

**MEX**  
**muscle excellence**



---

## Muscle Excellence (MEX)

was established in 2010 with one goal in mind: to make high-quality sports products, including dietary supplements, health foods, gym and street wear, as well as training accessories. Our desire is to offer reliable products that are trendy and available at competitive prices. This philosophy is what allows us to excel as one of the leading brands.

Since 2010, we have opened several local offices in different locations (e.g. USA, Germany, Poland, and Spain). We distribute our products to about 50 countries world-wide. We have co-operated with many sports champions, including such stars as Flex Wheeler, the bodybuilding legend, who held the position of Vice President of MEX for over three years.

Our products are designed for active people, including pro athletes (PRO LINE), who demand more than just standard nutrition, enthusiasts of different sports (SPORT LINE), who need to develop a variety of motor skills, regular gym goers and fans of outdoor activities (FIT LINE), who wish to shape their bodies and keep their minds in balance, and everybody else interested in well-being and comfort (MEX 2GO). The universality of our nutrition products makes this division into various lines rather symbolic, as pro athletes often reach for fast snacks, just like ordinary people do. Besides, most of us exercise in order to achieve better health, often looking for a breakthrough in our nutrition programs. At different times, we have different targets, such as strength, energy, recovery, or endurance, or simply need help with burning fat. We may also reach for products that help our bodies to heal, remove excess water and unwanted toxins, strengthen the immune and cardiovascular systems, fight cramps, improve sex drive or have a better sleep. MEX offers the complete range.

Our gym accessories, developed exclusively for us by our own designers, are in great demand in many fitness clubs around the world and, in 2017, we entered the realm of sports fashion, promoting bold, extraordinary designs. Not surprisingly, MEX female leggings have become bestsellers in many countries.

## Outlook For The Future

Our team of professional designers and dietitians are working hard to expand our range of nutrition products, gym accessories and clothing. In 2015, we launched a major re-branding operation, introducing a new logo and superb graphic design of packaging. Encouraged by its success, in 2018, we re-designed the Pro Line, which now boasts a distinguishing, "million-dollar" look.

The MEX gym accessories and clothing lines will soon be complemented by training and sports shoes, fancy gym bags, fitness corsets, lunch bags, as well as heavy-duty clothing, such as a winter collection. Regardless of your personal goal, MEX products can help you effectively improve every aspect of your training.

---

**PRO**   
**LINE**



---

## MEX HYDRO WHEY PRO

## PRO LINE • PROTEIN POWDERS

**MEX HYDRO WHEY PRO** is produced from the milk of grass-fed cattle from GMO-free farms and is extracted and filtered in a low-temperature process without the impact of chemicals and harsh conditions. Both the concentrate and the isolate in HWP are produced by ultrafiltration and dried in two steps in temperatures under 160°F (71°C). This preserves important bioactive protein. MEX HYDRO WHEY PRO is instantized and agglomerated, which means you can mix it well without a shaker, using just a spoon and glass. Because it is free of harsh chemicals and its lactose content is minimized to insignificant levels, it is very easy to digest and stomach upset is not to be expected even in very sensitive individuals.

**INGREDIENTS:** Whey Protein Isolate, Ultra and Micro-Filtered Whey Protein Concentrate, Whey Peptides, Natural and Artificial Flavoring, Xanthan Gum, Soy Lecithin, Acesulfame Potassium, Sucralose.

**DIRECTIONS:** Add one scoop of MEX HYDRO WHEY PRO to 6-8 oz (about 220 ml) of water, skim milk, or your favorite non-acidic beverage. Shake in a shaker for 20 -30 sec.

**FLAVORS:** chocolate, strawberry, vanilla, raspberry

**SIZE:** 5 lbs (2270 g) – 76 servings

## HIGHLIGHTS

80 % PROTEIN CONTENT BY DRY WEIGHT

EXTREMELY LOW FAT AND SUGAR CONTENT

HIGH BIOLOGICAL VALUE AND DIGESTIBILITY

INSTANTIZED FOR QUICK AND EASY MIXING

PURE AND UNADULTERATED WHEY PROTEIN

WHEY EXCLUSIVELY FROM GRASS FED CATTLE

FANTASTIC TASTE DUE TO ULTRA-PURE WHEY

NATURALLY OCCURRING BCAA AND GLUTAMINE

---

# NUTRITION FACTS

Serving Size: 1 Scoop (29.7 g)

Servings Per Container: 76

Amount:	Per Serving (29.7 g)	Per 100 g	% DV *
Calories	113 kcal	380 kcal	6%
Calories from Fat	9 kcal	27 kcal	1%
Total Fat	1 g	3 g	2%
Saturated Fat	1 g	3 g	5%
Trans Fat	0 g	0 g	0%
Cholesterol	30 mg	101 mg	10%
Sodium	110 mg	352 mg	5%
Total Carbohydrate	2 g	6.5 g	1%
Dietary Fiber	<0.5 g	<0.5 g	0%
Sugars	1 g	3.5 g	**
Protein	24 g	81 g	48%

\* Percent Daily Values are based on a 2,000 calorie diet. \*\* Daily Value (DV) not established.



MEX HYDRO WHEY PRO

---

## MEX HYDRO BEEF PRO

## PRO LINE • PROTEIN POWDERS

**MEX HYDRO BEEF PRO** is a sensational protein supplement. It is one of the best products on the market, based on pure hydrolyzed beef protein isolate. This formula gives muscles the necessary building blocks for rapid growth, so you can feel the difference even after the first workout! MEX HYDRO BEEF PRO is 95% predigested and can be readily absorbed with little to no additional digestion. Its complete absorption time can be as low as 12-15 minutes whereas a typical whey protein isolate would require a minimum of 50 to 60 minutes for full digestion and absorption. MEX HYDRO BEEF PRO is the purest protein available. The main ingredient is a 97% pure beef protein isolate (BPI 97%) which, unlike gluten, milk and soy, contains no carbohydrates, no fat, no cholesterol and no allergens.

**INGREDIENTS:** Hydrolyzed Beef Protein Isolate (HBPI 97%), Calcium Caseinate, Natural and Artificial Flavoring, Di-Calcium Phosphate, Salt, Sucralose, Acesulfame K.

**DIRECTIONS:** For adults, mix one (1) scoop (35 g) of MEX HYDRO BEEF PRO in 6-8 oz (about 220 ml) of your favorite non-acidic beverage (water, milk, etc.). Blend in a blender, shake in a shaker or stir with a spoon in a glass until smooth (usually 20-30 s). For best results consume two or three scoops of MEX HYDRO BEEF PRO spread throughout the day in conjunction with your training regimen.

**FLAVORS:** chocolate, strawberry, vanilla

**SIZE:** 4 lbs (1816 g) – 52 servings

## HIGHLIGHTS

HYDROLYZED BEEF PROTEIN ISOLATE  
VERY RICH SOURCE OF AMINO ACIDS  
INTENSIVE GROWTH OF LEAN MUSCLES  
MAXIMAL VOLUME AND PUMP EFFECT  
MUSCULAR STRENGTH & ENDURANCE

---

## NUTRITION FACTS

Serving Size: 1 Scoop (35 g)

Servings Per Container: 52

Amount:	Per Serving (35 g)	Per 100 g	% DV *
Calories	519 kJ 124 kcal	1483 kJ 354 kcal	6%
Total Fat	0 g	0 g	0%
Saturated Fat	0 g	0 g	0%
Trans Fat	0 g	0 g	0%
Total Carbohydrate	<0.5g	<1 g	0%
Dietary Fiber	<0.5g	<1 g	0%
Sugars	0 g	0 g	**
Cholesterol	0 g	0 g	0%
Sodium	50 mg	142 mg	2%
Potassium	32 mg	91 mg	1%
Protein	30.8 g	88 g	52%
Vitamin A	0 mg	0 mg	0%
Vitamin C	0 mg	0 mg	0%
Calcium	27 mg	77 mg	3%
Iron	0.16 mg	0.55 mg	2%

\* Percent Daily Values are based on a 2,000 calorie diet. \*\* Daily Value (DV) not established.



**MEX HYDRO BEEF PRO**

---

## MEX ISOLATE PRO

## PRO LINE • PROTEIN POWDERS

**MEX ISOLATE PRO** is the perfect protein to complement your weight and endurance training program. The main ingredient of MEX ISOLATE PRO is 100% cross-flow microfiltered (CFM) in cold temperature, using the most advanced protein filtering equipment. At the same time, MEX ISOLATE PRO contains less lactose than regular whey and is completely fat free, making it even easier to digest and more convenient to use in between meals.

MEX ISOLATE PRO also features ultra-fast di- and tripeptides derived from Beef Protein Isolate (BPI). These peptides have a slightly different amino profile with high amounts of muscle protein synthesis (MPS) boosting l-alanine and l-glutamine, which are instantly absorbed with little or no digestion required. With the help of BCAA-rich whey protein they trigger a powerful anabolic stimulus and kick start MPS. What makes BPI even more exceptional is the fact that it is 100% free of lactose, fat, allergens and carbohydrates, which makes MEX Isolate Pro one of the purest proteins on the market.

**INGREDIENTS:** Cold-Filtered Whey Protein Isolate, Hydrolyzed Beef Protein Isolate, Natural And Artificial Flavoring, Salt, Guar Gum, Soy Lecithin, Sucralose, Acesulfame K.

**DIRECTIONS:** For adults, mix one (1) rounded scoop (29 g) of MEX ISOLATE PRO in 6-8 oz (about 220 ml) of your favorite beverage (water, milk, juice, etc.). Blend in a blender, shake in a shaker, or stir with a spoon in a glass until smooth (usually 20-30 s). For best results consume two or three scoops of MEX ISOLATE PRO spread throughout the day in conjunction with your training regimen.

**FLAVORS:** chocolate, strawberry, vanilla, raspberry

**SIZE:** 4 lbs (1816 g) – 62.5 servings, 2 lbs (910 g) – 31 servings

## HIGHLIGHTS

EFFECTIVE MUSCLE REPAIR AND RECOVERY SUPPORT

ULTRA-PREMIUM 100% WHEY PROTEIN ISOLATE

VERY HIGH PROTEIN CONTENT WITHOUT GLUTEN OR FAT

PEPTIDES FROM HYDROLYZED PROTEIN FRACTIONS

VERY EASY MIXING AND TROUBLE FREE DIGESTION

---

## NUTRITION FACTS

Serving Size: 1 Scoop (29 g)

Servings Per Container: 62.5/31

Amount:	Per Serving (29 g)	Per 100 g	% DV *
Calories	450 kJ 107 kcal	1550 kJ 370 kcal	5%
Total Fat	0 g	0 g	0%
Saturated Fat	0 g	0 g	0%
Trans Fat	0 g	0 g	0%
Cholesterol	0 mg	0 mg	0%
Sodium	70 mg	241 mg	3%
Potassium	145 mg	480 mg	5%
Total Carbohydrate	0.9 g	3.1 g	0%
Dietary Fiber	0.2 g	0.6 g	5%
Sugars	0 g	0 g	**
Protein	25.5 g	88 g	52%

\* Percent Daily Values are based on a 2,000 calorie diet. \*\* Daily Value (DV) not established.



**MEX ISOLATE PRO**

---

## MEX GAIN PRO

## PRO LINE • GAINERS

**MEX GAIN PRO** is a revolutionary gainer for building quality muscle mass. This combination of powerful active ingredients includes carbohydrates with low and high glycemic indexes that maintain stable insulin levels and provide sustained energy during the day. This formula contains a high dose of protein, a necessary element for the growth of muscle tissue. MEX GAIN PRO does not contain cheap sugars or fillers and is a perfect solution for increasing strength, endurance, volume and muscle pump. The addition of glutamine promotes efficient recovery of muscle tissue.

**INGREDIENTS:** GAIN PRO SUSTAINED RELEASE PROTEIN MATRIX (Whey Protein Concentrate [MILK], Hydrolyzed Beef Protein Isolate, Milk Protein Isolate [MILK], Glutamine Peptides [WHEAT], Egg Albumin), Corn Starch, Rice Amylose, Rice Amylopectin, Natural and Artificial Flavoring, Cellulose Gum, Lecithin [SOY] (as Emulsifier), Acesulfame K, Sucralose.

**DIRECTIONS:** For adults, mix three (3) level scoops (approximately 113 g) of MEX GAIN PRO in 11-14 oz (about 350 ml) of your favorite beverage (water, milk, juice, etc.). Blend in a blender, shake in a shaker or stir with a spoon in a glass until smooth (usually 20-30s).

**FLAVORS:** chocolate, strawberry, vanilla, cookies & cream

**SIZE:** 6 lbs (2720 g) – 24 servings

## HIGHLIGHTS

VERY HIGH-PROTEIN LEAN MASS GAINER

THICK CREAMY TEXTURE AND RICH TASTE

WHEY, CASEIN, EGG AND BEEF PROTEINS

WHEY, BEEF AND GLUTAMINE PEPTIDES

ONLY COMPLEX CARBOHYDRATE SOURCES

---

# NUTRITION FACTS

Serving Size: 3 Scoops (113 g)

Servings Per Container: 24

Amount:	Per Serving (113 g)	Per 100 g	% DV *
Calories	1735 kJ 414 kcal	1535 kJ 366 kcal	21%
Total Fat	0.8 g	0.7 g	3%
Saturated Fat	0.45 g	0.4 g	5%
Trans Fat	0 g	0 g	**
Cholesterol	20 mg	17 mg	7%
Sodium	120 mg	104 mg	5%
Potassium	150 mg	130 mg	3%
Total Carbohydrate	54 g	48 g	16%
Dietary Fiber	2 g	1.7 g	8%
Sugars	0 g	0 g	**
Protein	47.5 g	42 g	98%

\* Percent Daily Values are based on a 2,000 calorie diet. \*\* Daily Value (DV) not established.



**MEX GAIN PRO**

---

## MEX GLYCO-TOR PRO

## PRO LINE • CARBOHYDRATE POWDER

**MEX GLYCO-TOR PRO** is a breakthrough in sports nutrition and consists of a completely unique macronutrient polymer. Introducing the revolutionary Hydroxypropyl Distarch Phosphate (HDP) – a designer carbohydrate that delivers what waxy maize only promised, but failed to deliver. A higher molecular weight of HDP combined with very fast gastric emptying makes it superior for glycogen replenishing and energy recharge without the negative side effects of fast carbs. HDP is digested fast, yet it has a low Glycemic Index (GI), which means that, unlike dextrose, maltodextrin and fructose, it will not make you overweight. In fact, recent studies demonstrate that HDP can even burn fat by stimulating thermogenesis in the same way proteins can!

MEX GLYCO-TOR PRO has unique qualities making it suitable for virtually every part of the day, including nighttime. It can be used as a stand alone product or stacked with any other supplement such as creatine, protein, amino acids, NO-boosters, or even fat burners!

**INGREDIENTS:** Hydroxypropyl Distarch Phosphate (from Potato) (Average Molecular Weight: 2 200 000 daltons).

**DIRECTIONS:** For adults, mix one (1) level scoop (approximately 50 g) of MEX GLYCO-TOR PRO with 10-12 oz (about 340 ml) of your favorite beverage (water, milk, juice, etc.). Blend in a blender, shake in a shaker or stir with a spoon in a glass until smooth (usually 20-30 s).

**FLAVORS:** Product unflavored. Flavored versions available: raspberry, chocolate

**SIZE:** 4.4 lbs (2000 g) – 40 servings, 2.2 lbs (1000 g) – 20 servings

## HIGHLIGHTS

NEXT GENERATION CARBOHYDRATE ANALOG

PROMOTES SUSTAINED ENERGY AND ENDURANCE

MW 1.5 TIMES HIGHER THAN WAXY MAIZE

GI LOWER THAN ANY EXISTING CARB POWDER

STUDIES SHOW HDP HAS A THERMOGENIC EFFECT

---

## SUPPLEMENT FACTS

Serving Size: 1 Scoop (50 g)

Servings Per Container: 40/20

Amount:	Per Serving (50 g)	Per 100 g	% DV *
Calories	821 kJ 196 kcal	1641 kJ 392 kcal	25%
Total Fat	<0.2 g	<0.2 g	0%
Cholesterol	0 mg	0 mg	0%
Sodium	0 mg	0 mg	0%
Total Carbohydrate	49 g	98 g	16%
Dietary Fiber	0 g	0 g	0%
Sugars	0 g	0 g	**
Protein	<0.5 g	<0.5 g	0%

\* Percent Daily Values are based on a 2,000 calorie diet. \*\* Daily Value (DV) not established.



