lower number of repetitions in the exercise set. At the same time, sufficient rest is essential for regeneration not only between the exercise sets but also between individual training sessions.

If you want to gain muscle in the period of bulk training in a good way, the basic principle of the bulk diet is an energy intake higher than the energy expenditure. Try to consume about 45 to 55 kilocalories per kilogram of your body weight. But please note that it is not just about quantity but also about quality. You cannot eat just anything; choose your food carefully. You need to increase your intake of protein, high-quality carbohydrates and fats. Eat protein in a ratio of 1.6-2 grams per 1 kilogram of your body weight. Carbohydrates need to be specifically determined by whether you want to achieve a specific target; indicatively, you should consume 5-7 grams per 1 kilogram of your weight. Another rule is regularity. Observe a time routine; if you eat at the same times every day, your body will work better. In this period, with high demands on eating high-quality nutrients, you will appreciate concentrated and at the same time excellently absorbable dietary supplements.

A premium and very well-balanced gainer with a high protein content and colostrum content. The unique composition provides a suitable proportion of nutrients for muscle growth.

POPULAR PRODUCT

"Ideal and complex protein after my demanding training."

The basis of this protein consists of an extremely high-quality protein blend which excels in easy and quick absorbercy and efficiency.

- 41 % of proteins
- 5,000 mg BCAA per dose
- L-alanine, L-glutamine, colostrum
- No artificial colourants, no gluten



BREAKFAST

SNACK



An ideal source of macronutrients and micronutrients for your body in bulk training to build quality muscle mass.



BENJAMIN RADIĆ

Musclemania

1st place Musclemania Fitness Universe Miami 2015

1st place Musclemania Europe Tour London 2013

2nd place Musclemania Rome 2013

Nutritional values per portion:
514 kcal / 2,152 kJ
Proteins 42 g
Carbohydrates 68 g
Fats 8 g



SHRIMPS WITH PASTA AND PESTO

Nutritional values per portion:
595 kcal / 2,489 kJ
Proteins 44 g
Carbohydrates 81 g
Fats 8 g



CHICKEN FILLET WITH RICE AND ASPARAGUS



The product contains fish oil obtained exclusively from anchovies, which is a premium form of fish oil enriched with vitamin D.



A unique patented blend with a high content of magnesium and zinc in chelated form, enriched with vitamin B6.



LUNCH

SNACK

BEFORE TRAINING

AFTER TRAINING

SLEEP

2 Shredding workout

PAVEL SZOTKOWSKI

Classic bodybuilding

4th place at EVLS Prague Showdown 2017

1st place at Grand Prix PEPA 2016

2nd place at MMaS 2015

POPULAR PRODUCT

"My favourite source of protein for snacks in new flavours."

The combination of premium WPC and WPI ingredients treated with the CFM method in a balanced combination and new production technologies make **100% WHEY Protein** a premium product.

- 13 flavours
- 76% of protein
- 5g BCAA per dose
- No artificial colourants
- Great taste
- Excellent solubility
- Gluten-free



This training period is aimed at building muscle mass with a minimum of subcutaneous fat. What is characteristic of this type of training is usually a higher number of repetitions in the exercise set with a proportionately high load. The intensity of the training is high, the pauses between the sets are minimal. The trainings are often the so-called two-stage trainings (i.e. two shorter intensive trainings per day), therefore sufficient rest is required - at least 8 hours of sleep. The basic principle of the diet is that the intake of energy is lower than its expenditure. To maintain maximum muscle mass, there must be a high protein intake of up to 2 grams per kilogram of body weight per day. Both carbohydrates and fats are minimised in this diet, and their sources and times of consumption are all the more carefully selected. During this period, you will efficiently use a high-protein cocktail, supplements that promote fat metabolism, as well as vitamins and minerals.

A balanced combination of essential amino acids in the instant form in a 4:1:1 ratio, enriched with L-glutamine.



AFTER WAKING UP

BEFORE TRAINING

An ideal source of macronutrients and micronutrients for your body in this training, where the quality of ingredients needs to be taken into account.



