



SPORTS SUPPLEMENTS

TO HELP YOU ACHIEVE YOUR FITNESS GOALS



ARE YOU READY FOR
PRECIOUS NUTRITION



MUSCLE GOLD IS THE LATEST DEVELOPMENT IN SPORTS SUPPLEMENTS

By using the finest ingredients, **MUSCLE GOLD** offer customers the highest quality whey protein products, creatine and pre & post workout supplements enabling you to achieve your fitness goals.

MUSCLE GOLD has been developed from our passion, to be the best in all areas of life but ultimately to provide sports supplements that amplify your performance, strength and overall health & fitness.

Our vision is to be a focused organisation that will ensure that you, our customers receive the highest quality products at the strongest possible price point.

MUSCLE GOLD brings a wealth and knowledge in the sports supplement world, from personal experience all the way through to product design. We strive to bring new and innovate products into the market to help you achieve your fitness goals, whether that is building strong lean muscle or shedding down for a show, we have it all.

QUALITY INGREDIENTS

We only use the best, quality ingredients in all our sports supplements to help you achieve the best results

PODIUM PERFORMANCE

Using **MUSCLE GOLD** sports supplements together with your training programme will give you that podium performance result

MADE IN THE UK

Manufactured in the United Kingdom, **MUSCLE GOLD** brings you premium high quality sports supplements

ARE YOU READY FOR PRECIOUS NUTRITION?

THE BENEFITS OF PROTEIN

Proteins are indispensable for growth and maintenance of every kind of cell in our body. Body development, replenishment of lost blood, healing of wounds and scars, replacement of dead cells, and hair and nail growth need proteins. Proteins in the form of enzymes, hormones and antibodies promote healthy metabolic and physiological processes, and boost our nervous and immunity systems. In situations when fat and carbohydrate food sources are not providing adequate calories, proteins are degraded to generate the calories our body needs.

THE BENEFITS OF CREATINE

When high-intensity sports demand more energy, this natural food supplement can help to provide it. Creatine Monohydrate is an essential factor in the manufacture of Adenosine Triphosphate (ATP). ATP powers muscle contractions and increases energy output. Our bodies make a certain amount of creatine but levels are relatively low. Many athletes and body builders supplement creatine to enhance performance, increase energy, power and strength. It will also provide greater gains in lean muscle mass encouraging “cell volumisation” which essentially means that water enters the muscle, giving it a “fuller” look. This effect also helps more nutrients to enter the muscle for improved growth and repair.

NEED TO KNOW MORE

The **MUSCLE GOLD** team are happy to help with advice about which products to use, ordering and delivery enquiries.

Visit www.muscle-gold.co.uk and contact us using the online form, or email sales@muscle-gold.co.uk



CLEAN & PURE WHEY PROTEIN

HIGH QUALITY PROTEIN FOR SUPREME MUSCLE DEVELOPMENT
AND RECOVERY WITH RAPID ABSORPTION TECHNOLOGY

- DERIVED FROM WHOLE PROTEIN
- PURE WHEY FORMULA
- GREAT MILKSHAKE TASTE

RECOMMENDED USE

- For 23g of protein mix 1 scoop, for 46g mix 2 scoops of Clean & Pure Whey Protein powder to 150-200ml of cold water or skimmed milk.
- Stir with a fork, mix in a blender or shaker for 30 seconds.
- Take 1 or 2 serving a day, one after training.

INGREDIENTS

Protein Blend [Whey Protein Concentrate; Contains Emulsifier: **Soya Lecithin (Milk)**, Whey Protein Isolate (**Milk**)], Reduced Fat Cocoa Powder, Thickener (Xanthan Gum), Flavouring, Salt, Sweeteners (Sucralose).

ALLEGENS

See 'Ingredients' in **bold**

This product is manufactured in a plant that processes ingredients containing the following: dairy, corn, soya, oats, wheat, egg, celery, sulphites, fish, crustacean and nut products.

