



BEYOND
YOURSELF

PRODUCT CATALOG

ABOUT US



Our Philosophy

We aim to produce innovative quality products that go beyond the demands of a wide range of people living a healthy lifestyle from various athletic backgrounds. We do not promise you results beyond the bounds of possibility, however at Beyond Yourself, we believe hard work combined with our quality label honest products will ensure that you have all the tools necessary to go BEYOND YOURSELF!

Our Products

As our own manufacturer, we take great pride in the quality of our ingredients, the choice of our flavours and the knowledge that we are offering honest, athlete driven supplements. Given an ever-changing market, we are constantly looking for new proven ingredients that will keep us one step ahead of the competition. We also know that if a product doesn't taste good, you likely won't buy it again or see any repeat on it as a store owner. That's why we are very selective with our flavour choices, so that we can offer you the best tasting products, period! All our products are manufactured in our GMP/Health Canada certified facility and meet or exceed WADA (world anti-doping agency) and IOC (international olympic committee) guidelines. Also, given our extensive stable of athletes, all our products are both research developed and athlete endorsed.



ABOUT US



Marketing Overview

We sell supplements, but we are more than a supplement company. We are a lifestyle movement giving our fan base an emotional sense of belonging to our brand and inspiring them to put hard work first with a positive mental attitude to go beyond their desired goals.

Our mission is to bring to market label honest quality/leading edge products that truly go beyond expectations without promising the impossible.

QUICK OVERVIEW:

- Aggressive media plan in place with Inside Fitness Magazine.
- Aggressive social media campaigns (nearly 160,000 likes on Fb and 7,000 followers on Insta)
- Title sponsor to and/or involved with multiple big name events (CBBF nationals, Reebok Spartan Race, Toronto PRO Supershow, Reebok CrossFit Regionals.)
- Active interaction with our fan base through on the ground initiatives, in-store demos, tradeshow and events.
- Large athlete base across multiple disciplines of sport. Some with huge international followings (ex. Marc Fitt with nearly 3 Millions followers on Facebook and nearly 600K followers on instagram)
- Extensive team of "demo" affiliates for region specific in-store events and support.
- High visibility merch and promo items.

Community involvement

At Beyond Yourself we believe in hard work in all its forms. We have been involved with and/or been the title sponsor at a plethora of events, including:

- **Reebok Spartan Race**
- **Toronto PRO Supershow**
- **CBBF Nationals**
- **Reebok CrossFit Regionals**
- **Reebok Firebreather Trail**
- **Reebok DelliFraine**
- **Toronto Championships**



BEYOND ISOLATE

- CHOCOLATE MOUSSE
- VANILLA ICE CREAM
- CHOCOLATE BANANA
- COOKIE DOUGH ICE CREAM
- ORANGE PINEAPPLE TWIST
- MAPLE SYRUP PANCAKE

SUPPLEMENT FACTS		
Serving Size: 30g (1 scoop)		
Servings Per Container: 75		
	Amount per serving	% Daily Value
Calories	112.4	
Fat	1.92g	3%
Saturated fat	0g	0%
Trans fat	0g	0%
Cholesterol	2mg	1%
Sodium	36mg	2%
Potassium	125mg	3%
Carbohydrates	1.3g	1%
Fiber	0g	0%
Sugars	0g	0%
Protein	26g	
Vitamin A		0%
Vitamin C		2%
Calcium		10%
Iron		1%
INGREDIENTS: Cross Flow Micro filtration Instant Whey Protein Isolate, Cocoa (Chocolate Mousse flavour), Sucralose, STEVIA SWEET (stevia), INZYME DIGESTION complex (Protease, Lactase).		

Looking for a cleaner, better tasting whey isolate? Look no further, each scoop of our BEYOND ISOLATE contains 26 grams of highly bio-available whey protein isolate. The benefits of using whey isolate are not limited to just building muscle. In fact, BEYOND ISOLATE can also be used as a meal replacement or in between meals to activate metabolism and increase daily protein intake. The addition of the enzymes Protease and Lactase (INZYME DIGESTION COMPLEX) further facilitate protein digestion and increase the absorption rate of an already high quality protein. For an added bonus, we have sweetened it using Stevia leaf, an all natural and side effect-free sweetener, so you get amazing flavour without the calories.

KEY BENEFITS

- ◆ Great for building lean muscle mass
- ◆ Activates metabolism
- ◆ Ultra premium whey protein isolate with incredible bio-availability
- ◆ Mixes instantly and tastes amazing

RECOMMENDED USE: Intended for use as a dietary supplement. Depending on your individual protein needs, mix 1 to 2 scoops of BEYOND ISOLATE twice daily (or as required to meet your daily protein requirements) with 6 to 12 oz of cold water (6 oz of water to each scoop). Simply blend with a shaker bottle.



