

PURE CORE

NUTRITIONAL SUPPLEMENTS



PURE CORE

CORE-CREATINE

CREATINE MONOHYDRATE

KEY BENEFITS:

- 5 G PURE CREATINE MONOHYDRATE
- ENHANCED ABSORPTION & CELLULAR HYDRATION
- IMPROVES STRENGTH, POWER & RECOVERY
- SUGAR-FREE FORMULA

Supplement Facts

Serving Size: 5g (1 Scoop)

Servings Per Container : 100 (500 mg)

Amount Per Serving	1 Scoop 5g
Creatine Monohydrate	5000 mg



PURE

CREATINE

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CREATINE MONOHYDRATE

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- 5 G PURE CREATINE MONOHYDRATE
- ENHANCED ABSORPTION & CELLULAR HYDRATION
- IMPROVES STRENGTH, POWER & RECOVERY
- SUGAR-FREE FORMULA

Supplement Facts

Serving Size: 6g (1 Scoop)

Servings Per Container : 60 (360 mg)

Amount Per Serving	1 Scoops 6g
Creatine Monohydrate	5000 mg
Betaine Anhydrous	500 mg
Taurine	250 mg
Black Pepper Extract (Piperine 95%)	5 mg
Magnesium Citrate	50 mg

*Sucralose, Acesulfame K, Citric Acid, Natural Flavor



PURE

CREATINE

EAA+ELECTROLYTE

ESSENTIAL AMINO ACIDS & ELECTROLYTES

KEY BENEFITS:

- 8 ESSENTIAL AMINO ACIDS
- ENRICHED WITH ELECTROLYTES FOR HYDRATION
- SUPPORTS MUSCLE RECOVERY & ENDURANCE
- SUGAR-FREE FORMULA

Supplement Facts

Serving Size: 10g (1 Scoop)

Servings Per Container : 30 (300 mg)

Amount Per Serving	1 Scoops 10g
Amino Acid Mix	8000 mg
L-Leucine	2000 mg
L-Isoleucine	1000 mg
L-Valine	1000 mg
L-Lysine HCl	1500 mg
L-Threonine	1000 mg
L-Phenylalanine	800 mg
L-Methionine	500 mg
L-Tryptophan	200 mg
Minerals	370 mg
Sodium	120 mg
Potassium	150 mg
Magnesium	50 mg
Calcium	50 mg



PURE

RECOVERY

GLUTAMINE

PURE L-GLUTAMINE

KEY BENEFITS :

- 5 G PURE L-GLUTAMINE PER SERVING
- SUPPORTS MUSCLE RECOVERY & GUT HEALTH
- ENHANCES NUTRIENT ABSORPTION
- STRENGTHENS IMMUNE FUNCTION

Supplement Facts

Serving Size: 6g (1 Scoop)

Servings Per Container : 60 (360 mg)

Amount Per Serving	1 Scoops 6g
L-Glutamine	5000 mg
L-Alanine	500 mg
Zinc	5 mg
Ginger Extract (5% gingerol)	50 mg
Black Pepper Extract (95% piperine)	5 mg



PURE

RECOVERY

CORE-WORKOUT

THE ULTIMATE PRE-WORKOUT

KEY BENEFITS:

- EXPLOSIVE ENERGY & FOCUS
- 3.5 G CITRULLINE + 3 G BETA-ALANINE
- ENHANCED MUSCLE PUMP & ENDURANCE
- CONTAINS NATURAL CAFFEINE (200 MG)

Supplement Facts

Serving Size: 10g (1 Scoop)

Servings Per Container : 35 (350 mg)

Amount Per Serving	1 Scoops 10g
L-Citrulline Malate 2:1	3500 mg
Beta-Alanine	3000 mg
Betaine Anhydrous	1250 mg
Taurine	1000 mg
L-Tyrosine	250 mg
Caffeine	200 mg
Black Pepper Extract (Piperine 95%)	5 mg



PURE

ENERGY

CARNI BURN

EXTREME FAT BURNER

KEY BENEFITS :

- BURNS FAT
- BOOSTS METABOLISM
- APPETITE SUPPRESSION
- ENHANCED FAT OXIDATION

Supplement Facts

Serving Size: 7g (1 Scoop)

Servings Per Container : 42 (300g)

Amount Per Serving	1 Scoops 7g
L-Carnitine L-Tartrate	2500mg
CLA (Conjugated Linoleic Acid Powder, 60%)	1500mg
Green Tea Extract (50% EGCG)	1000mg
Caffeine Anhydrous	200mg
Guarana Extract (22% Caffeine)	300mg
Capsicum Extract (Capsaicin 1%)	50mg
Black Pepper Extract (Piperine 95%)	10mg
Inulin	1440mg