**MEX GLYCO-TOR PRO**

---

## MEX CREA-TOR PRO

## PRO LINE • CREATINE

**MEX CREA-TOR PRO** is a premium all-in-one synergistic formula for recovery, strength, size and performance. It contains only premium ingredients and no fillers or excipients. MEX CREA-TOR PRO features the revolutionary fat-burning starch polymer Hydroxypropyl Distarch Phosphate. This unique carbohydrate matrix provides fast, yet complex carbohydrates with a low GI and a great potential for recovery, muscle re-feeding and glycogen re-synthesis. MEX CREA-TOR PRO contains 12 grams of premium Creatine Matrix, featuring tried-and-proven Creatine Monohydrate, energy promoting Tri-Creatine Malate and super concentrated Creatine HCL. It also includes 2 grams of peptide-bonded amino acids from Hydrolyzed Whey Protein Isolate and 2 grams of full spectrum, free form amino acids for instant utilization and recovery, as well as phosphoelectrolytes and vitamins for additional support and optimization of critical metabolic pathways. MEX CREA-TOR PRO is a powerful tool in your muscle building arsenal. Use it to boost muscle protein synthesis and recovery, or to fight catabolic processes that occur due to intensive training.

**OTHER INGREDIENTS:** Citric Acid, Vitamin Blend (Ascorbic Acid, Cholecalciferol, Thiamin, Pyridoxine HCL, Cyanocobalamin, Calcium Carbonate), Natural and Artificial Flavoring, Natural Color, Soy Lecithin, Sucralose.

**DIRECTIONS:** For adults, mix two (2) level scoops (approximately 90 g) of MEX CREA-TOR PRO in 14-16 ounces (about 450 ml) of your favorite beverage (water, milk, juice, etc). Blend in a blender, shake in a shaker or stir with a spoon in a glass until smooth (usually 20-30 s).

**FLAVORS:** chocolate, raspberry

**SIZE:** 6 lbs (2720 g) – 30 servings

## HIGHLIGHTS

REVOLUTIONARY ENGINEERED CARBOHYDRATES

A HIGH MOLECULAR WEIGHT AND A LOW GI

12 GRAMS OF HI-TECH CREATINE MATRIX

2000 MILLIGRAMS OF FREE-FORM AMINO ACIDS

PHOSPHOELECTROLYTES AND VITAMINS ADDED

---

## SUPPLEMENT FACTS

Serving Size: 2 Scoops (90 g)

Servings Per Container: 30

Amount:	Per Serving (90 g)	Per 100 g	% DV *
Calories	1281 kJ 306 kcal	1424 kJ 340 kcal	25%
Total Fat	<0.5 g	<0.5 g	0%
Cholesterol	0 mg	0 mg	0%
Total Carbohydrate	71 g	79 g	24%
Dietary Fiber	0 g	0 g	0%
Sugars	<0.5 g	<0.5 g	**
Protein	4 g	4.5 g	8%
Vitamin C		60 mg	100%
Vitamin D		28 I.U.	14%
Thiamin (Vitamin B1)		0.4 mg	29%
Vitamin B6		0.5 mg	25%
Vitamin B12		1.7 mcg	30%
Calcium		305 mg	30%
Phosphorus		200 mg	29%
Sodium		100 mg	4%

### Each Serving Provides:

Hydroxypropyl Distarch Phosphate (from Potato)	71 g	**
Average Molecular Weight: 2 200 000 daltons		
Creatine Matrix		
Creatine Monohydrate	9 g	**
Tri-Creatine Malate	2 g	**
Core-Creat™ Creatine HCL	1 g	**
Hydrolyzed Whey Protein Isolate	2000 mg	**
Free Form Amino Matrix	2000 mg	**
Taurine, L-Glutamine, L-Aspartic Acid, L-Tyrosine, L-Leucine, L- Valine, L-Phenylalanine, L-Proline, L-Lysine, L-Isoleucine, L-Serine, L- Alanine, L-Threonine, L-Methionine, L-Arginine, L-Glycine, L- Histidine, L-Cysteine, L-Tryptophan		
Phospho-Electrolyte Matrix	900 mg	**
Di-Calcium Phosphate, Di-Potassium Phosphate, Di-Sodium Phosphate		

\* Percent Daily Values are based on a 2,000 calorie diet. \*\* Daily Value (DV) not established.



---

## MEX GLUTA-TOR PRO

## PRO LINE • AMINO ACIDS • GLUTAMINE • POST-WORKOUT

**MEX GLUTA-TOR PRO.** L-Glutamine is a very versatile supplement. It increases cell volume and protein synthesis, decreases protein breakdown, and optimizes the immune system and growth hormone secretion. To obtain the best results, it often needs to be combined with other products such as taurine and creatine. This is due to the speed of digestion and the bioavailability of glutamine, which vary from person to person.

MEX GLUTA-TOR PRO utilizes several glutamine forms with different speeds and routes of digestion and assimilation. For maximal cell volume and recovery we have also added a precise amount of synergistically acting taurine, making it a complete muscle building product. This multi-angle approach ensures that high glutamine levels are reached instantly and retained longer in the right biochemical environment for optimal effectiveness.

**DIRECTIONS:** As a dietary supplement, mix 1 scoop (5 g) in 6 to 8 oz (about 220 ml) of water. Drink 1 serving 30 minutes before training and 1 serving 30 minutes after training.

**SIZE:** 500 g – 100 servings

## HIGHLIGHTS

AN ALL-IN-ONE GLUTAMINE FORMULA

A POTENT LEAN MUSCLE BUILDER

FASTER MUSCLE SATURATION EFFECT

PROLONGED, SUSTAINED ACTION

A NEW, MULTI-TARGETED APPROACH

TAURINE: A CELL VOLUMIZING AGENT

---

## SUPPLEMENT FACTS

Serving Size: 1 Rounded Scoop (5 g)

Servings Per Container: 100

Amount:	Per serving (5 g)	% DV *
Vitamin B6	0.4 mg	29%
GLUTA-TOR™ (L-Glutamine USP, Glutamine Peptides, L-Glutamic Acid-Malate Interfusion, L-Alanyl-L-Glutamine, Taurine)	5000 mg	**

\* Percent Daily Values are based on a 2,000 calorie diet. \*\* Daily Value (DV) not established.



**MEX GLUTA-TOR PRO**

---

## MEX AMI-NO PRO

## PRO LINE • AMINO ACIDS • INTRA-WORKOUT

**MEX AMI-NO PRO** is the most unique cutting edge intra-workout product on the market. You will not be able to find anything similar to AMI-NO PRO's comprehensive formula. MEX AMI-NO PRO combines powerful ingredients, individually backed by hard science and studies, into an effective, game-changing product. It contains 20 individual amino acids in their free-forms for immediate utilization, not limited by enzyme hydrolysis, including an unmatched 4 800 mg of L-Leucine, the mTOR activator and protein synthesis starter, and 2 000 mg of peptide bonded Silk Amino Acids (SAA), the revolutionary oligopeptides that rival BCAAs in recovery and anabolism while utilizing very different metabolic pathways.

MEX AMI-NO PRO also features 5 000 mg of recovery-boosting nitric oxide (N.O.) promoting citrulline malate, which is one of the most versatile and effective supplements that not only works on its own, but also stimulates BCAA utilization by muscle tissue. 900 mg of electrolyte matrix ensures optimal hydration and function, since all metabolic processes require a water environment and dehydration triggers catabolism and loss of strength. 1 500 mg of full-spectrum amino acids guarantees that all possible "building" and functional materials are covered, as sometimes a temporary deficiency of an otherwise insignificant nutrient can limit protein synthesis.

**OTHER INGREDIENTS:** Citric Acid, Natural Color, Malic Acid, Natural and Artificial Flavors, Sucralose, Silica.

**DIRECTIONS:** Mix 1 scoop with 15 oz (about 440 ml) of water and shake for as long as needed (usually 30-60 s) until fully dissolved. Drink during training sessions.

**FLAVORS:** lemon lime, orange

**SIZE:** 345 g – 21 servings

## HIGHLIGHTS

20 AMINO ACIDS, 6 GRAMS OF BCAA

5 G OF NO-BOOSTING CITRULLINE MALATE

2 G OF SAA SEQUENCED AMINO ACIDS

5-COMPONENT ELECTROLYTE MATRIX

---

## SUPPLEMENT FACTS

Serving Size: 1 Scoop (16.4 g)

Servings Per Container: 21

Amount:	Per serving (16.4 g)	% DV *
Calories	0 kcal	0%
Vitamin B6	1.4 mg	100%
Sodium	180 mg	9%
Potassium	120 mg	4%
Micronized 8:1:1 BCAA (L-Leucine, L-Isoleucine, L-Valine)	6000 mg	**
Citrulline DL-Malate (2:1)	5000 mg	**
Silk Amino Peptides Sericin Sequenced Oligopeptides (L-Alanine [34.36%], L-Glycine [27.23%], L-Serine [9.58%], L-Valine [3.49%], L-Threonine [2.00%])	2000 mg	**
Full Spectrum Amino Blend (Taurine, L-Glycine, L-Glutamine, L-Aspartic Acid, L-Tyrosine, L-Phenylalanine, L-Proline, L-Lysine, L-Serine, L-Alanine, L- Threonine, L-Methionine, L-Arginine, L-Histidine, L-Cysteine, L-Tryptophan)	1500 mg	**
Electrolyte Blend (Trisodium Citrate Dihydrate, Potassium Chloride, Di-Calcium Phosphate, Sodium Bicarbonate, Sodium Chloride)	900 mg	**

\* Percent Daily Values are based on a 2,000 calorie diet. \*\* Daily Value (DV) not established.



**MEX AMI-NO PRO**

---

## MEX NOX PRO

## PRO LINE • PRE-WORKOUT

**MEX NOX PRO** is a high-quality formula that will help you discover the true potential of your body! This product contains a precisely dosed combination of four active ingredients to provide you with an energy blast, maximum concentration, incredible pump, maximum strength, and effective recovery. With MEX NOX PRO you will feel the difference instantly! Since it contains a creatine mixture, MEX NOX PRO optimizes the body's nitrogen balance, improves muscle cell hydration and accelerates the delivery of nutrients to the muscles to provide them with everything necessary for intense workouts.

**OTHER INGREDIENTS:** Citric Acid, Natural and Artificial Flavors, Natural Color, Malic Acid, Pyridoxine HCL, Sucralose, Acesulfame-K, Silica, Methylcobalamyn.

**DIRECTIONS:** Mix 1 rounded scoop (20 g) with 7 to 9 oz (about 250 ml) of cold water and consume 30 min before physical exercise. Moisture and humidity can cause clumping and discoloration.

**FLAVORS:** lemon lime, orange

**SIZE:** 600 g – 30 servings

## HIGHLIGHTS

ADVANCED NITRIC OXIDE (NO) BOOSTER

INCREASE WORKING CAPACITY AND POWER

PROMOTE STRENGTH AND IN-SET RECOVERY

IMPROVE ENERGY, FOCUS AND ENDURANCE

INCREASE MUSCLE BLOOD FLOW AND PUMP

A HIGH DOSAGE, MULTI-TARGETED FORMULA

---

## SUPPLEMENT FACTS

Serving Size: 1 Rounded Scoop (20 g)

Servings Per Container: 30

Amount:	Per serving 20 g	% DV *
Calories	83 kJ 20 kcal	1%
Total Carbohydrate	5 g	2%
Sugars	0 g	**
Vitamin B6	2 mg	100%
Vitamin B12	2.8 mcg	100%
Sodium	70 mg	3%
Potassium	145 mg	3%
Calcium	140 mg	14%
Magnesium	150 mg	36%
Phosphorus	400 mg	40%
<b>PUMP MATRIX</b>		
Citrulline DL-Malate	5000 mg	**
Beta Alanine	2000 mg	**
<b>POWER BOOST MATRIX</b>		
Taurine	2000 mg	**
Caffeine Anhydrous	300 mg	**
L-Tyrosine	150 mg	**
Cayenne Pepper (95%)	50 mg	**
Black Pepper (95%)	50 mg	**
Bitter Orange (98%)	30 mg	**
<b>PERFORMANCE &amp; ENDURANCE MATRIX</b>		
MEX HDP-SR™ (Hydroxypropyl Distarch Phosphate)	5000 mg	**
Core-Creat™ (Creatine HCL)	1000 mg	**
Tri-Creatine Malate	1000 mg	**
<b>ELECTROLYTE MATRIX</b>		
Sodium Bicarbonate, Di-Calcium Phosphate, Di-Sodium Phosphate, Di-Potassium Phosphate, Trisodium Citrate, Magnesium Citrate.	2000 mg	**



\* Percent Daily Values are based on a 2,000 calorie diet. \*\* Daily Value (DV) not established.

---

## MEX ANABOLIC PRO

## PRO LINE • ANABOLIC BOOSTERS

**MEX ANABOLIC PRO** is a super powerful testosterone booster for intensive muscle growth and explosive power. This formula contains a plant extract with 80 % of ecdysterones, which increase the natural production of testosterone, accelerate protein synthesis, and provide additional strength and endurance, thereby stimulating the growth of quality mass.

MEX ANABOLIC PRO is enriched with Rhodiola rosea extracts to reduce fatigue and stress, and support recovery.

**OTHER INGREDIENTS:** Microcrystalline Cellulose, Cellulose Gum, Stearic Acid, Silica, Magnesium Stearate, Coating (Polyethylene Glycol).

**DIRECTIONS:** Take 2 tablets on an empty stomach two times a day before meals and/or after training.

**SIZE:** 60 tablets – 30 servings

## HIGHLIGHTS

MASSIVE STRENGTH AND POWER BOOSTER

GREATER MUSCLE ACQUISITION PROMOTER

INCREASED APPETITE AND BETTER MOOD

IMPROVED SLEEP AND FASTER RECOVERY

---

## SUPPLEMENT FACTS

Serving Size: 2 Tablets

Servings Per Container: 30

Amount per:	2 Tabs	4 Tabs	% DV*
Rhaponticum carthamoides (extract [root], 80% Ecdysterone)	1500 mg	3000 mg	**
Rhodiola Rosea (extract [root], 3% Rosavins and 1% Salidroside)	250 mg	500 mg	**
Rosmarinus officinalis (extract [leaf] containing 25% Ursolic Acid)	300 mg	600 mg	**
HMB (Calcium B-hydroxy B-methylbutyrate Monohydrate)	500 mg	1000 mg	**

\* Percent Daily Values are based on a 2,000 calorie diet. \*\* Daily Value (DV) not established.



---

## MEX M-TEST PRO

## PRO LINE • TESTOSTERONE BOOSTERS

**MEX M-TEST PRO** is a dietary supplement that raises the body's natural testosterone levels to stimulate the growth of lean muscle mass and protect muscle tissue from damage. This is one of the most powerful products which effectively increases strength and endurance.

MEX M-TEST PRO contains a complex of natural ingredients that boost testosterone and growth hormone levels to create the appropriate anabolic environment. MEX M-TEST PRO is suitable for anyone who wants to increase muscle mass in a natural and safe way. Its active ingredients act synergistically to achieve optimum results.

**OTHER INGREDIENTS:** Microcrystalline Cellulose, Cellulose Gum, Stearic Acid, Silica, Magnesium Stearate, Coating (Polyethylene Glycol).

**DIRECTIONS:** Take 3 tablets on an empty stomach two times a day before meals and/or after workout.

**SIZE:** 150 tablets – 50 servings

## HIGHLIGHTS

- A NATURAL TESTOSTERONE BOOSTER
  - EFFECTIVE MUSCLE BUILDING SUPPORT
  - INCREASED STRENGTH AND ENDURANCE
  - A COMPLEX OF NATURAL INGREDIENTS
  - COMPLETELY SAFE AND EASY TO USE
-

## SUPPLEMENT FACTS

Serving Size: 3 Tablets

Servings Per Container: 50

Amount per:	3 Tabs	% DV*
Sodium D-Aspartic Acid	3000 mg	**
Maca (Lepidium meyenii) [Extract]	300 mg	**
Tribulus terrestris [45% Saponins] [Extract]	30 mg	**
Fenugreek (Trigonella foenum-graecum L.) [Extract]	20 mg	**
Zinc Citrate	10 mg	67%

\* Percent Daily Values are based on a 2,000 calorie diet. \*\* Daily Value (DV) not established.