WADA AND IOC COMPLIANT



BEYOND WHEY RECOVERY

- CHOCOLATE MOUSSE
- VANILLA ICE CREAM
- CHOCOLATE BANANA
- COOKIE DOUGH ICE CREAM
- ORANGE PINEAPPLE TWIST
- MAPLE SYRUP PANCAKE

SUPPLEMENT FACTS		
Serving Size: 36g (1 scoop)		
Servings Per Container: 63		
	Amount per serving	% Daily Value
Calories	138	
Fat	1.5g	2%
Saturated fat	0.5	3%
Cholesterol	30mg	10%
Sodium	58mg	2%
Potassium	170mg	5%
Carbohydrates	8g	3%
Fiber	1g	4%
Sugars	6g	*
Protein	23 g	46%
Vitamin A		0%
Vitamin C		0%
Calcium		12%
Iron		0%
Magnesium		0%
<small>% of Daily Value based on a 2000 calorie diet *Daily value not established</small>		
INGREDIENTS: Dual-core whey protein matrix (High quality ultra filtered whey protein concentrate, whey protein isolate), AMI-NO-LIMITATION complex (Glutamine, Taurine, Glycine), INZYME DIGESTION complex (Protease, Lactase), BY Essential Fatty Acids (Flax seed oil, conjugated linoleic acid), STEVIA SWEET (stevia), sucralose, xanthan gum, carrageenan gum, natural and artificial flavours, FD&C Red#40		

Looking to add lean muscle, maintain valuable gains and/or activate your metabolism? Protein is essential for repair and growth of muscle after exercise. Research studies show that protein consumed before exercise and within a critical 30 minute window post-workout will help with muscular growth and recovery. Each scoop of Beyond Yourself's BEYOND WHEY RECOVERY contains 23 grams of highly bio-available whey protein. Sweetened with Stevia leaf, an all natural and side effect-free sweetener, you get a great tasting protein without calories or impact on blood sugar levels. Furthermore, each serving is loaded with over 5 grams of BCAA's, the most important amino acids for muscular volume, growth and recovery.

KEY BENEFITS

- ◆ Promotes lean muscle mass and aids with recovery
- ◆ Over 5 grams of BCAAs per servings
- ◆ Helps increase endurance and volume by increasing amino acid levels
- ◆ Amazing flavour and sweetened with all natural stevia leaf

RECOMMENDED USE: Intended for use as a dietary supplement. Depending on your individual protein needs, mix 1 to 2 scoops of BEYOND WHEY RECOVERY twice daily (or as required to meet your daily protein requirements) with 6 to 12 oz of cold water (6oz of water to each scoop). Simply blend with a shaker bottle.



WADA AND IOC COMPLIANT



FIREBREATHER UNBROKEN

VANILLA BEAN

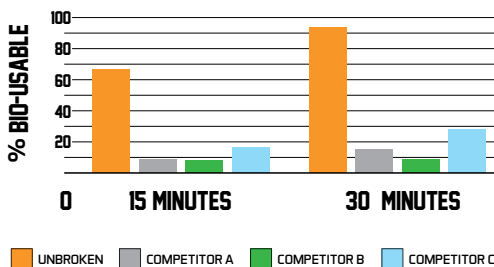
NATURAL COCOA
NPN 80063142

3X MORE BIO-USABLE PROTEIN PER SCOOP



Figure 1

PERCENTAGE OF WHEY HYDROLYZED TO MUSCLE BUILDING FORM

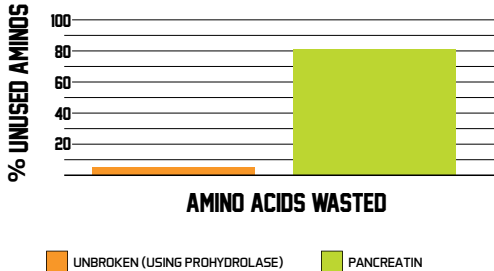


LESS IS MORE WITH UNBROKEN

UNBROKEN by Beyond Yourself, uses scientifically proven ProHydrolase, a bio-sufficient supplement designed to digest protein into a highly bio-usable form, thus taking full advantage of the availability of essential amino acids for building muscle and improving muscle recovery. This incredible breakthrough in supplementation maximizes the performance benefit of UNBROKEN assisting the body in absorbing more protein rather than excreting it (figure 1). Also, as an added advantage, ProHydrolase greatly reduces digestive discomfort caused when protein is not broken down into its smallest bio-available composition.

Figure 2

AMINO ACIDS LOST AFTER 90 MINUTES IN THE BODY



THE SCIENCE BEHIND THE PRODUCT

ProHydrolase (used in UNBROKEN) is a proprietary blend of proteolytic enzymes, designed to build muscle mass and accelerate muscle recovery. Numerous in vitro studies, and two separate human clinical studies have shown the superior ability of ProHydrolase to quickly break down protein, increase available amino acids in the blood (figure 2), decrease C-reactive protein levels and decrease the large peptides associated with stomach discomfort that results from consuming protein. Blended with high quality New Zealand Whey Protein and using natural electrolytes (crystallized coconut water), UNBROKEN is the perfect post recovery supplement for high caliber athletes looking to increase muscle mass, decrease recovery time and maximize the performance benefits of their protein intake.



