PHYSIQUE TRANSFORMATION
BLUEPRINT
8 Weeks To A SHREDDED PHYSIQUE!
Getting Shredded – Why?

Why would any bodybuilder, or any person in general, want to get shredded? A more logical question might be: “Why wouldn’t one want to get shredded?” If you’re a serious bodybuilder, then you already spend every waking hour of your day in the gym, or in the kitchen, trying to build up as much muscle as humanly possible. Losing your excess body fat occasionally allows you to show off the new muscle you add each year. On the other hand, if you’re just an everyday Joe who trains to look good, then you probably want to shed a few extra pounds around your waistline to look better in the beach, the boardroom, and the bedroom – every place where a trimmer waistline, chiseled chest and arms, and cut legs are admired and desired. Take a look at any of what is considered the “top bodies” in any arena – from sports to acting to everyday life – and one aspect will stand out above all others – they all possess low body fat levels.

Let’s engage in an eight week process to change our current physique – an admirable block of unprocessed muscle and bulk – into a work of art, worthy of admiration and display anywhere – from the beach, the boardroom, or the bedroom, up to and including the bodybuilding stage!

“Metcon” or “Cross-Fit” Training for the Ultimate Cutting Workout

We all know that for the most part, the same you built the muscle – through lots of sets of heavy exercises – will be how you maintain the muscle as you work to shed body fat. However, there are some advantages to continue your heavy lifting while utilizing a form of training which will help to boost your metabolism, which will speed up the fat burning process as much as diet, supplementation and cardiovascular exercise can provide. This metabolic conditioning, or “met con”, can be achieved through Cross-Fit training. Essentially, this kind of training involves super-setting heavy compound movements and cardiovascular movements which target multiple muscles group – along with raising the heart rate and increasing the movement of oxygen in the body. Let’s examine a week of “Metcon” or “Cross Fit” training.

......................................................
Monday – Upper Body Training using modified MetCon techniques.

Today you will be training chest, back, shoulders, and arms using both standard and MetCon training. You will start your training with, following warm-ups, two heavy sets for each of these major muscle groups. After completing those ten sets, you will advance to ten more sets of MetCon training. Let’s look at such a routine:

**Chest:** Two sets incline dumbbell bench press (8 to 10 repetitions)

**Back:** Two sets deadlifts (6 to 10 repetitions)

**Shoulders:** Two sets shoulder press (8 to 10 repetitions)

**Biceps:** Two sets barbell curls (8 to 10 repetitions)

**Triceps:** Two sets skull crushers (8 to 10 repetitions)

**MetCon portion of training:**

One set 20-repetition light weight dumbbell side raises, immediately followed by ten bodyweight pull-ups, 45 seconds pushups on floor, 45 seconds high-intensity light weight biceps dumbbell curls, then triceps bench dips until failure. Rest three minutes, then repeat this super set, and you can call it a day! You repeat this rotation twice, which means your training totals 10 sets MetCon training and 20 total training sets.

Wednesday – Lower Body Training using modified MetCon techniques.

Similar to Monday’s training, you will start with a single heavy compound movement for each of the major lower body muscle groups (quads, hamstrings, and calves)

**Quadiceps:** Three sets barbell squats (6 to 8 repetitions)

**Hamstrings:** Three sets lying leg curls (8 to 10 repetitions)

**Calves:** Three sets seated calf raises (8 to 10 repetitions)

**MetCon portion of training:**

One set 20-rep lightweight squats, immediately followed by light weight dumbbell lunges across gym, one 40 yard dash in parking lot, standing jumps for calves, and then bodyweight squats to failure. You will be completing 19 total sets today (nine using standard heavy compound training, and ten sets from your two MetCon rotations).

Friday – Full Body MetCon Training.

Today, you will be facing no-holds barred, all out Met-Con training. Let’s check out a sample workout:

Barbell lunges (12 to 25 repetitions) immediately followed by 2 minutes cable rowing for back

Flat bench press immediately followed by 40 yard dash for speed.

Bodyweight chin-ups to failure, immediately followed by standing barbell curls.
Standing military press, immediately followed by standing calf jumps. Repeat this cycle three times.