---

## MEX NITRO PRO

## PRO LINE • PRE-WORKOUT

**MEX NITRO PRO** is a unique nitrogen booster that improves blood circulation and the flow of nutrients to the muscles, thereby providing an outstanding volume and pump for 8 hours. MEX NITRO PRO contains three most active forms of arginine – an ingredient that dilates blood vessels and optimizes the supply of nutrients. Not only does this product increase muscle strength by enhancing the synthesis of insulin and growth hormone, but it also stops the catabolic processes in the body. MEX NITRO PRO maintains a positive nitrogen balance and helps build quality muscle tissue.

**OTHER INGREDIENTS:** Microcrystalline Cellulose, Cellulose Gum, Stearic Acid, Silica, Magnesium Stearate, Coating (Polyethylene Glycol).

**DIRECTIONS:** Take 3 tablets on an empty stomach 1 to 3 times a day. Consistent daily intake of high doses of arginine has an additive effect and the results become more pronounced over time. After 2 months of use, discontinue for 1 month.

**SIZE:** 180 tablets – 60 servings

## HIGHLIGHTS

- INCREASED PRODUCTION OF NITRIC OXIDE (NO)
- INTENSIVE AND LONG-LASTING “PUMP” EFFECT
- HGH, IGF-1 AND INSULIN PRODUCTION SUPPORT
- MAINTENANCE OF A POSITIVE NITROGEN BALANCE
- 3 FORMS OF ARGININE AND POWERFUL NITRATE

---

## SUPPLEMENT FACTS

Serving Size: 3 Tablets

Servings Per Container: 60

Amount per:	3 Tabs	6 Tabs	% DV*
<b>L-Arginine Matrix</b>			
L-Arginine (Free-Form)	1000 mg	2000 mg	**
L-Arginine AKG	1000 mg	2000 mg	**
L-Arginine HCL	225 mg	450 mg	**
<b>Nitrate Activator</b>			
Beta vulgaris (Root)	2250 mg	4500 mg	**

\* Percent Daily Values are based on a 2,000 calorie diet. \*\* Daily Value (DV) not established.



## MEX MULTI PAK PRO

## PRO LINE • VITAMINS & MINERALS

**MEX MULTI PAK PRO** contains a full spectrum of vitamins, minerals, antioxidants, and micro- and phytonutrients specially assembled to meet the needs of the hard working athlete. Solid meals can provide only so many vitamins and micronutrients and fall short of the specific needs of a dedicated athlete. Deficiencies can result in unhealthy skin, hair and nails, muscle loss, cramps, poor energy levels and even disease. MEX MULTI PAK PRO not only fully covers your daily needs of micronutrients but even surpasses them and benefits you beyond the established bare minimum. It provides the best digestive, immune, cardiac, muscle and bone support, and gives your metabolism the tools to recover and excel in your workouts. MEX MULTI PAK PRO contains more than 60 key nutrients, including all essential vitamins, minerals and fatty acids needed for optimal metabolic function and recuperation from hard-core training. MEX MULTI PAK PRO features comprehensive digestive support based on potent enzymes and friendly probiotic bacteria.

**OTHER INGREDIENTS:** Advanced HydroPro Matrix (Hydrolyzed Whey Protein Isolate [HWPI], Hydrolyzed Beef Protein Isolate [HBPI]), Dicalcium Phosphate, Glucose Polymers, Microcrystalline Cellulose, Stearic Acid, Magnesium Stearate, Silicon Dioxide, Gelatin, Glycerin.

**DIRECTIONS:** Take one pack daily with food.

**SIZE:** 30 servings

## HIGHLIGHTS

- ALL-IN-ONE VITAMIN/MINERAL SYSTEM
- HERBAL EXTRACTS AND AMINO ACIDS
- NATURAL OILS AND PROBIOTIC STRAINS
- MEGA DOSING FOR MAXIMAL RESULTS
- DESIGNED FOR ADVANCED ATHLETES



# SUPPLEMENT FACTS

Serving Size: 1 Pack

Servings Per Container: 30

Amount Per Serving		% DV*
Calories	16	<1%
Total Carbohydrates	2 g	<2%
Dietary Fiber	1 g	8%
Protein	2 g	4%

## MEGA VITAMIN & MINERAL BLEND

Beta Carotene (as Pro-Vitamin A)	10,000 IU	200%
Vitamin C (from Ascorbic Acid)	350 mg	580%
Vitamin D (as Cholecalciferol)	800 IU	200%
Vitamin E (as D-Alpha Tocopherol Acetate)	300 IU	1000%
Vitamin K1 (as Phylloquinone)	75 mcg	100%
Vitamin B1 (from Thiamine HCL)	50 mg	3340%
Vitamin B2 (as Riboflavin)	40 mg	2353%
Niacin (from Niacinamide And Inositol Hexanicotinate)	50 mg	250%
Pantothenic Acid (Calcium D-Pantothenate)	100 mg	1000%
Vitamin B6 (from Pyridoxine HCL and Pyridoxal 5-Phosphate [P-5-P])	25 mg	1250%
Folates (Pteroylmonoglutamic Acid)	400 mcg	100%
Vitamin B12 (as Methylcobalamin)	200 mcg	3333%
Biotin	300 mcg	100%
Calcium (from Calcium Carbonate)	800 mg	100%
Iodine (from Potassium Iodide)	150 mcg	100%
Magnesium (from Magnesium Oxide)	375 mg	100%
Zinc (from Zinc L-aspartate)	30 mg	200%
Selenium (from L-Selenomethionine)	200 mcg	290%
Copper (from Copper(II) Sulfate)	0.5 mg	25%
Manganese (from Manganese Sulfate)	3 mg	150%
Chromium (from Chromium Picolinate)	200 mcg	170%
Molybdenum (from Sodium Molybdate VI)	75 mcg	100%
Potassium (from Potassium Chloride)	20 mg	1%

## AMINO ACID COMPLEX

Alanine	100 mg	**
Arginine	51 mg	**
Aspartic Acid	184 mg	**

Cystine	51 mg	**
Glutamic Acid	38 mg	**
Glycine	38 mg	**
Histidine	40 mg	**
Isoleucine (BCAA)	102 mg	**
Leucine (BCAA)	186 mg	**
Lysine (EAA)	185 mg	**
Methionine (EAA)	35 mg	**
Phenylalanine (EAA)	43 mg	**
Proline	70 mg	**
Serine	113 mg	**
Threonine (EAA)	97 mg	**
Tryptophan (EAA)	22 mg	**
Tyrosine	62 mg	**
Valine (BCAA)	118 mg	**

## ESSENTIAL PERFORMANCE BLEND

Triple Strength Fish Oil (Providing DHA & EPA)	500 mg	**
GLA (Gamma-Linolenic Acid)	100 mg	**
Oleic Acid	150 mg	**
Alpha Lipoic Acid (ALA)	50 mg	**
Coenzyme Q10 (CoQ10)	5 mg	**
Lutein	1 mg	**
Lycopene	1 mg	**

## DIGESTIVE AND HERBAL PERFORMANCE BLEND

Papaya Powder	45 mg	**
Probiotic Support (Lactobacillus Acidophilus) [1 Billion Organisms] (Bifidobacterium Bifidum) [1 Billion Organisms]		
Green foods (Spirulina Powder, Apple Pectin, Apple Fiber, Barley Grass Leaf Juice Powder, Alfalfa Juice Powder, Wheat Grass Juice Powder, Wheat Sprout Powder, Barley Malt, Beet Juice Powder, Nova Scotia Dulse, Brown Rice Bran)	50 mg	**

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

\*\* Daily Value (DV) not established.

---

## MEX ARTHRO PAK PRO

## PRO LINE • JOINT PROTECTION AND REGENERATION

**MEX ARTHRO PAK PRO** is your all-in-one, once-a-day connective tissue protector and regenerator. MEX ARTHRO PAK PRO contains vitamins, minerals, glucosamine, chondroitin, anti-inflammatory fatty acids, herbs and collagen-building amino acids in the right amounts and proportions to support all aspects of connective tissue health and function. Collagen is the protein component of cartilage, ligaments and joint capsules. Lysine and threonine are also part of collagen structure and play an important role in its formation and synthesis.

MEX ARTHRO PAK PRO is the only product that provides glucosamine, chondroitin and hyaluronic acid in combination with collagen-building amino acids, co-factor minerals and trace elements supporting all stages of the formation and maintenance of joint and ligament tissues. MEX ARTHRO PAK PRO supports joint lubrication and flexibility by promoting synovial fluid formation.

**OTHER INGREDIENTS:** Microcrystalline Cellulose, Stearic Acid, Magnesium Stearate, Silicon Dioxide, Gelatin, Glycerin.

**DIRECTIONS:** Take one pack daily with food.

**SIZE:** 30 servings

## HIGHLIGHTS

AN ALL-IN-ONE JOINT PRODUCT

GLUCOSAMINE / CHONDROITIN

HERBAL EXTRACTS AND VITAMINS

NATURAL ANTI-INFLAMMATORY OILS

CARTILAGE AND LIGAMENT SUPPORT

---

## SUPPLEMENT FACTS

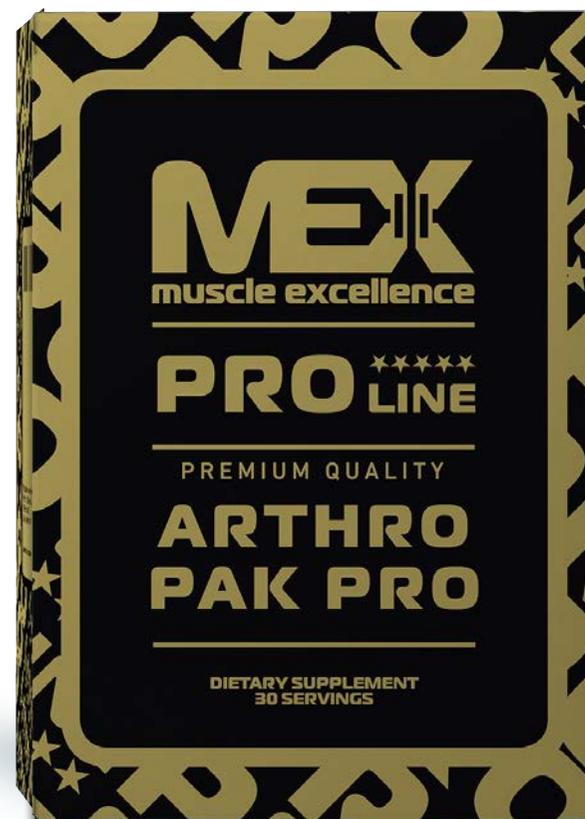
Serving Size: 1 Pack

Servings Per Container: 30

Amount Per Serving		% DV*
Calories	9	<1%
Calories from Fat	9	<2%
Total Fat	1 g	2%
Vitamin C (as Ascorbic Acid)	60 mg	100%
Vitamin E (as D-Alpha Tocopheryl Acetate)	30 IU	100%
Zinc (as Zinc Oxide)	15 mg	100%
Selenium (as Selenomethionine)	70 mcg	100%
Manganese (as Manganese Sulfate)	1 mg	50%
<b>CARTILAGE SUPPORT COMPLEX</b>		
Glucosamine (Sulfate 2KCl)	2000 mg	**
Chondroitin Sulfate (from Shark cartilage)	750 mg	**
Hyaluronic Acid	10 mg	**
<b>EFA MOBILITY COMPLEX</b>		
Ultra EPA Fish oil (48% EPA, 12% DHA)	1000 mg	**
<b>HERBAL RELIEF COMPLEX</b>		
Turmeric Root (Curcumin)	1000 mg	**
Boswellia serrata (Resin) (Boswellic Acid)	200 mg	**
Ginger Root Extract (Gingerols, Shogaols)	200 mg	**
<b>COLLAGEN SUPPORT COMPLEX</b>		
L-Proline	350 mg	**
L-Glycine	300 mg	**
L-Lysine	300 mg	**
L-Threonine	50 mg	**

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

\*\* Daily Value (DV) not established.



**MEX ARTHRO PAK PRO**

**SPORT**  
**★ LINE ★**



---

## MEX MATRIX 10

## SPORT LINE • PROTEIN POWDERS

**MEX ARTHRO PAK PRO** is a revolutionary protein formula with an added peptide matrix for optimal absorption. This product gives your body a full range of high-quality nutrients for rapid muscle growth and fast recovery. For maximum results MEX MATRIX 10 contains 10 types of high-quality protein, i.e. Whey Protein Isolate, Triple Protein Blend (3 Processed Whey Protein Concentrates), Hydrolyzed Beef Protein Isolate, Egg Albumin, Micellar Alpha and Beta Caseins, Calcium Caseinate, Milk Protein Isolate, and Milk Protein Concentrate. Due to its special extended release formula, this product provides muscles with a supply of amino acids and valuable ingredients for hours. MEX MATRIX 10 is an appropriate addition to any training program, be it amateur or professional.

**INGREDIENTS:** 10-Protein Matrix: (Whey Protein Isolate, Triple Protein Blend [3 Processed Whey Protein Concentrates], Milk Protein Concentrate, Hydrolyzed Beef Protein Isolate, Egg Albumin, Micellar Alpha and Beta Caseins, Calcium Caseinate, Milk Protein Isolate), Glutamine Peptides, L-Glycine, L-Isoleucine, L-Leucine, L-Valine; Energy Matrix: Medium Chain Triglycerides, Gum Blend (Cellulose Gum, Xanthan Gum, Guar Gum), Vitamin Matrix: (Thiamine [B1], Riboflavin [B2], Niacin, Pantothenic Acid, Pyridoxine HCL [B6], Biotin, Folic Acid, Cyanocobalamin [B12], Ascorbic Acid [C]), Natural and Artificial Flavors, Dicalcium Phosphate, Soy Lecithin, Acesulfame K, Sucralose.

**DIRECTIONS:** For adults, take one (1) scoop (28 g) one time daily. Add one scoop of Matrix 10 and 6-8 oz (about 220 ml) of your favorite beverage (water, milk, juice, etc.). Blend in a blender, shake in a shaker, or stir with a spoon in a glass until smooth (usually 20-30 s).

**FLAVORS:** chocolate, strawberry, vanilla

**SIZE:** 5 lbs (2270 g) – 80 servings,

## HIGHLIGHTS

10 DIFFERENT SOURCES OF PROTEINS

OVER 80 G OF PROTEINS PER 100 G

ONLY PREMIUM ANIMAL PROTEINS

SUPPORTS LEANER, DENSER MUSCLES

SUSTAINED AM/PM PROTEIN RELEASE

MCTS AND ESSENTIAL FATTY ACIDS

ABSOLUTELY NO FAT OR SUGAR ADDED

NO BLOATING OR STOMACH KICK

ASPARTAME AND CHOLESTEROL FREE

---

## NUTRITION FACTS

Serving Size: 1 Scoop (28 g)

Servings Per Container: 80

Amount:	Per serving (28 g)	Per 100 g	% DV*
Calories	457 kJ 109 kcal	1633 kJ 390 kcal	6%
Total Fat	1 g	3.4 g	2%
Saturated Fat	0.5 g	1.7 g	2%
Trans Fat	0 g	0 g	0%
Cholesterol	10 mg	34 mg	3%
Sodium	145 mg	517 mg	6%
Potassium	140 mg	500 mg	5%
Total Carbohydrate	2.7 g	9.7 g	1%
Dietary Fiber	0.5 g	1.7 g	5%
Sugars	1 g	3.5 g	**
Protein	22.4 g	80 g	44%
Vitamin B1	0.7 mg	2.5 mg	50%
Vitamin B2	0.9 mg	3.1 mg	50%
Niacin	10 mg	36 mg	50%
Pantothenic Acid	5 mg	18 mg	50%
Vitamin B6	1.4 mg	5 mg	50%
Biotin	166 mcg	593 mcg	50%
Folic Acid	214 mcg	764 mcg	50%
Vitamin B12	3 mcg	11 mcg	50%
Vitamin C	30 mg	107 mg	50%

\* Percent Daily Values are based on a 2,000 calorie diet. \*\* Daily Value (DV) not established.



MEX MATRIX 10

---

## MEX AMERICAN STANDARD WHEY

## SPORT LINE • PROTEIN POWDERS

**MEX AMERICAN STANDARD WHEY** is the perfect combination of high-quality protein source, superior taste and incomparable price! This delicious and refreshing shake with a high concentration of whey protein stimulates the growth of quality muscle tissue and reduces recovery time even after the most exhausting workout. In addition to ultra and micro-filtered whey protein concentrate, as well as cold-filtered and hydrolyzed whey protein isolate, this formula includes a high amount of amino acids and naturally occurring glutamine, while containing a minimal amount of fat and sugar. MEX AMERICAN STANDARD WHEY is absorbed immediately to ensure fast results! This easily soluble formula does not cause swelling and stomach discomfort, which makes it perfect to use everywhere and at any time. MEX AMERICAN STANDARD WHEY is an appropriate supplement to any diet and exercise program.

