







ACTIVLAB is a rising global leader in pioneering innovative food technologies offering an extensive line of sports nutrition, functional foods and beverages for healthy living, fitness and peak athletic performance. The Activlab team of nutritional scientists are dedicated to healthy living and with the synthesis of science of nature provide products uniquely formulated with nutrient for your lifestyle, health and fitness goals.

ACTIVLAB is a manufacturer committed to excellence in quality and efficacy with each formulation. We understand that to create the most innovative, effective product it is vital to choose premium ingredients for our unique, functional products. Each batch undergoes the most rigorous quality control measures in our laboratory and throughout the controlled manufacturing process to ensure we bring the best to our customers. Our facilities are certified under ISO, BRC, and IFS. We have established and implemented HACCP and cGMP in our plants and are currently building a third manufacturing facility just outside of Krakow, Poland.

ACTIVLAB has opened two subsidiaries, Activlab, LLC USA and Activlab, GMBH and has established partnerships and a strong distribution network throughout the EU, USA, Asia and Australia with key local partners, national & multinational distributors and retailers. ACTIVLAB is quality and innovation in nutrition.









Net weight: 700 g, servings: 23

Activ Protein is a premium dietary supplement based on a whey protein concentrate. Protein stimulates muscle tissue gain and effectively helps sustaining it. Activ Protein should be used either prior to a training regimen, or directly afterwards, immediately after waking up and just before going to bed. Persons pursuing recreational activities should consume 1 g of protein per every kilogram of their body weight, whereas professional sportsmen, in view of their much intensified training regimen, should consume 1.5 - 2 g of protein per every kilogram of their body weight. Please note that a single dose may not exceed 35 - 40 g.

WAY OF USE: Dissolve 30 g (2 measures) of product in 250 ml of water or skimmed milk. Use twice a day, in particular, before going to bed and after waking up.

	100 g	Portion 30 g
Energy value/ Brennwert/ Valeur énergétique	1502 kJ / 354 kcal	451 kJ / 106 kcal
Protein/ Eiweiß/ Protéines	60 g	18 g
Carbohydrates/ Kohlenhydrate/ Glucides	24 g	7,2 g
Fat/ Fett/ Graisse	2 g	0,6 g









VIEAT Hot shake PROTEIN

Net weight: 510 g, servings: 40

Meat Protein is a high-protein product based on natural ingredients. The hypoallergenic poultry protein hydrolysate serves as the source of protein. The product is recommended as a standalone meal or as an additive for rice, grits or pasta.

WAY OF USE: Dissolve one portion (3.5 scoops) in 200 ml of boiling water, mix thoroughly.

NUTRITIONAL VALUE / NÄHRWERT			
	100 g	1 portion / 1 Portion (82 g)	
Energy value / Brennwert 20)39 kJ / 488 kca l	1672 kJ / 400 kcal	
Fat / Fett	38,4 g	23,3 g	
of which saturates / davon gesättigte Fetts	äuren 22,7 g	18,6 g	
Kohlenhydrate	28 g	23 g	
of which sugars / davon Zucker	14,3 g	11,7 g	
Fibre / Balaststoffe	7,2 g	5,9 g	
Protein / Eiweiß	26,6 g	21,8 g	
Sodium / Natrium	0,49 g	0,4 g	
L-Glutamine / L-Glutamin	5610 mg	4600 mg	
L-Arginine / L-Arginin	2050 mg	1680 mg	



indian curry
coconut carrot
tomato paprica

⁺vitamins and minerals











Net weight: 1000 g, servings: 10

Heavy Weight is a protein-carbohydrate dietary supplement based on a combination of simple and complex carbohydrates and whey protein concentrate. Protein stimulates muscle tissue gain and effectively helps sustaining it. Carbohydrates provide essential nutrients and are a major source of energy for the body. Heavy Weight is particularly recommended during any excessive physical effort, especially to professional sportsmen and any persons pursuing recreational and leisure activities. WAY OF USE: Dissolve 100 g (4 measures) in 250 ml of water or skimmed milk. Use twice a day.