Each week, you will rotate Monday and Wednesday’s training routines. Your first week of training will see upper body trained on Monday, and lower body trained on Wednesday. Week two will see lower body trained on Monday, and upper body trained on Wednesday. This pattern will continue for the duration of your eight weeks of getting shredded training. Friday will remain consistent throughout this time.

You will complete this workout for eight weeks, following the program religiously. Each week, you should work to add more weight to the movements while keeping the number of sets and reps – and the intensity of your training – equal or greater. In order words, you will want to increase the numbers each week in order to add intensity and keep your body adapting, so that you can keep improving. Now that we’ve nailed down the weight training aspects of your eight-week program to get diced, let’s look at the cardiovascular training you will need to endure in order to become as shredded as possible!

**Cardiovascular Training: Up and At Em’!**

Lifting weights alone, even in such a manner as to bump up the metabolic rate, will not raise your daily caloric expenditure (how many calories you burn) enough to get your body shredded. In addition to the weight training, you will want to include the use of some sort of cardiovascular training into your daily regimen. Cardio is most effective when conducted immediately upon waking in the morning. Climb out of bed, visit the restroom, then weigh yourself (for tracking purposes). Stretch out a bit on the way to the refrigerator to grab an ice cold bottled water or sugar-free drink such as Crystal Lite, and then grab your running/walking shoes. Consume your morning **Beach Freak Stack™** (more on this later!). Take your morning pass through your neighborhood, or atop your favorite piece of cardio equipment in your house.

It is imperative that you consume zero calories before conducting this cardio. Some bodybuilders will short-circuit their efforts by sipping juice while training. While juice might have some health benefits, it will force your body to burn sugars and carbohydrates now present in the stomach, instead of utilizing stored body fat. Conducting cardiovascular exercise on an empty stomach results in a situation where stored body fat is burned. You’ll have plenty of time throughout the remainder of the day to enjoy these carbohydrates and calories – just not before your cardio training in the morning!

**Diet/Nutrition: Mini Super Shredding Meals!**

Your eight week diet to get shredded will be a simple one. Here are the approved protein, carbohydrate and fat sources of which you are allowed to eat.
**Protein:** Chicken, fish or lean egg whites.

**Carbohydrate:** Rice and potatoes (red or sweet).

**Fat:** Omega-3 or fish oil, taken three times per day with meals.

Every meal should include 1-2 servings (4 ounces) of protein and one serving of carbohydrates (about a handful). You can also consume as many leafy greens (romaine lettuce or kale) as you wish.

Remove all sources of sugar and flour from your diet. Stick with the approved list of protein, carb and fat sources, and eat nothing else. It’s only eight weeks – it’s not like you’re giving up your favorite foods forever. By the time those eight weeks have passed, you will not only be much leaner, but your body will have become a highly effective digestion machine!

Many bodybuilders make a common mistake when restricting their calories in order to shed body fat. You don’t want to starve yourself. Eat as many of these small super-shredding meals as your body requires. Some days it will be six meals, and other days you may need nine meals. Use the mirror, not the scale, to dictate if you are restricting your calories too much, or too little. Now that we’ve nailed down the weight training, cardiovascular training, and diet aspects of the getting shredded plan, there’s just one place to look to solidify your perfect shredding quadrant – supplements!

**Supplements: Using the Primal Cuts Stack™ for Success**

We engage in some seriously tough training on a daily basis while in the dieting mode. We limit our calories, force our bodies to endure tougher weight training than we’ve ever used, and toss in 30 to 60 minutes of cardio on an empty stomach to top things off. The result of this combination of factors will be a body that is under some serious distress, and a central nervous system that could use a hand in maintaining existing muscle while delivering high energy levels while training. This is where supplements come into place.

The Primal Cuts Stack™ is a combination of several, highly powerful and effective supplements. Individually, these supplements are very useful and highly effective. Taken together, they deliver an additional boost in training ability, recoverability, and muscle maintenance while fat is being burned. Let’s take a look at the various forms of this insanely powerful cutting stack on the next two pages!
The secret to a head-turning physique is cuts. Sure, being swole is cool with a huge chest and guns, but size ain’t sh*t if you don’t have cuts - we’re talking full six-pack, deep separation between muscle groups and even cross-striations. Getting single-digit bodyfat levels used to be reserved for just freaks of nature... until now - introducing the all new PRIMAL CUTS STACK.