**INGREDIENTS:** Whey Blend (Ultra and Micro-Filtered Whey Protein Concentrate, Cross-Flow Cold-Filtered Whey Protein Isolate, Hydrolyzed Whey Protein Isolate), Natural and Artificial Flavoring, Soy Lecithin, Guar Gum, Cellulose Gum, Natural Color, Sucralose, Acesulfame K.

**DIRECTIONS:** For adults, mix one (1) rounded scoop (31 g) of MEX AMERICAN STANDARD WHEY in 6-8 oz (about 220 ml) of your favorite beverage (water, milk, juice, etc.). Blend in a blender, shake in a shaker or stir with a spoon in a glass until smooth (usually 20-30 s). For best results consume two or three scoops of MEX AMERICAN STANDARD WHEY spread throughout the day in conjunction with your training regimen.

**FLAVORS:** banana, cappuccino, chocolate, strawberry, vanilla

**SIZE:** 17.85 oz (500 g) - 16 servings, 5 lbs (2270 g) - 73 servings

## HIGHLIGHTS

PURE WHEY PROTEIN POWDER  
CFM WPC, WPI AND HYDRO WPI  
INTACT LARGE PROTEIN FRACTIONS  
5 GRAMS OF NATURAL BCAAS  
FAST-ACTING HYDRO PEPTIDES  
LOW IN FAT AND SUGAR  
NO BLOATING OR STOMACH UPSET  
CREAMY AND DELICIOUS SHAKE

---

## NUTRITION FACTS

Serving Size: 1 Scoop (31 g)

Servings Per Container: 16 / 73

Amount :	Per serving (31 g)	Per 100 g	% DV *
Calories	544 kJ 130 kcal	1754 kJ 419 kcal	7%
Total Fat	2.4 g	7.7 g	4%
Saturated Fat	1 g	3.2 g	2%
Trans Fat	0 g	0 g	0%
Cholesterol	60 mg	194 mg	3%
Sodium	70 mg	230 mg	3%
Total Carbohydrate	4.5 g	14.5 g	1%
Sugars	1.6 g	5.2 g	**
Protein	22 g	71 g	43%
Vitamin A	0 mg	0 mg	0%
Vitamin C	0 mg	0 mg	0%
Calcium	80 mg	258 mg	8%
Iron	0 mg	0 mg	0%

\* Percent Daily Values are based on a 2,000 calorie diet. \*\* Daily Value (DV) not established.



MEX AMERICAN STANDARD WHEY

---

## MEX CASEIN BLAST

## SPORT LINE • PROTEIN POWDERS

**MEX CASEIN BLAST** is an excellent source of protein between meals, especially when the time interval between them is long, and is a great alternative for tempting unhealthy snacks.

If one wanted to compare the rapid (but short-lived) whey protein with casein, one might use the example of sugars, where whey would represent simple sugars and casein complex ones. Casein contains all nine essential amino acids, which makes it a complete protein with a prolonged release of amino acids to the bloodstream to feed your muscles for many hours.

MEX CASEIN BLAST represents an optimal, scientifically tested blend of micellar casein and calcium caseinate at a ratio of 60:40. Micellar casein is a purer and slower, but insoluble type of protein. It is cold-processed to lower the lactose level and mixed with calcium caseinate, a faster protein, to cause no digestion problems.

**INGREDIENTS:** Micellar Casein 60% [MILK], Calcium Caseinate 40% [MILK], Carob Powder (Chocolate Flavor only), Natural and Artificial Flavors, Natural Color (Carmine – for Strawberry Flavor only), Cellulose Gum, Salt, Lecithin [SOY], Sucralose, Acesulfame K.

**DIRECTIONS:** For adults, mix one (1) rounded scoop (30 g) of MEX CASEIN BLAST in 6-8 oz (about 220 ml) of your favorite beverage (water, milk, juice, etc.). Blend in a blender, shake in a shaker or stir with a spoon in a glass until smooth (usually 20-30 s). For best results consume one or two servings of MEX CASEIN BLAST between meals and/or in the evening before going to bed.

**FLAVORS:** chocolate, strawberry, vanilla

**SIZE:** 1 lbs (454 g) - 15 servings

## HIGHLIGHTS

SUSTAINED AMINO ACID RELEASE  
IDEAL NIGHTTIME PROTEIN SOURCE  
LEAN MUSCLE GROWTH SUPPORT  
FAT LOSS AND MUSCLE RECOVERY  
SATIETY AND ENERGY INCREASE  
LOW IN FAT, CARBS, AND SUGAR  
SUPERIOR TASTE AND TEXTURE

---

## NUTRITION FACTS

Serving Size: 1 Rounded Scoop (30 g)

Servings Per Container: 15

Amount	Per Serving (30 g)	Per 100 g	% DV*
Calories	460 kJ 110 kcal	1533 kJ 366 kcal	6%
Total Fat	< 0.5 g	1.6 g	1%
Saturated Fat	< 0.5 g	1.6 g	2%
Trans Fat	0 g	0 g	0%
Cholesterol	10 mg	33 mg	3%
Sodium	230 mg	767 mg	10%
Total Carbohydrate	4 g	13 g	1%
Dietary Fiber	2.5 g	8 g	5%
Sugars	0.5 g	1.7 g	-
Protein	22.5 g	75 g	45%

\* Percent Daily Values for a 30 g serving are based on a 2 000 calorie diet.

\*\* Daily Value (DV) not established.



MEX CASEIN BLAST

---

## MEX SIZE MAX

## SPORT LINE • GAINERS

**MEX SIZE MAX** is an extremely powerful gainer that accelerates progress and significantly improves results in the gym. This unique product contains only premium sources of protein, carbohydrates and fats. These are the ingredients you need to build quality muscle mass and recover effectively after training.

MEX SIZE MAX contains fast and slowly released proteins and essential amino acids, which are necessary for intensive muscle growth. This product contains complex carbohydrates with a low glycemic index for a continuous supply of energy and is high in fiber to support digestion. Its formula is enriched with glutamine peptides, alpha-lipoic acid, enzymes, vitamins and minerals.

**INGREDIENTS:** MEX SUSTAINED RELEASE PROTEIN MATRIX: Whey Matrix (Whey Protein Concentrate, Whey Protein Isolate), Milk Protein Concentrate, Glutamine Peptides, L-Glycine, Calcium Caseinate, Egg White Albumin Protein, L-Leucine, L-Isoleucine, L-Valine. MEX CLEAN CARB MATRIX: Modified Potato and Corn Starches, Rice Starch, Organic Oat Flour, High Molecular Weight Organic Barley, Inulin (from Chicory). MEX LIPOSORB MATRIX: Medium Chain Triglycerides (MCTs), Flax Seed Powder. MEX VITA-MIN MATRIX: Retinyl Acetate, Cholecalciferol, DL-Alpha Tocopheryl Acetate, Ascorbic Acid, Thiamin Mononitrate, Riboflavin 5' Sodium Phosphate, Nicotinamide, Pyridoxine HCl, Cyanocobalamin, Pteroylmonoglutamic Acid, D-Biotin, Calcium Carbonate, Magnesium Oxide, Zinc Oxide, Potassium Chloride, Copper Oxide, Sodium Selenite. Other ingredients: Skim Milk Powder, Natural and Artificial Flavoring, Cellulose Gum, Soy Lecithin (Emulsifier), Acesulfame K.

**DIRECTIONS:** For adults, mix three (3) level scoops (approximately 113 g) of MEX SIZE MAX in 12-14 oz (about 350 ml) of your favorite beverage (water, milk, juice, etc.). Blend in a blender, shake in a shaker or stir with a spoon in a glass until smooth (usually 20-30 s). For best results use another serving (113 g) approximately 8 hours after the first one. Combine MEX SIZE MAX with moderate to high intensity weight training.

**FLAVORS:** chocolate, strawberry, vanilla, cookies & cream

**SIZE:** 15 lbs (6800 g) – 60 servings, 6 lbs (2720 g) – 24 servings

## HIGHLIGHTS

25 % PROTEIN CONTENT BY DRY WEIGHT

DRAMATIC INCREASE OF LEAN MUSCLE MASS

CONSTANT SUPPLY OF NUTRIENTS AND ENERGY

QUALITY INGREDIENTS: HIGH NUTRITIONAL VALUE

CONTAINS MCTS AND ESSENTIAL FATTY ACIDS

GLUTAMINE PEPTIDES FOR IMPROVED RECOVERY

LOW FAT, LOW GLYCEMIC INDEX CARBOHYDRATES

DELICIOUS ADDICTIVE TASTE AND EASY MIXING

---

## NUTRITION FACTS

Serving Size 3 Scoops (113 g)

Servings Per Container: 60 / 24

Amount :	Per serving (113 g)	Per 100 g	% DV *
Calories	1867 kJ 435 kcal	1654 kJ 384 kcal	25%
Total Fat	3.5 g	3 g	5%
Saturated Fat	2 g	2 g	12%
Trans Fat	0 g	0 g	0%
Cholesterol	55 mg	48 mg	20%
Sodium	90 mg	80 mg	4%
Potassium	145 mg	126 mg	3%
Total Carbohydrate	77 g	68 g	25%
Dietary Fiber	7 g	6 g	28%
Sugars	6 g	5 g	**
Protein	25 g	22 g	48%
<b>Vitamins/Minerals</b>			
Vitamin A	675 I.U.		25%
Vitamin D	40 I.U.		10%
Vitamin E	3.5 I.U.		25%
Vitamin C	18 mg		30%
Thiamin (Vitamin B1)	1.1 mg		80%
Riboflavin (Vitamin B2)	300 mcg		19%
Niacin (Vitamin B3)	3.6 mg		20%
Vitamin B6	1.4 mg		70%
Vitamin B12	2.5 mcg		41%
Folic Acid	50 mcg		25%
Biotin	100 mcg		70%
Calcium	20 mg		2%
Magnesium	13 mg		4%
Zinc	1.1 mg		7%
Copper	250 mcg		12.5%
Selenium	7 mcg		10%
<b>Each Serving provides:</b>			
Glutamic Acid	4.40 g		**
*Leucine	2.25 g		**
*Isoleucine	1.12 g		**
*Valine	1.11 g		**

\* Branched-chain amino acids. \*\* Daily Value (DV) not established.

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



---

## MEX PURE CREATINE

## SPORT LINE • CREATINE

**MEX PURE CREATINE** is a supplement containing 100% pure micronized creatine monohydrate, which helps to build lean muscle mass and increases strength and endurance required during intense workouts. This guaranteed quality product provides outstanding muscle volume and pump. The creatine in MEX PURE CREATINE does not cause stomach discomfort and ensures real results.

**DIRECTIONS:** Mix 1 serving (5 g) with 8 oz. of water and consume once or twice a day.

**SIZE:** 454 g – 90.5 servings

## HIGHLIGHTS

INCREASED MUSCLE SIZE AND POWER

A DRAMATIC BOOST OF ENDURANCE

IMPROVED ATHLETIC PERFORMANCE

REPLENISHED ATP FOR PEAK POWER

MAXIMAL PRODUCTION OF ENERGY

NO CRAMPING OR UPSET STOMACH

LESS LACTIC ACID: INTENSE WORKOUTS

---

## SUPPLEMENT FACTS

Serving Size: 1 Rounded Scoop (5 g)

Servings Per Container: 90.5

Amount:	Per Serving (5 g)	% DV *
Creatine Monohydrate	4.98 g	**
Taurine	20 mg	**
Vitamin B6	2 mg	100%

\* Percent Daily Values are based on a 2,000 calorie diet. \*\* Daily Value (DV) not established.



MEX PURE CREATINE

---

## MEX PURE GLUTAMINE

## SPORT LINE • GLUTAMINE

**MEX PURE GLUTAMINE**, micronized pharmaceutical quality formula, is one of the must-have products. By promoting recovery and reducing catabolism and muscle breakdown it supports muscle growth. MEX PURE GLUTAMINE benefits you with more energy during exercise, whether you lift weights, run, swim or enjoy any other everyday activity. Enhanced re-hydration and endurance go along with supporting your immune system and gastrointestinal health, as well as improving your general well-being. By reducing muscle soreness and rebuilding muscle tissue, you will not only be able to recover faster, but also achieve greater performance without any compromises.

Recovery through MEX PURE GLUTAMINE will serve you not only in the physical sphere of your life, such as conquering pain, cold or flu, but most of all, it will boost your mental state of mind. It could help you approach life with the MEX attitude: YOU CAN!

**DIRECTIONS:** As a dietary supplement, mix one scoop (5 grams) in 6 to 8 oz (about 220 ml) of water. Drink 1 serving 30 minutes before training and 1 serving 30 minutes after training.

**SIZE:** 454 g – 90.5 servings

## HIGHLIGHTS

SUPPORTS GLYCOGEN REPLETION

MUSCLE RECOVERY AND GROWTH

INCREASED CELL SIZE AND HYDRATION

SUPPORTS THE IMMUNE SYSTEM

PROMOTES HEALTHY DIGESTION

---

## SUPPLEMENT FACTS

Serving Size: 1 Rounded Scoop (5 g)

Servings Per Container: 90.5

Amount:	Per Serving (5 g)	% DV*
Vitamin B6 (as Pyridoxine HCL)	0.5 mg	39%
L-Glutamine (Free Form)	5 g	**

\* Percent Daily Values are based on a 2,000 calorie diet. \*\* Daily Value (DV) not established.



MEX PURE GLUTAMINE

---

## MEX AMINO 12K

## SPORT LINE • AMINO ACIDS

**MEX AMINO 12K** is an easy-to-digest formula of amino acids obtained from beef and whey protein, which are essential components for body recovery and muscle growth. These amino acids feature improved bioavailability and do not cause stomach discomfort during physical exercise. MEX AMINO 12K creates the right conditions for intense muscle growth, rapid recovery, high energy levels and extra durability.

**OTHER INGREDIENTS:** 100% Collagen Free Hydrolyzed Beef Protein Isolate, Hydrolyzed Whey Protein Isolate (HWPI), Cellulose Gum, Magnesium Stearate, Silicon Dioxide, Pyridoxine HCl, Coating (Polyethylene Glycol).

**DIRECTIONS:** Take 3 tablets on an empty stomach two times a day before meals and/or after training.

**SIZE:** 120 tablets – 40 servings, 300 tablets – 100 servings

## HIGHLIGHTS

PREDIGESTED ACTIVE PROTEIN FRACTIONS  
HIGH QUALITY ANABOLIC BEEF AMINOS  
ULTRA FAST-ACTING WHEY PEPTIDES  
MUSCLE GROWTH AND RECOVERY SUPPORT  
CONVENIENT EASY-TO-SWALLOW TABLETS  
2000 MG OF AAS PER EACH TABLET

---

## SUPPLEMENT FACTS

Serving Size: 3 Tablets

Servings Per Container: 40 / 100

Amount per:	3 Tablets	% DV*
Calories	1000 kJ 24 kcal	1%
Vitamin B6	0.5 mg	25%
Protein	6 g	6%
Total Carbohydrates	0 g	0%
Total Fat	0 g	0%
Alanine	0.298 g	**
Arginine	0.154 g	**
Aspartic Acid	0.552 g	**
Cystine	0.153 g	**
Glutamic Acid	1.319 g	**
Glycine	0.113 g	**
Histidine	0.121 g	**
Isoleucine	0.308 g	**
Leucine	0.668 g	**
Lysine	0.555 g	**
Methionine	0.105 g	**
Phenylalanine	0.129 g	**
Proline	0.209 g	**
Serine	0.338 g	**
Threonine	0.290 g	**
Tryptophan	0.194 g	**
Tyrosine	0.185 g	**
Valine	0.354 g	**

\* Percent Daily Values are based on a 2,000 calorie diet. \*\* Daily Value (DV) not established.



MEX AMINO 12K

---

## MEX AMINO 20K

## SPORT LINE • AMINO ACIDS • INTRA WORKOUT

**MEX AMINO 20K** is a special amino acid matrix designed to reduce stress on the body and protect muscles from damage during excessive exercise. Additionally, this formula stimulates protein synthesis and increases insulin production in order to create an optimal anabolic environment. MEX AMINO 20K contains a powerful combination of 8 micronized, quickly digestible essential amino acids, including branched-chain amino acids (BCAA) and other valuable nutrients. MEX AMINO 20K reduces muscle breakdown, promotes cellular hydration and optimizes metabolism.

**OTHER INGREDIENTS:** Maltodextrin, Citric Acid, Natural and Artificial Flavors, Guar Gum, Acesulfame K, Sucralose, Color.

