

“ LA Muscle’s premium sports supplements are a key part of my rugby training. ”

Tom Croft, England Rugby International



Danni Levy, Celebrity Trainer



**LA**  
**MUSCLE**

EXCLUSIVE SPORTS SUPPLEMENTS FOR HEALTH & FITNESS

Order online at [www.lamuscle.com](http://www.lamuscle.com)

Freephone 0800 328 2345

# LA MUSCLE PRODUCT CATALOGUE

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## Welcome to LA Muscle® One of the world's largest

**LA Muscle supplements are manufactured to the highest standards on earth and contain pure, potent and scientific formulations.**

There are many reasons why LA Muscle supplements are rated so highly amongst professional sports-persons as well as the general public.

### **LA Muscle supplements are:**

- ✓ **100% Pharmaceutical grade**
- ✓ **Contain no artificial colours, flavours or additives**
- ✓ **Are scientifically formulated**
- ✓ **Stringently tested and FDA Approved**
- ✓ **IOC legal and drug-free**
- ✓ **100% natural supplements**

LA Muscle uses a huge variety of measures to ensure not only do you get the very best supplements but you also get the most potent and freshest ingredients.

Visit **[www.lamuscle.com](http://www.lamuscle.com)** for more info on the way we produce, store, ship and deliver products and why we ensure that what is manufactured is exactly what is delivered to you.

# manufacturers of sports supplements

Buying direct from [www.lamuscle.com](http://www.lamuscle.com) means you get the best sports supplements with a wide array of benefits:

- ✓ LA Rewards points for all your orders
- ✓ Guarantee on purchases
- ✓ The freshest, newest batches
- ✓ Up to date information
- ✓ Latest offers and promotions
- ✓ Free next day delivery

LA Muscle is the company behind the world's no.1 health & fitness television channel The Active Channel. You can watch exclusive shows on [www.theactivechannel.com](http://www.theactivechannel.com) and in Europe on SKY channel 281.



**Important Note:** LA Muscle is introducing a new generation of sports supplements in a proprietary new range of tubs. These tubs are designed to keep products even fresher and away from light, ensuring more potency and more results. The product images in this catalogue are of the new generation tubs. Please note that depending on the product and where we are with the R&D of that particular supplement, you may get the standard LA Muscle tub (white tub and yellow and blue labels) or a new generation tub. We are unable to introduce the new tubs to the entire range in one go due to research and development needed for each product and our world-wide stock levels.

**Disclaimer:** As we are moving on to the next generation LA Muscle products, some products will be made up of capsules and some will be tablets. For the purposes of clarity, all products in the catalogue will be referred to as capsules. You may receive tablets or capsules. The ingredients and effectiveness will be identical. E&OE. All images are for illustrative purposes only. If you have or suspect a medical condition, please consult a doctor before using any supplements.



LA Muscle is the only supplements company in the world to offer you it's unique Premium Service, ensuring you are 100% satisfied with your choice, delivery, results and after-sales service.

## PRODUCT KEY:

All LA Muscle supplements in this catalogue have symbols displayed underneath them. Please see a key to these symbols below:

- G** Gluten Free
- V** Suitable for Vegans
- V** Suitable for Vegetarians
- W** Wheat Free

# BEST SELLERS

## BEST MUSCLE GAIN

### Norateen Heavyweight II

VOTED EUROPE'S BEST  
MUSCLE BUILDER

Norateen Heavyweight II is the most popular muscle building formula in the world. This supplement has been giving amazing gains in muscle & strength to millions of people since 1998.



£64.99 or 3 for £150

## BEST PROTEIN

### LA WHEY

BEST SELLING NATURAL PROTEIN  
FOR INSTANT MUSCLES

LA Whey is quite simply the best protein powder in the world for a huge number of reasons. LA Whey is an ionic exchanged, lactose free, high Beta Lactoglobulin and high Biological value protein which mixes instantly and tastes delicious.



2.2kg tub **£69.99** or  
**Buy 3, Get 1 FREE**

## BEST FAT LOSS

### Fat Stripper

VOTED EUROPE'S BEST SELLING  
NATURAL FAT BURNER

Millions of men and women from all over the world use LA Muscle's Fat Stripper® as their No.1 choice fat burning supplement. Fat Stripper is a highly effective fat loss supplement which works as a fat metaboliser, breaking fat down and shifting it out of your body.



£44.99 or 3 for £120

## BEST CREATINE

### Explosive Creatine

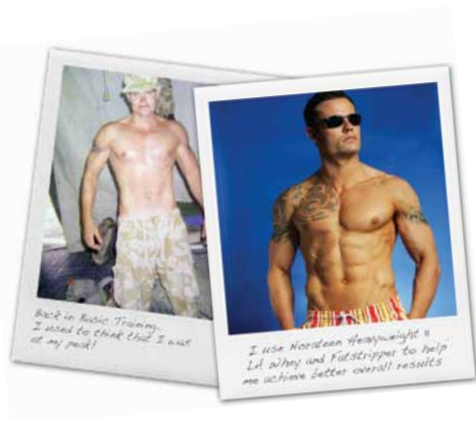
VOTED 300% BETTER THAN  
OTHER CREATINES

Explosive Creatine is the only Creatine formula to contain five of the most effective proven Creatine uptake agents in one tub. This product has been a best-seller in over 100 countries since 1998. Do not accept copy-cat or "me-too" supplements.