WADA AND IOC COMPLIANT



BEYOND MASS GAINER

 **CHOCOLATE MOUSSE**

 **VANILLA ICE CREAM**

SUPPLEMENT FACTS		
Serving Size: 250g (4 heaping scoops)		
	Amount per serving	% Daily Value
Calories	972	†
Fat	7.5g	3%
Saturated	3g	5%
Trans	0.7g	†
Cholesterol	89mg	†
Sodium	126mg	4%
Potassium	190mg	4%
Carbohydrates	166g	†
Fiber	0g	†
Sugars	25g	†
Protein	54 g	†
Vitamin A		0%
Vitamin C		0%
Calcium		20%
Iron		2%
INSU-MASS TECHNOLOGY formula: Maltodextrin (obtained from partial corn hydrolysis), Glucose polymer Blend, Levulose.		
BCAATTACK formula: L-Leucine, L-Valine, L-Isoleucine.		
GLUTAMEAN GROWTH formula: L-Glutamic Acid.		
MULTISTAGE MACROMOLECULAR PROTEIN (MMP) BLEND: Ultra filtered Whey Protein Concentrate, Calcium Caseinate, Whey Powder, Whey Protein Isolate.		
Other Ingredients: Cocoa (for Chocolate Mousse flavour), Lactose, sucralose.		

Whether you are a mass monster or an athlete looking to add a few extra pounds before pre-season, this is the mass gainer for you! Our multi-stage macromolecular protein (MMP) blend of 4 protein sources allows for both sustained and immediate release. For an extra advantage, we have added our unique Insu-Mass technology, BCAATTACK, and GlutaMEAN Growth to help enhance recovery of damaged muscle fibres, replenish muscular glycogen levels, build and maintain valuable muscle gains and help stack on pounds of lean muscle mass. BEYOND MASS GAINER can also be used as a replacement to popular recovery formulas available on the market today. Simply take half of the recommended dose after high intensity cardio sessions (max interval cardio, CrossFit or plyometrics), it will give your body what it needs to recover, taking you beyond mass gainers.

KEY BENEFITS

- ◆ MMP Blend of 4 protein sources for sustained and immediate release
- ◆ Post-workout insulin manipulation to restore glycogen in muscle
- ◆ Serving size can be halved and used as a recovery formula
- ◆ Unique complexes help increase muscular volume and recovery

RECOMMENDED USE: Intended for use as a dietary supplement. If you train in the evening: Take 2 scoops (a half serving) in the morning, 2 scoops mid-afternoon and 4 scoops (full serving) immediately after training. You can adjust servings depending on your individual protein needs. Mix GO BEYOND MASS GAINER with 6 oz of cold water per scoop. Simply blend with a shaker bottle.





INSUL-X

MADE WITH **BIOENERGY RIBOSE**

- LEMON LIME
- STRAWBERRY KIWI
- PEACH MANGO
- ORANGE PINEAPPLE
- NO FLAVOUR

NPN 80054005

INSUL-X isn't your run of the mill complex carb formula, INSUL-X is a solid and unique formula, back by proven ingredients designed to help increase protein synthesis, save your gains and increase natural energy and performance levels. To deliver proven results, we've sourced clinically proven, patent protected, and quality assured BioEnergy Ribose a natural, functional ingredient that delivers a unique way to restore and sustain energy. BioEnergy Ribose also reduces muscle pain and stiffness. Ribose is the backbone of adenosine triphosphate (ATP)—the source for all cellular energy. Ribose is the starting point and the rate limiting compound in the synthesis of these fundamental cellular compounds and the availability of ribose determines the rate at which they can be made by our cells and tissues.

SUPPLEMENT FACTS VALEUR NUTRITIVE		
Serving Size: 50g (1 scoop) Portion : 50g (1 mesure)		
Servings Per Container: 27 Nombre de portions: 27		
	Amount per serving Teneur par portion	% Daily Value % Valeur Quotidienne
Calories	200	
Fat / Gras	0 g	†
Saturated / Saturés	0 g	†
Trans / Trans	0 g	†
Cholesterol / Cholestérol	0 mg	†
Sodium	0 mg	†
Potassium	0 mg	†
Carbohydrates / Glucides	43.5 g	14%
Fiber / Fibres	0 g	†
Sugars / Sucres	3 g	†
Protein / Protéines	0 g	†
Vitamin A / Vitamine A		0%
Vitamin C / Vitamine C		0%
Calcium		0%
Iron / Fer		0%
Medicinal Ingredients (per scoop): BioEnergy D-Ribose (d-ribose l-cystéine) 3000 mg, Maltodextrin 40.5 g.		
Ingédients médicinaux (per mesure): D-Ribose de BioEnergy (d-ribose l-cystéine) 3000 mg, Maltodextrine 40.5 g.		
Non-medicinal ingredients: Citric Acid, Sodium citrate, Sucralose, Natural and Artificial Flavors, Silicone Dioxide, FD&C Yellow 5, FD&C Blue 1.		
Ingédients non-médicinaux: Acide citrique, citrate de sodium, sucralose, arômes naturels et artificiels, dioxyde de silicium, Jaune 5, bleu 1.		