Nutritional values per portion:
438 kcal / 1,833 kJ
 Proteins **41 g**
 Carbohydrates **57 g**
 Fats **4 g**



CHICKEN PIECES WITH VEGETABLES AND RICE



GRILLED SALMON WITH SWEET POTATOES

Nutritional values per portion:
428 kcal / 1,789 kJ
 Proteins **46 g**
 Carbohydrates **28 g**
 Fats **14 g**

A very effective capsule form of **COMPRESSED CAPS** of four important minerals in chelated form with maximum usability.



MORNING SNACK



AFTERNOON SNACK

An ideal protein gluten-free snack with 32% protein content. Newly with chocolate not only for active athletes but for everyone interested in a healthy lifestyle.



BEFORE



TRAINING



AFTER



DINNER



SLEEP



3 Shaping workout

The ability to change your body through a combination of power-dynamic exercises and aerobic exercises is very popular, primarily due to the efficiency and variety of this type of training. Exercising regularly in the fitness centre, whether you opt for power training, HIIT, circle training, bodystyling or any other physical activity, or pursuing regular outdoor workouts is pointless if your diet is of a low quality. Exercise and diet are interlinked. That is why the diet is based primarily on promoting active muscle mass and minimising subcutaneous fat for a firm body and healthy look. It is necessary to maintain a proper diet containing all constituents, including nutrition supplements. These are great helpers as emergency snacks full of energy and nutrients or as stimulants to help you overcome the everyday fatigue and cope with the demanding training.

VALERIJA SLAPNIK

Bikini Fitness

Absolute victory Miss FIBO POWER BEAUTY 2016

Absolute victory National Championship 2016

Absolute victory International Austria Championship 2016

POPULAR PRODUCT

"A fast protein snack I always have with me, with a great selection of interesting flavours"

Revolutionary technology, development in cooperation with professional athletes and premium ingredients have given rise to this new high-protein bar EVOQ.

- 21 g of protein in a bar
- Gluten-free
- Enriched with colostrum
- Zinc



An excellent instant drink containing nine active ingredients with a great nutritional and physiological effect.



A product with an extraordinary content of active ingredients represented by a wide range of vitamins, plant extracts and bioactive colostrum.



AFTER WAKING UP

An ideal source of macronutrients and micronutrients for your body in shaping training for a healthy look and a beautiful and firm body.



A substantial and fast-prepared breakfast or snack without gluten with a high protein and fibre content. It is also enriched with vitamins D, K and chia seeds.

Nutritional values per portion:

483 kcal / 2,019 kJ
 Proteins **42 g**
 Carbohydrates **36 g**
 Fats **18 g**



SALMON WITH VEGETABLE SALAD AND QUINOA



SMOKED TOFU WITH GRILLED VEGETABLES AND WHOLE-WHEAT BREAD

Nutritional values per portion:

444 kcal / 1,856 kJ
 Proteins **23 g**
 Carbohydrates **62 g**
 Fats **11 g**



BREAKFAST



MORNING SNACK



AFTERNOON SNACK

A professional stimulant in a ready-to-use liquid form. It contains some of the most effective substances to promote incredible muscle pumping.



BEFORE



TRAINING



AFTER



SLEEP



4 Shredding workout

This type of training is focused on an excellent blood supply to the muscles in women as well. Load weight reduction, minimum pauses and a high number of repetitions, especially for the lower body, are typical of this training mode. In this mode, carbohydrate manipulation is often used as part of the diet using the so-called "carbohydrate waves". The system of eating with the so-called "carbohydrate waves" is based on the principle of changing the daily portion of carbohydrates in the diet. Day after day, the amount of consumed carbohydrates increases gradually according to the required energy intake, and when it reaches the maximum, it returns again to the lowest values of the first day of this cycle (the cycle length is usually 3-6 days), while retaining a high proportion of protein as well as a certain proportion of the right fats. Supplements with omega fatty acids, products for warming up the body, stimulants and burners are very suitable.

POPULAR PRODUCT

"A really strong helper for every diet."

One of the most efficient fat burners in the market that contains a mixture of 14 natural active ingredients. They work together to maximise the effectiveness of FEVER PLUS.