£44.99 or 3 for £120

# TESTIMONIALS



“Wow, the results were amazing. Norateen Heavyweight II kicked in from the very next day. I felt my strength increasing instantly.

My Bench Press increased rapidly along with my Shoulder Pressing, Squats and Deadlifts”

**Matt Carlin – Fitness Model / Personal Trainer**

“When I need to get extra lean for a photo shoot or to keep my abs on show and my body fat lean, I use Fat Stripper by LA Muscle.

No side-effects, easy to take and works fast!”

**Jaimie Yates - Student / Fitness Model**



“I totally changed my diet for a healthy one, began exercising again and started to take LA Whey and Explosive Creatine to boost my strength and increase my energy. After one year of hard work and a strict diet plan I am a size 6 fitness model and I have never felt better in every way”

**Cindy Garcia Lister - Receptionist**



# WEIGHT LOSS

## Fat Stripper®

VOTED EUROPE'S BEST SELLING  
NATURAL FAT BURNER

Millions of men and women from all over the world use LA Muscle's Fat Stripper® as their No.1 choice fat burning supplement. Fat Stripper is a highly effective fat loss supplement which works as a fat metaboliser, breaking fat down and shifting it out of your body.

Fat Stripper is 100% natural and has no side effects. It is sold in over 100 countries around the world.



### INGREDIENTS (PER CAPSULE)

Choline 150mgs  
Inositol 150mgs  
Betaine 150mgs  
Methionine 150mgs  
L-carnitine 10mgs  
Chromium Piccolinate 50mcgs

### DETAILS & DIRECTIONS

**Supply:** 90 capsules.

**How to take:** Take 1-2 capsules 3 times a day just before meals. **Each tub will last:** 1 month (or less if you take more capsules).

G V V W

£44.99 each or 3 for £120

## Fat Stripper® Intense

POWERFUL 8 INGREDIENT  
FAT BURNER

Fatstripper Intense uses an amazing combination of 8 ground-breaking ingredients that work synergistically together and give you an amazing reduction in your weight in just days.

Fatstripper Intense does not contain any stimulants commonly found in fat-burning formulations. It is 100% safe and natural and gives results free of side effects.



### INGREDIENTS (PER CAPSULE)

Green Tea (Standardised) 100mgs  
Guarana 100mgs  
Yerba Mate 75mgs  
Tetradecylthioacetic Acid 50mgs  
N-Acetyl-Tyrosine 50mgs  
Choline 50mgs  
Alpha Lipoic Acid 50mgs  
Cayenne 25mgs

### DETAILS & DIRECTIONS

**Supply:** 90 capsules.

**How to take:** Take 1-2 capsules 3 times a day just before meals. **Each tub will last:** 1 month.

G V V W

£49.99 each or 3 for £130

## Fat Stripper® Zero

CALORIE REMOVING  
FAT BURNER

Fat Stripper Zero is a unique supplement which can be used by anyone wanting to lose weight or get that lean and toned look. Fat Stripper Zero's amazing proprietary formulation blocks the absorption of fats, carbohydrates, starch and sugar. Imagine the possibilities. You can now control your calories and food intake by taking Fat Stripper Zero as and when necessary.

Fat Stripper Zero can be used by men and women during the year to control the way you look and aid with your weight loss goals. This is the first supplement that really gives you control of your calorie intake even if your will-power fails you at times.



### INGREDIENTS (PER CAPSULE)

Phaseolus Vulgaris 300mgs  
Gynema Sylvestre 100mgs  
Banaba Leaf Powder 50mgs  
Chitosan 150mgs  
Chromium Polynicotinate 50mcgs

### DETAILS & DIRECTIONS

**Supply:** 90 capsules.

**How to take:** Take 2 capsules, 3 times a day, just before meals. **Each tub will last:** 15-30 days.

G V V W

£44.99 each or 3 for £120

## Six Pack Pill

### FAT BLOCKER AND FAT BURNER IN ONE

The Six Pack Pill is an exclusive LA Muscle formula for total fat loss, giving you that solid six pack abs that you have always wanted. The Six Pack Pill's unique formulation burns fat and blocks the absorption of fat too.

The Six Pack Pill ensures you don't accumulate any new fat and at the same time it gets to work on your current body fat and blasts it away to give you that ripped look, ready for the beach.



#### INGREDIENTS (PER CAPSULE)

Choline Bitartrate 150mgs  
Inositol 150mgs  
Betaine 150mgs  
Methionine 150mgs  
L Carnitine 10mgs  
Chromium Piccolinate 50mcgs  
Chitosan 100mgs

#### DETAILS & DIRECTIONS

**Supply:** 90 capsules.

**How to take:** Take 1-2 capsules, 3 times a day, just before meals.  
**Each tub will last:** 1 month.

G V V W

£44.99 each or 3 for £120

## Nobese

### TRIBURN FAT LOSS FOR STUBBORN FAT

Nobese is the world's first and only Truburn™ fat-loss & weight loss supplement. Nobese utilises novel ingredients to make sure you lose more fat from all over your body. Nobese has been seen to be especially effective at getting rid of stubborn fat from the abdominal and thigh regions.

Nobese has been developed to ensure it gives you the quickest possible results without any of the side effects associated with some fat-loss products.