KEY BENEFITS

- Prompts your body to release insulin for increased protein synthesis
- Anti-catabolic properties that can help you keep you gains
- Clinically Proven Bioenergy Ribose has been added to quickly restore ATP levels during exercise and to reduce muscle pain and stiffness
- Formulated for improved energy, performance, endurance and recovery

Depending on your individual needs, mix 1 to 2 scoops of Beyond Yourself INSUL-X with 8 to 16 oz of cold water (8oz of water to each scoop). For best results, use twice daily, 1 serving during your workout and 1 serving within 2 hours of training.





PRESET

ENERGY IGNITOR

- BLACK CHERRY**
- BLUE FREEZE**
- ORANGE PINEAPPLE**
- STRAWBERRY KIWI**

NPN 80056253

SUPPLEMENT FACTS VALEUR NUTRITIVE		
Serving Size: 9.25g (1 scoop) Servings Per Container: 30		
Portion: 9.25g (1 mesure) Nombre de portion: 30		
	Amount per serving Teneur par portion	% Daily Value % Valeur Quotidienne
Calories	8	
Fat/Gras	0g	0%
Saturated/Saturés	0g	0%
Cholesterol/Cholestérol	0g	0%
Carbohydrates/Glucides	2g	0%
Sugars/Sucre	0g	*
<small>% of Daily Value based on a 2000 calorie diet *Daily value not established % des besoins quotidiens basé sur un régime de 2000 calories *Valeur non établie</small>		
Medicinal ingredients (per scoop): Beta-Alanine 2500 mg, Citrulline Malate 2:1 2000mg, L-Arginine AKG 2:1 750mg, DMAE Bitrate 250mg, Pharmaceutical Grade Caffeine Anhydrous 200mg, L-Theanine 100mg, Niacin 20mg, Trans-resveratrol 20% 1mg.		
Ingédients médicinaux (per mesure): Béta-alanine 2500 mg, Malate de citrulline 2:1 2000mg, L-arginine AKG 2:1 750mg, DMAE Bitrate 250mg, Caféine Anhydre de grade pharmaceutique 200mg, L-théanine 100mg, Niacine 20mg, Trans-resvératrol 20% 1mg.		
Non-medicinal ingredients: Maltodextrin, Natural and artificial flavours, Silica, Natural red beet colouring Ingédients non-médicinaux: Maltodextrine, arômes naturels et artificiels, dioxyde de silicium, colorant rouge naturelle de betterave.		

PRESET [v., adj. pree-set; n. pree-set] To set or adjust beforehand, to become activated or perform a specific function at a designated time.

It's time to dial-in unparalleled intensity levels and get ready rock the weights like never before. PreSET is not like any other super concentrate you've ever tried! It is a next generation energy ignitor with clinically proven, effective doses of everything you need to enhance your workout. Increased energy, focus, blood flow and endurance means you can go harder and heavier for incredible results. **CAUTION** - As this is an ultra-concentrated product, individuals sensitive to stimulants should begin by using half the recommended dosage.

KEY BENEFITS

- Amplified energy ignitor
- Razor sharp focus enhancer
- Clinically Proven ingredients for unparalleled intensity
- **CAUTION - ULTRA CONCENTRATED FORMULA**

DIRECTIONS: Once tolerance has been assessed, mix 1-2 scoops with 6-12 oz of cold water and consume 15-30 minutes before training. For best results take on an empty stomach. Do not take more than 2 scoops at a time. **DO NOT EXCEED 3 SCOOPS IN A 24H PERIOD.**



WADA AND IOC COMPLIANT



KETO-ICE

■ LEMON LIME
 ■ STRAWBERRY KIWI
 ■ PEACH MANGO
 ■ ISLAND PUNCH

NPN 80052729

SUPPLEMENT FACTS

Serving Size: 3g (1 scoop)
Servings Per Container: 80

	Amount per serving	% Daily Value
Calories	0	
Fat	0g	0%
Saturated	0g	0%
Cholesterol	0g	0%
Carbohydrates	0g	0%
Sugars	0g	*

KETO-ICE ACTIVE INGREDIENTS

L-Carnitine Tartrate	1300 mg	*
Raspberry Ketone	300 mg	*

% of Daily Value based on a 2000 calorie diet *Daily value not established

Other ingredients: Citric Acid, Sodium Citrate, Sucralose, Silicon Dioxide, Natural & Artificial Flavors, FD&C Yellow #5, FD&C Blue #1.

BEYOND YOURSELF KETO-ICE is a unique, stimulant free Thermogenic Metabolic Enhancer that is sure to help keep you revitalized and shredded all year long. Available in 3 refreshingly cool and delicious flavours and with 0 calories per serving, KETO-ICE brings together the fat burning and energy driving effects of L-Carnitine with the added benefit of Raspberry Ketones. The synergy between these ingredients helps to promote lipolysis (fat oxidation) as well as increasing thermogenesis to keep your body healthy, energized, and lean. For an added advantage, our TRU-MATCH flavour system allows you to add KETO-ICE to Beyond Yourself AMRAP during training. Refresh your body with the ultimate stimulant free fat burning cocktail for natural and healthy weight loss.