**DIRECTIONS:** Mix 1 scoop (16.6 g) with 15 oz (about 420 ml) of water and shake for as long as needed (usually 30-60 s) until fully dissolved. Drink before or during training. For best results take another serving immediately after training or at any other time of the day on an empty stomach.

**FLAVORS:** orange, raspberry

**SIZE:** 500 g – 30 servings

## HIGHLIGHTS

INCREASED TRAINING CAPACITY

INCREASED NITROGEN RETENTION

INCREASED MUSCLE GROWTH

INCREASED PROTEIN SYNTHESIS

IMPROVED MUSCLE RECOVERY

REDUCED MUSCLE FATIGUE

LEAN MUSCLE PRESERVATION

---

## SUPPLEMENT FACTS

Serving Size: 1 Scoop (16.6 g)

Servings Per Container: 30

Amount:	Per Serving (16.6 g)	% DV *
Calories	9 kcal	0%
Total Carbohydrate	2 g	2%
Sugars	0 g	**
Vitamin B6	1 mg	100%
Sodium	0.05 g	4%
Potassium	0.1 g	20%
MYOTROPHIC AMINO COMPLEX	8 g	**
8:1:1 Micronized BCAA ( L-Leucine, L-Valine, L-Isoleucine), Di- and Tri-Amino-Peptides from enzymatically hydrolyzed Beef and Whey Protein Isolate, L-Lysine, L-Arginine, L-Histidine, L- Threonine, L-Methionine, L-Phenylalanine		
FAST-ACTING L-GLUTAMINE PRECURSOR MATRIX	3 g	**
Glutamine Peptides, L-Glutamic Acid, Acetyl-L-Glutamine		
CELL UPTAKE MATRIX	2 g	**
Taurine, L-Glycine, Citrulline Malate		

\* Percent Daily Values are based on a 2,000 calorie diet. \*\* Daily Value (DV) not established.



---

## MEX BCAA 9K

## SPORT LINE • AMINO ACIDS • PRE- AND POST-WORKOUT

**MEX BCAA 9K** is a formula created on the basis of essential branched-chain amino acids (BCAA) such as L-leucine, L-isoleucine and L-valine, which are the main structural components of muscle protein. Owing to its perfect ratio of 8:1:1, MEX BCAA 9K provides suitable conditions for building quality muscles, while protecting the body from losing muscle tissue.

**OTHER INGREDIENTS:** Carboxymethylcellulose, Stearic Acid, Magnesium Stearate, Silica, Coating (Polyethylene Glycol).

**DIRECTIONS:** Take 3 tablets on an empty stomach two times a day before meals and/or after training.

**SIZE:** 180 tablets – 60 servings

## HIGHLIGHTS

- ACTIVATES PROTEIN SYNTHESIS
- INCREASES NITROGEN RETENTION
- IMPROVES MUSCLE RECOVERY
- STIMULATES MUSCLE GROWTH
- REDUCES MUSCULAR FATIGUE
- PREVENTS LEAN MUSCLE LOSS

---

## SUPPLEMENT FACTS

Serving Size: 3 Tablets

Servings Per Container: 60

Amount per:	3 Tabs	6 Tabs	% DV*
Vitamin B	60.7 mg	1.4 mg	100%
Vitamin B	121 mcg	2 mcg	33%

Micronized 8:1:1 BCAA

Proprietary Blend 4.5 g 9 g \*\*

Micronized L-Leucine, Micronized L-Isoleucine, Micronized L-Valine, L-Glycine, L-Alanine

\* Percent Daily Values are based on a 2,000 calorie diet. \*\* Daily Value (DV) not established.



---

## MEX BCAA 20K

## SPORT LINE • AMINO ACIDS • INTRA AND POST-WORKOUT

**MEX BCAA 20K** is a powerful amino acid formula which contains three essential branched-chain amino acids (BCAA) – L-leucine, L-isoleucine and L-valine – in the perfect ratio of 8:1:1. Thanks to the powerful dose of 10,000 mg of BCAA, MEX BCAA 20K promotes strength, intense muscle growth and rapid recovery after exercise. MEX BCAA 20K is an instant rapid absorption soluble formula for even better results.

**OTHER INGREDIENTS:** Maltodextrin, Citric Acid, Natural and Artificial Flavors, Sucralose, Acesulfame K, Color.

**DIRECTIONS:** Mix 1 scoop (17.3 g) with 15 oz (about 420 ml) of water and shake for as long as needed (usually 30-60 s) until fully dissolved. Drink before or during training. For best results take another serving immediately after training or at any other time of the day on an empty stomach. Using very cold water can hinder solubility and cause foaming.

**FLAVORS:** berry blast, orange, watermelon

**SIZE:** 520 g – 30 servings

## HIGHLIGHTS

VERY ADVANCED 8:1:1 BCAA MATRIX

GLUTAMINE AND GLUTAMINE PRECURSORS

AN EXTREME ANTI-CATABOLIC FORMULA

MUSCLE CELL VOLUME AND HYDRATION

EXTREME MUSCLE GROWTH SUPPORT

QUICK MIXING AND RAPID ABSORPTION

GREAT TASTE – REFRESHING FRUIT FLAVOR

---

## SUPPLEMENT FACTS

Serving Size: 1 Scoop (17.3 g)

Servings Per Container: 30

Amount:	Per Serving (17.3 g)	% DV*
Calories	10 kcal	<1%
Total Carbohydrate	2.5 g	2%
Sugars	0 g	0%
Vitamin B6	0.5 g	25%
Sodium	0.05 g	4%
Potassium	0.1 g	20%
Micronized 8:1:1 BCAA Proprietary Blend Micronized L-Leucine, Micronized L-Isoleucine, Micronized L-Valine, L-Glycine, L-Alanine	10 g	**
Fast-acting L-Glutamine Matrix L-Glutamine, Glutamine Peptides, L-Glutamic Acid, Alanyl-L-Glutamine	4 g	**

\* Percent Daily Values are based on a 2,000 calorie diet. \*\* Daily Value (DV) not established.



MEX BCAA 20K

---

## MEX DAILY SPORT

## SPORT LINE • VITAMINS & MINERALS

**MEX DAILY SPORT** is a full-spectrum multivitamin formula containing all essential nutrients in the appropriate amounts to meet your needs with just one tablet a day. Its valuable vitamins and minerals play a key role in thousands of biological processes in the body. A lack of even one of them can disturb its proper functions. MEX DAILY SPORT is suitable for professional athletes and individuals with active lifestyles, as well as those suffering from a deficiency of vital nutrients and microelements.

**OTHER INGREDIENTS:** Dicalcium Phosphate, Maltodextrin, Carboxymethyl Cellulose, Stearic Acid, Magnesium Stearate, Coating (Polyethylene Glycol).

**DIRECTIONS:** Take 1 tablet once a day with any meal.

**SIZE:** 90 tablets - 90 servings

## HIGHLIGHTS

MULTIVITAMIN/MINERAL FORMULA  
HIGHLY BIOAVAILABLE INGREDIENTS  
FITNESS, VITALITY AND STAMINA  
DESIGNED FOR ACTIVE PEOPLE  
FORTIFIED WITH ANTIOXIDANTS

---

## SUPPLEMENT FACTS

Serving Size: 1 Tablet

Servings Per Container: 90

Amount Per Serving		% DV*
Beta Carotene (as Pro-Vitamin A)	5 000 IU	100%
Vitamin C (from Calcium L-ascorbate)	150 mg	250%
Vitamin D (as Cholecalciferol)	400 IU	200%
Vitamin E (mixture of Tocopherols)	30 IU	428%
Vitamin B1 (from Thiamine HCL)	25 mg	1785%
Vitamin B2 (as Riboflavin)	25 mg	1785%
Niacin (from Niacinamide and Inositol Hexanicotinate)	25 mg	140%
Vitamin B6 (from Pyridoxine HCL and Pyridoxal5-Phosphate [P-5-P])	25 mg	1250%
Folates (Pteroylmonoglutamic Acid)	400 mcg	100%
Vitamin B12 (as Methylcobalamin)	100 mcg	1666%
Biotin	300 mcg	100%
Calcium (as Di-Ca Phosphate)	50 mg	5%
Iodine (from Kelp)	150 mcg	100%
Magnesium (from Magnesium Citrate)	100 mg	25%
Zinc (from Zinc Picolinate)	15 mg	100%
Selenium (from L-Selenomethionine)	50 mcg	70%
Copper (from Copper Bisglycinate)	0.5 mg	25%
Manganese (from Manganese Bisglycinate)	2 mg	100%
Chromium (from Chromium Picolinate)	120 mcg	100%
Molybdenum (from Sodium Molybdate VI)	75 mcg	100%
Potassium (from Potassium Chloride)	200 mg	6%
Lutein	1 mg	**
Lycopene	1 mg	**

\* Percent Daily Values are based on a 2,000 calorie diet. \*\* Daily Value (DV) not established.



---

## **MEX MEX PURE TRIBULUS 1000 SPORT LINE • ANABOLIC AND TESTOSTERONE BOOSTERS**

**MEX PURE TRIBULUS 1000** is a testosterone booster created on the basis of a natural extract of Bulgarian Tribulus terrestris with a minimum of 90% of saponins as an active ingredient. This extract increases the production of testosterone in the body in a natural and safe way, thereby increasing power, stimulating the growth of muscle mass and promoting male libido. MEX PURE TRIBULUS 1000 creates the appropriate anabolic environment to ensure optimal results of your training program.

**OTHER INGREDIENTS:** Dicalcium Phosphate, Maltodextrin, Carboxymethyl Cellulose, Stearic Acid, Magnesium Stearate, Coating (Polyethylene Glycol).

**DIRECTIONS:** Take one or two tablets per day with any meal.

**SIZE:** 90 tablets – 90 servings

## **HIGHLIGHTS**

1000 MG OF PURE TRIBULUS TERRESTRIS

ULTRA-HIGH POTENCY - 90% SAPONINS

DOPING-FREE TOTALLY NATURAL FORMULA

BOOSTS STAMINA, STRENGTH AND VIGOR

ENHANCES YOUR SEXUAL PERFORMANCE

---

## SUPPLEMENT FACTS

Serving Size: 1 Tablet

Servings Per Container: 90

Amount per:	1 Tab	2 Tabs	% DV*
Tribulus Terrestris	1000 mg	2000 mg	**
(Standardized Extract)			
(Min. 90% Saponins)			
(Aerial Parts and Fruit)			

\* Percent Daily Values are based on a 2,000 calorie diet. \*\* Daily Value (DV) not established.



MEX PURE TRIBULUS

---

## MEX THERMO SHRED

## SPORT LINE • FAT REDUCTION

**MEX THERMO SHRED** is a high-quality fat burner that accelerates metabolism and effectively helps burn fat, while protecting muscle tissue from damage. This product positively affects your mood and suppresses appetite for further body weight control. MEX THERMO SHRED provides extra energy and motivation to support you during intensive workouts and optimizes your results.

**OTHER INGREDIENTS:** Gelatin, Magnesium Stearate

**DIRECTIONS:** Take 3 capsules on an empty stomach two times a day before meals and/or before training.

**SIZE:** 180 capsules – 60 servings

## HIGHLIGHTS

THERMOGENESIS

BODY FAT BURNING

MUSCLE SPARING

INCREASED ENERGY

PEAK ENDURANCE

EFFECTIVE WEIGHT LOSS

WATER LEVEL REDUCTION

---

## SUPPLEMENT FACTS

Serving Size: 3 Capsules

Servings Per Container: 60

Amount per:	3 Caps	6 Caps	% DV*
Caffeine Anhydrous	200 mg	400 mg	**
Green Tea	250 mg	500 mg	**
Bitter Orange (Citrus aurantium - fruit)	350 mg	700 mg	**
Black Pepper	10 mg	20 mg	**
Cayenne Pepper	50 mg	100 mg	**
L-Phenylalanine	10 mg	20 mg	**
Naringin	50 mg	100 mg	**
L-Tyrosine	200 mg	400 mg	**
Folium Betula Pendulae	200 mg	400 mg	**
Ginger Root	50 mg	100 mg	**
Yerba Mate	50 mg	100 mg	**
Potassium Iodide	100 mcg	200 mcg	**

\* Percent Daily Values are based on a 2,000 calorie diet. \*\* Daily Value (DV) not established.



MEX THERMO SHRED

---

## MEX FIGHT

## SPORT LINE • PRE-WORKOUT

**MEX FIGHT.** Most pre-workout products available on the market are designed to fit a certain budget. They are based on very few and inexpensive boosters, such as can be found in some energy drinks. Some are more complex and provide different forms of creatine to target strength and general performance. Others contain standard ingredients to generate “pump”, helping your muscles to be fed and grow. There are also products based on multi-targeted formulas. In this category MEX NOX PRO is a definite leader.

In the case of MEX FIGHT, our R&D department has targeted the needs of endurance sports, such as football, basketball, baseball, soccer, ice hockey and, in particular, martial arts. In these sports, besides stamina, what matters is speed, dynamics, concentration and fast recovery. Following a long period of testing with the participation of many athletes, we have developed a formula where every ingredient has been carefully selected. The result is a high-quality product that will especially be appreciated by those who practice sports where endurance is at stake. Avoiding an excessive boost of muscle pump and stimulation of the central nervous system, it will help you prevent your muscles from quickly becoming numb due to a lack of oxygen, thus preserving flexibility and letting you focus on your goal. Whether you are planning physical or mental activity, MEX FIGHT is a real knock-out when it comes to achieving your goals.

**OTHER INGREDIENTS:** Citric Acid, Natural and Artificial Flavors, Natural Color: Beta Carotene, Malic Acid, Sucralose, Silica.

**DIRECTIONS:** Mix 1 scoop (15 g) of MEX FIGHT with 9 oz. of cold water. For best results, consume one serving a day about 30 minutes prior to your workout or physical activity.

**FLAVORS:** orange

**SIZE:** 10.6 oz (300 g) - 20 servings

## HIGHLIGHTS

ADVANCED ENERGY BOOSTER

HIGHER TRAINING ENDURANCE

REDUCED MUSCLE FATIGUE

FOCUS AND CONCENTRATION

SPEED, STRENGTH AND RECOVERY

NO FAT, NO SUGAR, NO CARBS

---

## SUPPLEMENT FACTS

Serving Size: 1 Scoop (15 g)

Servings Per Container: 20

Amount:	Per serving (15 g)	% DV*
Calories	0 kcal	0%
Vitamin B6 (as Pyridoxine HCL)	2 mg	100%
Vitamin B1 (as Thiamine)	5 mg	450%
Vitamin B12 (as Methylcobalamin)	14 mcg	500%
Niacin (as Nicotinamide)	30 mg	150%
Vitamin C (as L-Ascorbic Acid)	120 mg	200%
Magnesium (as Magnesium Citrate)	10 mg	3%
Beta Alanine	5000 mg	**
Taurine	2000 mg	**
Citrulline Malate	2000 mg	**
L-Tyrosine	1000 mg	**
N-Acetyl-L-Carnitine	1000 mg	**
Caffeine Anhydrous	200 mg	**
Panax Ginseng Extract	50 mg	**

\* Percent Daily Values are based on a 2,000 calorie diet. \*\* Daily Value (DV) not established.



FITLINE



---

## MEX NITRO WHEY

## FIT LINE • PROTEIN POWDERS

**MEX NITRO WHEY** is the best deal you can find on a high-quality great-tasting protein. It combines several fast-acting proteins, such as WPC, WPI and SPI, with hydrolyzed peptides to make one of the best protein formulations for training fuel and muscle replenishment. Each serving of MEX NITRO WHEY provides 21 grams of highly bioavailable amino acids and only 1 gram of fat, making it ideal for post-workout recovery shakes and for stacking with high-carbohydrate meals and supplements. MEX NITRO WHEY is based on a unique amino acid composition combining high levels of nitrogen-rich arginine and glutamine with branched-chain amino acids (BCAA). Peptide bonded arginine is a superior form of this amino acid, which enhances growth through the same mechanisms as l-leucine.

**INGREDIENTS:** WHEY Blend 80% (Ultra and Micro-Filtered Whey Protein Concentrate, Cold-Filtered Whey Protein Isolate), Soy Protein Isolate 20%, Skim Milk Powder, Glycine, Glutamine Peptides, Soy Lecithin, Natural and Artificial Flavoring, Cellulose Gum, Sucralose, Acesulfame K, Color.