- SVETOL® - green coffee extract
- Caffeine and withania (ashwagandha, Indian ginseng)
- Garcitrin® - hydroxycitric acid and garcinol
- BioPerine® - piperine, extract from guarana
- Extract from mate and ginkgo biloba



A highly effective liquid shot that carries a strong dose of 3 g of L-carnitine, taurine, chromium, caffeine and green tea extract.

Essential branched-chain amino acids in the form of well-soluble capsules COMPRESSED CAPS with 1,100 mg of the active ingredient per capsule.



BEFORE

TRAINING

AFTER

An ideal source of macronutrients and micronutrients for your body in this training, where the quality of ingredients needs to be taken into account.



Nutritional values per portion:
300 kcal / 1,256 kJ
 Proteins **34 g**
 Carbohydrates **28 g**
 Fats **5 g**



ROASTED COD WITH POTATOES AND TOMATO SALAD



ROASTED TURKEY BREAST WITH VEGETABLES AND COUSCOUS

Nutritional values per portion:
357 kcal / 1,494 kJ
 Proteins **38 g**
 Carbohydrates **36 g**
 Fats **6 g**

A refreshing ready-to-drink sugar-free beverage containing 1,000 mg of L-carnitine. It effectively helps to maintain the important hydration during a workout.



BREAKFAST

LUNCH

TRAINING

AFTER

BEFORE DINNER

SLEEP

5 Dynamic strength workout

The training system is primarily focused on strength, dynamics, acceleration and endurance. The training consists in a varied range of functional exercises performed at a high intensity to thoroughly test and develop one's physical capabilities. It works great mainly thanks to the absence of any routine. For a perfect performance, the body needs a well-tuned hormonal system and glycogen-filled muscles, which requires plenty of energy, high-quality essential nutrients, vitamins and minerals. Nutrient distribution is basically as follows: carbohydrates amount to 55–65 percent of the total daily energy intake, 20–30 percent of energy is fat, and 10–15 percent is protein. Do not avoid fat. It is important for your body and your body draws energy from fat during exercise.

POPULAR PRODUCT

"N1 helps me overcome limits in every training!"

This pre-workout contains the most effective substances to the maximum extent possible according to European legislation, which guarantees the maximum effect of musculature pumping and shifting the physical exercise limit.

- 3,500 mg of beta-alanine
- 3,500 mg of L-arginine-alpha-ketoglutarate
- 3,235 mg of creatine mixture
- 2,250 mg of L-citrulline malate
- 500 mg of L-tyrosine
- 200 mg of caffeine
- 20 mg of DMAE

JOZEF "JOJO" PORUBSKÝ

CrossFit Athlete

1st place Dalmatian Throwdown Split 2017

1st place Dalmatian Throwdown Split 2016

1st place Czech Beast Challenge Prague 2016

A high content of vitamin C with sustained release in each tablet, the effectiveness of which is supported by rosehip powder.



BEFORE

BREAKFAST

AFTER

An ideal source of macronutrients and micronutrients for your body during cross training to maximise the replenishment of energy and regeneration of muscles.



Nutritional values per portion:
489 kcal / 2,047 kJ
 Proteins **40 g**
 Carbohydrates **59 g**
 Fats **10 g**



GRILLED PORK TENDERLOIN WITH BUCKWHEAT



CURD CHEESE SPREAD WITH TUNA PIECES

Nutritional values per portion:
279 kcal / 1,169 kJ
 Proteins **24 g**
 Carbohydrates **36 g**
 Fats **3 g**

A balanced combination of vitamins and selected minerals with an efficient spectrum of plant extracts and the coenzyme Q10 in a unique capsule COMPRESSED CAPS.



AFTER



SNACK

Let yourself be surprised by the great taste of the protein bar with 20% protein content, which is composed exclusively of natural ingredients of RAW quality.