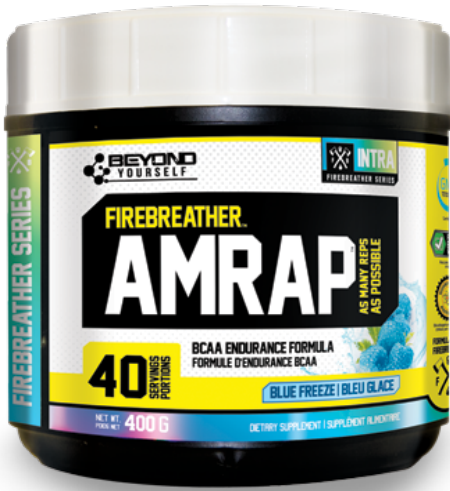
KEY BENEFITS

- Promotes natural healthy weight loss with clinically proven ingredients
- Stimulant free natural energy
- Promotes Lipolysis and increased thermogenesis
- Amazingly refreshing flavours that stack well with our AMRAP

DIRECTIONS: Mix 1 scoop of Beyond Yourself KETO-ICE with 6-8 oz of cold water. For maximum results, drink one serving 15 minutes before your workout and another during your training. Do not exceed 2 servings daily.



WADA AND IOC COMPLIANT



FIREBREATHER

AMRAP

AS MANY REPS
AS POSSIBLE

- LEMON LIME
- STRAWBERRY KIWI
- BLUE FREEZE
- PEACH MANGO
- ORANGE PINEAPPLE

NPN 80064576

Are you ready for As Many Reps As Possible? Part of Beyond Yourself’s FireBreather Series, AMRAP is a zero carb/anabolic BCAA endurance formula that goes beyond your standard branched chain amino acid supplement. The combination of BCAAs (4:1:1 ratio), L-Carnitine, Magnesium and Glutamine make AMRAP the perfect supplement for both endurance based and high intensity training. AMRAP not only helps improve recovery time, it helps improve muscle function, increase natural energy levels, stimulates your metabolism and helps repair muscle to aid with muscle growth. Available in 3 delicious flavours, AMRAP is the perfect intra workout thirst quencher.

SUPPLEMENT FACTS		
Serving Size: 10g (1 scoop)		
Servings Per Container: 40		
	Amount per serving	% Daily Value
Calories	0	
Fat	0g	0%
Saturated	0g	0%
Cholesterol	0g	0%
Carbohydrates	0g	0%
Sugars	0g	*
Proprietary Blend	9,650 mg	*
L-Leucine, L-Isoleucine, L-Valine, L-Carnitine Tartrate, Glutamine, Magnesium Citrate.		
*% of Daily Value based on a 2000 calorie diet *Daily value not established		
Other ingredients: Citric Acid, Sodium Citrate, Sucralose, Silicon Dioxide, Natural & Artificial Flavors, FD&C Yellow #5, FD&C Blue #1.		

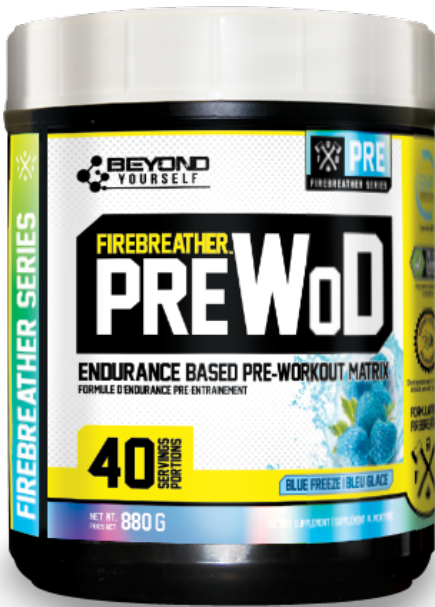
KEY BENEFITS

- ◆ Stimulates fat loss and increases muscular energy
- ◆ Supports lean muscle growth and decreases muscle soreness
- ◆ 4:1:1 BCAA ratio
- ◆ Zero calories, zero carbs

DIRECTIONS: Mix 1-2 scoops of FIREBREATHER AMRAP with 6-12 oz of cold water and drink it throughout your workout. For maximum results, drink one serving during your workout and another immediately following your training. Do not exceed three servings daily. **NON-TRAINING DAYS:** Mix 1 scoop with 6 oz of cold water and consume any time throughout the day.



WADA AND IOC COMPLIANT



FIREBREATHER PREWoD

■ **ELECTRIC APPLE**
 ■ **GRAPE RUSH**
 ■ **BLUE FREEZE**

SUPPLEMENT FACTS		
Serving Size: 20g (1 scoop)		
Servings Per Container: 40		
	Amount per serving	% Daily Value
Calories	38	
Calories from Fat	0g	0%
Saturated fat	0g	0%
Cholesterol	0g	0%
Carbohydrates	9.5g	3%
Sugars	1.5g	*
Proprietary Blend	10,330 mg	*
IGN-1T3 Complex: Caffeine Anhydrous, Methylcobalamin (vitamin B12), Niacin (vitamin B3), L-Citrulline Malate, L-Tyrosine		
Syn-3R6Y Complex: Creatine Monohydrate, L-Glycine, L-Taurine, Beta-Alanine		
Pum-P3D Complex: Arginine AKG, L-Arginine		
*% of Daily Value based on a 2000 calorie diet *Daily value not established		
Other ingredients: Maltodextrin, Natural & Artificial Flavours, Silicone Dioxide, FD&C Blue #1, FD&C Red #40, Citric Acid.		