**DIRECTIONS:** For adults, mix one (1) rounded scoop (30 g) of MEX NITRO WHEY in 6-8 oz (about 220 ml) of your favorite beverage (water, milk, juice, etc.). Blend in a blender, shake in a shaker or stir with a spoon in a glass until smooth (usually 20-30 s). For best results consume two or three scoops of MEX NITRO WHEY spread throughout the day in conjunction with your training regimen.

**FLAVORS:** chocolate, strawberry, vanilla cinnamon

**SIZE:** 2 lbs (910 g) – 30 servings, 5 lbs (2270 g) – 75.5 servings

## HIGHLIGHTS

ULTRA AND MICRO-FILTERED WHEY PROTEINS

CONTAINS WPC, WPI, SPI AND GLUTAMINE

WHEY PROTEINS AS THE MAIN SOURCE

HIGH IN ARGININE PEPTIDES AND LOW IN FAT

BETTER RECOVERY AND NITROGEN RETENTION

MUSCLE GROWTH & IMMUNE SYSTEM SUPPORT

RICH, REFRESHING FLAVOR WITH NO AFTERTASTE

---

## NUTRITION FACTS

Serving Size 1 Scoop (30 g)

Servings Per Container: 30 / 75.5

Amount :	Per Serving (30 g)	Per 100 g	% DV *
Calories	502 kJ 120 kcal	1679 kJ 401 kcal	6%
Total Fat	1 g	3 g	4%
Saturated Fat	<0.5 g	1 g	2%
Trans Fat	0 g	0 g	0%
Cholesterol	18 mg	61 mg	3%
Sodium	172 mg	573 mg	3%
Potassium	230 mg	766 mg	5%
Total Carbohydrate	6 g	20 g	1%
Dietary Fiber	1 g	3 g	5%
Sugars	2 g	6 g	**
Protein	21 g	70 g	42%
Vitamin A	0 mg	0 mg	0%
Vitamin C	0 mg	0 mg	0%
Calcium	100 mg	344 mg	100%
Iron	0 mg	0 mg	2%

\* Percent Daily Values are based on a 2,000 calorie diet. \*\* Daily Value (DV) not established.



---

## MEX CGT + BETA ALANINE

## FIT LINE • CREATINE • GLUTAMINE • PRE-WORKOUT

**MEX CGT + BETA ALANINE** is a unique pre-workout product without any stimulants. This highly effective combination of creatine, glutamine and taurine, with added beta alanine, ensures maximum effect of every workout. These active ingredients help to increase strength, energy and endurance, provide a powerful pump, better focus and concentration, and support optimal muscle activity. MEX CGT + BETA ALANINE can also be taken after exercise, as it contains components supporting recovery and the growth of muscle tissue.

**OTHER INGREDIENTS:** Hydroxypropyl Distarch Phosphate, Malic Acid, Natural and Artificial Flavors, Sucralose, Natural Color (Beetroot Powder), Silica.

**DIRECTIONS:** Mix 1 level scoop (20 g) of MEX CGT + BETA ALANINE with 5 oz (about 140 ml) of cold water or your favorite beverage. For best results, consume one serving 45-60 minutes prior to and/or one serving immediately after your workout, or use as recommended by a physician or a licensed nutritionist.

**FLAVORS:** raspberry

**SIZE:** 600 g – 30 servings

## HIGHLIGHTS

- ADVANCED RECOVERY & STRENGTH
- SYNERGISTIC PERFORMANCE BLEND
- OPTIMAL PROPORTION & DOSAGE
- SUPER BIOACTIVE CREATINE HCL
- ONLY CLINICALLY PROVEN INGREDIENTS
- NOW SUGAR FREE WITH NATURAL COLOR

## SUPPLEMENT FACTS

Serving Size 1 Scoop (20 g)

Servings Per Container: 30

Amount :	Per serving (20 g)	Per 100 g	% DV *
Calories	28 kcal	140 kcal	1%
Total Carbohydrate	7 g	35 g	9%
Sugars	0 g	0 g	**
Creatine Monohydrate	4.25 g	22.5 g	**
Core-creat™ Creatine HCl	0.75 g	2.5 g	**
L-Glutamine	3 g	15 g	**
Glutamine Peptides (from Wheat)	1 g	5 g	**
Taurine	2 g	10 g	**
Carnostim™ (Beta Alanine)	1 g	5 g	**

\* Percent Daily Values are based on a 2,000 calorie diet. \*\* Daily Value (DV) not established.



**MEX CGT + BETA ALANINE**

---

## MEX FLEXO

## FIT LINE • JOINT PROTECTION AND REGENERATION

**MEX FLEXO** joint support formula features advanced ingredients, such as Hydrolyzed Type II Collagen, Glucosamine, Chondroitin, Hyaluronic Acid, and MSM, which are its basic building blocks, combined with some key vitamins that stimulate the immune system. Collagen is responsible for skin elasticity and for keeping joints and skin moisturized, which is why it makes up the main component of MEX FLEXO. Glucosamine, enhanced with Chondroitin, is the core ingredient of proteoglycans, making up the substance of cartilage, and glycosaminoglycans (GAG), useful as a lubricant or shock absorber. Hyaluronic Acid (HA) is mainly considered to be a joint lubricant and "cement", and, along with the other ingredients, it promotes the health of joints and skin.

**OTHER INGREDIENTS:** Maltodextrin, Citric Acid, Natural and Artificial Flavors, Sucralose, Natural Color (Carmine), Silica.

**DIRECTIONS:** Mix 1 scoop (20 g) of MEX FLEXO with 8-10 oz of water and take once daily on an empty stomach.

**FLAVORS:** berry blast

**SIZE:** 400 g - 20 servings

## HIGHLIGHTS

SUPPORTS HEALTHY CARTILAGE AND HEALTHY SKIN

COLLAGEN PEPTIDES – KEY JOINT SUPPORT

GLUCOSAMINE AND CHONDROITIN, PAIN RELIEF

MSM AND HYALURONIC ACID, SYNOVIAL FLUID SUPPORT

JOINT STRENGTH, FLEXIBILITY, MOBILITY AND RECOVERY

DELICIOUS SHAKES OF DIFFERENT FLAVORS

FREE OF SOY, GLUTEN, SUGAR, AND GMO

---

## SUPPLEMENT FACTS

Serving Size: 1 Scoop (20 g)

Servings Per Container: 20

Amount:	Per serving (20 g)	% DV *
Calories	32 kcal	1.6%
Total Fat	0 g	0%
Total Carbohydrate	7 g	2%
Sugars	0 g	0%
Protein	10 g	20%
Vitamin C	60 mg	100%
Vitamin D	400 IU	100%
Sodium	50 mg	2%
Copper	0.5 mg	25%
Hydrolyzed Type II Collagen	10 g	**
Glucosamine Sulphate	500 g	**
L-Proline (Free Form)	500 g	**
Chondroitine Sulphate	250 g	**
Methyl Sulfonyl Methane (MSM)	250 g	**
Hyaluronic Acid	20 g	**

\* Percent Daily Values are based on a 2,000 calorie diet. \*\* Daily Value (DV) not established.



---

## MEX LIPO SHRED

## FIT LINE • FAT REDUCTION

**MEX LIPO SHRED** is a 3 -phase lipotropic formula for weight control which can accelerate fat metabolism in the body. MEX LIPO SHRED contains an optimal combination of natural extracts and bio-identical microelements, including improved-absorption acetyl-L-carnitine, choline bitartrate and green tea extract, all of which work synergistically to convert excess fat into energy, reduce appetite and increase focus. This product provides valuable support to the liver and cardiovascular system, and contains no stimulants!

**OTHER INGREDIENTS:** Dicalcium Phosphate, Methylcellulose, Stearic Acid, Silicon Dioxide, Magnesium Stearate, Coating (Polyethylene Glycol).

**DIRECTIONS:** Take 3 tablets on an empty stomach two times a day before meals and/or after training.

**SIZE:** 120 tablets – 40 servings

## HIGHLIGHTS

ACTIVE FAT LOSS SUPPORT

LIPOTROPIC FORMULATION

BOOSTS METABOLISM

STIMULANT FREE BLEND

ANTIOXIDANT ACTION

---

## SUPPLEMENT FACTS

Serving Size: 3 Tablets

Servings Per Container: 40

Amount Per:	3 Tabs	% DV*
Acetyl-L-Carnitine	500 mg	**
Choline Bitartrate	500 mg	**
Inositol	500 mg	**
Methionine (as DL-Methionine)	500 mg	**
Green Tea	500 mg	**
Calcium Pyruvate	250 mg	**
Potassium Iodide	100 mcg	**

\* Percent Daily Values are based on a 2,000 calorie diet. \*\* Daily Value (DV) not established.



---

## MEX CLA + GREEN TEA

## FIT LINE • FAT REDUCTION

**MEX CLA + GREEN TEA** is a natural product that contains conjugated linoleic acid (CLA) and green tea extract, which effectively help to reduce body fat and stimulate the growth of lean muscle mass. MEX CLA + GREEN TEA contains high-quality CLA, an ingredient that speeds up metabolism and helps burn excess fat in the body. This product is enriched with green tea extract, which has a strong antioxidant action and promotes further healthy weight loss.

**OTHER INGREDIENTS:** Gelatin, Glycerin.

**DIRECTIONS:** Take 1 softgel on an empty stomach three times a day before meals and/or before training.

**SIZE:** 90 softgels – 90 servings

## HIGHLIGHTS

- FAT DEPOSIT MOBILIZATION
  - EFFECTIVE FAT BURNING FORMULA
  - SUPPORTS LEAN BODY WEIGHT
  - NUTRIENT PARTITIONING SYSTEM
  - VISCERAL FAT REDUCTION EFFECT
-

## SUPPLEMENT FACTS

Serving Size: 1 Softgel

Servings Per Container: 90

Amount Per:	1 Softgel	3 Softgels	% DV*
Calories	7.2 kcal	21.6 kcal	<1%
Calories From Fat	7.2 kcal	21.6 kcal	<1%
Total Fat	0.8 g	2.4 g	<1%
CLA-MAX™	1 g	3 g	**
Conjugated Linoleic Acid (Derived from Safflower and Sunflower Seed Oil, Minimum 80% CLA)	0.7 g	2.1 g	**
Green Tea (Catechins-80% [EGCG-50%])	0.3 g	0.9 g	**

\* Percent Daily Values are based on a 2,000 calorie diet. \*\* Daily Value (DV) not established.



**MEX CLA + GREEN TEA**

---

## MEX TRIPLE OMEGA 3

## FIT LINE • FAT REDUCTION

**MEX TRIPLE OMEGA 3.** The key argument for Omega 3 supplementation is that EPA and DHA are essential fatty acids, components of living cells, that are not produced by the human body, while, in the case of an average person, their intake with natural food does not even come close to their recommended daily value.

Most studies clearly suggest that besides an improved brain and heart function, such benefits as fat loss, increased testosterone level, joint support, improved recovery and all the “muscle health” benefits, which are so important for athletic performance, are only achievable through providing a high dose of those fatty acids – a minimum of 1500 mg per day.

MEX TRIPLE OMEGA 3 includes a triple dose of that offered by an average Omega 3 product, enclosed in a single rapid-release liquid softgel. Our ultra-pure, cold-water, molecularly distilled fish oil, which is free of heavy metal contaminants, GMO, glucose, and cholesterol is extracted from the highest quality fish sources to help promote overall health and wellness.

**OTHER INGREDIENTS:** Gelatin, Glycerin.

**DIRECTIONS:** Take 1 softgel once a day on an empty stomach.

**SIZE:** 90 softgels - 90 servings

## HIGHLIGHTS

CARDIOVASCULAR SUPPORT\*

BRAIN, LIVER AND JOINT HEALTH\*

ANTI-INFLAMMATORY SUPPORT\*

CONCENTRATION AND WELL-BEING\*

\*supported by many studies

---

## SUPPLEMENT FACTS

Serving Size: 1 Softgel

Servings Per Container: 90

Amount Per:	1 Softgel	% DV*
Calories	10 kcal	<1%
Calories From Fat	10 kcal	<1%
Total Fat	1 g	2%
Saturated Fat	< 0.5 g	< 2%
Trans Fat	0 g	**
Polyunsaturated Fat	0.9 g	**
Monounsaturated Fat	< 0.5 g	**
Cholesterol	0 mg	0%
Vitamin E (As Natural D-Alpha Tocopherol)	2 IU	7%
Natural Fish Oil Concentrate	1 g	**
Omega-3 Fatty Acids	750 mg	**
Eicosapentaenoic Acid (EPA)	500 mg	**
Docosahexaenoic Acid (DHA)	250 mg	**

\* Percent Daily Values are based on a 2,000 calorie diet. \*\* Daily Value (DV) not established.



**MEX TRIPLE OMEGA 3**

---

## LIQUID L-CARNITINE 5000

## FIT LINE • FAT REDUCTION

**LIQUID L-CARNITINE 5000.** L-Carnitine is not used like a typical amino acid. Although it is synthesized from lysine and methionine in the liver and kidneys and used for protein synthesis and/or as a neurotransmitter, it also serves as the transporter of fatty acids to cell mitochondria. Thus, L-Carnitine turns fat into energy and for this reason, it is informally called "muscular energy". Due to its vital role in fat metabolism, it is believed to be of great assistance in fat burning and weight management. Fat, which has more than twice as many calories per gram as protein and carbohydrates, can be utilized as energy during any kind of activity and on any level, which creates a perfect environment for achieving a better performance and for stimulating lean muscle growth. Apart from contributing to a healthy body composition, reduction of muscle glycogen and lactic acid may delay the onset of fatigue, thus increase your endurance.

MEX LIQUID L-CARNITINE 5000 provides the highest dosage of L-Carnitine on the market, a hefty 5000 mg per single serving and an astonishing 125 000 mg per 500 ml. It comes in the form of a convenient, fast-acting and great-tasting drink which, unlike other liquids of this type, can be drunk with genuine pleasure.

**OTHER INGREDIENTS:** Water, Citric Acid, Gum Arabic, Natural and Artificial Flavors, Stabilizer (E445), Sucralose, Color (Beta Carotene & Brilliant Blue FCF), Potassium Sorbate, Sodium Benzoate.

**DIRECTIONS:** As a dietary supplement, take one (1) serving of 20 ml of MEX LIQUID L-CARNITINE 5000 one (1) time daily, preferably before exercise. Tear off the top of the cap and use it as a cup to measure the dosage accurately. Shake well before each use. Wash the cup after use.

**FLAVORS:** lime

**SIZE:** 1.7 fl oz (bottle) - 503 ml

## HIGHLIGHTS

HELPS REDUCE BODY FAT

BOOSTS MUSCULAR ENERGY

HELPS INCREASE ENDURANCE

STIMULANT AND FAT FREE

GLUTEN AND SUGAR FREE

---

## SUPPLEMENT FACTS

Serving Size: 20 ml

Servings Per Container: 25

Amount Per:	1 Serving (20 ml)	% DV*
Energy	10 kcal	<1%
L-Carnitine (as free form AA)	5000 mg	**
Vitamin B6 (as Pyridoxine HCL)	0.7 g	50%

\* Percent Daily Values are based on a 2,000 calorie diet. \*\* Daily Value (DV) not established.



LIQUID L-CARNITINE 5000

---

## MEX ISO-TON

## FIT LINE • ENDURANCE AND ENERGY SUPPORT

**MEX ISO-TON.** In the sports market there are many beverages that claim to re-hydrate the body, boost energy and replenish electrolytes lost during physical activity. They may be ready-to-drink or sold as powders to be mixed with water. In most cases, however, those so-called "sports drinks" are usually designed to quench thirst and allure buyers with a good flavor. They contain unnecessary extras that have nothing or very little to do with true isotonic function.

MEX ISO-TON aims at endurance activities in excess of one hour, thus catering for such athletes as marathon runners, long-distance cyclists, triathletes, Ironman competitors and other sportspeople whose training sessions last approximately one hour, but are highly intensive. These activities may include weightlifting, track-and-field, martial arts, ball games or any other sport. The balance reached in MEX ISO-TON has been carefully calculated to achieve the most optimal fluid to energy ratio between hypotonic and hypertonic states, i.e. between higher water absorption with less energy and higher energy with decreased absorption. If you are a professional athlete or an active amateur, if you are involved in long periods of physical work or suffer from a high temperature because of sickness or exposure to the sun, you can bet that MEX ISO-TON will serve to protect you.

**OTHER INGREDIENTS:** Fructose, Malotodextrin, Natural and Artificial Flavoring, Citric Acid, Sucralose, Vitamin and Mineral Blend: Sodium Chloride, Potassium Chloride, Magnesium Citrate, Calcium Carbonate, Thiamine HCL, Riboflavin, Nicotineamide, Pyridoxine HCL, Methylcobalamin, Folic Acid, Biotin, Pantothenic Acid, Silicon dioxide, Natural color: Curcumin for Lemon Flavor; Beta Carotene for Orange Flavor.