PURE
CARNI BURN

FAT BURNER

CORE MASS

THE ULTIMATE MASS GAINER

KEY BENEFITS:

- SUPPORTS RAPID MUSCLE GROWTH
- INCREASES CALORIC INTAKE
- RICH IN ESSENTIAL NUTRIENTS
- PROMOTES WEIGHT GAIN

Supplement Facts

Serving Size: 100g (2 Scoop)

Servings Per Container: 30 (3kg)

Amount Per Serving	2 Scoops 100g
Energy	374 kcal
Fat	6 g
Carbohydrates	55 g
of which sugars	2 g
Protein	25 g
BCAA	6 g
L-Glutamine	4 g
HMB (β-Hydroxy β-Methylbutyrate)	1 g
L-Carnitine	1 g
Creatine Monohydrate	3 g
Performance Support Complex	200 mg
Recovery & Growth Blend	300 mg



PURE

MASS GAINER

PURE CARB

PROFISSIONAL CARBOHYDRATE

KEY BENEFITS :

- **RAPID ABSORPTION FOR INSTANT ENERGY**
- **SUPPORTS MUSCLE GLYCOGEN REPLENISHMENT**
- **IDEAL FOR BULKING AND PERFORMANCE ATHLETES**
- **CLEAN CARBOHYDRATE SOURCE**

Supplement Facts

Serving Size: 50g (1 Scoop)
Servings Per Container : 60 (3kg)

Amount Per Serving	1 Scoop 50g
Energy	188 kcal
Fat	0 g
of which saturated fats	0 g
Carbohydrates	47 g
of which sugars	>1 g
of which fiber	0.2 g
Protein	0 g



PURE

CARB

PURE ISO

100% ISOLATED WHEY PROTEIN

KEY BENEFITS :

- 26 G PROTEIN PER SCOOP
- ULTRA LOW FAT & SUGAR
- RAPID ABSORPTION
- SUPPORTS MUSCLE DEFINITION AND RECOVERY

Supplement Facts

Serving Size: 30g (1 Scoop)
Servings Per Container : 66 (2kg)

Amount Per Serving	1 Scoops 30g
Energy	113 kcal
Fat	0.5 g
of which saturated fats	0.2 g
Carbohydrates	1 g
of which sugars	0.5 g
Protein	26 g
Sodium	90 mg



PURE

PROTEIN

CORE RICE

PROFISSIONAL CREAM OF RICE

KEY BENEFITS :

- PERFECT FOR ATHLETES & BODYBUILDERS
- ULTRA SMOOTH TEXTURE
- EASY DIGESTION
- FAST ENERGY SOURCE

Supplement Facts

Serving Size: 50g (1 Scoop)
Servings Per Container : 36 (1.8kg)

Amount Per Serving	1 Scoop 50g
Energy	185 kcal
Fat	0.1 g
of which saturated fats	0 g
Carbohydrates	42 g
of which sugars	>1 g
of which fiber	0.4 g
Protein	4 g



PURE
CORE

CREAM OF RICE

PURE WHEY

100% CONCENTRATED WHEY PROTEIN

KEY BENEFITS:

- 22 G PROTEIN PER SCOOP
- LOW FAT & LOW SUGAR
- INSTANTIZED FOR EASY MIXING
- SUPPORTS LEAN MUSCLE GROWTH

Supplement Facts

Serving Size: 30g (1 Scoop)
Servings Per Container : 66 (2kg)

Amount Per Serving	1 Scoops 30g
Energy	114 kcal
Fat	1.5 g
of which saturated fats	0.8 g
Carbohydrates	3 g
of which sugars	1.5 g
of which fiber	0.5 g
Protein	22 g
Sodium	100 mg



PURE

PROTEIN

CORE MASS

THE ULTIMATE MASS GAINER

KEY BENEFITS:

- **SUPPORTS RAPID MUSCLE GROWTH**
- **INCREASES CALORIC INTAKE**
- **RICH IN ESSENTIAL NUTRIENTS**
- **PROMOTES WEIGHT GAIN**

Supplement Facts

Serving Size: 100g (2 Scoop)
Servings Per Container: 70 (7kg)

Amount Per Serving	2 Scoops 100g
Energy	374 kcal
Fat	6 g
Carbohydrates	55 g
of which sugars	2 g
Protein	25 g
BCAA	6 g
L-Glutamine	4 g
HMB (β-Hydroxy β-Methylbutyrate)	1 g
L-Carnitine	1 g
Creatine Monohydrate	3 g
Performance Support Complex	200 mg
Recovery & Growth Blend	300 mg



PURE

MASS GAINER