#### INGREDIENTS (PER CAPSULE)

Octopamine 100mgs  
Pomegranate Extract 80mgs  
L-tyrosine 50mgs  
Guarana 50mgs  
L-carnitine 50mgs  
Green Tea Extract 50mgs  
Ginger 10mgs  
Sea Vegetable Extract 30mgs

#### DETAILS & DIRECTIONS

**Supply:** 90 capsules.

**How to take:** Take 1-2 capsules, 3 times a day 15 minutes before meals.

**Each tub will last:** 1 month (or less depending on how many capsules you take).

G V V W

£44.99 each or 3 for £120

## Sculpt

### PATENTED CLA SUPPLEMENT FOR WEIGHT LOSS

Sculpt contains the amazing Patented Conjugated Linoleic Acid (CLA). This is a scientifically researched ingredient that has been proven to reduce body fat in a dramatic way.

Sculpt will change your nocturnal fuel mix in favour of fat burning and muscle maintenance. Sculpt is also a powerful preserver of your muscles by being an anti-catabolic; it basically stops your muscles from being used for fuel. This in turn facilitates more fat loss.



#### INGREDIENTS

(PER 1000MG CAPSULE)  
CLA 600mgs  
Fatty Acids 400mgs  
Vitamin E 0.025%

#### DETAILS & DIRECTIONS (FOR 500MG CAPSULES)

**Supply:** 90 capsules

**How to take:** Take 2 capsules, 3 times a day with meals. Sculpt works even better with a high protein diet.

G W

£44.99 each or 3 for £120

# WEIGHT LOSS

## SlimGum

### THE WORLD'S ONLY PATENTED CHEWING GUM SLIMMING AID

SlimGum is one of the most incredible products for anyone wanting to manage their weight. A fresh, minty, long-lasting chewing gum that contains 6 amazing ingredients proven to aid weight loss, help cravings and maintain a healthy & energetic metabolism.

SlimGum uses an amazing Patented process to lock its active ingredients in the centre of the gum. Upon chewing, these unique ingredients are immediately released into the mouth for immediate absorption - getting to work much faster than many pills and capsules. Years of research and development have gone into SlimGum making it one of the most unique slimming aids out there. SlimGum is manufactured by LA Muscle and can only be purchased from LA Muscle.



- ✓ 6 INCREDIBLE FUNCTIONAL INGREDIENTS
- ✓ CAN HELP CONTROL YOUR APPETITE IN SECONDS
- ✓ LONG LASTING PEPPERMINT, GREAT FOR FRESH BREATH
- ✓ NO STIMULANTS



**INGREDIENTS**  
(PER 4 DAILY PIECES)  
Green Coffee Bean Extract (Svetol) 400mgs (>45% chlorogenic acids)  
Green Tea Extract 40mgs (60% catechins)  
L-Carnitine 12mgs  
Chromium 200µgs  
Thiamin 0.165mgs  
Biotin 7.5µgs

**DETAILS & DIRECTIONS**  
**How to take:** Chew between 1-4 pieces of SlimGum a day. You can take SlimGum when you feel hungry or weak-willed. Do not exceed recommended dosage.

**G V W**

£2.99 each or box of 12 for £35

Order online at [www.lamuscle.com](http://www.lamuscle.com)

# MUSCLE BUILDING

## Norateen® Heavyweight II

VOTED EUROPE'S BEST  
MUSCLE BUILDER

Norateen Heavyweight II is the most popular muscle building formula in the world. This supplement has been giving amazing gains in muscle & strength to millions of people since 1998.

Norateen Heavyweight II has been regularly featured on national television including the BBC. This supplement has also been voted as Europe's No.1 Muscle Builder by Men's Health Magazine as well as being their choice Testosterone product. If you are looking for the ultimate guaranteed muscle builder, go for Norateen Heavyweight II. 100% safe, 100% natural and 100% effective.



#### INGREDIENTS (PER DAY)

Mucuna Prureins 600mgs  
Fenugreek 600mgs  
Diindolymethane 90mgs  
Beta-ecdysterone 90mgs  
Methoxyisoflavone 60mgs  
Vitamin E 60 IU

#### DETAILS & DIRECTIONS

**Supply:** 180 capsules.

**How to take:** Take 2 capsules, 3 times a day preferably with a high protein meal or high protein shake such as LA Whey.

**Training days:** You can take 2 capsules 15 minutes before training and the rest (other 4 capsules) as above.

**Each tub will last:** 1 month.

G V V W

£64.99 each or 3 for £150

## Norateen II

POWERFUL ANABOLIC  
GROWTH PILL

Norateen II is a powerful, natural, side effect-free muscle builder which has been a best-seller in over 100 countries since 1998. Norateen II is IOC compliant and FDA approved and is used by professionals and amateurs alike for unparalleled gains in muscle mass.

Norateen II preserves muscle tissue and enables your body to deposit more protein in your muscles. A very strong natural supplement giving you guaranteed results.



#### INGREDIENTS (PER DAY)

Leucine 600mgs  
Acetyl-L-carnitine 480mgs  
Taurine 300mgs  
L-alanine 180mgs  
Alpha Lipoic Acid 150mgs  
Methoxyisoflavone 120mgs  
Beta-ecdysterone 90mgs  
Zinc 30mgs

#### DETAILS & DIRECTIONS

**Supply:** 180 capsules.

**How to take:** Take 2 capsules, 3 times a day preferably with a high protein meal or protein shake such as LA Whey.

**Each tub will last:** 1 month.

G V V W

£64.99 each or 3 for £150

Tom Croft  
England Rugby  
International



Order online at [www.lamuscle.com](http://www.lamuscle.com)

# MUSCLE BUILDING

## Norateen® Anabolic Extreme

EXTREMELY STRONG  
MUSCLE BUILDER

Norateen Anabolic Extreme is a very powerful anabolic muscle builder which triggers the most fertile anabolic environment for bodybuilders wanting to get very big, strong and muscular without resorting to dangerous steroids.