PREWoD is a unique blend of ingredients allowing for increased energy, endurance and higher power output all while helping reduce lactic acid build-up in your muscles and unsurpassed mental focus. What that means is heavier weights, improved muscular endurance and harder workouts.

KEY BENEFITS

- Formulated for high intensity sports and training
- Helps increase power output, mental focus, energy and endurance
- Helps reduce lactic acid build-up in your muscles
- Proven ingredients in proper amounts

ASSESS YOUR TOLERANCE: Consume one scoop of FIREBREATHER PREWoD with 6 oz of cold water prior to physical activity. If desired effects in terms of energy, pump, endurance and mental focus are achieved, then remain at one scoop. If not, increase the dose to 2 scoops prior to the next time you engage in physical activity.

DIRECTIONS: Once tolerance has been assessed, mix 1-2 scoops with 6-12 oz of cold water and consume 30 minutes before training. For best results take on an empty stomach. For increased effect use a third scoop at least 3 hours after using the initial 2 scoops. Do not take more than 2 scoops at a time. **DO NOT EXCEED 3 SCOOPS IN A 24H PERIOD.**





T-ALPHA

HIGH POTENCY TESTOSTERONE BOOSTER

NPN 80058252

SUPPLEMENT FACTS VALEUR NUTRITIVE		
Serving Size: 2 Capsules Portion suggérée : 2 capsules		Servings Per Container: 45 Nombre de portions : 45
Amount Per Serving Teneur par portion		%DV / %VQ
TestAlpha Blend	1425mg	*
Mélange TestAlpha		
D-Aspartic Acid	900 mg	*
D-Aspartic Acid		
Fenugreek (50% Fenusides)	225 mg	*
Fenugreek (50% Fenusides)		
Maca 4:1	300 mg	*
Maca 4:1		
ESTROreg		
Diindolymethane e	80 mg	*
Diindolymethane e		
*Daily value not established		
Other ingredients: Gelatin, Microcrystalline Cellulose and Magnesium stearate. Autres ingrédients: Gelatin, Microcrystalline Cellulose and Magnesium stearate.		

Tired of your regular old Tribulus Terrestris? It's time unleash your Alpha with Beyond Yourself's T-Alpha! Our unique nutraceutical formula is already being hailed as the next generation of testosterone enhancing supplements. T-Alpha will take your testosterone levels to their natural limit fuelling your anabolic potential for lean muscle mass! It's time to benefit from massive increases in strength, recovery, lean mass and libido; all the while regulating estrogen levels. Fueled by pharmaceutical grade ingredients such as D-Aspartic Acid, Maca (4:1), Fenugreek (50% Fenusides) and Diindolymethane (DIM) it's time to go Beyond Yourself.

KEY BENEFITS

- Natural Testosterone Booster
- Supports and enhances your anabolic potential for lean muscle mass
- Increases strength and improves libido
- Helps with volume and recovery
- Unique Nutraceutical Formula
- Pharmaceutical grade

DIRECTIONS: As a dietary supplement take 4 capsules of Beyond Yourself TestAlpha per day. Take 2 capsules in the morning and 2 more 6 hours later. As this is a high potency product, DO NOT EXCEED 8 CAPSULES IN A 24H PERIOD.





1300 CARNITINE



NPN 80059824

SUPPLEMENT FACTS | VALEUR NUTRITIVE

Serving Size: 2 Capsules Servings Per Container: 90
Portion suggérée : 2 capsules Nombre de portions: 90

Amount per serving Teneur par portion		% Daily Value % Valeur Quotidienne
L-Carnitine Tartrate	1300mg	†
CAPSULE: Hydroxypropyl methylcellulose (HPMC) Hydroxypropyle méthylcellulose (HPMC)		
*Daily value not established * Valeur Quotidienne non établie		

Clinical research has shown that supplemented levels of L- Carnitine L- Tartrate (LCLT) can help the transfer of fatty acids into the mitochondria for cellular energy production promoting weight loss and improved athletic performance. LCLT plays a crucial role in cardiovascular metabolism and weight management. Research has also shown that 3-weeks supplementation with LCLT (1-2 g carnitine/day) has been shown to reduce muscle damage produced by high-intensity resistance exercise.

KEY BENEFITS

- ◆ Promotes fat metabolism
- ◆ Naturally increases energy levels
- ◆ Helps improve high-intensity physical performance
- ◆ Promotes development of lean muscle mass
- ◆ Helps prevent oxidative stress

RECOMMENDED USE: Adults take 1-2 capsules on an empty stomach daily or as directed by a healthcare professional. On workout days take 30 to 45 minutes prior to exercise. On rest days take anytime throughout the day.