NUTRITIONAL VALUE / NÄHRWERT / VALEUR NUTRITIVE/ VALOR NUTRITIVO/ ПИЩЕВАЯ ЦЕННОСТЬ

	100 g (1 portion)
Energy value / Brennwert	1618 kJ (381 kcal)
Protein / Eiweiß/ Protéines/ Proteínas / Белки	20 g
Carbohydrates / Kohlenhydrate/	73 g
Fat / Fett / Lipides / Grasa /Жиры	1 g















Net weight: 5000 g, servings: 50



Heavy Weight Professional is a carbohydrate-protein dietary supplement containing 20% of protein and the carbohydrates of diversied assimilability. The formula has also been augmented with L-glutamine, L-arginine and creatine. Protein accounting for the growth of skeletal muscles contains ca. 60% of all body glutamine content. Arginine is an amino acid accounting for a diversity of biochemical functions, e.g. it acts as a precursor of nitric oxide (N.O.). Creatine increases physical performance in successive bursts of short-term, high intensity exercise. The benecial effect is obtained with a daily intake of 3 g of creatine. WAY OF USE: Dissolve 100 g (4 at measures) in 200 of water or milk. To be used twice daily.

NUTRITIONAL VALUE / NÄHRWERT / VALEUR NUTRITIVE

	100 g (1 portion)
Energy value / Brennwert / Valeur énergétique	1700 kJ (400 kcal)
Protein / Eiweiß/ Protéines/ Proteínas / Белки	20 g
Carbohydrates / Kohlehydrate / Glucides	80 g
Fat / Fett / Lipides / Grasa /Жиры	<0,1 g
L-Arginine / L-Arginin / L-Arginine /L-Arginina/ L-аргинин	3 g
L-glutamine / L-Glutamin /L-glutamin /	3 g
Creatine Monohydrate / Creatin Monohydrat / monohydrate	
de créatine	3 g





AMINO tabs

360 tablets, servings: 30

Amino Tabs is a unique formula of amino acids derived from whey protein hydrolysate, chicken protein hydrolysate, egg albumin and whey protein concentrate. Amino acids are the basic building block of proteins. Protein contributes to the growth and maintenance of muscle mass.

WAY OF USE: 12 tablets per day. A varied and balanced diet is a prerequisite for good health.



Before and after training, or ca. 30 minutes before a meal



NUTRITIONAL VALUE / NÄHRWERT/VALEUR NUTRITIVE 12 tablets / 12 Tabletten / 12 comprimés 180 kJ / 42 kcal 882 kJ / 206 kcal Tłuszcz / Fat / Fett / Lipides 0,1 g 0,5 g / of which saturates / davon gesättigte Fettsäuren / dont acides gras saturés 0,1 g 0,5 g Carbohydrates / Kohlenhydrate / Glucides 0,4 g 2 g of which sugars / davon Zucker / dont sucres 0,4 g 2 g Protein / Eiweiß / Protéines 10 g 49 g Fysalt / Salt / Sel 0 g 0 g 0 g

