

PHYSIQUE TRANSFORMATION

BLUEPRINT



**8 Weeks To
MONSTER
MASS!**

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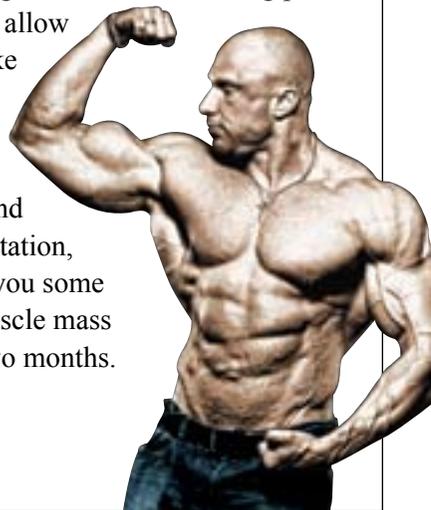
There is no feeling in this world equal to that of being a huge bodybuilder. Carrying 20 or 30 more pounds of muscle on your frame can and will set you apart from your peers in more ways than one can imagine. The fairer sex notices you in any room you enter. Other males will often immediately realize your greater physical capabilities and either move out of your way, or more likely, ask you for training advice. You are more confident in everything you do, at work, in school, in the athletic arena and in the bedroom. Men who carry more muscle also carry more self-confidence, which equates to greater success in all aspects of life.

Simply put, getting big is awesome. Most people (who aren't underfed and insecure) will agree. The problem is that despite the fact most males would like to carry incredible muscle mass and size, only a small percentage of those with the desire will ever actually achieve that goal. Why? The reasons will vary, but they all boil down to the fact that most people are not able or willing to completely succeed in meeting the three main requirements for building mass: proper training, nutrition, rest and supplementation.

Close your eyes and picture a three-legged stool in your mind. Upon this stool sits the newer, better you, complete with 20 more pounds of muscle mass than you currently carry. The three legs of the stool are, predictably, training, nutrition and supplementation. If the stool is missing any of these legs, we all know what happens – the person

sitting atop it (in this case the more massive you) tumbles to the ground. As a bodybuilder seeking to add a significant amount of muscle mass and size to your frame, you are going to want to do everything within your power to ensure that all three legs of your bodybuilding stool are intact. If you can do this, and remain consistent over a decent period of time, you are going to gain some serious muscle mass!

Despite all of the advancements made in the fields of technology, imagination, and even sports nutrition in the past several decades, the tasks that we complete in the weight room have remained constant. No amount of innovation can change the fact that the act of moving heavy weights in a few simple directions using the muscles of the body will lead to muscular growth (assuming the other legs of the stool – nutrition and supplementation – are in place). The same exercises that helped to build the massive physiques of Arnold Schwarzenegger, Lou Ferrigno and Bill Pearl several decades ago are still highly effective today. Let's look at a simple eight week mass building plan which will allow you to make the most of the available nutrition and supplementation, and show you some serious muscle mass gains in two months.



The Eight Week Mass Building Workout

Monday:

Chest ,Triceps & Calves

Incline Dumbbell Press.....	4 sets of x 8-10 repetitions
Flat Bench Press	4 sets of x 6-12 repetitions
Hammer Strength Incline Bench Press	3 sets of x 8-10 repetitions
Decline Dumbbell Flyes.....	3 sets of x 8-10 repetitions
Triceps Skull Crushers	3 sets of x 8-10 repetitions
Weighted Bench Dips	4 sets of x 8-12 repetitions
Rope Cable Pressdowns.....	4 sets of x 10-15 repetitions
Seated Calf Raises.....	6 sets of x 15-25 repetitions

Tuesday:

Back, Biceps & Abdominals

Rack Deadlifts	4 sets of x 8-10 repetitions
Barbell Rows	4 sets of x 8-12 repetitions
Machine T-Bar Rowing	3 sets of x 8-10 repetitions
Lat Pulldowns	3 sets of x 8-20 repetitions
Cable Rowing	3 sets of x 10-15 repetitions
Standing Barbell Curls.....	4 sets of x 8-10 repetitions
Seated Alternate Dumbbell Curls	3 sets of x 8-10 repetitions
Seated Dumbbell Concentration Curls	3 sets of x 8-15 repetitions
Crunches	5 sets of x 30-100 repetitions

Thursday:

Shoulders,Traps & Abdominals

Seated Smith Machine Military Press.....	5 sets of x 8-10 repetitions
Seated Dumbbell Side Raises.....	4 sets of x 8-10 repetitions
Bent-Over Cable Rows for Rear Delts.....	3 sets of x 8-10 repetitions
Barbell Shrugs.....	5 sets of x 8-10 repetitions
Dumbbell Shrugs	4 sets of x 8-10 repetitions
Lying Leg Raises	5 sets of x 20-40 repetitions

Friday:

Legs (Quadriceps, Hamstrings & Calves)

Barbell Squats	5 sets of x 5-10 repetitions
Hack Squats	4 sets of x 8-12 repetitions
Leg Press	4 sets of x 8-15 repetitions
Leg Extensions	3 sets of x 8-20 repetitions
Lying Leg Curls.....	5 sets of x 6-8 repetitions
Seated Leg Curl.....	4 sets of x 8-15 repetitions
Standing Smith Machine Calf Raises	6 sets of x 8-25 repetitions

Wednesday, Saturday and Sunday will be your rest days. You will want to limit your extracurricular activities during this time as well. Keep in mind that your new muscle growth occurs not while you are in the gym, but while you are recovering from your workouts – during your sleep hours. If you are the type of person that stays up late watching television or partying with friends, you are seriously stifling your potential growth. Try sacrificing these things for just eight weeks, and decide if the muscle gain results you see are worth it. Chances are good that you'll be quite happy with the results!

As you can see, this weight training program requires you to use heavy, compound movements utilizing free weights, for the most part. Cables and machines are to be used only in a support role, for isolating the muscle groups being targeted that day, after heavy free weight movements have been completed. You can tailor this training program as you see fit. If you don't have eight weeks, then shorten it to a six week plan, using a bit more intensity to achieve near the same results in less time. If you want to adjust it to a 10 or 12 week program, then you can relax the intensity a bit. Now that we've detailed the training you should be following for the next eight

weeks, let's take a look at your nutrition.

56 Days Of Nonstop Eating!

We train hard in the weight room. We lie down at night and rest so that our bodies can grow. Do you have any guesses what is needed to facilitate that growth while we sleep? You guessed it – food. More specifically, it is the nutrients in the food that we eat which are used to fuel this new growth we desire. A caloric surplus – the presence of more calories than we need – is absolutely required in order for this growth to occur. We must give our bodies a nice balance of protein, carbohydrates, and fats. Here is a diet which will work to help you add mass over the next eight weeks. Check out the sample daily meal plan.

Meal One: Egg Meal

Mix up eggs and breakfast potatoes with four slices toast with butter.

Meal Two: Chicken Meal

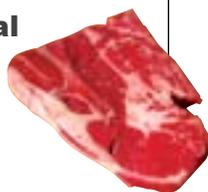
2 servings chicken, 2 servings rice

Meal Three: Beef Meal

2 servings beef, 2 servings potatoes

Meal Four (Post-workout) Protein Shake

3 scoops whey protein with water, fruit



Meal Five: Varied Meat Meal

Any meat source you'd like, with 2 servings potatoes or rice.

Meal Six: Protein Shake

3 scoops whey protein with water, fruit

Meal Seven: Cold Cuts & Ice Cream Meal

You've got to live a little, right? Enjoy 30 grams of protein worth of cold cut lunch meat, then wash it down with a bowl of ice cream. It's time to grow, remember? You can use all the calories that you can get!

In order to follow this daily nutrition plan, you will want to purchase these groceries. This list will last you for approximately one week, depending upon the size of your meal servings.

- Five dozen eggs
- Ten pounds beef
- Ten pounds chicken
- Ten pounds other meat of your choice (fish, pork or other)
- Five pounds cold cut meats
- One tub Whey Protein
- 20 pounds potatoes
- Economy-sized hash browns
- One 20-pound bag rice
- 12 cans vegetable of your choice
- Two loaves whole grain wheat bread
- One bag apples
- One bag other fruit of your choice
- Two cartons ice cream

When eating becomes tough, remember that the magic number is 392. That is the number of meals you will need to complete in order to get through this eight week muscle gain project (Seven meals, seven days per

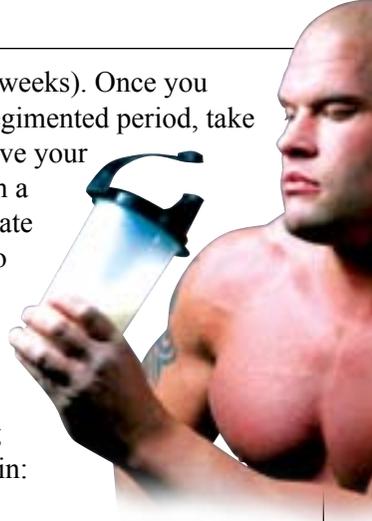


week, for eight weeks). Once you complete this regimented period, take a few days to give your digestive system a break and evaluate your progress so far. Next, let's examine the third and final leg on the stool of bodybuilding muscle mass gain: Supplements.