Cannot guarantee Nut Free

Suitable for Vegetarians & Coeliacs

Not Suitable For Vegans

Keep this product in a cool, dry place

KEEP OUT OF REACH OF CHILDREN



TYPICAL NUTRITIONAL INFORMATION

TYPICAL VALUES	Per 100g	32g Serving	%RI*
Energy (kj/kcal)	1701/403	544/129	6%
Fat (g)	9.7	3.1	4%
of which saturates (g)	5.8	1.9	9%
Carbohydrates (g)	5.9	1.9	0.7%
of which sugars (g)	4.6	1.5	2%
Fibre (g)	2.3	0.7	
Protein (g)	71.8	23.0	46%
Salt (g)	1.1	0.4	6%

* Reference intake of an average adult (8400kj/2000kcal)

ELITE WHEY PROTEIN

HIGH QUALITY PROTEIN FOR SUPREME MUSCLE DEVELOPMENT
AND RECOVERY WITH RAPID ABSORPTION TECHNOLOGY

- MUSCLE-BUILDING FORMULA
- ENHANCED WITH BCAAS
- GREAT MILKSHAKE TASTE

RECOMMENDED USE

- Mix 1-2 scoops of Elite Whey Protein powder to 150-200ml of cold water or skimmed milk.
- Stir with a fork, mix in a blender or shaker for 30 seconds.
- Take 2-3 serving a day, before and after training and between meals.

INGREDIENTS

Whey Elite Performance Blend [Whey Protein Concentrate; Contains Emulsifier: **Soya** Lecithin (**Milk**), Whey Protein Isolate (**Milk**), **Milk** Protein Concentrate, Micellar Casein; Contains Emulsifier: **Soya** Lecithin (**Milk**), Whey Protein Hydrolysate; Contains Emulsifier: **Soya** Lecithin (**Milk**)], Maltodextrin, Sunflower Oil Powder [High High Oleic Sunflower Oil, Glucose Syrup, Modified Starch, Free Flow Agent (Silicon Dioxide)], Reduced Fat Cocoa Powder, Recovery Blend [Taurine, L-Glycine, Creatine Monohydrate, L-Leucine, L-Isoleucine, L-Valine], Gum Blend [Cellulose Gum, Guar Gum, Xanthan Gum], Flavouring, Salt, Sweeteners (Sucralose, Acesulfame Potassium), Digezyme Enzyme Complex [Amylase, Protease, Cellulase, Lactase, Lipase].

ALLEGENS

See 'Ingredients' in **bold**

Keep this product in a cool, dry place

KEEP OUT OF REACH OF CHILDREN



TYPICAL NUTRITIONAL INFORMATION

TYPICAL VALUES	Per 100g	32g Serving	%RI*
Energy (kj/kcal)	1717/407	549/130	7%
Fat (g)	10.3	3.3	5%
of which saturates (g)	3.9	1.2	6%
Carbohydrates (g)	14.8	4.7	1.8%
of which sugars (g)	4.2	1.3	1%
Fibre (g)	3.0	1.0	
Protein (g)	62.4	20.0	40%
Salt (g)	0.6	0.2	3%

* Reference intake of an average adult (8400kj/2000kcal)

BEEF PROTEIN

HIGH QUALITY PROTEIN FOR SUPREME MUSCLE DEVELOPMENT AND RECOVERY WITH RAPID ABSORPTION TECHNOLOGY

- 95% PURITY FROM BEEF
- ENHANCED WITH BCAAS & CREATINE
- GREAT MILKSHAKE TASTE

RECOMMENDED USE

- Mix 1 scoop of Beef Protein powder to 150-200ml of cold water or skimmed milk.
- Stir with a fork, mix in a blender or shaker for 30 seconds.
- Take 1 or 2 serving a day, one after training.

INGREDIENTS

Beef Protein Hydrolysate, Maltodextrin, Reduced Fat Cocoa Powder, Creatine Monohydrate, Flavouring, Instantised Branch Chain Amino Acids [Leucine, Isoleucine, Valine; Contains Emulsifier Soy Lecithin], Glutamine Alphaketoglutarate, Ornithine Alphaketoglutarate, Medium Chain Triglyceride Powder [Medium Chain Tryglicerides, Glucose Syrup, **Milk** Protein, Dipotassium Phosphate, Tricalcium Phosphate], Thickener (Carboxymethyl Cellulose), Freeflow Agent (Silicon Dioxide), Sweetener (Sucralose).