**DIRECTIONS:** For adults, mix one (1) heaping scoop (21 g) of MEX ISO-TON in about 8 ounces (250 ml) of water until completely dissolved (usually 10-20 s). Consume depending on your needs.

**FLAVORS:** lime, orange

**SIZE:** 630 g (30 servings)

## HIGHLIGHTS

OSMOLALITY 295 MOSM/KG

840 MG OF SODIUM / 1 LITER

7% OF CARBS PER SERVING

75-80% OF CARBS FROM SUGAR

REAL BODY QUENCHER

SUPERB REFRESHING FLAVOR

---

## SUPPLEMENT FACTS

Serving Size: 1 Rounded Scoop

Servings Per Container: 30

Amount:	Per serving (21 g)	Per 100 g	% DV*
Calories	75 kcal	357 kcal	3.75%
Total Fat	0 g	0 g	0%
Total Carbohydrate	17,5 g	83.3 g	5.8%
Dietary Fiber	0 g	0 g	0%
Sugar	14 g	66.7 g	**
Sodium	210 mg	1000 mg	8.75%
Potassium	84 mg	400 mg	2.4%
Magnesium	21 mg	100 mg	5.25%
Calcium	42 mg	200 mg	4.2%
Vitamin C	20 g	95.2 mg	33%
Vitamin B1	0.25 mg	1.2 mg	16.7%
Vitamin B2	0.38 mg	1.8 mg	22.35%
Niacin	4 mg	19 mg	20%
Vitamin B6	0.38 mg	1.8 mg	19%
Folic Acid	50 mcg mg	240 mcg	12.5%
Vitamin B12	0.63 mcg	3 mcg	10.5%
Biotin	12.5 mcg	59.5 mcg	4.2%
Pantothenic acid	1.5 mcg	7.14 mcg	15%

\* Percent Daily Values are based on a 2,000 calorie diet. \*\* Daily Value (DV) not established.



---

## MEX ZMAA

## FIT LINE • ANABOLIC BOOSTERS • VITAMINS & MINERALS

**MEX ZMAA** is an active formula, a combination of zinc, magnesium and vitamin B6, which promotes tissue repair and increases natural production of testosterone and growth hormone in the body in order to create suitable conditions for intense muscle growth. MEX ZMAA keeps the body in a highly anabolic state, while providing sound sleep needed for maximum recovery. This formula is enriched with the amino acids l-arginine and l-lysine, which improve blood circulation to support the transportation of all valuable nutrients to the muscles.

**OTHER INGREDIENTS:** Gelatin, Magnesium Stearate.

**DIRECTIONS:** Take 2 capsules, preferably on an empty stomach, before going to bed.

**SIZE:** 120 capsules – 60 servings

## HIGHLIGHTS

PROMOTES DEEP, RESTFUL SLEEP

OPTIMAL HG AND IGF-1 OUTPUT

OPTIMAL TESTOSTERONE OUTPUT

STRENGTH AND HIGH ENERGY LEVELS

LIBIDO AND SEXUAL PERFORMANCE

OPTIMAL ANDROGEN-ESTROGEN RATIO

---

## SUPPLEMENT FACTS

Serving Size: 2 Capsules

Servings Per Container: 60

Amount per:	2 Caps	% DV*
Vitamin B6 (as Pyridoxine HCL)	7 mg	500%
Magnesium (as Magnesium Oxide)	400 mg	100%
Zinc (as Zinc Monomethionine and Zinc Aspartate)	15 mg	100%
L-Arginine (free form)	250 mg	**
L-Lysine (free form)	250 mg	**

\* Percent Daily Values are based on a 2,000 calorie diet. \*\* Daily Value (DV) not established.



**2»GO**



---

## MEX 2GO CARNI-SHOT

## MEX 2GO • SHOTS • FAT REDUCTION

**MEX 2GO CARNI-SHOT** is a liquid formula for burning excess fat that comes in compact, precise, single doses suitable for use anywhere and anytime. The main active ingredient of MEX CARNI-SHOT is the amino acid l-carnitine, which has the unique property of converting fat into energy. As a result, this formulation supports healthy fat loss and increases energy. It also stops the production of lactic acid in muscles caused by excessive exercise. MEX CARNI-SHOT is enriched with chromium picolinate and natural extracts of green tea, which help to burn fat and provide antioxidant protection for the body.

**OTHER INGREDIENTS:** Water, Citric acid, Gum Arabic, Natural Flavor, Stabilizer (E445), Sucralose, Color (Beta Carotene & Brilliant Blue FCF), Potassium Sorbate, Sodium Benzoate.

**DIRECTIONS:** Drink one bottle on an empty stomach directly before your daily exercise.

**FLAVORS:** lime

**SIZE:** 20 shots (70 ml each)

## HIGHLIGHTS

BOOSTS FAT METABOLISM  
FATTY ACID MOBILIZATION  
ENERGY AND ENDURANCE  
STIMULANT AND DOPING FREE  
SUPPORTS WEIGHT REDUCTION

---

## SUPPLEMENT FACTS

Serving Size: 1 Bottle (70 ml)

Servings Per Box: 20

Amount:	Per Serving (70 ml)	% DV*
Energy	0 kJ/0 kcal	0%
Protein	0 g	0%
Carbohydrates	0 g	0%
Fat	0 g	0%
L-Carnitine Base	2000 mg	**
L- Carnitine Tartrate	1000 mg	**
Acetyl L-Carnitine	500 mg	**
Green Tea	50 mg	**
Chromium Picolinate	10 mcg	9%

\* Percent Daily Values are based on a 2,000 calorie diet. \*\* Daily Value (DV) not established.



MEX 2GO CARNI-SHOT

---

## MEX 2GO ACTIVE

## MEX 2GO • SHOTS • PRE-WORKOUT

**MEX 2GO ACTIVE** is a liquid instant-acting and great-tasting ergogenic formula for active people or those who need a wake-up call in their routine. This powerful combination of amino acids, vitamins and caffeine can also generate extra energy for any physical activity, from a leisurely exercise to a hardcore workout, feeding your muscles and preventing catabolism. Simultaneously, MEX 2GO ACTIVE improves your mental focus and concentration, giving you this “I-can-do-it-all” attitude and boosting your self-motivation. Whether you sit behind a computer all day, work in the construction business or sweat in a gym, on a bike or track, you can be sure that MEX 2GO ACTIVE won’t let you down. Because U CAN.

**OTHER INGREDIENTS:** Water, Citric Acid, Malic Acid, Natural and Artificial Flavors, Starch Sodium Octenyl Succinate, Glycerol Esters of Wood Rosins, Propylene Glycol, Vegetable Oil, Color (Cochinial Red A, Carmoisine, Sunset Yellow FCF), Tocopherols, Sucralose, Ascorbyl Palmitate, Sodium Benzoate 0.1% (E211), Potassium Sorbate 0.1% (E202), Antioxidant BHA (E320).

**DIRECTIONS:** Drink 1 bottle daily on an empty stomach immediately before your daily exercise or mental activity. Shake well before use.

**FLAVORS:** pink grapefruit

**SIZE:** 70 ml (bottle), 20 bottles (box)

## HIGHLIGHTS

- A VERY POTENT ERGOGENIC BLEND
  - INSTANT ACTING LIQUID FORMULA
  - PROMOTES ENERGY AND ENDURANCE
  - IMPROVES MOOD AND MENTAL FOCUS
  - EFFECTIVELY STIMULATES FAT BURNING
-

## SUPPLEMENT FACTS

Serving Size: 1 Bottle (70 ml)

Servings Per Box: 20

Amount:	Per Serving (70 ml)	% DV*
Beta Alanine	5000 mg	**
Taurine	2000 mg	**
Caffeine Anhydrous	200 mg	**
Bitter Orange	20 mg	**
Glucuronolactone	250 mg	**
L-Tyrosine	100 mg	**
Ascorbic Acid (Vitamin C)	120 mg	200%
Methylcobalamin (Vitamin B12)	12 mcg	200%

\* Percent Daily Values are based on a 2,000 calorie diet. \*\* Daily Value (DV) not established.



---

## MEX 2GO PUMP

## MEX 2GO • SHOTS • PRE-WORKOUT

**MEX 2GO PUMP** is a great tasting, instant-acting formula designed mainly for athletes and people with high levels of physical activity and/or mental effort. It helps you work harder and longer while getting a better "pump" and muscle blood flow. Sportspeople will appreciate it as a pre-workout and pump-boosting supplement, girls can use it to maintain lean muscles while dieting and guys could take advantage of better sexual performance. However, no matter if you train or not, you will surely appreciate improved endurance, less soreness and better recovery. Take your athletic performance to a new level or use the opportunity to increase your mental or physical ability, feeling more positive and energetic. Because U CAN.

**OTHER INGREDIENTS:** Water, Citric Acid, Malic Acid, Natural and Artificial Flavors, Starch Sodium Octenyl Succinate, Glycerol Esters of Wood Rosins, Propylene Glycol, Vegetable Oil, Color (Cochineal Red A, Carmoisine, Sunset Yellow FCF), Tocopherols, Sucralose, Ascorbyl Palmitate, Sodium Benzoate 0.1% (E211), Potassium Sorbate 0.1% (E202), Antioxidant BHA (E320).

**DIRECTIONS:** Drink 1 bottle daily on an empty stomach immediately before your daily exercise or mental activity. Shake well before use.

**FLAVORS:** pink grapefruit

**SIZE:** 70 ml (bottle), 20 bottles (box)

## HIGHLIGHTS

INSTANT-ACTING NITRIC OXIDE (NO) BOOSTER

SKIN BURSTING PUMPS AND VASCULARITY

ENERGY, STRENGTH AND ENDURANCE

CARNOSINE-PROMOTING BETA ALANINE

MEGA DOSES OF AAKG AND CITRULLINE

POWER-CHARGING TRI-CREATINE MALATE

---

## SUPPLEMENT FACTS

Serving Size: 1 Bottle (70 ml)

Servings Per Box: 20

Amount:	Per Serving (70 ml)	% DV*
Arginine AKG	4000 mg	**
Citrulline DL-Malate	4000 mg	**
Tri-Creatine Malate	2000 mg	**
Beta-Alanine	1000 mg	**
Glycine	1000 mg	**
Caffeine anhydrous	200 mg	**

\* Percent Daily Values are based on a 2,000 calorie diet. \*\* Daily Value (DV) not established.



---

## MEX 2GO REST

**MEX 2GO REST** is an instant-acting amino acid and recovery formula based on potent scientifically tested ingredients. Imagine you've just finished your workout, physical work or have experienced a long period of mental fatigue. You are so exhausted that you don't even have enough energy to lie down. One shot of MEX 2GO REST, just like a soothing massage, can relieve all that. This optimal muscle recovery fuel contains a prime 8:1:1 combination of BCAA and l-glutamine for endurance, hydration, and muscle growth and repair. MEX 2GO REST prevents muscle breakdown, reduces soreness and fatigue, and gives you all the strength and energy you need to continue your physical and mental activity sooner and faster. Because U CAN.

**OTHER INGREDIENTS:** Water, Citric Acid, Malic Acid, Natural and Artificial Flavors, Starch Sodium Octenyl Succinate, Glycerol Esters of Wood Rosins, Propylene Glycol, Vegetable Oil, Color (Cochinial Red A, Carmoisine, Sunset Yellow FCF), Tocopherols, Sucralose, Ascorbyl Palmitate, Sodium Benzoate 0.1% (E211), Potassium Sorbate 0.1% (E202), Antioxidant BHA (E320).

**DIRECTIONS:** Drink 1 bottle daily on an empty stomach immediately before your daily exercise or mental activity. Shake well before use.

**FLAVORS:** pink grapefruit

**SIZE:** 70 ml (bottle), 20 bottles (box)

## HIGHLIGHTS

POWERFUL RECOVERY FORMULA

INSTANT AMINO ACID INFUSION

PROMOTES PROTEIN SYNTHESIS

MINIMIZES MUSCLE SORENESS

FIGHTS STRESS AND FATIGUE

---

## MEX 2GO • SHOTS • POST-WORKOUT

## SUPPLEMENT FACTS

Serving Size: 1 Bottle (70 ml)

Servings Per Box: 20

Amount:	Per Serving (70 ml)	% DV*
Calories	0 kcal	0%
Sodium	36 mg	2%
Potassium	11 mg	< 0,5%
8:1:1 BCAA (L-Leucine, L-Valine, L-Isoleucine)	5000 mg	**
L-Glutamine	2000 mg	**
Electrolyte Blend (Sodium Chloride [12 mg], Sodium Citrate [10 mg], Potassium Chloride [8 mg])	30 mg	**

\* Percent Daily Values are based on a 2,000 calorie diet. \*\* Daily Value (DV) not established.



---

# MEX ACCESSORIES AND CLOTHING

To be effective, any type of training needs active support. This is why MEX, apart from excellent nutrition products, offers a wide range of high-quality, custom-designed accessories and clothing to make your time at the gym as efficient as possible and turn it into an experience that is both fun and inspirational. Whether you are a beginner or an experienced pro athlete, MEX training accessories and clothes are the right choice to meet your individual needs.

---

---

## MEX TRAINING GLOVES

## MEX ACCESSORIES

**1. MEX PRO ELITE** – men's gloves made of goatskin and cowhide leather with an inside rubber padded goatskin leather palm, a long strap, and a 4-way stretch insert on the back. These skin-tight high-quality gloves feature ergonomic and reinforced palms, double seams, pressure-absorbing padding, and all the latest technological novelties. They ensure a perfect fit and grip, prevent excessive sweating and allow the skin to breathe freely, giving you full-range control. Be pro and make the right impression. Because U CAN.

**2. MEX GEL GRIP** – trendy high-end men's gloves made of eco-friendly, extra-stretchable amara with silicon printing. Special gel grip pads ensure convenient cushioning and maximal shock absorption, as well as effectively protecting against friction, calluses, blisters and, indirectly, against hand injury. A long strap and a 4-way stretch insert on the back additionally support your wrists. You will surely appreciate their slick design and unbeatable quality. Be pro and make the right impression. Because U CAN.

**3. MEX U CAN** gloves represent a combination of high quality, functionality and economy with a sleek, sporty design. Their modern giant panda look is reminiscent of the wild nature of this big bear cat. They cover your skin, providing stability and security patterned after this black and white cat-footed animal. A wrist wrap and a Velcro closing ensure an extra wrist support. As strong as a bear, you will never allow your prey, be it an Olympic bar, a pull up bar, a pull down grip, or anything else, to escape. Be pro and make the right impression. Because U CAN.

**4. MEX M-FIT** – men's gloves made of leather with a foam-padded non-slip printed palm and a 4-way stretch insert on the back. Super durable and breathable, they guarantee unrestricted movements in all directions. A perfect tool for lifting weights and getting a good grip on the pull-up bar. They protect the skin on your palms when holding handlebars. Available in royal blue. Be fit and make the right impression. Because U CAN.

**5. MEX B-FIT** – stylish and ergonomic men's fitness gloves combining top quality amara with silicone print on the palm surface for comfort and excellent grip. They feature 4-way and special mesh inserts on the backhand side for freedom of movement and breathability. The front works like ABS and the back like a private air-condition system, ensuring anti-slip and anti-moisture properties. As if this was not enough, you will be amazed how easy it is to use the special loops to take them off. Be fit and make the right impression. Because U CAN.

**6. MEX TRAIN HARD** – eco-friendly, extra-stretchable men's amara gloves with a 4-way stretch insert on the back. They feature special grip pads for added comfort and extra protection. Their lightweight structure, flexibility, and good air circulation reduce hand fatigue, ensuring a comfortable fit and grip. Their unlimited mobility makes them an excellent choice for any sport and action. Favored by both professionals and enthusiasts of CrossFit, they offer the best value for money. Be fit and make the right impression. Because U CAN.

# MEX TRAINING GLOVES

1



2



3



4



5



6



# MEX ACCESSORIES

## MEX TRAINING GLOVES

## MEX ACCESSORIES

**7. MEX SMART ZIP** – women's gloves made of leather with a foam-padded non-slip printed palm, a 4-way stretch insert on the back, and a zipper for additional comfort when putting the glove on and taking it off. Their smart, breathable design with a flexible lining not only ensures unrestricted air circulation and great adaptation to the skin, but also gives you that fashionable businesswoman look. Available in purple or lime. Be fit and make the right impression. Because U CAN.