PURE BCAA 2:1:1

SUPPLEMENT FACTS		
Serving Size: 5g (1 rounded tsp)		
Servings Per Container: 100		
	Amount per serving	% Daily Value
L-Leucine HCL	2500mg	†
L-Valine HCL	1250mg	†
L-Isoleucine HCL	1250mg	†
†Daily value not established		

Essential branched chain amino acids (BCAAs) are of special importance for athletes because they are metabolized in the muscles, rather than in the liver. After digestion, once protein is broken down into individual amino acids, these aminos can either be used to build new proteins or to be burned as fuel to produce energy. Using BEYOND YOURSELF BCAA during and immediately after physical exercise can help increase recovery, promote endurance and stimulate fat loss. Not to mention, BCAAs have an important anti-catabolic effect and support lean muscle growth.

KEY BENEFITS

- ◆ Maintains muscular volume and endurance
- ◆ Anti-catabolic properties
- ◆ Increases muscular energy
- ◆ Reduces recovery time

RECOMMENDED USE: Mix one teaspoon of BEYOND YOURSELF BCAA in your favorite beverage and drink it throughout your workout. For maximum results, drink one serving during your workout and another immediately following your training. Do not exceed three servings daily.





GLUTAMINE

NPN 80052726

SUPPLEMENT FACTS VALEUR NUTRITIVE		
Serving Size: 5g (1 scoop) Servings Per Container: 100 Portion : 5g (1 mesure) Nombre de portions: 100		
Amount per serving Teneur par portion	% Daily Value % Valeur Quotidienne	
L-Glutamine HCL	5g	†
†Daily value not established † Valeur Quotidienne non établie		

L-Glutamine is the most abundant amino acid found in muscle tissues. Over 61% of skeletal muscle is made of Glutamine. Composed of 19% nitrogen, glutamine is the primary transporter of nitrogen into muscle cells. Research shows that Glutamine can help you raise growth hormone levels. According to one study, just two grams of L-Glutamine increased growth hormones by over 400%. Using BEYOND YOURSELF GLUTAMINE as part of your supplementation can help prevent muscle fatigue, aid with protein synthesis, accelerate recuperation, and boost your immune system, taking you beyond yourself.

KEY BENEFITS

- ◆ Aids with protein synthesis and enhances muscular recovery
- ◆ Helps prevent muscle fatigue during prolonged exercise
- ◆ Boosts immune system
- ◆ Improves cognitive function

RECOMMENDED USE: Take 1 scoop of BEYOND YOURSELF GLUTAMINE 1-3 times daily mixed into your favorite beverage and drink it throughout your workout. For maximum results, take BEYOND YOURSELF GLUTAMINE powder in the morning, after a workout, and at night before bed.





CREATINE MONOHYDRATE

NPN 80052725

SUPPLEMENT FACTS		
Serving Size: 5g (1 rounded tsp)		
Servings Per Container: 100		
	Amount per serving	% Daily Value
Creatine Monohydrate	5000mg	†
†Daily value not established		

Creatine monohydrate is a compound produced by metabolic processes in the body. When muscles are in use, the compound adenosine triphosphate (ATP) is broken down into two other compounds – adenosine diphosphate and inorganic phosphate. This process produces the body’s cellular energy, which, among other things, powers the muscles. Taken as a supplement, creatine increases both muscular endurance and strength, which extends workout time and accelerates recovery.

KEY BENEFITS

- ◆ Increases muscular strength for bigger gains
- ◆ Improves muscular endurance and stamina
- ◆ Accelerates recovery time between exercises
- ◆ Reduces lactic acid build-up

RECOMMENDED USE: Intended for use as a dietary supplement, mix one teaspoon of BEYOND YOURSELF CREATINE MONOHYDRATE with 250ml of cold water, juice or your favorite beverage. During Loading Phase, take 4 servings daily for 5 days. During Maintenance Phase, take 2 servings daily.





OMEGA-3 EPA | DHA

 **LEMON**

NPN 80053331

SUPPLEMENT FACTS

Serving Size: 4 Gel Capsules
Servings Per Container: 45

Amount per serving

EPA **720 mg†**
(Eicosapentaenoic Acid)

DHA **480 mg†**
(Docosahexaenoic Acid)

† Guaranteed analysis EPA+DHA - 1200 mg

NON-MEDICINAL INGREDIENTS: Tocopherol [Natural Vitamin E], natural citrus flavour

CAPSULE SHELL: Glycerin, purified water, gelatin.

Beyond Yourself's EPA | DHA is a GMO Free, pharmaceutical grade product derived from non-threatened species of wild-caught anchovy, sardine and mackrel. There is strong scientific evidence from human trials that omega-3 fatty acids from fish oil supplements (EPA + DHA) play an important role in maintaining overall good health and fitness levels. Fish oils speed up recovery time, burn body fat, reduce joint pain/inflammation and promote muscle growth. Fish oil supplements also enhance mood, reduce the risk of heart attacks, lower blood pressure, and can help prevent strokes. Our unique formula has little or no repeat and is GMP certified + exceeds Canadian standards for freshness and purity. Every batch has been tested and is guaranteed to be free from contaminants including heavy metals, PCBs and dioxins.

KEY BENEFITS

- ◆ Improves brain and cardiovascular function
- ◆ Lowers LDL (bad cholesterol) levels
- ◆ Reduces inflammation and joint pain
- ◆ Enhances mood and helps ease depression
- ◆ Promotes weight loss
- ◆ Regulates oil production and increases hydration in skin

RECOMMENDED USE: Take 4 capsules daily with meals or as directed by a health care practitioner.