ALLEGENS

See 'Ingredients' in **bold**

This product is manufactured in a plant that processes ingredients containing the following:

dairy, corn, soya, oats, wheat, egg, celery, sulphites, fish, crustacean and nut products.

Cannot guarantee Nut Free

Suitable for Vegetarians & Coeliacs

Not Suitable For Vegans

Keep this product in a cool, dry place

KEEP OUT OF REACH OF CHILDREN



TYPICAL NUTRITIONAL INFORMATION

TYPICAL VALUES	Per 100g	37g Serving
Energy (kj/kcal)	1574/372	582/138
Fat (g)	3.6	1.3
of which saturates (g)	2.1	0.8
Carbohydrates (g)	12.4	4.6
of which sugars (g)	0.5	0.2
Fibre (g)	7.2	2.7
Protein (g)	68.9	25.5
Salt (g)	0.3	0.1

GAINER XTREME

GAINER XTREME IS A POWERHOUSE HARD GAINER WITH COMPLEX AND SIMPLE CARBOHYDRATES FOR EXTENDED ENERGY LEVELS

- HARD GAINER POWERHOUSE FORMULA
- RICH IN BCAAS
- TRAIN HARD & RECOVER FASTER

RECOMMENDED USE

- Mix 4 scoops of Gainer Xtreme Protein powder to 700-850ml of cold water or skimmed milk.
- Stir with a fork, mix in a blender or shaker for 30 seconds.
- Take 2-3 serving a day, before and after training and between meals.

INGREDIENTS

Maltodextrin, Advanced Protein Blend [Whey Protein Concentrate; Contains Emulsifier: **Soya** Lecithin (**Milk**), Micellar Casein; Contains Emulsifier: **Soya** Lecithin (**Milk**)], Reduced Fat Cocoa Powder, Medium Chain Triglyceride Powder [Medium Chain Triglycerides, Glucose Syrup, Milk Protein, Dipotassium Phosphate, Tricalcium Phosphate], Flavouring, Taurine, Tricalcium Phosphate, L-Leucine, L-Isoleucine, L-Valine, Thickener (Xanthan Gum), Sweetener (Sucralose).

ALLEGENS

See 'Ingredients' in **bold**

This product is manufactured in a plant that processes ingredients containing the following: dairy, corn, soya, oats, wheat, egg, celery, sulphites, fish, crustacean and nut products.

Cannot guarantee Nut Free

Suitable for Vegetarians & Coeliacs

Not Suitable For Vegans

Keep this product in a cool, dry place

KEEP OUT OF REACH OF CHILDREN



TYPICAL NUTRITIONAL INFORMATION

TYPICAL VALUES	Per 100g	334g Serving
Energy (kj/kcal)	1623/383	5397/1290
Fat (g)	2.3	11
of which saturates (g)	1.7	7
Carbohydrates (g)	72.7	247
of which sugars (g)	7.0	53
Fibre (g)	2.4	8.1
Protein (g)	16.6	51
Salt (g)	0.1	0.4

CREATINE 100

MUSCLE GOLD'S CREATINE 100 IS PURE, UNCUT MICRONIZED CREATINE MONOHYDRATE.

- PURE MICRONIZED CREATINE MONOHYDRATE
- BUILD MUSCLE & INCREASE STRENGTH

RECOMMENDED USE

- Mix 1 scoop of Creatine 100 powder with 100ml of water or juice.
- For the loading phase, take 4 times per day for 5 days, for maintenance period take twice daily between meals.

SERVINGS

60 Servings

5g Per Serving

INGREDIENTS

Creatine Monohydrate

ALLEGENS

This product is manufactured in a plant that processes ingredients containing the following: dairy, corn, soya, oats, wheat, egg, celery, sulphites, fish, crustacean and nut products.

Keep this product in a cool, dry place

KEEP OUT OF REACH OF CHILDREN



	Amount Per Serving
Creatine Monohydrate	5g

L-GLUTAMINE

MUSCLE GOLD'S PURE GLUTAMINE IS A PURE, UNCUT GLUTAMINE POWDER.