/ AMINO ACID PROFILE AMINOSÄUREPROFIL / PROFIL DES ACIDES AMINES

12 tablets / 12 Tabletten /	12 comprimés	100 g
L-Leucine / L-Leucin / L-leucine	830 mg	4069 mg
L-Isoleucine / L-Isoleucin / L-isoleucine	450 mg	2206 mg
L-Lysine / L-Lysin / L-Lysine	775 mg	3799 mg
L-Lysine / L-Lysin / L-Lysine L-Methionine / L-Methionin / L-Méthionine	230 mg	1127 mg
L-Phenylalanine / L-Phenylalanin / Phénylalanine	375 mg	1838 mg
L-Threonine / L-Threonin / L-Thréonine	490 mg	2402 mg
L-Tryphtophan / L-Tryptophan / L-Tryptophane	130 mg	637 mg
L-Váline / L-Valin / L-valine	490 mg	2402 mg
L-Alanine / L-Alanin / L-Alanine	660 mg	3235 mg
L-Arginine / L-Arginin / L-Arginine	495 mg	2426 mg
L-Aspartic acid /	,	,
L-Asparaginsäure / Acide L-aspartique	975 mg	4779 mg
L-Cysteine / L-Cystein / L-Cystéine	185 mg	907 mg
L-Glutamine / L-Glutamin / L-Glutamine	1490 mg	7304 mg
Glicyne / Glycin / Glicyne	755 mg	3701 mg
L-Histidine / L-Histidin / L-Histidine	185 mg	907 mg
L-Proline / L-Prolin / L-Proline	710 mg	3480 mg
L-Serine / L-Serin / L-Sérine	495 mg	2426 mg
/ L-Tyrosine / L-Tyrosin / L-Tyrosine	280 mg	1373 mg
Total / Gesamt / Total	10 000 mg	49 018 mg





1g L-isoleucine

80 servings

1_g L-valine





BCAA 100%

Net weight: 400 g, servings: 80

BCAA 100% is a combination of the three Branched Chain Amino Acids (L-Leucine, L-Isoleucine, & L-Valine) in the ratio of 2:1:1. BCAAs account for about 35% of the amino acids that build muscle protein and nearly 50% of the amino acids that the body requires from the daily diet. The BCAAs are recommended to anyone pursuing strength and endurance sports (running, cycling, combat sports).

WAY OF USE: Dissolve 5 g (1 tea-spoon) in 250 ml of water. On training days: portion of 5 g ca. 30 minutes before the training and 5 g afterwards. On non-training days: one portion of 5 g ca. 30 minutes before a meal.

NUTRITIONAL VALUE / NÄHRWERT / VALEUR NUTRITIVE

	100 g	1 portion
Energy value/ Brennwert/ Valeur énergétique	952 kJ / 224 kcal	48 kJ / 11 kcal
Protein/ Eiweiß/ Protéines	56 g	2,8 g
Carbohydrates/ Kohlenhydrate/ Glucides	0 g	0 g
Fat/ Fett/ Graisse	0 g	0 g
L-leucine/ L-Leucin/ L-leucine	40 g	2 g
L-isoleucine/ L-Isoleucin/ L-isoleucine	20 g	1 g
L-valine/ L-Valin/ L-valine	20 g	1 g



Before and after training







3g Leucine
1,5g Isoleucine
1,5g Valine
2g Beta-Alanine
1g Arginine

AMINO ACIDS





Net weight: 400 g, servings: 40

BCAA Cross Training is a combination of BCAA amino acids, beta-alanine and arginine. BCAAs account for about 35% of the amino acids that build muscle protein and nearly 50% of the amino acids that the body requires from the daily diet. Beta-alanine is a component of carnosine dipeptide. Carnosine buffers the lowering of pH, which, among others, is connected with the formation of lactic acid. Arginine performs numerous biochemical functions within the body, e.g. it acts as the precursor of nitrogen oxide (NO) secretion. BCAA Cross Training is particularly recommended to anyone pursuing strength and endurance sports (e.g. running, cycling, combat sports, etc.). WAY OF USE: Dissolve by shaking 10 g (2 teaspoons) in a drinking bottle with 250 ml of water. Dosage: a portion of 10 g about 30 minutes before training and 10 g after training.