Supplementing With The Primal Mass Stack™

Once you have nailed down the training and nutrition aspects of this eight week mass building plan, you will want to examine the third and most often misunderstood aspect of bodybuilding: Supplementation. Many bodybuilders will religiously take their supplements daily, measuring powders and liquids down to the gram or ounce, meticulously following the plans. Then, they will skip a workout or grab some fast food on their way to staying out all night. Supplements are designed to do just that – supplement a solid training and nutritional plan.

The *Primal Mass Stack™* is comprised of several supplements which work together in a synergistic manner to provide you with additional training and recovery tools. When your food and rest can't give you the energy you need to complete the tough training sessions, or the building blocks you need to grow to your maximum potential each night, these supplements come to the rescue. You'll make gains without them – but using them will allow you to make better gains. Let's take a closer look at the *Primal Mass Stack™* on the next 2 pages!



PRIMAL MASS STACK

Pick up any bodybuilding magazine and you can bet your ass that every single one of those swole' MoFo's is on a super powerful anabolic stack - after all, it's damn near impossible to achieve superhuman size and strength without a potent combo of anabolics... like the all new PRIMAL MASS STACK.

S I L V E R

A powerful combination for awesome size and strength.

EquiCyclex™

Anabolic Muscle-Building Agent

Mesobolin™

Natural Muscle-Building Agent



G O L D

Combines 4 of our most effective mass builders for outrageous mass gains!

corTESTEN^(HCG)™

Ultra Powerful Testosterone Booster

Androxybol™

Anabolic Testosterone Formulation

EquiCyclex™

Anabolic Muscle-Building Agent

Mesobolin™

Natural Muscle-Building Agent



SAVAGE SIZE GET SUPER HUGE & SWOLE!

P L A T I N U M

The most powerful mass stack you can legally buy. Stack 6 world-class anabolic agents for extreme size and muscularity.

IGF250™

Oral IGF-1 & Testosterone Complex

Humatropin™

Growth Hormone Releaser

corTESTEN^(HCG)™

Ultra Powerful Testosterone Booster

Androxybol™

Anabolic Testosterone Formulation

EquiCyclex™

Anabolic Muscle-Building Agent

Mesobolin™

Natural Muscle-Building Agent



WARNING: This stack is not for “weekend warriors” or those just looking to pack on a few pounds of muscle - it is only for those who want to shock people with extreme results in very little time.

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



1-800-535-9858



OR ORDER ONLINE AT: www.PrimalMuscle.com

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 this product is 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™

Ultra-Powerful Testosterone Matrix For Rapid Muscle Growth, Strength & Power. A Safe, Legal Version Of The World's Strongest Steroid – Anadrol-50

- **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

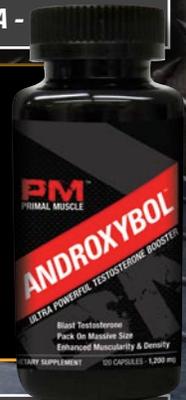
CAN ALSO BE USED FOR:

Strength gains, cutting

MECHANISM OF ACTION:

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

PM™
PRIMAL MUSCLE



" 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 -



BEFORE



AFTER

DOSAGE

Each bottle contains 120 Capsules

NORMAL (MONTH):

Everyday

For the first 4-5 days to assess tolerance, take 1 capsule twice a day 6-8 hours apart with food, then 2 capsules twice a day 6-8 hours apart with food.

Note: Do not take *Androxybol* past 4 pm because it gets you amped to hit the gym and you might not sleep well afterwards.

As per label 1 bottle will last 15-30 days

Androxybol™ 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 *Androxybol* and *Mesobolin* would be like stacking Anadrol-50 and Dianabol without any of the same side-effects or legal issues.