Silver Cuts Stack

Get ripped easily with our 2 most popular fat loss agents.

- **Incinerol**
  Advanced Fat Loss Formula
- **Humatropin**
  Growth Hormone Releaser

Gold Cuts Stack

Stack 4 of the most powerful cutting & fat loss agents on the market.

- **Lipotase**
  Extreme Fat Loss Catalyst
- **Incinerol**
  Advanced Fat Loss Formula
- **EquiCyclex**
  Anabolic Muscle-Building Agent
- **Humatropin**
  Growth Hormone Releaser
NOW YOU CAN GET...
RIPPED & SHREDDED
WICKED DEFINITION
& PAPER-THIN SKIN

Platinum Cuts Stack

It’s never been easier to get ripped and shredded. If you want single digit body-fat levels, or want to get ripped at an astonishing rate, this stack is the only one you’ll ever need.

**Incinerol™**  
Advanced Fat Loss Formula

**Lipotase™**  
Extreme Fat Loss Catalyst

**corTESTEN™**  
Anabolic Testosterone Formulation

**Incinerol™**  
Advanced Fat Loss Formula

**Primo 33™**  
Lean Muscle Mass Enhancer

**EquiCyclex™**  
Anabolic Muscle-Building Agent

**Humatropin™**  
Growth Hormone Releaser

**WARNING:** If you only have a few pounds to lose, this is not the stack for you. This stack was designed ONLY for people who are trying to get sub 10% body-fat levels and those who have a lot of extra body-fat to cut in a short amount of time.

To Order, Have Your Credit Card Ready And Call Now!

1-800-535-9858

OR ORDER ONLINE AT: www.PrimalMuscle.com

Discounts based on retail price. Offers are for a limited time and may be withdrawn at any time. User results may vary and the people featured have been remunerated. Use as directed along with a sensible nutrition and exercise program. Do not take more than the recommended dose on the label. As with prescription drugs there may be undesired side effects. Before using any dietary supplement contact your doctor. This information and these products are not intended to diagnose, treat, cure or prevent any disease. Statements made have not been evaluated by the FDA. Active ingredients may or may not have conclusive clinical medical studies. Do not consume if you have not followed all of these warnings. © 2013 Ultimate Fitness Nutrition™. All Rights Reserved.
TESTOSTERONE BOOSTER

ANDROXYBOL™


• Staggering Increase In Blood Oxygen Levels!
• Boosts Testosterone Through 4 Pathways!
• Endless Working Capacity, Endurance & Stamina!
• A Safe, Legal Version of Anadrol-50!
• New, More Powerful Formula!

“I've used Androxybol™ for only a short time and noticed incredibly dramatic results. I’ve always been in good shape, but as I entered my 40’s gaining lean mass became more difficult. Androxybol™ has given me what I need to maintain the muscle I work so hard to build and quickly pack on more slabs of lean mass. At 41, I won the 2012 WPF Mr. Philadelphia Classic – Super-heavyweight division while supplementing with Androxybol™.”

James K.
- Pottstown, PA -

BEST FOR:
Packing on mass

CAN ALSO BE USED FOR:
Strength gains, cutting

MECHANISM OF ACTION:
Boosts testosterone (naturally) in 4 unique ways – increased testosterone means more muscle mass faster

“I've used Androxybol™ for only a short time and noticed incredibly dramatic results. I’ve always been in good shape, but as I entered my 40’s gaining lean mass became more difficult. Androxybol™ has given me what I need to maintain the muscle I work so hard to build and quickly pack on more slabs of lean mass. At 41, I won the 2012 WPF Mr. Philadelphia Classic – Super-heavyweight division while supplementing with Androxybol™.”

James K.
- Pottstown, PA -

“Thanks to Primal Muscle™, I was able to reach my goals with ease. I constantly had to make new goals because I was always surpassing them. I started using Primal Muscle™ when I was at 170 lbs. Now I am close to 225, and I am still growing! Thanks to Primal Muscle™ at my side, I know that I have what it take to become a pro bodybuilder!”