	100 g	10 g (1 portion)
Energy value Brennwert/ Valeur énergétique	1377 kJ / 324 kcal	137,7 kJ / 32,4 kcal
Protein/ Eiweiß/ Protéines	81 g	8,1 g
Carbohydrates/ Kohlenhydrate/ Glucides	0 g	0 g
Fat/ Fett/ Graisse	0 g	0 g
L-leucine/ L-Leucin/ L-leucine	30 g	3 g
L-isoleucine/ L-Isoleucin/ L-isoleucine	15 g	1,5 g
L-valine/ L-Valin/ L-valine	15 g	1,5 g
Beta-Alanine/ Beta-Alanin/ Beta-Alanine	20 g	2 g
L-Arginine/ L-Arginin/ L-Arginine	10 g	1 g













300 tablets, servings: 50

BCAA 1000 XXL Tabs contains the branch-chained amino acids (leucine, isoleucine, valine). BCAA 1000 XXL Tabs is recommended during any excessive physical effort, in particular to sportsmen pursuing various sport disciplines, as a support for recreational and professional training.

WAY OF USE: Recreational training: 1 tablet in the morning 40 min before a meal, 2 tablets before the training, 2 tablets after the training and 1 tablet before going to bed; during the strength training: on average 1 tablet per 10 kg of body weight in 4 divided doses.

NUTRITIONAL VALUE / NÄHRWERT / VALEUR NUTRITIVE		
	100 g	1 tablet
Energy value/Brennwert / Valeur énergétique Protein / Eiweiß / Protéines Fibre / Ballaststoffe / Fibres L-leucine / L-Leuzin / L-leucine L-isoleucine / L-Isoleuzin / L-isoleucine L-valine / L-Valin / L-valine	1065 kJ /254 kcal 49,2 g 28,6 g 35,7 g 17,9 g 17,9 g	14,9 kJ /3,6 kcal 0,69 g 0,40 g 500 mg 250 mg 250 mg



In the morning, before and after training, in the evening



3000 mg Ca-HMB

4,2 mg Vitamin B6

X 87 portions







Dietary supplement. 260 tablets, servings: 87

HMB (β -hydroxy β -metylobutyrate) is formed within the body as a result of the catabolic conversion of L-leucine. One of the biochemical functions of HMB is its involvement in the synthesis of protein. Vitamin B6 contributes to normal protein and glycogen metabolism.

WAY OF USE: On training days: 1 tablet 30 min before exercise, 1 tablet after exercise and 1 tablet before going to bed, on non-training days: 1 tablet before going to bed.

NUTRITION FACTS	daily portion (3 tablets)
NÄHRWERTANGABEN	Tagesportion (3 Tabletten)
INFORMATIONS NUTRITIONNELLES	dose journalière (3 comprimés)
Ca-HMB	3000 mg
Vitamin B6 / Vitamin B6 / Vitamine B6	4,2 mg (300%*)

* – recommended daily allowance empfohlene Tagesdosis / apport journalier recommandé







CREATINE tabs

Dietary supplement. 300 tablets, servings: 90

Creatine increases physical performance in successive bursts of short-term, high intensity exercise. The beneficial effect is obtained with a daily intake of 3 g of creatine. Creatine Tabs is recommended to sportsmen pursuing various sports disciplines, as a support in improving overall quality of recreational and high-performance training. RECOMMENDED DAILY PORTION: 4 tablets.

NUTRITION FACTS — daily dose (4 tablets)
NÄHRWERTANGABEN — Tagesdosis (4 Tabletten) / INFORMATIONS NUTRITIONNELLES — portion journalière (4 comprimés)

Creatine monohydrate / Creatin Monohydrat / Monohydrate de créatine

4000 mg



In the morning on an empty stomach and before training





CREATINE

Net weight: 600 g, servings: 100

Creatine increases physical performance in successive bursts of short-term, high intensity exercise. The beneficial effect is obtained with a daily intake of 3 g of creatin. Creatine Powder is recommended to sportsmen pursuing various sports disciplines, as a support in improving overall quality of recreational and high-performance training.

WAY OF USE: Dissolve 6 g (1 tsp) in 250 ml of water. Use once a day.