- MINIMISE MUSCLE BREAKDOWN
- BUILD MUSCLE & RECOVER FASTER

RECOMMENDED USE

- Mix 5g serving of L-Glutamine powder with 100ml of water and take serving a day.

INGREDIENTS

L-Glutamine

ALLEGENS

This product is manufactured in a plant that processes ingredients containing the following: dairy, corn, soya, oats, wheat, egg, celery, sulphites, fish, crustacean and nut products.

Keep this product in a cool, dry place

KEEP OUT OF REACH OF CHILDREN



	Amount Per Serving
L-Glutamine	5g

AMINO 6000

- INCREASE STRENGTH & MUSCLE SIZE
- PERFORMANCE-FOCUSED WHEY PROTEIN AMINOS

RECOMMENDED USE

- Take 4 tablets 6 times everyday for 5 days
- Then take 4 tablets 1-2 times everyday

SERVINGS

60 Servings

240 Tablets

INGREDIENTS

Hydrolysed Collagen, Sodium Croscarmellose, Microcrystalline Cellulose, L-Ornithine, Magnesium Stearate, Silicon Dioxide

ALLEGENS

This product is manufactured in a plant that processes ingredients containing the following: dairy, corn, soya, oats, wheat, egg, celery, sulphites, fish, crustacean and nut products.

Keep this product in a cool, dry place

KEEP OUT OF REACH OF CHILDREN



TYPICAL NUTRITIONAL INFORMATION

TYPICAL VALUES	Per 100g	Per 4 tablets
Energy (kj/kcal)	1517/357	196.6/46.3
Fat (g)	0.1	0.012
of which saturates (g)	0.0	0.0
Carbohydrates (g)	0.0	0.0
of which sugars (g)	0.0	0.0
Fibre (g)	5.0	0.7
Protein (g)	89.1	11.6
Sodium (g)	0.0	0.0

BCAA

- ANTI-CATABOLIC
- AIDS PROTEIN SYNTHESIS

RECOMMENDED USE

- Take 6 tablets (one serving) with water or your chosen beverage before training, after training or between meals

SERVINGS

40 Servings

240 Tablets

INGREDIENTS

Branched Chain Amino Acids (BCAA), Dicalcium Phosphate, Microcrystalline Cellulose, Magnesium Stearate, Silicon Dioxide, Pyridoxine Hydrochloride

ALLEGENS

This product is manufactured in a plant that processes ingredients containing the following: dairy, corn, soya, oats, wheat, egg, celery, sulphites, fish, crustacean and nut products.

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NUTRITIONAL INFORMATION

TYPICAL VALUES	Quantity	%NRV
Vitamin B6	18mg	1286%
L-Leucine	3000mg	
L-Isoleucine	1500mg	
L-Valine	1500mg	

CAFFEINEX

HELPS INCREASE ENERGY, ALERTNESS AND FOCUS

- 100%
- 100MG CAFFEINE

RECOMMENDED USE

- Caffeine Anhydrous, Calcium Carbonate, Microcrystalline Cellulose, Silicon Dioxide, Magnesium Stearate.

SERVINGS

200 Servings

1 Tablet Per Serving

INGREDIENTS

Take 1 tablet a day, before a meal or workout

Keep this product in a cool, dry place

KEEP OUT OF REACH OF CHILDREN



	Amount Per Serving
Caffeine	100mg

PUMP

MUSCLE GOLD PUMP DELIVERS THE MOST ADVANCED, CUTTING EDGE NO BOOSTER AND MIND-BLOWING INGREDIENTS

- NITROSIGINE, L-CITRULLINE AND CARNOSYN BETA ALANINE
- EXPLOSIVE PUMP EFFECT

RECOMMENDED USE

- Mix 1 scoop of Pump powder with water or juice.
- Stir with a fork, mix in a blender or shaker for 30 seconds.

30 Servings

7g Per Serving

INGREDIENTS

Citric Acid, Modified Food Starch, Natural and Artificial Flavours, Calcium Silicate, Silica, Malic Acid, Sucralose, Acesulfame Potassium, FD&C Red # 40.