LUNCH



BEFORE



TRAINING



AFTER



SLEEP



6 Strength workout

Power training is mainly used to develop the strength of the athlete. High load weights, a low repetition rate and a longer rest between sets and between individual workouts are used during this training. A training plan of this focus is recommended to advanced athletes who have learned the right technique of exercises and built a basic muscular "corset", especially for reasons of safety of the exercising person. As there is a considerable stress placed on the muscles and joints, regeneration generally takes longer and the body needs a comprehensive spectrum of all nutrients. Besides a varied and quality diet rich in all nutrients, supplementation with creatine and joint nutrition is recommended.

POPULAR PRODUCT

"The fastest absorption of protein after my demanding training"

It contains Hydrovon™, a premium and branded hydrolysed whey protein isolate which, due to its gentle hydrolysis, does not lose its biological value and is characterised by its excellent amino acid range.

- 31 g of protein per dose
- 7,000 mg of BCAA per dose
- HWPI
- Tolerase L (digestive enzyme)
- Chromium
- Vitamin B3
- Gluten-free, low-fat

JAKUB PRCHAL

Classic bodybuilding

1st place World Championship, Juniors Classic Bodybuilding 2017

3rd place Grand Prix Pepa, Juniors Classic Bodybuilding 2017

2nd place World Championship, Juniors Classic Bodybuilding 2016

An ideal snack with the content of 25 % of high-quality protein and excellent flavour, enriched with BCAA, L-glutamine and vitamins; newly gluten-free.

Tribulus terrestris fruit extract, which helps maintain muscle tone and energy level.



BEFORE

BREAKFAST

SNACK

An ideal source of macronutrients and micronutrients for your body in power training for a maximum power performance.



A special dose of creatine monohydrate enclosed in special cellulose capsules to ensure the maximum use of creatine in the body.

Nutritional values per portion:
464 kcal / 1,943 kJ
 Proteins **47 g**
 Carbohydrates **28 g**
 Fats **18 g**



BEEF STEAK WITH ASPARAGUS AND HOLLANDAISE SAUCE



ROASTED RABBIT LEG WITH POTATO PURÉE

Nutritional values per portion:
469 kcal / 1,964 kJ
 Proteins **33 g**
 Carbohydrates **34 g**
 Fats **22 g**



LUNCH



AFTERNOON SNACK



BEFORE



TRAINING



AFTER



SLEEP

7

Workout *plan*

DAVOR BRDJANOVIĆ

Classic bodybuilding

1st place IFBB Dutch Grand Prix, Classic Bodybuilding – 2013

1st place IFBB Open Rotterdamsche 90 kg – 2012

Overall winner IFBB Open Rotterdamsche – 2012

Favourite training (chest)

- 1** Warm up – stretching arms sideways on counter-pulleys, 3 sets, 15 repetitions, 70 % of maximum weight
- 2** Benchpress on a straight bench, number of repetitions 8-6-6-12
- 3** Chest pressure exercise on a sloping bench, number of repetitions 10-10-10
- 4** Stretching arms sideways on counter-pulleys when lying down 10-10-10
- 5** Press-ups on parallel bars (focused on chest), 3 sets until failure
- 6** Stretching arms sideways on counter-pulleys, 12-12-12, maximum weight

Weekly training plan

- MON** Back training with a focus on depth + biceps
- TUE** Chest, shoulder and triceps training
- WED** Leg training
- THU** Back training with a focus on width + trapezius
- FRI** Complete arm training
- SAT** Rest
- SUN** Rest



BEFORE

TRAINING

AFTER

DAVOR & MOCTAR

Favourite training (pulling exercises)

- 1 "Dead cage" pull, number of repetitions 6-6-6-6
- 2 Pull-ups, number of repetitions 3x maximum
- 3 T axis pulls, 1x pyramid scheme
- 4 "Rowing" while sitting, number of repetitions 12-12-12
- 5 Stretching arms backwards on counter-pulleys, number of repetitions 15-15
- 6 Biceps-focused pulls while sitting, number of repetitions 3x maximum
- 7 Abdominal pull-ups with load, number of repetitions 2x 15-20

Weekly training plan

- MON** Pressure exercises on the upper body
TUE Pulling exercises on the upper body
WED Leg training
THU Pressure exercises on the upper body
FRI Pulling exercises on the upper body
SAT Leg training
SUN Rest