NUTRITIONAL VALUE / NÄHRWERT / VALEUR NUTRITIVE	100 g	portion (6 g)
Energy value / Brennwert / Valeur énergétique	0 kJ / 0 kcal	0 kJ / 0 kcal
Protein / Eiweiß / Protéines	0 g	0 g
Carbohydrates / Kohlenhydrate / Glucides	0 g	0 g
Fat / Fett / Lipide	0 g	0 g
Creatine Monohydrate / Creatin Monohydrat / monohydrate de créatine	83,4 g	5 g











Net weight: 600 g, servings: 100

TCM Powder is recommended to people pursuing intensive training. It supplies the body with creatine in the form of malate. Creatine increases physical performance in successive bursts of short-term, high intensity exercise. TCM Powder is recommended during any excessive physical effort, in particular to sportsmen pursuing various sport disciplines, as a dietary supplement improving overall quality of strength training and regular recreation.

WAY OF USE: dissolve 6 g (1 teaspoonful) in 250 ml of water. Use once a day.

	100 g	6 g (1 portion)
Energy value/		
Brennwert/ Valeur énergétique	0 kJ/ 0 kcal	0 kJ/ 0 kcal
Protein/ Eiweiß/ Protéines	0 g	0 g
Carbohydrates/ Kohlenhydrate/ Glucides	0 g	0 g
Fat/ Fett/ Lipides	0 g	0 g
Creatine malate/ Creatin Malat/ Malate de créatine	83,4 g	5 g







Lean muscle MATRIX

> Energy MATRIX

 $x \, 30$ servings

B-Complex





Black

Dietary supplement. Net weight 300 g, servings: 30

Black Wolf is a multi-component formulation, recommended for use before strength and endurance training, to support the building of lean muscle mass.

WAY OF USE: Dissolve one portion (10 g - 2 teaspoons) in 200 ml of water. Use once a day, before the workout.



NUTRITION FACTS		ion (10 g)
NÄHRWERTANGABEN	lagesd	osis (10 g)
Lean Muscle Matrix		
Beta-alanine / Beta-Alanin	2,5 g	
Creatine monohydrate /		
Creatin Monohydrat	2 g	
L-Arginine / L-Arginin	2 g	
Calcium / Calcium	120 mg	(15%*)
Magnesium / Magnesium	60 mg	(16%*)
Energy Matrix		
L-Tyrosine / L-Tyrosin	500 mg	
Bitter orange extract /		
Bitterorangenextrakt	300 mg	
Caffeine / Coffein	200 mg	
Raspberry ketones /		
Himbeerketone	200 mg	
B-Complex		
Vitamin B1 / Vitamin B1	2,2 mg	(200%*)
Vitamin B2 / Vitamin B2	2,8 mg	(200%*)
Niacin / Niacin	48 mg	(300%*)
Pantothenic acid /		
Pantothensäure	12 mg	(200%*)
Vitamin B6 / Vitamin B6	2,8 mg	(200%*)
Biotin / Biotin	100 μg	(200%*)
Folic acid / Folsäure	400 μg	(200%*)
Vitamin B12 / Vitamin B12	5 μg	(200%*)
* - recommended daily allowand empfohlene Tagesdosis	e /	











Net weight: 1000 g, servings: 20

Crea Carbo is a classic combination of creatine in a monohydrate form with carbohydrates of a high glycemic index. Creatine increases physical performance in successive bursts of short-term, high intensity exercise. The beneficial effect is obtained with a daily intake of 3 g of creatine. Crea Carbo should best be used during the "creatine cycles", prior to any training regimen, as well as in periods of excessive physical effort. The product is particularly recommended in strength and endurance sports (running, cycling, combat sports).

WAY OF USE: Dissolve 50 g (2 measures) in 200 ml of water. Use 2 a day.