Norateen Anabolic Extreme is a 100% natural and is backed by LA Muscle's R&D and scientific team, guaranteeing you the most extreme gains without any side effects.



#### INGREDIENTS (PER CAPSULE)

Fenugreek (Standardised Potency) 100mgs, Himalayan Discorea Deltoidea 75mgs, Long Jack (Tongkat Ali - Standardised Potency) 75mgs, Tribulus Terrestris (Bulgarian, Standardised Potency) 30mgs, Pharma Beta Exdysterone 20mgs, Methoxyisoflavone (Pharmaceutical grade) 25mgs, Chrysin (Flavone X) 25mgs

#### DETAILS & DIRECTIONS

**Supply:** 180 capsules.

**How to take:** Take 2 capsules, 3 times a day.

**Each tub will last:** 1 month.

G V V W

£69.99 each or 3 for £160

## ZMAX

CERTIFIED AND PATENTED ZMA  
SUPER-PRODUCT

LA Muscle's ZMAX is one of a handful of supplements to contain the Certified and Patented ZMA, which has been scientifically shown to increase Testosterone levels, strength and muscle mass.

ZMAX is the big daddy of ZMA supplements. It contains other ingredients which turbo-charge it to amazing potency levels and give you the ultimate gains in strength and mass. This is Testosterone boosting at its best.



#### INGREDIENTS (PER DAY)

Fenugreek 600mgs  
Acetyl L-carnitine 450mgs  
Magnesium Aspartate 450mgs  
Chrysin 150mgs  
Zinc Monomethionine 30mgs  
Vitamin B6 3mgs

#### DETAILS & DIRECTIONS

**Supply:** 90 capsules.

**How to take:** Take 3 capsules every day between dinner and bed time.

On training days, you can take the 3 capsules 15 minutes before training. **Each tub will last:** 1 month.

G V V W

£64.99 each or 3 for £150

Tom Croft  
England Rugby  
International



LA  
MUSCLE

# PROTEIN

## 311 BCAAs

3 CRITICAL AMINO ACIDS IN EXACT RATIOS

LA Muscle Branch Chain Amino Acids 311 BCAAs contain the 3 most important amino acids for muscle building and muscle recovery. 311 BCAAs contain Leucine, Isoleucine and Valine in the exact ratios as shown in scientific studies to build muscle recovery.

BCAAs taken in any other ratio other than 3-1-1, will not work to aid recovery or build muscle. You may get other Branch Chain Amino Acid formulas which have just thrown in amino acids for good measure. Only the 3-1-1 ratio has proven to dramatically aid muscle recovery and muscle growth.



**INGREDIENTS**  
(PER 500MG CAPSULE)  
Leucine 300mgs  
L-Isoleucine 100mgs  
L-Valine 100mgs

**DETAILS & DIRECTIONS**  
(FOR 500MG CAPSULES)  
**Supply:** 120 capsules  
**How to take:** You can take 4 capsules immediately after training. For better recovery and more muscle growth, you can also take 4 capsules just before sleep.

G V W

£44.99 each or 3 for £120

## LA Whey

BEST SELLING NATURAL PROTEIN FOR INSTANT MUSCLES

LA Whey is quite simply the best protein powder in the world for a huge number of reasons. LA Whey is an ionic exchanged, lactose free, high Beta Lactoglobulin and high Biological value protein which mixes instantly and tastes delicious.

Each LA Whey serving contains 48g of the best pure whey protein powder. You get no milk protein, casein or inferior egg protein. LA Whey has a great potassium to sodium ratio, meaning no water retention and it contains no artificial sweeteners. LA Whey contains all essential amino acids, high levels of branch chain amino acids and a huge 17% glutamine. No protein matches the superiority of LA Whey.



**INGREDIENTS (PER SERVING)**  
Calories 254kcal, Protein 48g  
Carbs 6g, Fat (saturated) 0.9g  
Calcium 214mgs  
Potassium 390mgs  
Phosphorus 228mgs  
Sodium 105mgs  
Magnesium 33.6mgs

**DETAILS & DIRECTIONS**  
**How to take:** Add 2 scoops to a cup of water, juice, yoghurt or milk. Stir with a fork. Leave for 1 minute, then drink. You can vary the amount of liquid to suit your taste.  
**Each tub 2.2kg will last:** 1-2 months (more or less depending on how much you use - remember, due to LA Whey's superior formula you do not need to use as much as other brands)

G V W

2.2kg tub £69.99 or  
Buy 3, Get 1 FREE

## YES Protein 5kg

UNBEATABLE VALUE PROTEIN FOR GREAT MUSCLE GAINS

LA Muscle scientists have formulated what is possibly the most advanced protein for muscle building. "YES Protein" contains 100% pure whey protein as well as LA Mega Soy, the "only" protein to contain high amounts of antioxidants. YES Protein is low in fat and high in fibre.