MOCTAR BAGAH
Classic bodybuilding

1st place Muscle model PCA bodypower – 2017
1st place Muscle model PCA Irish open – 2017



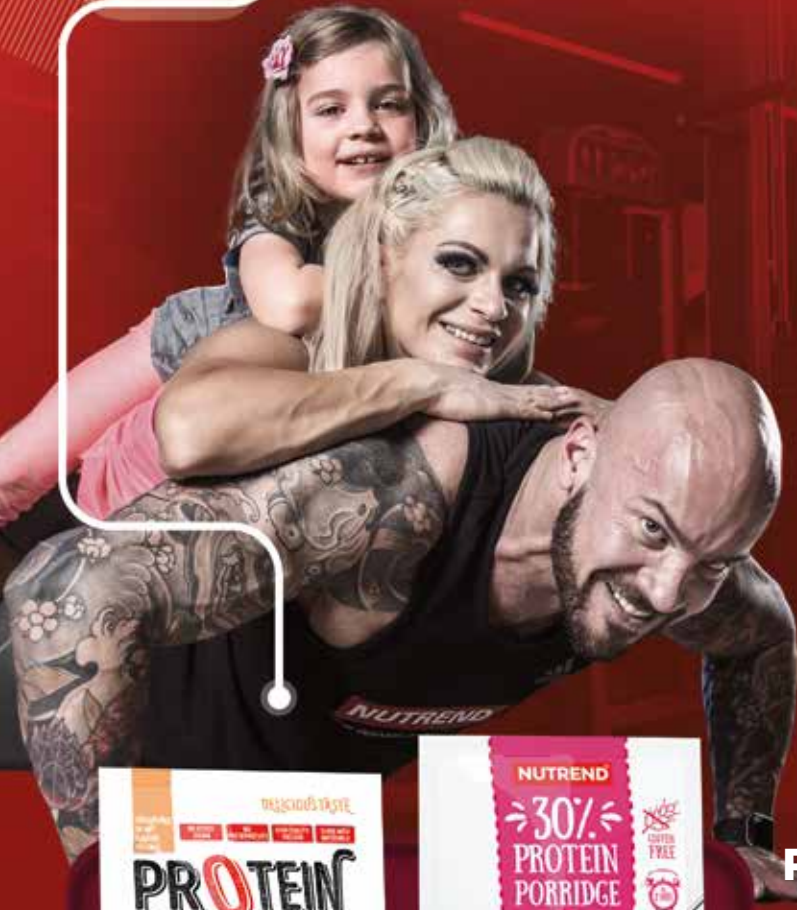
BEFORE

TRAINING

AFTER

9

Fitness family



Evelien and Kevin Nellen have been members of our NUTREND team for several years and sports and a healthy lifestyle are simply a part of them; they are raising their little daughter Anna-Sophie in that same lifestyle.

"We firmly believe that sports and a healthy lifestyle will bring you much more joy in your life. If only because you can play with your children, who are full of energy and open to all possible sports activities. It is not about who looks the best or has the biggest muscles, even if a trained body does look good. The main thing is to collect as many beautiful memories as possible. And what is better than being fit and having a flexible body that gives you the chance to get anywhere and do anything?"

As coaches, we always do just what we teach others and this goes for our entire family. In the morning, we usually go for a walk with our dog and we take our six-year-old daughter with us, so that she has as much exercise and fun as possible during the day. After we take our daughter to school, we focus on our clients and our joint training. Then we go home and together we have a healthy dinner because we want to teach our daughter what the right nutrition is like. After school, Anna-Sophie has her horse-riding or swimming lessons. When she is free, in the afternoon we go for a walk with our dog again or play outside and enjoy the fresh air together.

Sometimes, when we have the time and mood for it, we all go together to exercise the whole body. The workout consists of several basic exercises, such as press-ups, long jumps and V-ups. All of these exercises are combined with running. At the end, we run carrying our daughter on one of our backs so that we can all fully enjoy ourselves."



POPULAR PRODUCT

"Balanced snack for all family with quality content of all important nutrients enriched with vitamins D and K."