PURE VIT-D3

NPN 80054462

SUPPLEMENT FACTS VALEUR NUTRITIVE	
Serving Size: 1 Soft Gel Portion suggérée : 1 gélules	Servings Per Container: 200 Nombre de portions : 200
Amount Per Serving Teneur par portion	%DV / %VQ
Vitamin D-3/Vitamine D-3 1,000 IU/UI (Cholecalciferol/Cholécalciférol)	250%
Other ingredients: Gelatin, Glycerine and purified water. Autres ingrédients: Gelatin, Glycérine et eau purifiée.	

Known as the sunshine vitamin, Vitamin D is a key regulatory hormone for calcium and bone formation. Adequate vitamin D intake is important for ensuring normal calcium absorption and maintaining proper calcium plasma levels. People living in Canada and the northern states have to rely more on foods and supplements for adequate vitamin D status, whereas people living in southern regions of the U.S. can derive significant amounts of vitamin D from sunlight-dependent synthesis in the skin. It is not always practical to get your vitamin D from sunshine, and quite difficult to get adequate amounts from your diet so for many people, a vitamin D supplement is a practical way to ensure adequate levels of this important protector are always available in your bloodstream.

KEY BENEFITS

- ◆ Maintains calcium balance
- ◆ Boosts immune system
- ◆ Helps maintain bone strength
- ◆ Recommended by the Canadian Cancer Society





MULTI ATHLETE

NPN 80053503

SUPPLEMENT FACTS | VALEUR NUTRITIVE

Serving Size: 3 Capsules Servings Per Container: 40
 Portion suggérée : 3 capsules Nombres de portions : 40

	Amount Per Serving Teneur par portion
Vitamin A/Vitamine A	7500 mcg (as vitamin A acetate/Acétate de vitamine A)
Vitamin B1/Vitamine B1	4500 mcg (as Thiamine/sous forme de thiamine)
Vitamin B2/Vitamine B2	5100 mcg (as Riboflavine/sous forme de riboflavine)
Vitamin B3/Vitamine B3	60,000 mcg (as Thiamine/sous forme de thiamine)
Vitamin B5/Vitamine B5	3000 mcg (as Pantothenic Acid/sous forme d'acide d-pantothénique)
Vitamin B6/Vitamine B6	6000 mcg (as Pyridoxine/sous forme de pyridoxine)
Vitamin B12/Vitamine B12	18 mcg (as Methylcobalamine/sous forme de méthylcobalamine)
Vitamin C/Vitamine C	900 mg (as calcium ascorbate/sous forme d'ascorbate de calcium)
Vitamin D/Vitamine D	325 IU (as Cholecalciferol /sous forme de cholecalciférol)
Vitamin E/Vitamine E	45 IU (as d-alpha tocopheryl/sous forme de D-alpha tocophéryl)
Vitamin K1/Vitamine K1	240 mcg
Folic acid/Acide folique (B9)	1200 mcg
Biotin/Biotine (B7)	900 mcg
Calcium	300 mg (as calcium phosphate/sous forme de calcium phosphate)
Iodine/Iode	450 mcg (as Avena Sativa - entire plant/sous forme d'avena sativa - plante entière)
Magnesium/Magnésium	90 mg (as magnesium oxide/sous forme d'oxyde de magnésium)
Chromium/Chrome	120 mcg (as chromium fumarate/sous forme de fumarate de chrome)
Copper/Cuivre	15000 mcg (as copper gluconate / sous forme de gluconate cuivrique)
Iron/Fer	5400 mcg (as iron fumarate/sous fumarate ferreux)
Molybdenum/Molybdène	150 mcg (as sodium molybdate/sous forme de molybdate de sodium)
Phosphorus/Phosphore	3000 mcg (as dibasic calcium phosphate dihydrate/sous forme de phosphate de calcium diasique dihydraté)
Selenium/Sélénium	210 mcg (as sodium selenite/sous forme de sélérate de sodium)
Zinc	45,000 mcg (as zincum gluconicum/sous forme de gluconate de zinc)

CAPSULE: Hydroxypropyl methylcellulose (HPMC)
CAPSULE: Hydroxypropyle méthylcellulose (HPMC)

Beyond Yourself's Complete MultiAthlete has been carefully developed to contain the right proportions of vitamins, minerals, and trace elements without danger of toxic build-up and without negative side effects. Each ingredient is selected in consideration of its absorbability, competitive relationship with other nutrients, allergenic potential, and long-term safety. Vitamin C, vitamin E and B-complex vitamins are included in high-potency amounts because of the vital roles they play in antioxidant protection, energy production and maintenance of healthy blood cells, nervous system, hormonal balance, and more. Complete MultiAthlete is for those who wish to maintain and support good health for an active lifestyle.

KEY BENEFITS

- ◆ Boosts immune system
- ◆ Natural energy production
- ◆ Contains no yeast, corn, wheat, sugar or other sweeteners
- ◆ Contains 23 essential nutritional ingredients
- ◆ Potent antioxidant formula

