

At **Fitness 4 U** we have taken the time to carefully select supplements that have the highest creditability and the most benefit. Please call (513)932-5449 to inquire about products or pricing. Have a Healthy Day!!

## **ABB SUPPLEMENTS**

<b>Product</b>	<b>Description</b>
<b><i>Diet &amp; Energy Line</i></b>	
Adrenalyn Stack	Berry Energizing
Adrenalyn Stack	Fruit Punch
Adrenalyn Stack	Grapple
Diet Turbo Tea	Lemon Tea
Diet Turbo Tea	Raspberry Tea
Speed Stack	Fruit Punch
Speed Stack	Grape
Speed Stack	Lemon Lime
<b><i>Hi Protein Line</i></b>	
Extreme Body RTD 50 Shak Chocolate Peanut butter	
Extreme Body RTD 50 Shak Milk Chocolate	
Extreme Body RTD 50 Shak Vanilla Bean	
MRP Force Shake	Chocolate Almond
MRP Force Shake	Vanilla Ice Cream
<b><i>Power &amp; Recovery Line</i></b>	
Carbo Force	Fruit Punch
Carbo Force	Grape
Carbo Force	Lemon Lime
Carbo Force	Orange
Mass Recovery	Fruit Punch
Mass Recovery	Grape
<b><i>Pure Hydration Line</i></b>	
Aqua Force	Power Punch
Aqua Force	Berry Blast

## BEVERLY INTERNATIONAL

Product	Description
<b><i>Protein &amp; Weight Gainer Line</i></b>	
Ultimate Muscle Protein	2.8 lbs. Vanilla
Ultimate Muscle Protein	2.8 lbs. Chocolate
Ultimate Muscle Protein	2.8 lbs. Cookies and Cream
Mass Maker	2.6 lbs. Vanilla
Mass Maker	2.6 lbs. Chocolate

### ***Strength / Growth Factors***

Ultra 40 (500 Liver Tablets) Strength, Stamina, and Energy

Creatine Select + Phosphat 500 gms Orange

Glutamine Select + BCAAs 552 gms Black Cherry

### ***Fat Loss / Lean Mass Retention***

Lean Out	(120 capsules) Fat Transport System
7-Keto Muscle Lean	(90 capsules) Metabolic Fat Loss Formula
Energy Reserve	(60 tablets) 600 mg L-Carnitine / Tablet

### ***Elite Formulations***

Advanced Antioxidant	60 tablets
Joint Care	90 gel caps
Multiple Enzymes	100 tablets

### ***Vitamin***

Ms. Power Pak	30 day supply
Ultra 4	120 tablets Multi Vitamin
Ultra C	100 tablets

## Optimum Nutrition

Product	Description
<b><i>Vitamins &amp; Essential Minerals</i></b>	
Opti-Men	60 tablets Men's Multiple
Opti-Women	60 tablets Women's Multiple
Super Antioxidants	120 capsules with Folic Acid
<b><i>Protein Powder</i></b>	
100% Soy Protein	1 lb. Dutch Chocolate
100% Soy Protein	1 lb. Strawberry Smoothie
100% Soy Protein	1 lb. Vanilla Bean

### **Snacks**

Colossus Cookie	Chocolate Chip
Colossus Cookie	Peanut Butter Chip
Colossus Cookie	White Chocolate Chip

## **Parrillo Performance**

<b>Product</b>	<b>Description</b>
<b>Parillo Bars</b>	
Cappuccino	Portable source of complete nutrition
Layered PB/Chocolate	Portable source of complete nutrition
Peanut Butter	Portable source of complete nutrition
<b>Energy Bars</b>	
French Vanilla	Added Meal or Post Workout Recovery
Sweet Milk Chocolate	Added Meal or Post Workout Recovery
Chocolate Almond Coconut	Added Meal or Post Workout Recovery
Cherry Cordial	Added Meal or Post Workout Recovery
French Toast	Added Meal or Post Workout Recovery
Graham Cracker	Added Meal or Post Workout Recovery
Peanut Butter Supreme	Added Meal or Post Workout Recovery
<b>Protein Bars</b>	
Vanilla Cream	Optimal for Post Workout Replenishment
Fudge Brownie	Optimal for Post Workout Replenishment
Peanut Butter Delight	Optimal for Post Workout Replenishment
<b>High Protein Low Net Carbs Bars</b>	
Vanilla Fudge	Between Meal Snack / Post Workout
Chocolate Fudge	Between Meal Snack / Post Workout
Peanut Butter Fudge	Between Meal Snack / Post Workout
<b>Hi Protein Baking Mixes</b>	
Maple Flavor	Pancake / Muffin Mix
Banana Flavor	Pancake / Muffin Mix
Chocolate	Cake / Cupcake Mix
Vanilla	Cake / Cupcake Mix
Captri	32 Fluid Ounces 100 % MCT Oil
Captri Cookbook	80 Delicious & Nutricious Recipes

## VHT

<b>Product</b>	<b>Description</b>
<b><i>RTD Extreme Smoothie</i></b>	
Chocolate Dream	RTD Post Workout Shake
Praline Scream	RTD Post Workout Shake
Strawberry Supreme	RTD Post Workout Shake
Cappuccino Xtreme	RTD Post Workout Shake
Vanilla Cream	RTD Post Workout Shake