Christian S.
- Elmhurst, NY -
"I've been taking Androxybol™ for 5 days, I feel like I can lift a truck when I go to the gym, s**t! I'm liking it!"

Steve M.
- Houston, TX -
“I was sketched about Mesobolin™ at first, but this Product actually works. I lost about 10 pounds of fat in 4 weeks and gained a solid granite 25 pounds in muscle. I look fabulous and never dreamed of a better body. This product works fast, strong, and worth it. Lean Mass And All Natural.”

Darren T.
-High Point, NC-
I used Mesobolin™ and TridenosenH™. I hit the gym and followed the 8 week monster mass guide. Between good eating, supplementing and sleep I got massive results. My bench went from 315 to 345 within the first week for 12 reps. I love the Mesobolin™, it is insane because even if I cheat on a meal it has your back. Awesome products guys!

Briar B.
- Westville, IL-

**Mesobolin™ Stacks Well With:**

Androxybol – for outrageous power, strength and muscle growth. Androxybol builds muscle through increased endurance, blood volume & oxygen uptake. Plus it features a testosterone matrix for faster muscle growth, strength & power. Stacking Mesobolin and Androxybol is a very potent combo that produces crushing size and strength as well as super-human power and speed.

Lipotase – For muscle hardness, shredding and lean gains. Due to Lipotase's dramatic hardening and shredding effects, stacking it with Mesobolin amplifies its already powerful ability to produce dry, lean muscle gains.

**DOSAGE**
Each bottle contains 168 Capsules

**NORMAL (MONTH):**

<table>
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<tr>
<th>Everyday</th>
<th>For best results, take 3 capsules twice a day.</th>
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<tr>
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**Supplement Facts**
Serving Size: 3 capsules
Servings Per Container: 56

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<th>Amount Per Serving</th>
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<tr>
<td>Mesobolin™ Proprietary Complex: 377 mg</td>
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<td>Ajuga Turkestanica Extract</td>
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<td>7-Isopropoxyflavone</td>
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<td>20-Beta-Hydroxy Ecdysone 70%</td>
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<td>5-methyl-7-methoxy-isoflavone</td>
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<td>Quebracho Blanco</td>
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<td>Eurycoma longifolia Jack</td>
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<tr>
<td>6’,7’-dihydroxybergamottin</td>
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*Daily Value Not Established

Other Ingredients: Gelatin, Dicalcium Phosphate, Stearic Acid, Silicon Dioxide.

**Directions:** As a dietary supplement, take 3 capsules twice a day.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

**Notice:** The ingredients and/or effects of this product may not currently have conclusive clinical studies from medical and/or regulatory authorities. For more information about this product's intended purposes and/or uses, please contact our offices in writing.

**Warning:** NOT FOR USE BY INDIVIDUALS UNDER THE AGE OF 18. Do not exceed recommended dosage during a 24 hour period. Consult a physician prior to use if you have any medical condition or taking any medication. Do not use during pregnancy. Please ensure maximum longevity by storing in a cool, dry, dark place with no direct sunlight. Taking more than the recommended dosage can cause nausea. Use only as directed.

**KEEP OUT OF REACH OF CHILDREN**
Get Super-Human Performance, Safely And Legally!

Outrageous Pumps, And Permanent Muscle Growth!

Lift More Weight For More Reps To Build More Muscle!

Workout Harder And Recover Faster!

“I decided to start to compete again and was looking for a solid product that could help me get the results I wanted! I ran into your line by mistake but I read and looked at the compounds and found that they were well studied. I needed a good thermo so I started with Lipotase and the pre workout Nitrox-ATP and saw results to I moved on to TridenosenH since I’m 40 I need the help. I’m a Full time Plumbing Contractor so my weeks are 60+ hours a week you products have really helped with my prep. This is 1 2 weeks start weight 290 now 245 6’2” I’ll be doing the TOC Sept 10th all three classes Open Masters 40 and Novice”

Jay “The Plumber” B.
-Hollywood, CA-

“I have used 2 bottles of Mesobolin™ and Tridenosen™. These products are the bomb. If you’re looking to gain 30 lbs like I have and grow like a monster these are amazing products. I have people asking me for advise for supplementation and workouts. I would like to thank Team Primal Muscle™ for helping me transform my body. I went from 365 lbs to 415 lbs on bench in only 4 weeks. Finally a company that works. Customer for life!”