ALLEGENS

This product is manufactured in a plant that processes ingredients containing the following: dairy, corn, soya, oats, wheat, egg, celery, sulphites, fish, crustacean and nut products.

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	Amount Per Serving
Vitamin C (as Ascorbic Acid)	150mg
Niacin	9mg
Vitamin B12 (as Cyanocobalamin)	300mcg
Energy Pump Blend	
Beta Alanine - CamoSyn®	1600mg
Nitrosiginine®	1000mg
L-Citrulline	1000mg
Caffeine Anhydrous	250mg
Dicaffeine Malate	50mg
Bioperfine®	5mg
Focus Blend	
Nelumbo Extract	100mg
Rhodiola Rosea	100mg
L-Theanine	50mg

L-CARNITINE

L-CARNITINE IS AN AMINO ACID THAT HELPS SUPPORT WEIGHT LOSS BY UTILIZING FAT FOR ENERGY.

- WEIGHT LOSS SUPPORT
- CONVENIENCE & PERFORMANCE
- COMBINE WITH A FAT BURNER FOR OPTIMAL RESULTS

RECOMMENDED USE

- Mix 5g serving of L-Glutamine powder with water and take one per day.

32 Servings

1500mg Per Serving

INGREDIENTS

Purified Water, L-Carnitine, Phosphoric Acid, Malic Acid, Natural & Artificial Flavour, Citric Acid, Sucralose, Acesulfame-K, Potassium Sorbate, Sodium Benzoate.

ALLEGENS

This product is manufactured in a plant that processes ingredients containing the following: dairy, corn, soya, oats, wheat, egg, celery, sulphites, fish, crustacean and nut products.

Keep this product in a cool, dry place

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	Amount Per Serving
L-Carnitine	1500mg

CLA

INTRODUCE CLA TO YOUR HEALTHY DIET & EXERCISE PROGRAM FOR REDUCED BODY FAT AND INCREASED LEAN MUSCLE MASS.

- FREE-RADICAL FIGHTER
- JITTERY-FREE
- HIGH PERFORMANCE

RECOMMENDED USE

- Mix 1 softgel with water or juice

90 Servings

1000mg Per Serving

INGREDIENTS

Gelatin, Glycerin, Purified Water

ALLEGENS

This product is manufactured in a plant that processes ingredients containing the following: dairy, corn, soya, oats, wheat, egg, celery, sulphites, fish, crustacean and nut products.

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	Amount Per Serving
CLABlend	1000mg

ARGININE

MUSCLE GOLD ARGININE USES THE HCL FORM OF ARGININE TO ACHIEVE MAXIMUM STABILITY, SOLUBILITY AND ABSORPTION

- PHARMACEUTICAL GRADE
- POWERFUL AMINO MONOPEPTIDE

RECOMMENDED USE

- Mix 5g serving of Muscle Gold Arginine powder with water and take one-three times per day. For training sessions and athletic events, take Muscle Gold Arginine approximately 30 minutes prior to training.
- At times when you are not training, mix 5g serving of Muscle Gold Arginine upon waking and/or prior to sleeping.

80 Servings

100% Pure

INGREDIENTS

L-Arginine HCl

ALLEGENS

This product is manufactured in a plant that processes ingredients containing the following: dairy, corn, soya, oats, wheat, egg, celery, sulphites, fish, crustacean and nut products.

Keep this product in a cool, dry place

KEEP OUT OF REACH OF CHILDREN



Amount Per
Serving

L-Arginine HCl

5g

FAT BURNER

BE READY TO EXCEED YOUR WEIGHT LOSS GOALS WITH THIS BALANCED, HERBAL BLEND

- SOURCE OF ANTIOXIDANTS AND POLYPHENOLS

RECOMMENDED USE

- Take 1 tablet a day, before a meal or workout

INGREDIENTS

Kola Nut Extract, Coffee Arabica (coffee), cinnamon, L-Carnitine, Grapefruit Extract, Cayenne Pepper, Chromium Picolinate, White Mustard Seed, Green Tea Powder.

Keep this product in a cool, dry place

KEEP OUT OF REACH OF CHILDREN



	Amount Per Serving
Fat Burner Advanced	237.5mg



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