"Fast preparation and high-quality portion of protein with a great taste for our entire family."

Tip for joint training

Running 400m
Press-ups
Running 400m
Long jumps
Running 400m
V-ups
Final run home



PROTEIN PANCAKE

Finally! To prepare a tasty, high-protein breakfast, you will not have to spend a lot of time in the kitchen anymore. Just lightly mix Protein Pancake with water and cook it in a frying pan or waffle for a little while. Within a few minutes, you will have prepared a breakfast or snack full of high-quality whey protein.

- **Gluten-free**
- **They contain 44 % of protein / 4.7 g BCAA per portion**
- **No added sugar / no preservatives**
- **An alternative to a healthy diet not just for moments of well-being**
- **Simple and quick preparation**
- **Just mix with water / no need to flavour**
- **High MPI and WPC protein content**



Our tip for great Protein Pancake

- **22 g of high-quality protein**
- **Gluten-free**
- **Source of fibre**
- **No added sugar**

Ingredients for 2 servings

• 50 g of the Protein Pancake mixture • 100 ml of water • 125 g of curd cheese (to increase protein content) • 1 tablespoon of honey • dark chocolate to taste • blueberries to taste • raspberries to taste

Instructions

In a bowl, mix 50 g (1 scoop = 20 g) of Protein Pancake with 100 ml of water and mix until smooth. Fry the pancakes on both sides on a hot frying pan. Prepare the curd cheese filling by mixing soft curd cheese and honey, and spread the mixture on the individual pancakes. We can decorate with blueberries, raspberries and dark chocolate. Serve warm.

- **22 g of high-quality protein**
- **Gluten-free**
- **Source of fibre**
- **No added sugar**

Ingredients for 1 serving

50 g of the Protein Pancake mixture • 100 ml of water • fresh fruit and dark chocolate to taste • curd cheese to taste

Instructions

In a bowl, mix 50 g (1 scoop = 20 g) of Protein Pancake with 100 ml of water and mix until smooth. Fry the pancakes on both sides on a hot frying pan. Before serving, decorate with fresh fruit or add curd cheese or dark chocolate. Serve warm.



DISTRIBUTION

Afghanistan	Ireland	Portugal
Algeria	Iceland	Austria
Azerbaijan	Italy	Romania
Bahrain	Israel	Russia
Belgium	Jordan	Greece
Belarus	Qatar	Slovakia
Bosnia and Herzegovina	Kazakhstan	Slovenia
Bulgaria	Cyprus	United Arab Emirates
Montenegro	Lithuania	Serbia
China	Latvia	Syria
Czech Republic	Hungary	Spain
Estonia	Malta	Sweden
Finland	Moldova	Switzerland
France	Germany	Turkey
Georgia	Netherlands	Ukraine
Chile	Oman	Uzbekistan
Croatia	Pakistan	Great Britain
Iraq	Peru	
Iran	Poland	



FAIRS AND EVENTS

Wroclaw	Go Active
Shanghai	IWF 2017
Paris	Salon Mondial Bodyfitness
Cologne	FIBO
Birmingham	BODY POWER UK
Rimini	RiminiWellness
Beijing	ChinaFit
Shanghai	FIBO China
Warsaw	FIWE
Barcelona	Arnold Classic Europe
Prague	EVLS Prague Showdown
Dubai	Dubai Muscle Show
Moscow	SN Pro Show





NUTREND WORLD

IT'S ALL ABOUT EVOLUTION. NUTRITION REVOLUTION!

- » HIGH IN PROTEIN
- » HIGH IN FIBRE
- » LOW SUGAR
- » GLUTEN FREE
- » COLOSTRUM
- » ZINC



DAVOR BRDJANOVIČ
CLASSIC BODYBUILDING



CREAMY PEANUT BUTTER
FLAVOUR



COCONUT & CHOCOLATE
FLAVOUR



CRUNCHY SALTED CARAMEL
FLAVOUR



CHOCOLATE & COOL MINT
FLAVOUR



ROYAL TIRAMISU
FLAVOUR