Briar ” Godzilla ” B.
-Westville, Il-

“BEFORE”

“AFTE”

BEST FOR:
Endurance, End-Of-Set Strength

CAN ALSO BE USED FOR:
Muscle Building or Cutting (depending on training, nutrition)

MECHANISM OF ACTION:
ATP boosts energy at the cellular level… this boost means more endurance, strength, etc.
**Tridenosen™** gave me the strength to push harder without getting tired was out of this world. I was able to push myself much harder in my races. In my speed races, I could swear I felt like a race horse.”

Aamir Ahmed
- Xxxxx, XX -

**Tridenosen™ Stacks Well With:**

**Mesobolin** – For massive gains in size and strength. *Mesobolin* is a natural and more anabolic version of the popular steroid Dianabol. Stacking **Tridenosen™** and **Mesobolin** would be like stacking injectable ATP and Dianabol without any of the same side-effects or legal issues. We have had a lot of people use this stack over the years and they have achieved some really great muscular gains.

**Androxybol** – For outrageous power, strength and muscle growth. **Androxybol** builds muscle through increased endurance, blood volume & oxygen uptake. Plus it features a testosterone matrix for faster muscle growth, strength & power. Stacking **Tridenosen™** and **Androxybol** is a very potent combo that produces crushing size and strength as well as super-human power and speed.

**Lipotase** – For muscle hardness, shredding and lean gains. Due to **Lipotase**’s dramatic hardening and shredding effects, stacking it with **Tridenosen™** amplifies the already powerful ability of testosterone to produce dry, lean muscle gains.

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**Supplement Facts**

**Serving Size:** 2 capsules  
**Servings Per Container:** 84

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<th>Supplement</th>
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*Daily Value Not Established

**Other Ingredients:** Microcrystalline Cellulose, Ethylcellulose, Stearic Acid, Croscarmellose Sodium, <2% of the following: Magnesium Stearate, Ammonium Hydroxide, Medium Chain Triglycerides, Oleic acid, Sodium Alginate, Silicon Dioxide.

**Directions:** As a dietary supplement, take 2 tablets 2-4 times a day with 8 oz of water. Do not exceed 10 tablets within a 24 hour period.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

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**No Prescription Needed**

**Warning:** NOT FOR USE BY INDIVIDUALS UNDER THE AGE OF 18. Do not exceed recommended dosage during a 24 hour period. Consult a physician prior to use if you have any medical condition or taking any medication. Do not use during pregnancy. Please ensure maximum longevity by storing in a cool, dry, dark place with no direct sunlight. Taking more than the recommended dosage can cause nausea. Use only as directed.

**KEEP OUT OF REACH OF CHILDREN**

**Notice:** The ingredients and/or effects of this product may not currently have conclusive clinical studies from medical and/or regulatory authorities. For more information about this product’s intended purposes and/or uses, please contact our offices in writing.
1. A Creatine Complex For Increased Strength
2. A Nitric Oxide Complex For Increased Circulation And Oxygen
3. A Cognitive Complex For Focus, Mental Toughness, Intensity And Speed
4. An Energy Complex For Endurance And Fatigue Resistance
5. A Recovery Complex For Rapid Muscle Repair & Growth Plus Reduced Soreness

“Hey, I took a couple of scoops of Flash Bang™ yesterday... holy sh*t! I’m Beyond sore today! Great workout and an awesome taste. I also had a couple of scoops of Met-Pro™ pre and post workout, not to mention I also mixed some into my pancake batter, bomb taste! I will be ordering more soon. I’ve been feeling too bloated in my midsection and just started taking Lipotase™, I will keep you posted on my progress with Lipotase™ in a few months.”

Ronnie O.
-San Diego, CA-

BEST FOR:
Pre-workout energy

CAN ALSO BE USED FOR:
Building Muscle

MECHANISM OF ACTION:
5-stage action (creatine, nitric-oxide, cognitive, energy, recovery) covers all preworkout and recovery needs
**Flash Bang™** is insane, I love it. Great taste and for once a pre-workout that is actually effective and does what it says ."