Recent scientific studies have shown that delivery of a high amount of antioxidants immediately after training and during the post training period builds more muscle mass. Whilst whey protein does build great muscle tissue, whey and a soy isolate like Mega Soy has the potential to build more muscle mass, through better muscle recovery.



**INGREDIENTS (PER 100G)**  
Calories (Kcal) 337, Protein 80g  
Carbohydrates 5.4g  
-of which sugars 4.2g  
Fat (saturated) 1.1g, Fibre 9.1g

**DETAILS & DIRECTIONS**  
**Supply:** 5kg (11+ lbs) in a large sealed white re-sealable pouch.  
**Servings:** Lots! There is no specific serving size. We recommend 2 table-spoonfuls per sitting. Based on this (and the size of your spoon!) you will get around 100-150 servings per 5kg.  
**How to take:** Mix 1-3 spoonfuls added to water, milk, juice or yoghurt during the day. Add the product, mix with a fork or ideally in a Shaker, leave for 1-2 minutes, then drink.  
**Each tub will last:** 3+ months for an average athlete.

G V W

£69.99 each or Buy 3, Get 1 FREE

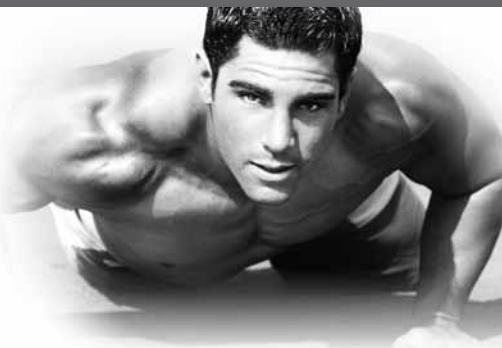
# CREATINE

## Explosive Creatine

VOTED 300% BETTER THAN  
OTHER CREATINES

Explosive Creatine is the only Creatine formula to contain five of the most effective proven Creatine uptake agents in one tub. This product has been a best-seller in over 100 countries since 1998. Do not accept copy-cat or "me-too" supplements.

There is only one scientifically researched and tested Creatine best-seller that produces results for everyone every time and that is LA Muscle's Explosive Creatine.



"BEST RESULTS"  
Men's Health Magazine

"300% BETTER THAN ALL OTHER CREATINES"  
Muscle & Fitness Magazine



FLAVOUR  
Fruit Punch

G V V W

#### INGREDIENTS (PER SERVING)

Dextrose 33g, Micronised Creatine 5g, Taurine 1g, L-arginine 1g  
X-phosphates 800mgs, Citric Acid 950mgs

#### DETAILS & DIRECTIONS

**Supply:** 903g.

**How to take:** Mix 1 scoop (43g) with lots of water (scoop inside).

**Loading dose:** 1 scoop, 4 times a day for 4-5 days.

**Maintenance dose:** 1 scoop, twice a day.

**Each tub will last:** 7-10 days on loading dose (maybe a bit more or less depending). [You take a Loading Dose if you have never taken Creatine or if you have been off Creatine for longer than 4 weeks.] 10-14 days on maintenance dose. [You take a Maintenance Dose, after the loading dose]. In total, you should not take Creatine continuously for more than 8 weeks. You should always have a 4 week break after 8 weeks so your body doesn't get used to Creatine supplementation.

**Please note:** Explosive Creatine is not and has never been about how much a tub will last. This product produces extraordinary results within a very short time.

£44.99 each or 3 for £120

## Nuclear Creatine

EXTREME ACTION  
CREATINE

Nuclear Creatine contains the rare amino acid: Aspartic Acid. You will feel, see and notice the effects of Nuclear Creatine within 10 minutes of taking it. Yes, 10 minutes. Mix a scoop with some water and drink just before working out. You will not believe your eyes. Nuclear Creatine's exclusive ground-breaking formulation gets to work instantly.



#### INGREDIENTS (PER SERVING)

Super-Micronised Creatine Monohydrate (Pharmaceutical Grade) 5g, Dextrose 32.7g, Aspartic Acid (Pharmaceutical Grade) 1.5g, Taurine 1g, Arginine 1g, Citrulline 500mgs, Beetroot Powder 300mgs

#### DETAILS & DIRECTIONS

**Supply:** 908g tub.

**How to take:** Mix 1 scoop with a glass of water and drink.

**Serving Size:** 1 scoop = 30g

**Each tub will last:** Variable, depending on whether you take loading or maintenance dose.

G V V W

£64.99 each or 3 for £150

# WEIGHT GAINERS

## Platinum 2.2 kg

POWERFUL FAST ACTING  
WEIGHT GAINER

Platinum is the most advanced and effective weight-gain & meal replacement formula ever developed. It contains ingredients not found in similar products.

Platinum will get you big in a hurry and can be used as a meal replacement whenever you want. This can be after a strenuous workout or anytime during the day. Platinum is not your usual calorie-crammed "fat-maker"! This is the real deal lean muscle gain and weight gain formula as used by professionals.



FLAVOURS  
Strawberry,  
Vanilla,  
Chocolate

### INGREDIENTS (PER SERVING)

Calories 268kcal  
Protein 18g  
Carbs 37g  
Fat (saturated) 1.5g

### DETAILS & DIRECTIONS

**Supply:** 2.2 kg

**How to take:** Add 2 scoops to some water, juice, yoghurt or milk. Stir until dispersed. Leave for 1 minute, then drink. You can vary the amount of liquid to suit your taste.