**8. MEX W-FIT** – women's gloves made of leather with a foam-padded, non-slip printed palm and a 4-way stretch insert on the back. A flexible and breathable safeguard designed for the trendy woman who doesn't accept any compromises. By combining strength with functionality and softness with elasticity, they guarantee unrestricted movements in all directions and protect the skin on your palms when holding handlebars. Available in purple or lime. Be fit and make the right impression. Because U CAN.

**9. MEX FLEXI** – women's amara gloves with silicon printing, ensuring great comfort, skin-tight fit, extra-firm grip, and excellent protection. Supremely durable and easy to care for. Their perfect adaptation to the skin gives the impression of a bare hand. What makes them special is their sharp, yet stylish and lightweight design combined with exceptional flexibility. They also feature innovative slits that make it possible to keep your diamond rings where they belong – on your fingers. Their unique design draws everyone's attention as if you had the powers of a superhero. Available in lime or orange. Be fit and make the right impression. Because U CAN.



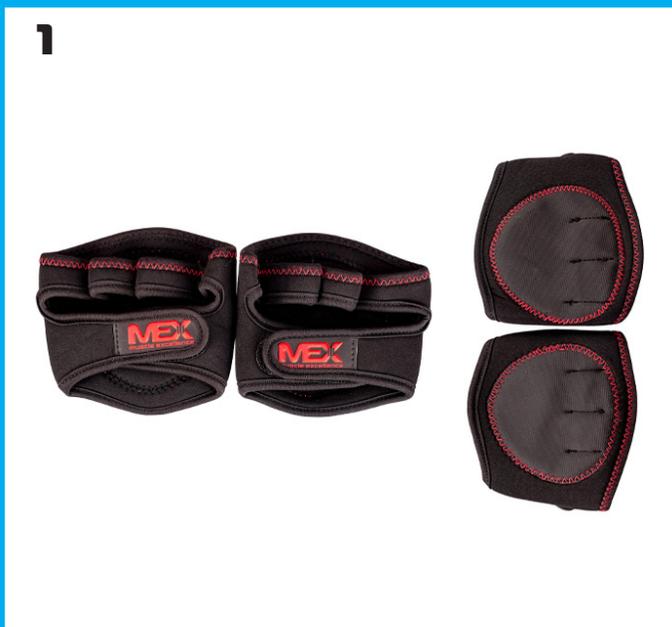
## MEX GRIP PADS

## MEX ACCESSORIES

**1. MEX G-FIT** grip pads offer a great alternative to gym workout gloves. This premium quality one-size-fits-all unisex product made of flexible neoprene features finger loops and a Velcro closure for maximum comfort and protection of your hands. Their ergonomic design allows you to maintain perfect grip and aesthetic looks for an optimal blisters- and calluses-free workout. Fans appreciate their multipurpose function, as they are perfect for WOD, sport gymnastics and exercises with bars and dumbbells. Be fit and make the right impression. Because U CAN.

**2. MEX G-SPORT** grip pads allow you to exercise hard in superb style. They come in a universal size and unisex design. They protect your inner palms in every way, leaving an impression of Yeti pawprints. Once you put them on, you feel the spirit and legend of this wild creature. Having transformed yourself into a beast, you can grab every object that comes your way, be it a javelin, an iron bar, an atlas stone, you name it. Just don't lift your car – have the valet move it to the right spot. Do not be surprised, though, if a scientist approaches you, trying to test your DNA. You have been warned. Be pro and make the right impression. Because U CAN.

**3. MEX G-FORCE** grip pads are designed for those who like to feel the iron without having to endure the sight of blood gushing from ripped skin. They help prevent bacterial infections and neutralize the odor of sweaty hands, keeping the weights from slipping out of your hands. Get into a better shape by maximizing your results. Take advantage of heavier sets, more reps, and a better pump. Train like a beast and be strong like a bull, but when you leave the gym, be as smooth as silk. Be pro and make the right impression. Because U CAN.



**1. MEX POWER-L** is the best you can get as far as quality, strength and durability are concerned. This thick suede double stitched leather belt with a double prone buckle is the King Kong of training belts. Wearing it at a gym is an obligation that says: "Lift heavy or go home". Welcome to the elite. Some powerlifters carry this belt in their vehicles instead of a car jack. In case of a flat tire, just put it on and lift the car like you are doing deadlifts. An assistant is recommended to change the wheel. Available in blue. Be pro and make the right impression. Because U CAN.

**2. MEX POWER BAND** is a 4-inch thick leather belt of the highest quality. It works like Harry Potter's magic wand turning you into a real Toruk Makto. In order for the belt to chose you, you need to have special powers. Once it does, you can use its magic to conquer the curse of stagnation and subdue weights the way Jake Sully did with the great leonopteryx. As a result, you will be able to successfully duel all your enemies, gaining honor and respect in the gym. Available in blood-red. Be pro and make the right impression. Because U CAN.

**3. MEX PRO LINE** – a 4-inch belt of the highest quality made of 10-mm thick amara and split leather with a double-prong buckle. Created for serious athletes, it ensures critical support during heavy lifts. Whether you are into powerlifting, bodybuilding or CrossFit, you can bet you will get it all. If you go for a personal record, don't use any other accessory. With this type of belt you will feel in a gym like a sheriff in his town. Just wearing it will put you in the strongman mode. Available in black. Be pro and make the right impression. Because U CAN.

**4. MEX TRAIN-L** – a 6-inch belt made of soft genuine leather with a solid double-prong steel roller buckle, anatomically contoured to fit the body's natural curves. This heavy duty belt is your 100% reliable working partner that will never let you down. As it reduces stress on the lower back, maximizes the midsection, and keeps it guarded from any uncontrolled twitches, it is excellent for heavy lifting. Strong and durable, with a cool MEX logo, it will make you look trendy and professional at the same time. Available in black. Be fit and make the right impression. Because U CAN.

**5. MEX DIP PRO**, as the name indicates, is a belt destined for dips, but can also be used for pull-ups, chin ups and other resistance exercises. This top quality professional belt made of multi-ply reinforced leather features a long and heavy gauge steel chain, which is adjustable and locked through anchor loops and a carabiner. MEX DIP PRO can carry tons of weights, barbell plates, dumbbells, iron from junkyard, you name it. You can use it for any purpose, e.g. weighted lunges, various CrossFit moves, or as a sled harness to pull even a plane. No matter what you hear in other commercials, nylon, polypropylene or artificial leather belts will never survive the war zone, where heavy guns are needed. Be pro and make the right impression. Because U CAN.

**6. MEX FIT BRACE** is a chic and comfortable 6-inch-wide contoured neoprene panel sporting a perforated MEX logo. It is anatomically designed and has an adjustable Velcro strap. Being super strong and light, it is a great alternative to leather belts, providing ultimate back support with maximized performance. Better mobility helps to maintain a full motion range, e.g. during deep squats. More importantly, however, it provides good training assistance, allowing for a natural inward curve of the back during deadlifts or back rows. By eliminating the tendency of the back to round it may help prevent serious injuries. Available in black with a lime or a violet rim. A great accessory for women, who will appreciate the beauty of its design. Be fit and make the right impression. Because U CAN.

---

## MEX TRAINING BELTS AND CORSETS

1



2



3



4



5



6



## MEX ACCESSORIES

## MEX TRAINING BELTS AND CORSETS

## MEX ACCESSORIES

**7. MEX FIT-N WIDE** – a neoprene belt with a 6-inch middle section and a 2-inch strap to support your lower back and abdomen, and to keep your muscles warm. The foam and the widened shape ensure customized fit and stimulate your muscles to assume the proper posture. Protect your midsection and enjoy the comfort! The extra width prevents your back from hyper-extension and/or any uncontrolled or unnatural moves. Whether you work in the construction business, move your furniture, or squat with a bar, the belt will be there to assist you. Flexible and light enough to be rolled in and placed in a purse. Available in royal blue. Be fit and make the right impression. Because U CAN.

**8. MEX FIT-N** – an ultra-light, foamed, super-flexible 4-inch neoprene belt, which not only supports your back during any type of exercise, but can also be used for everyday physical activity or physical work where your backbone is involved. Keeping your back warm, it can serve as a form of prevention, especially for those with nerve root pain. The superiority of this belt lies in its universality and space-saving ability. It can be used for such activities as dead-lifting in a gym or picking strawberries in your garden, and then neatly rolled in. This model is especially popular with women and the general fitness crowd. Available in black. Be fit and make the right impression. Because U CAN.

**9. MEX FIT COR** is a unisex one-size-fits-all training corset made of neoprene, elastane and nylon, materials that provide excellent thermal conditions, ensuring a bacteria-free environment and proper ventilation for your skin. Its fastening system, based on two Velcro closings, can be easily adjusted allowing you to control the degree of tightness. The plastic strips on the back support the spine without compromising on flexibility, which makes it perfect for such sports as throwing events in track and field, gymnastics, weight lifting, bodybuilding, cross-fit, ballet, horse riding, and winter sports, such as skiing, snowboarding, or skating. Be fit and make the right impression. Because U CAN.

7



8



9



**1. MEX PRO LIFT** lifting straps. This one-size-fits-all weightlifting accessory made of cotton webbing with heavy duty reinforced stitching, neon wrist pad cushions and silicon printing will protect your wrists and make them more comfortable while making your grip stronger and slip-free. They feature an extra wide and long design (1.5"/4 cm x 22"/56 cm) and pro quality for demanding athletes. Easy on and off and more durable than any standard straps. Isolate your targeted muscle, lift heavy, or do high reps, beating your records. Be pro and make the right impression. Because U CAN.

**2. MEX V-PRO** – incredibly comfortable one-size-fits-all lifting straps with a Velcro closure to help you increase your grip, lift heavier weights and protect your wrists against common injuries. They will spark your energy and self-motivation to excel. Enter the iron game in the highest gear to lift more, max out, and perform more reps and sets. Now you have no excuse. Be pro and make the right impression. Because U CAN.

**3. MEX PRO WRIST WRAPS.** Our extra large (3"/8 cm x 20"/50 cm) wrist wraps made of cotton elastic with a thumb loop and a Velcro closure for easy use offer the best possible support, comfort, durability and adjustability. They fully maximize wrist stability and protect against unwanted injuries, such as sprains and strains, tendinitis, and arthritis. Great for CrossFit, tennis, and golf. Indispensable for weight lifting, bench pressing, military pressing, hand stand pushes, biceps curls, or triceps overhead extensions. Be pro and make the right impression. Because U CAN.

**4. MEX PRO ELBOW WRAPS.** These super strong, wide and long (3"/8 cm x 50"/127 cm) elbow wraps are made of elastic cotton. They include a Velcro closure and a thumb loop, providing total support and comfort during exercise and when adjusting their size. Their high flexibility ensures undisturbed movement, safety, and protection against injuries. They are an indispensable tool for shot putters, and discus and javelin throwers, but are also commonly used by tennis and badminton players. Many gym goers know that without them it is better not to attempt dips, bench presses, or French presses, especially in the case of a straight bar. Now you are back in the game. Be pro and make the right impression. Because U CAN.

**5. MEX PRO KNEE WRAPS.** These heavyweight, extra wide and extra long (3"/8 cm x 73"/185 cm) pro-quality knee wraps made of cotton elastic ensure customized fit and greater stability. Highly flexible and tight-fitting, they offer maximum protection, which is why they should be worn only during exercises. Even when you carry extreme weights, you can enjoy a full range of movement. Excellent for heavy squats, leg presses or jumping. Additionally, when loosened, they can be worn during the day if extra support is needed. Be pro and make the right impression. Because U CAN.

**6. MEX POWER PRO HOOKS** – a well thought-out combination of rubber-coated steel and heavy duty straps with a Velcro closure for "Pitbull-like" grip. This accessory is designed mainly for heavy lifters who, besides the comfort of an increased lifting capacity, need the comfort of unrestricted movements and smooth touch, so if you are into calluses or blisters, MEX POWER PRO lifting hooks will be of no interest to you. The hooks are so strong that if you wrap them around the bar, you can hold the bar and clap your hands at the same time. Be pro and make the right impression. Because U CAN.

---

## MEX TRAINING WRAPS, STRAPS AND HOOKS

1



2



3



4



5



6



## MEX ACCESSORIES

## MEX SHAKERS AND SPORT BOTTLES

## MEX ACCESSORIES

**1. MEX GYM SHAKER.** This stylish high-quality 700-ml bottle is designed to make mixing all your shakes smooth and easy. It features a special sieve for better solubility and a small cap on top to prevent your drink from spilling in your bag. When preparing a shake, make sure you pour in the liquid first before adding powder to avoid sticking and clumping. Tighten up the cover and shake for about 30 seconds. Be fit and make the right impression. Because U CAN.

**2. MEX MULTIPLE SHAKE** is designed to combine a sport bottle and a shaker together. It features a multiple fastening system that allows you to connect more than one container together. The name MEX MULTIPLE SHAKE blends the words "multi" and "tipple", which emphasizes its versatile role as a sport bottle, and the word "shake", to show that it may be used for preparing delicious shakes.

1



2



2



---

## MEX SPORTS BAGS

MEX sports bags were created with the needs of the most demanding gym-goer in mind. Our staff members are physically active and know from experience what a perfect gym bag should be like. Having read customers' reviews of our competitors' products, we did not want to repeat their mistakes, such as using the wrong materials, wrong zippers, nonfunctional interiors, or using cheap fabrics, hoping for a larger revenue. We wanted a product that would be able to take a beating and prevent you from easily tearing a hole in it on the lip of a locker. We wanted zippers that would not fall apart only because you had just done arms in the gym and could not control your strength. We wanted a bag in which you could fit everything, e.g. a notebook, a telephone, clothes, sports shoes and accessories, such as a belt, wraps or straps, some supplements and snacks, as well as a shaker, a towel, flip flops and whatever else you need.

Having tested many materials, we came to the conclusion that the CORDURA® fabric, which is durable, versatile and reliable, was the most suitable for the desired purpose. Not without a reason is this the favorite fabric of the military forces, bikers and mountain climbers. We have designed our bags for maximum durability and long-lasting performance without compromising on modern design and sleek looks.

Depending on your goals and needs, you can choose between the smaller, compact MEX GYMFIT bag and the MEX SPORTY travel bag. Both bags feature a special zippered compartment at the bottom of one of the sides, mostly designed for carrying gym shoes, but it can also be used for dirty clothing or wet swimwear. Be fit and pro. Because U CAN.

---

**1. MEX GYMFIT BAG** was designed specifically for the gym. It has a front zippered pocket, which is perfect for small objects, such as smartphones, wallets, padlocks, gym ID cards, credit cards, keys, or even a quick snack.

DESIGNED FOR THE GYM  
FOR ALL YOUR ESSENTIALS  
EXCEPTIONALLY DURABLE  
ZIPPER AND MESH POCKETS  
INSULATED BOTTLE COOZIE  
LIGHT AND COMPACT  
COOL AND AWESOME  
FITS IN ALL LOCKERS  
CABIN-SIZE LUGGAGE  
PADDED COMFY HANDLES  
FIXABLE SHOULDER STRAP  
GREAT VALUE FOR MONEY

**2. MEX SPORTY** bag has a more spacious organizer, where a small laptop or tablet could be carried, too.

FOR WORKOUTS AND TRAVEL  
STRONG AND LIGHT  
STYLISH AND DURABLE  
VERY SPACIOUS INTERIOR  
CARRY MORE THAN THE BASICS  
TWO SIDE ZIPPERED POCKETS  
AN ALL-YOU-NEED ORGANIZER  
BOTTOM SHOE SLIP-IN BAG  
TWO SIDE COMPARTMENTS  
PADDED COMFY HANDLES  
ADJUSTABLE SHOULDER STRAP  
100% WORTH THE MONEY

---

## MEX SPORTS BAGS

1



1



2



1



1



2



# MEXWEAR

Our top priority is to provide you with a line of high-quality clothing at affordable prices, while at the same time adhering to strict EU labor and production standards. We simply believe that a high-class and high-quality product should never be compromised by using underpaid laborers, illegal employment of children, or despicable working conditions. MEX's distinct style and exclusive designs hint on the chic and sophistication of the European market. We want you to feel that what you wear is trendy and comfortable, reflecting your personality and bringing out the best assets of your physique. Dress like a star without spending a fortune! Remember: With MEX U CAN!



# MEXWEAR



# MEXWEAR



# MEXWEAR







MUSCLE EXCELLENCE USA, INC.  
303 PARK AVE S, NEW YORK, NY 10010  
[www.mexucan.com](http://www.mexucan.com)