Daniel ‘SquatMonster’ C.
- Decatur, IL -

**DOSAGE**
25 Servings

**BEGINNING:**

| 1 Scoop | Mix with 6-8oz of water, 20-30 minutes before workout for first 2-3 w orkouts, to assess tolerance. |

**AFTER TOLERANCE:**

| 1-2 Scoops | After tolerance is assessed, take 1-2 Scoops mixed with 6-8oz of water, 20-30 minutes before workout. |

As per label 1 container will last 15-30 days

**RATING**
[5 BEST - 1 WORST]

| Muscle Mass | ★★★★★ |
| Fat Loss/Definition | ★★★ |
| Strength | ★★★★★ |
| Endurance | ★★★★★ |
| Recuperation | ★★★★★ |
| Speed | ★★★★★ |

**Flash Bang™ Stacks Well With:**

- **Androxybol** – Best combination for massive increases in size. To get super big, super fast, this is the best stack!
- **Mesobolin** – To get strong as an ox, this is the best combination. Taking Mesobolin with Primo 33 would be like taking Deca and Primobolan!
- **Tridenosen H** – Great combination for endurance and strength!
- **Lipotase** – The ultimate for cutting fat while keeping (and even building) muscle mass!
- **Primo 33** – Build Lean Mass Muscle, and burn Body Fat at the Same Time.

**Supplement Facts**

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<td>Vitamin B6 (as Pyridoxine HCl)</td>
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<td>Performagenix*</td>
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5-Stage Ergogenic & Recovery Complex:

*Daily Value Not Established

**Other Ingredients:** Maltodextrin, Natural and Artificial Flavor, Sucralose, Potassium Acesulfame, Citric Acid, Red #40.

**Directions:** For the first 2-3 days of usage take 1 scoop mixed in 6-8oz of water 20-30 minutes prior to training in order to assess your tolerance. After tolerance is assessed then take 1-2 scoops mixed in 6-8oz of water 20-30 minutes prior to training.

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**No Prescription Needed**

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HIGHLY ANABOLIC – SUPPORTS MAXIMUM NITROGEN RETENTION FOR OUTRAGEOUS MUSCLE GROWTH

LOADED WITH MEDIUM-CHAIN-TRIGLYCERIDES (MCT’S) FOR ACCELERATED FAT LOSS

NO B.S. FORMULA – MAXIMUM STRENGTH, NO FILLERS – SOY FREE, GLUTEN FREE

TASTES GREAT WITHOUT ANY SUGAR OR ARTIFICIAL SWEETENERS

“At age 73 I am still able to compete in bodybuilding shows at the national level. I work out in a four-day split routine, Monday/Tuesday, Thursday/Friday, approximately 45 minute sessions each. After trying several supplements with no success I am convinced that the supplements from PrimalMuscle.com, which I have taken for about two years, brought the results that have helped me place time and time again.”

Jim E.
– Akron, OH –

“I just recently started to Compete in the ‘Physique’ Division. I stacked Lipotase™, Tridenosen™ & Mesobolin™. I put on 12 lbs in 6 Weeks and stayed ripped, as I have been doing shows every other weekend. Also your Met-pro™ kicks ass... I look forward to seeing how I progress on my next Stack!”

Critelli Scatolini
– San Diego, CA –

PROTEIN
MET-PRO™
Cutting-Edge Whey Protein Isolate Formula With Coconut Milk. Highly Anabolic Formulation Designed To Maximize Muscle-Building, Fat-Loss, And Athletic Performance.

BEST FOR:
All fitness goals – muscle-building, fat-loss, performance enhancement.

CAN ALSO BE USED FOR:
Meal replacement – mix with milk for added calories

MECHANISM OF ACTION:
Whey protein isolate is the most pure, most anabolic form of whey protein. The combination of whey isolate and coconut milk, without any additional “filler” ingredients, creates a synergistic action that greatly accelerates muscle building and fat loss.