**Each tub will last:** 1 month (more or less depending on how much you use).

G V W

£44.99 each or 3 for £120

## Eclipse

ALL IN ONE MUSCLE  
& STRENGTH SHAKE

Eclipse is a powerful all in one muscle and strength shake for those wanting to build lean, defined muscles fast. Eclipse is an exclusive scientific formula, designed to be the most potent all-in-one-shake on the market. Eclipse contains a whole host of top quality proven muscle builders and definition agents that get to work in record time to give you an incredible physique.

You get the best-selling LA Whey Protein, LA Muscle's super-micronised Creatine, the anabolic amino acid Glutamine, the Patented muscle & definition activator CLA, Taurine and the primary muscle amino acid Leucine. Eclipse mixes fast, tastes great and gets to work fast. Accept no copies or low-grade substitutes. This is an original LA Muscle super-supplement.



### INGREDIENTS (PER SERVING)

LA Whey 28g, Dextrose 6.2g,  
Creatine 6g, Glutamine 6g,  
Leucine 6g, CLA 2g, Taurine 1g.

### DETAILS & DIRECTIONS

**Supply:** 908g chocolate flavour powder

**How to take:** Pour 2 scoops in a big glass of water and mix with a fork. Wait one minute, then drink. For best results mix in an LA Muscle shaker. You can take Eclipse immediately after training, before sleep or in the morning.  
**Each tub will last:** Variable, depending on use.

G V W

£49.99 each or 3 for £130



Order online at [www.lamuscle.com](http://www.lamuscle.com)

# MALE SUPPLEMENTS

## MAN

THE WORLD'S NO.1  
CONFIDENCE PILL

MAN is the world's only proven Confidence Booster, sold in over 100 countries around the world. This unique formula will give you increased confidence, sexual power and a feeling of well being.

You may be sceptical reading this description and that is why LA Muscle offers you a 100% money-back guarantee. If you don't absolutely love MAN, send your tub back for a full refund minus postage – even if your tub is empty! That's how confident LA Muscle is of the power of MAN. There is nothing else like it.

GET HORNY  
GOAT WEED &  
CATUABA FREE  
WITH THIS  
PRODUCT



G V V W

#### INGREDIENTS (PER CAPSULE)

Asian Red Ginseng 100mgs  
Acetyl L-carnitine 50mgs  
Maca 50mgs  
Zinc 5mgs  
Vitamin E 5 IU

#### DETAILS & DIRECTIONS

**Supply:** 90 capsules.

**How to take:** Take 2 capsules 3 times a day with a glass of water, with or without meals. Alternatively you can take 2 capsules when desired.

FREE WHEN YOU BUY 'MAN'

## Horny Goat Weed & Catuaba

BEST SELLING MALE HERB

LA Muscle's Horny Goat Weed & Catuaba is a stack of 2 original full potency herbs from South America, the land of the Latin Lovers! These two herbs are used individually or in combination by men all over the world.



#### INGREDIENTS (PER CAPSULE)

Horny Goat Weed 100mgs  
Maca Extract 100mgs

#### DETAILS & DIRECTIONS

**Supply:** 90 capsules.

**How to take:** Take 2 capsules, 3 times a day with a glass of water with or without meals. Alternatively you can take 2 capsules when desired.

G V V W

FREE when your purchase MAN

£44.99 each or 3 for £120



# THE BODY KIT SYSTEM

## The world's only 4 week designer reshaping system

EVERYTHING YOU COULD POSSIBLY WANT TO BUILD A RADICALLY NEW BODY IN JUST 4 SHORT WEEKS.

The Body-Kit system has been designed by some of the world's top experts to give you a muscular, strong, lean and ripped body in just a few weeks.

Comes with the exclusive Body Kit Manual Book, one of the best selling muscle books in the world.



G W

#### INGREDIENTS (PER CAPSULE)

##### Activator 1

Magnesium Aspartate 150mgs  
Beta Ecdysterone 15mgs  
Zinc Monomethionine 10mgs  
Vitamin B6 1mg

##### Activator 2

L-carnitine 100mgs  
Methoxyisoflavone Patented 50mgs  
Chromium Polynicotinate 125mcgs

##### Activator 3

CLA Patented 1000mgs

#### HOW TO TAKE

##### Activator 1

Non-training days: 3 capsules spaced throughout the day.

Training days: Take 3 capsules at the same time 30 minutes before your training.

##### Activator 2

Non-training days: Take one capsule in the morning. Take one capsule at night.

Training days: Take one capsule before (or after) training. Take one capsule just before sleep.

##### Activator 3

Take 1 capsule, 3 times a day with meals.

#### SUPPLY

##### Activator 1

90 capsules

##### Activator 2

60 capsules

##### Activator 3

90 capsules



Order online at [www.lamusclic.com](http://www.lamusclic.com)

£110 each or 3 for £270

# INSTANT SIZE & PUMP

## Vasculator

### NO.1 NITRIC ACID PUMP SUPPLEMENT

The only product with all 4 proven nitric oxide pump agents. Vasculator is GUARANTEED to give you the most amazing pumps in and out of the gym. Users of Vasculator see their body almost double in size usually within minutes of taking this amazing product. Common areas to pump up are the arms, chest, back, shoulders and legs.

Vasculator really is something completely different and very unique.