Aspartalone – For the ultimate in testosterone augmentation. *Aspartalone* is a potent stimulator of testosterone and works through different pathways in the body than *Androxybol* – therefore, stacking the 2 products together would provide the most powerful combination of testosterone boosters available. This combination is great for lean, shredded muscle gain.

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

*"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 -

RATING

[5 BEST - 1 WORST]

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

Supplement Facts

Serving Size: 3 capsules
Servings Per Container: 40

	Amount Per Serving	% Daily Value
VO2-androxy-EPO Suspension Formula:	1,200 mg	*
Massularia Acuminata (stem)		
Rhodiola crenulata		
3,4-divanillyltetrahydrofuran	95%	
Fenugreek Extract	50% Fenuside	
Trans-4-Hydroxy-3-Methoxycinnamic		

*Daily Value Not Established

Other Ingredients: Gelatin, stearic acid, magnesium stearate.

Directions: As a dietary supplement, for the first 4-5 days to assess tolerance, take 1 capsule twice a day 6-8 hours apart with food, then 2 capsules twice a day 6-8 hours apart with food.

*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.

NON-HORMONAL ANABOLIC SUBSTANCE MESOBOLIN™

100% safe and legal, non-hormonal Russian anabolic blasts strength through the roof and gets you big. Used by Russian powerlifters in the 80's to beat Olympic drug tests.

- **Non-Hormonal Anabolic Packs On Freaky Mass Fast!**
- **Develop Crushing Power & Strength!**
- **No Need To "Off Cycle" - Build Mass Year Round!**
- **Secret Weapon of Russian Powerlifters!**

"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-

BEST FOR:

Huge strength gains

CAN ALSO BE USED FOR:

Building muscle mass

MECHANISM OF ACTION:

Plant-based anabolic agents preferentially use the food you eat to build strength & mass

P.M.
PRIMAL MUSCLE



"I've been taking your supplements over a 3 month span, and I have to tell you, I'm very pleased with the results. I've taken quite a few including Nitrox-ATP™ & Mesobolin™. Those supplements have done what they claim and then some. People have swore I was on the Winny! And I've been proud to tell them otherwise. I'm a Natural Beast, and I feel with these supplements..."

Nick "Lion King" W.

- Riverside, CA -



DOSAGE

Each bottle contains 168 Capsules

NORMAL (MONTH):

Everyday

For best results, take 3 capsules twice a day.

As per label 1 bottle will last 14-18 days

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.

"I used Mesobolin™ and Tridenosen™. 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-

RATING

[5 BEST - 1 WORST]

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

Supplement Facts

Serving Size: 3 capsules
Servings Per Container: 56

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

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

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

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ATP BOOSTER TRIDENOSEN^HTM

World-Class Anabolic Agent Delivers The Muscle, Strength & Stamina Results You're Looking For... And Then Some! Ignite Your Training And Get "Pro" Results!

- 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 have used 2 bottles of MesobolinTM and Tridenosen^HTM. 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 MuscleTM 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 -

"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 Tridenosen^H 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 12 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-

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.

PMTM
PRIMAL MUSCLE



DOSAGE

Each bottle contains 168 Tablets

NORMAL (MONTH):

Everyday

Take 2 Tablets 2-4 times a day with 8oz of water. Do not exceed 10 tablets within a 24 hour period.

As per label 1 bottle will last 21-28 days

RATING

[5 BEST - 1 WORST]

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

Tridenosen^{HTM} 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^{HT}* 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^{HT}* 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^{HT}* amplifies the already powerful ability of testosterone to produce dry, lean muscle gains.

“The strength that Tridenosen^{HTM} gave me 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 -

Supplement Facts

Serving Size: 2 capsules
Servings Per Container: 84

	Amount Per Serving	% Daily Value
Tridenosen^{HTM} Proprietary Complex:		
Vitamin B3 (as niacin)	25 mg	125%
Calcium (as Calcium Phosphate)	150 mg	15%
Magnesium (as magnesium aspartate)	25 mg	6%
Selenium (as sodium Selenite)	25 mcg	36%
Potassium (as potassium aspartate)	25 mg	<1%
5-Adenyl-Alpha-glutarate Formula:	1012mg	*
L-arginine Alpha-Ketoglutarate		
Adenosine 5'-Triphosphate		
Ubiquinone		
*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.

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No Prescription Needed

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PRE WORKOUT FLASH BANG™

Brand New... JUST RELEASED! Revolutionary 5-Stage Pre-Workout & Recovery Drink.

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

PM™
PRIMAL MUSCLE



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

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.