I just recently started to Compete in the ‘Physique’ Division. I stacked Lipotase™, Tridenosen™ & Mesobolin™. I put on 12 lbs in 6 Weeks and stayed ripped, as I have been doing shows every other weekend. Also your Met-pro™ kicks ass... I look forward to seeing how I progress on my next Stack!”

Critelli Scatolini
– San Diego, CA –

PROTEIN
MET-PRO™
Cutting-Edge Whey Protein Isolate Formula With Coconut Milk. Highly Anabolic Formulation Designed To Maximize Muscle-Building, Fat-Loss, And Athletic Performance.

BEST FOR:
All fitness goals – muscle-building, fat-loss, performance enhancement.

CAN ALSO BE USED FOR:
Meal replacement – mix with milk for added calories

MECHANISM OF ACTION:
Whey protein isolate is the most pure, most anabolic form of whey protein. The combination of whey isolate and coconut milk, without any additional “filler” ingredients, creates a synergistic action that greatly accelerates muscle building and fat loss.

“At age 73 I am still able to compete in bodybuilding shows at the national level. I work out in a four-day split routine, Monday/Tuesday, Thursday/Friday, approximately 45 minute sessions each. After trying several supplements with no success I am convinced that the supplements from PrimalMuscle.com, which I have taken for about two years, brought the results that have helped me place time and time again.”

Jim E.
– Akron, OH –
**Met-Pro™**

**Stacks Well With:**

**Androxybol** – Best combination for massive increases in size. To get super big, super fast, this is the best stack!

**Mesobolin** – To get strong as an ox, this is the best combination. Taking Mesobolin with Primo 33 would be like taking Deca and Primobolan!

**TridenosenH** – Great combination for endurance and strength!

**Lipotase** – The ultimate for cutting fat while keeping (and even building) muscle mass!

“I just wanted to drop you a line and say how happy I am with PrimalMuscle.com products. I am 47 yrs old 205 lbs. and still playing semi-pro Football with young men that are my kids age. I plan on playing till I am 50. With help from your company I think I can still make an impact at 50.”

Gil M.
- Rock Springs, WY -

**DOSAGE**
30 Servings

**VARIANTS**

| 1-2 Scoops | Take 1-2 scoops upon rising, between meals, before and after workouts, and before bed... or use as a meal replacement by mixing with milk. |

As per label 1 container will last 14-20 days.

**RATING**

<table>
<thead>
<tr>
<th>[5 BEST - 1 WORST]</th>
</tr>
</thead>
<tbody>
<tr>
<td>Muscle Mass</td>
</tr>
<tr>
<td>Fat Loss/Definition</td>
</tr>
<tr>
<td>Strength</td>
</tr>
<tr>
<td>Endurance</td>
</tr>
<tr>
<td>Recuperation</td>
</tr>
<tr>
<td>Speed</td>
</tr>
</tbody>
</table>

**Supplement Facts**

Serving Size: 29g
Servings Per Container: 30

| Ingredients: Whey Protein Isolate, Coconut Milk Powder, Natural Vanilla Flavor, Xanthan Gum, Stevia. |

| *These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease. |

| *Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs. |

| *Daily Value Not Established |

| Other Ingredients: Ingredients: Whey Protein Isolate, Coconut Milk Powder, Natural Vanilla Flavor, Xanthan Gum, Stevia. |

| *These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease. |

**No Prescription Needed**

**Warning:** NOT FOR USE BY INDIVIDUALS UNDER THE AGE OF 18. Do not exceed recommended dosage during a 24 hour period. Consult a physician prior to use if you have any medical condition or taking any medication. Do not use during pregnancy. Please ensure maximum longevity by storing in a cool, dry, dark place with no direct sunlight. Taking more than the recommended dosage can cause nausea. Use only as directed.

**Keep Out Of Reach Of Children**

**Notice:** The ingredients and/or effects of this product may not currently have conclusive clinical studies from medical and/or regulatory authorities. For more information about this product’s intended purposes and/or uses, please contact our offices in writing.
Fat Burner Lipotase™
Extreme Hardening And Fat Loss Agent – Get Ripped And Shredded Faster Than Ever.