	100 g	50 g (1 porcja / portion)
Energy value/ Brennwert/ Valeur énergétique	1802 kJ / 424 kcal	901 kJ / 212 kcal
Protein/ Eiweiß/ Protéines	18 g	9 g
Carbohydrates/ Kohlenhydrate/ Glucides	88 g	44 g
Fat/ Fett/ Graisse	0 g	0 g
Creatine monohydrate Kreatinmonohydrat / monohydrate de créatine	10 g	5 g









ThermoGenic

Dietary supplement. 120 lub 60 kapsułek

ThermoGenic is a powerful combination of bitter orange extract, green tea, Garcinia Cambogia fruit extract, L-Carnitine and caffeine. One of the functions of L-Carnitine is to facilitate the conversion of fatty acids into cellular fuel. Hydroxycitric acid, derived from the Garcinia Cambogia fruit, is involved in the metabolism of fats. Epigallocatechin gallate (EGCG) contained in the green tea extract is a potent antioxidant, 100 times more powerful than vitamin C and 25 times stronger than vitamin E. Chromium contributes to normal macronutrient metabolism. ThermoGenic is recommended for active people.

RECOMMENDED DAILY PORTION: 3 capsules.

NUTRITION FACTS - daily portion (3 capsules) NÄHRWERTANGABEN - Tagesdosis (3 Kapseln)

L-Carnitine/ L-Carnitin Bitter orange extract / Bitterorangenextrakt Green tea extract / Grüntee-Extrakt Caffeine / Coffein	300 mg 300 mg 200 mg 200 mg	
Garcinia Cambogia extract / Extrakt aus Garcinia Cambogia L-Tyrosine / L-Tyrosin Cayenne pepper / Cayenne-Pfeffer Black pepper extract / Extrakt aus Schwarzpfeffer Chromium / Chrom	150 mg 100 mg 100 mg 5 mg 40 μg	(100%*)

* - recommended daily allowance / empfohlene Tagesdosis



Once daily







Vitality Sport

VITALITY SPORT facilitates effective supplementation of the diet with all vitamins and minerals, supplied in the form of chelates.

RECOMMENDED DAILY DOSE: 2 capsules.





Nährwert/Nutrition facts

Tagesdosis 2 Kapseln/ Daily dose 2 capsules			
800 µg	(100%)		
5 μg	(100%)		
12 mg	(100%)		
75 µg	(100%)		
80 mg	(100%)		
1.1 mg	(100%)		
1.4 mg	(100%)		
1.4 mg	(100%)		
2.5 µg	(100%)		
16 mg	(100%)		
6 mg	(100%)		
50 µg	(100%)		
200 µg	(100%)		
400	(4.50/)		
	(15%)		
	(16%)		
	(15%)		
	(15%)		
	(15%)		
	(100%)		
10 mg	(100%)		
150 µg	(100%)		
1 mg	(100%)		
40 μg	(100%)		
2 mg	(100%)		
3.5 mg	(100%)		
50 µg	(100%)		
55 µg	(100%)		
	800 µg 5 µg 12 mg 75 µg 80 mg 1.1 mg 1.4 mg 1.4 mg 2.5 µg 16 mg 60 mg 300 mg 105 mg 120 mg 120 mg 120 mg 120 mg 130 mg 14 mg 10 mg 12 mg 10 mg 15 mg 15 mg 15 mg 15 mg 10 mg 15 mg 10 mg 15 mg 15 mg 10 mg		

*Recommended daily allowance/ Empfohlene tägliche Verzehrmenge









MEAT PROTEIN



HEAVY WEIGHT



HEAVY WEIGHT PROFESSIONAL



AMINO TABS



BCAA 100%



BCAA CROSS TRAINING



BCAA XXL TABS

















HMB6

CREATINE TABS

CREATINE POWDER

TCM POWDER

BLACK WOLF

CREA CARBO

ARBO THERMOGENIC

VITALITY SPORT



ACTIVLAB° sport