#### INGREDIENTS (PER CAPSULE)

Citrulline 184mgs  
A-AKG 133mgs  
A-KIC 133mgs  
Ornithine 50mgs

#### DETAILS & DIRECTIONS

**Supply:** 90 capsules.

**How to take:** Take 1-2 capsules, 3 times a day.

On training days you can take 2-4 capsules 30 minutes before training and the rest as above.

Each tub will last: 1 month (or less if you take more capsules).



£64.99 each or 3 for £150



# ACCESSORIES

For Accessories, Clothing and much more go to [www.lamuscle.com](http://www.lamuscle.com)



## Shaker

EXCLUSIVE LA MUSCLE SHAKER

Get your hands on this exclusive German Made LA Muscle shaker. The LA Shaker comes with a free strainer inside to make sure your protein shake is as smooth as possible.

The LA Shaker is easy to clean, very durable and has a tight-fitting lid to make sure there is no mess.



£4.99 or 3 for £10

## Pill Box

EXCLUSIVE LA MUSCLE PILL BOX

LA Muscle's exclusive pill boxes are the original patented German Made pill boxes as recommended by Pharmaceuticals for carrying your pills.

The LA Muscle pill box is see-through, tough and lasts even in the most used gym-bags. You get 5 compartments, 2 large and 3 smaller.



£2.99 or 4 for £9.99

## LA Muscle presents Hardcore Training with Dean Ash & Eddie Abbew

ALL THE SECRETS TO GETTING MASSIVE, FROM  
BEGINNER TO ADVANCED TECHNIQUES

The Hardcore Training DVD box-set features British Bodybuilding champion and one of the most respected UK coaches: Eddie Abbew as well as TV Star and Celebrity Personal Trainer Dean Ash. This amazing DVD box set will show you amazing techniques you can start using whether you are a beginner looking to put size on or an advanced trainer looking to get even more massive.

Eddie Abbew has competed on some of the world's biggest bodybuilding stages and is an encyclopaedia of muscle building knowledge. In this exclusive Hard-Core training DVD Box-set, Eddie shares over 30 years of knowledge with you and more importantly shows you how to correctly perform various exercises. You get 6 DVDs each on one body part: Arms, Chest, Shoulders, Back, Quads, Hamstrings.



£39.99 or 3 for £95

## Dean Ash Hard Training Box Set TV CELEBRITY TRAINER

Dean Ash is an extremely popular personal trainer to celebrities as well as one of the hosts of the Hard Training series on TV.

Now for the first time, you can get all his DVDs in one single box-set. Dean's training methods, advice and "no pain, no gain" philosophy is explained in detail for you to follow. Whether you are a newbie or an experienced hand at training, you will find many things of value in this box-set.



£29.99 or 3 for £69

## Danni Levy Feminine & Fit DVD Box-Set CELEBRITY TRAINER TO THE STARS

Danni Levy's Feminine & Fit series is one of the most watched training shows on TV.

Now for the first time you can get Danni's amazing training routines, nutrition advice and workout regime in one complete 5 set DVD series.



£29.99 or 3 for £69

# BOOKS

## Beach Body with Danni Levy

HOME WORKOUTS TO GET YOU  
LOOKING GREAT, FAST

Get ready for your ultimate beach body with Danni Levy's amazing 6 DVD box-set. This series features all the exercises needed to get you toned up and looking great.

Whether you are going on holiday, doing a competition or just want to look great, The Beach Body series will get you there.

**£29.99 or 3 for £69**



## Komie Invasion EXTREME

THE WORLD'S MOST TECHNICALLY ADVANCED  
AND EFFECTIVE SELF DEFENCE

This is one of the most anticipated DVD Box-sets to become available to the general public. For the first time ever, expert Krav Maga instructor Komie H brings his self-defence know-how straight to your homes.

In this 7 Series Box-Set you will learn techniques that have made Komie one of the world's foremost authorities on self defence.

WARNING: Contains extreme violence.

**£39.99 or 3 for £95**



## The Body Kit Manual

ALL YOU NEED FOR THE  
PERFECT MUSCULAR BODY

Written with the help of some of the world's foremost experts on training, diet, nutrition, psychology and performance. The Body-Kit Manual is a book for men and women at all stages in their training. The training in the Manual is radical to say the least. You get super-sets, descending sets and much more. This book is one of the world's best-selling muscle books.



**£9.95 or 3 for £25**

## Body Builder, The Book

EXCLUSIVE BOOK

Body Builder is an exclusive book with many photographs never seen before. Body Builder contains over 180 glossy photos of men and women body builders as well as numerous interviews with top body builders from around the world.

Body builder is exclusively available to LA Muscle customers.



**£14.99 or 3 for £39**

## Cold Beater

NATURAL MEDICINE AT ITS BEST

Cold Beater contains everything you need to know about natural medicine, combating and avoiding colds and flu.

An exclusive book which gives you a whole host of powers to have your body running at 100% efficiency at all times.



**£9.99 or 3 for £25**



# FEMME SLENDER

Order online at [www.femmeslender.com](http://www.femmeslender.com)

## Couture Curves

FABULOUS 8 INGREDIENT  
WEIGHT LOSS PILL

Couture Curves contains a proprietary scientific formula developed by Femme Slender in its USA R&D laboratories. This supplement can be used by women of all ages and sizes for effective weight loss.

Whether you have tried other products before or even if this is your first time, you are sure to see results in just days. Once tried, you will not want to be without your Couture Curves capsules.