- Extreme Hardening Agent!
- Shutdown Estrogen & Get Ripped To The Bone!
- Oxidizes Fat To Reveal Your 6-Pack and Striations!
- Boosts Testosterone For Solid Mass & Cuts!

“I can’t give all the credit to Lipotase™ and Nitrox-ATP™ because it takes more motivation and dedication then just taking some pills to get in shape... but I started eating better and working out almost every evening to start my change! But I have to say with taking Lipotase™ and Nitrox-ATP™ together, it helped me reach my goals easier, faster, and now helps with keeping the weight off! And nothing builds better confidence then being 44 pounds less!!!!”

Ronnie S.
- Kannapolis, NC -

“Lipotase” was amazing... before I started taking it I was 215 lbs and 21% bodyfat. I am now at 185 lbs and 10% bodyfat. I did my workouts, dieted and took Lipotase™“

Christian F.
- Lexington Park, MD -

Best for:
Cutting (Fat Loss)

Can Also Be Used For:
Hardening – Tightening up your physique

Mechanism of Action:
Contains powerful fat loss and anti-estrogen compounds for getting ultra-cut in record time
Lipotase™ Stacks Well With:

Mesobolin – for massive gains in size and strength. *Mesobolin* is a natural and more anabolic version of the popular steroid Dianabol. Stacking Lipotase and Mesobolin would be like stacking Clenbuterol and Dianabol without any of the same side-effects or legal issues. We have had a lot of people use this stack over the years and they have achieved some really great muscular gains.

Androxybol – for outrageous power, strength and muscle growth. *Androxybol* builds muscle through increased endurance, blood volume & oxygen uptake. Plus it features a testosterone matrix for faster muscle growth, strength & power. Stacking Lipotase and Androxybol is a very potent combo that produces crushing size and strength as well as ultra-lean cuts.

TridenosenH – For elite muscle hardness, shredding and lean gains. Due to Lipotase’s dramatic hardening and shredding effects, stacking it with TridenosenH amplifies the already powerful ability of Lipotase to produce dry, lean muscle gains. This stack will allow you to put on lean muscle mass while cutting at the same time.

“About 8 years ago I was 420 pounds. I started to workout and change my diet. I then went from being 420 lbs to 320 lbs. I started taking Primo 33™ and Lipotase™ which helped me a lot. Thanks to your products I won my first national show.”

Johnny N.
- Stoneville, NC -

Supplement Facts

<table>
<thead>
<tr>
<th>Serving Size</th>
<th>2 Capsules</th>
</tr>
</thead>
<tbody>
<tr>
<td>Servings Per Container</td>
<td>56</td>
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</table>

<table>
<thead>
<tr>
<th>Lipotase™ Proprietary Complex</th>
<th>1,280 mg</th>
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<tbody>
<tr>
<td>Tetradecylthioacetic Acid</td>
<td>*</td>
</tr>
<tr>
<td>Trinifolum Subterraneum</td>
<td></td>
</tr>
<tr>
<td>Ellagic Acid</td>
<td></td>
</tr>
<tr>
<td>Oleylethanolamide (90% Oleylethanolamide)</td>
<td></td>
</tr>
<tr>
<td>Punica Granatum Flower Extract</td>
<td></td>
</tr>
<tr>
<td>Clary Sage Extract</td>
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</tbody>
</table>

*Daily Value Not Established

Other Ingredients: Gelatin, Magnesium Stearate.

**Directions:** For best results, take 2 capsules twice a day with food. Do not take less than 4 hours prior to bedtime.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

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DOSAGE

Each bottle contains 112 Capsules

<table>
<thead>
<tr>
<th>NORMAL (MONTH):</th>
</tr>
</thead>
<tbody>
<tr>
<td>Everyday</td>
</tr>
</tbody>
</table>

As per label 1 bottle will last 15-30 days

- No Prescription Needed

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**KEEP OUT OF REACH OF CHILDREN**

**Notice:** The ingredients and/or effects of this product may not currently have conclusive clinical studies from medical and/or regulatory authorities. For more information about this product’s intended purposes and/or uses, please contact our offices in writing.
For Access To Our Full, Exclusive Line of Powerful Muscle Builders, Fat Burners and Performance Enhancers...

CHECK OUT

www.PrimalMuscle.com