“The 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 -

RATING

[5 BEST - 1 WORST]

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

Supplement Facts

Serving Size: 19.543 gm
Servings Per Container: 25

	Amount Per Serving	% Daily Value
Vitamin B6 (as Pyridoxine HCl)	25 mg	1250%
Vitamin B12 (as Cyanocobalamin)	140 mcg	2330%
Calcium (as Dicalcium Phosphate)	150 mg	15%
Phosphorus (as Dicalcium Phosphate)	118 mg	10%
Potassium (as Potassium Citrate)	60 mg	2%
Sodium (as Sodium Citrate)	75 mg	4%
Performagenix™	19,114.86 mg	†
5-Stage Ergogenic & Recovery Complex: (Creatine Monohydrate, Beta Alanine, L-Glutamine, Taurine, Citrulline Malate, L-Pyroglutamic Acid, Tyrosine, Glycine, Creatine MagnaPower, Suma Root Extract 25:1, L-Arginine Alpha Keto Glutarate 2:1, Papain, Suma Root Powder, Creatine Ethyl Ester, Di-Creatine Malate, Arginine Ethyl Ester, Arginine Orotate, Di-Arginine Malate, Caffeine)		

*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 scoop mixed in 6-8oz of water 20-30 minutes prior to training.

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No Prescription Needed

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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.

- **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 –

BEST FOR:

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

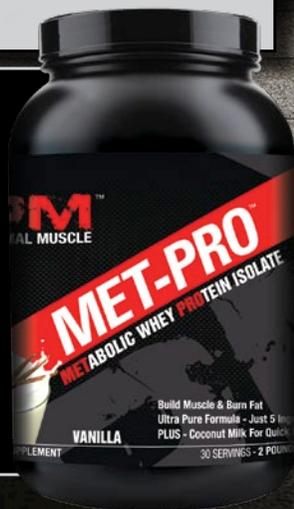
CAN ALSO BE USED FOR:

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.

PM™
PRIMAL MUSCLE



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.

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!

Tridenosen[®] – 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 -

RATING

[5 BEST - 1 WORST]

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

Supplement Facts

Serving Size: 29g

Servings Per Container: 30

	Amount Per Serving	% Daily Value
Calories	120	
Calories From Fat	17.6	
Total Fat	1.96g	3%
Saturated Fat	0.60g	
Trans Fat	0g	
Cholesterol	0.5mg	0%
Sodium	45.00mg	2%
Total Carbohydrate	1.42mg	0%
Sugars	0.58g	
Protein	22.6g	45%
Vitamin A	0.00 IU	0.0%
Vitamin C	0	0%
Calcium	132.5 mg	13%
Iron	0.196 mg	2%

Not a Significant Source of Dietary Fiber

* 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.

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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!

"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 -

"I can't give all the credit to Lipotase™ and Nitrox-ATP™ because it takes more motivation and dedication than 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 than being 44 pounds less!!!!"

Ronnie S.

- Kannapolis, NC -

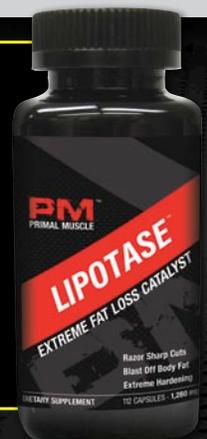


BEST FOR:
Cutting (Fat Loss)

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

PM™
PRIMAL MUSCLE



DOSAGE

Each bottle contains 112 Capsules

NORMAL (MONTH):

Everyday

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

As per label 1 bottle will last 15-30 days

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.

Tridenosen^h – For elite muscle hardness, shredding and lean gains. Due to *Lipotase*'s dramatic hardening and shredding effects, stacking it with *Tridenosen^h* 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 -*

RATING

[5 BEST - 1 WORST]

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

Supplement Facts

Serving Size: 2 Capsules
Serves Per Container: 56

	Amount Per Serving	% Daily Value
Lipotase™		
Proprietary Complex:	1,280 mg	*
Tetradecylthioacetic Acid		
Trinifolium Subterraneum		
Ellagic Acid		
Oleoylethanolamide (90% Oleoylethanolamide)		
Punica Granatum Flower Extract		
Clary Sage Extract		

*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.

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PRIMALTM

MUSCLE



For Access To Our Full, Exclusive Line of Powerful Muscle Builders, Fat Burners and Performance Enhancers...

CHECK OUT

www.PrimalMuscle.com