**INGREDIENTS (PER CAPSULE)**  
Green Tea 100mgs  
Guarana 100mgs  
Yerba Mate 75mgs  
Tetradecylthioacetic Acid 50mgs  
Alpha Lipoic Acid 50mgs  
N-Acetyl-Tyrosine 50mgs  
Choline 50mgs  
Cayenne 25mgs

**DETAILS & DIRECTIONS**  
**Supply:** 90 capsules.  
**How to take:** Take 1 capsule, 3 times a day, just before meals.  
**Each tub will last:** 1 month.

**G V V W**

**£44.99 each or 3 for £120**

## Slinky

POPULAR WITH CELEBS FOR  
THAT SLINKY LOOK

Slinky's unique formulation is a world first, giving you ingredients highly effective for weight loss and combining them with powerful fat absorbers - all in one capsule!

Slinky is ideal for women who have too much on and may not necessarily be able to eat right all the time. Slinky's fat absorbing capabilities mean that you can take it with a meal which contains fats and still get away with eating it. No fat will get absorbed. Slinky blocks fat and burns fat.



**INGREDIENTS (PER CAPSULE)**  
Betaine 150mgs  
Choline Bitartrate 150mgs  
Methionine 150mgs  
Inositol 150mgs  
L Carnitine 10mgs  
Chitosan 100mgs  
Chromium Piccolinate 50mcgs

**DETAILS & DIRECTIONS**  
**Supply:** 90 capsules.  
**How to take:** Take 1-2 capsules, 3 times a day, just before meals.  
**Each tub will last:** 1 month.

**G V V W**

**£44.99 each or 3 for £120**

## Freedom

EAT WHAT YOU WANT,  
WHEN YOU WANT

Freedom's proprietary blend of ingredients minimise the absorption of carbohydrates, fats, sugars and starch. Freedom is a great fat blocker, meaning you can eat fatty foods without getting fat! No other Pharmaceutical Grade supplement on the market works like Freedom.

Taking Freedom means you can eat a meal with starch, carbohydrates, sugar and fat and be confident that it will not greatly affect your weight. This product is ideal if you find it hard to cut out certain foods from your diet, if you are pushed for time or on holiday.



**INGREDIENTS (PER CAPSULE)**  
Phaseolus Vulgaris 300mgs  
Gynema Sylvestre 100mgs  
Banaba Leaf Powder 50mgs  
Chitosan 150mgs  
Chromium Polynicotinate 50mcgs

**DETAILS & DIRECTIONS**  
**Supply:** 90 capsules.  
**How to take:** Take 1-2 capsules, 3 times a day, just before meals.  
**Each tub will last:** 15-30 days.

**G V V W**

**£44.99 each or 3 for £120**



## Slim X

PATENTED CLA INGREDIENT FOR NOTICEABLE WEIGHT LOSS

Slim X is one of the most natural and safe supplements you can get for fast and effective weight loss. Slim X uses the Patented Conjugated Linoleic Acid (CLA) at Pharmaceutical Grade to give you amazing results and fast.

CLA is a wonderful product for women who wish to see a change in their body composition. CLA comes in a variety of forms and grades, not all of them officially recognised for fat loss.



G W

**INGREDIENTS (PER CAPSULE)**  
CLA 500mgs

**DETAILS & DIRECTIONS**

**Supply:** 180 gelatin capsules.  
**How to take:** Take 4 capsules, 3 times a day with meals.  
**Each tub will last:** 15 days.

£44.99 each or 3 for £120

## Glamorous Skin Hair & Nails

GET THAT CELEB LOOK

Glamorous Skin, Hair and Nails contains every essential vitamin and mineral needed to give you healthy, perfect looking skin hair and nails. You get the highest safe dosage of all essential nutrients.

Busy mums, ladies at work, sports fanatics, this amazing supplement is just for you. Just take 1 tablet a day and see it working in days.



G V V W

**INGREDIENTS (PER CAPSULE)**

Thiamin (Vitamin B1) 10mg  
Riboflavin (Vitamin B2) 5mg  
Niacin (Vitamin B3) 10mg  
Pantothenic Acid (Vitamin B5) 40mg  
Pyridoxine (Vitamin B6) 10mg  
Folic Acid (Vitamin B9) 400mcg  
Cobalamin (Vitamin B12) 10mcg  
Iron 5mg  
Chromium Picolinate 50mcg  
Vitamin D3 5mcg, Vitamin C 60mg  
Biotin 50mcg, Magnesium 75mg  
Zinc 15mg, Iodine 150mcg  
Manganese 1mg, Copper 1mg  
Selenium 100mcg, Cystine 10mg  
L-Lysine 50mg, Proline 50mg

**DETAILS & DIRECTIONS**

**Supply:** 30 capsules.  
**How to take:** Take 1 capsule daily with a glass of water.  
**Each tub will last:** 1 month.

£19.99 each or 3 for £47







LA MUSCLE LONDON SHOP OPEN MONDAY TO FRIDAY 9AM - 4PM



active channel *iphone & iPad app*

Download the  
**FREE Active Channel**  
**iPhone & iPad App today**



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- Get the latest shows as soon as they are released
- The first health & fitness video app
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## Contact information for LA Muscle

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3 Oliver Business Park, Off McNicol Drive,  
Park Royal, London, NW10 7JB. UK

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Order online at [www.lamuscle.com](http://www.lamuscle.com)

Freephone **0800 328 2345**