



NUTRICON24.COM

WHITE TIGER
SUPPS
- BE UNIQUE -



5 G/SERVING
60 SERVINGS
100% PURE
CREATINE MONOHYDRATE
NET WEIGHT: 300 G



100% CREATINE MONOHYDRATE

INCREASE PHYSICAL PERFORMANCE

Unflavoured, 100% Creatine monohydrate containing powder.

Creatine in a minimal 3 g daily dose is scientifically proven to **increase physical performance** in successive burst of short-term, high intensity exercise like weight training and interval cardio. The beneficial effect is obtained with a daily intake of 3 g of creatine.

Ingredients: 100% Creatine monohydrate.

Supplement Facts

Serving Size: 1 scoop (5 g) Daily serving: 2 servings (10 g)
Servings/Daily Servings Per Container: 60/30

CONTENT	PER 100 g PRODUCT	PER SERVING (5) g	PER DAILY SERVING
Creatine monohydrate of which	100 g	5000 mg	10000 mg
-Creatine	87,92 g	4396 mg	8792 mg

NITROSCREAM PUMP

NUTRITION FACTS
Serving Size: 2 Heaping Scoops (10 g) Servings per container: 30

CONTENT	PER 100 g PRODUCT	PER SERVING (10) g
Energy	122 kJ/29 kcal	12 kJ/3 kcal
Fat of which	0 g	0 g
-Saturates	0 g	0 g
Carbohydrate of which	7,15 g	0,72 g
-Sugars	0,94 g	0,094 g
Protein	0 g	0 g
Salt	0 g	0 g

Supplement Facts
Serving Size: 2 Heaping Scoops (10 g) Servings per container: 30

CONTENT	PER 100 g PRODUCT	PER SERVING (10) g
L-Citrulline DL-malate (1:1)	28,35 g	2835 mg
- L-Citrulline	15,6 g	1560 mg
Beta-Alanine	15,75 g	1575 mg
L-Tyrosine	10,5 g	1050 mg
Arginine-Silicon-Inositol	10,5 g	1050 mg
Choline bitartrate	5,25 g	525 mg
Caffeine	3,4125 g	341,25 mg
Kola nut (<i>Cola acuminata</i>) fruit extract	2,1 g	210 mg
- Caffeine	0,21 g	21 mg

BLUE RASPBERRY FLAVOR

REFRESHING TASTE PRE-WORKOUT

Blue Raspberry flavoured, Citrulline malate, Beta-Alanine, L-Arginine-Inositol-Silicon, Caffeine and kola nut fruit extract containing powder with sweeteners.

Ingredients: L-Citrulline DL-malate (1:1), Beta-Alanine, Anti-caking agents (silicon-dioxide, calcium salts of orthophosphoric acid), L-Tyrosine, L-arginine-Silicon-Inositol, Maltodextrin, Choline bitartrate, Acid (Citric acid), Caffeine Anhydrous, Kola nut (*Cola acuminata*) fruit extract (Standardized to 100% caffeine), Sweeteners (Sucralose, Acesulfame-K), Flavouring, Colour (Indigo carmine).

341,25 MG CAFFEINE/SERVING
1575 MG BETA-ALANINE/SERVING
ZERO SUGAR /SERVING
NET WEIGHT: 300 G



FLAVORS: BLUE RASPBERRY, LEMON LIME, TROPICAL DREAM

TIGER POWER

LEMON LIME FLAVOR

REFRESHING TASTE - PRE-WORKOUT



400 MG CAFFEINE / SERVING
2500 MG BETA-ALANINE / SERVING
1000 MG CREATINE MONOHYDRATE / SERVING
NET WEIGHT: 222 G

Lemon lime flavoured Arginine, Citrulline, Caffeine, GABA Beta alanine and Niacin containing powder with sweetener. Niacin contributes to reduction of tiredness and fatigue, normal energy-yielding metabolism, psychological function and normal function of the nervous system.

Ingredients: Beta-Alanine, Creatine monohydrate, Inulin (from chicory), L-Citrulline DL-malate (1:1), Choline bitartrate, A-AKG Complex (L-Arginine, Calcium Alpha-Ketoglutarate), Anti-caking agents (Silicon dioxide, Calcium salts of orthophosphoric acid), Caffeine anhydrous, Acid (Citric acid), Flavourings, L-Glutamine, L-Tyrosine, Sweetener (Sucralose), Nicotinamide, GABA (Gamma-aminobutyric acid), Colours (Tartrazine**, Indigo carmine). **Tartrazine – May have an adverse effect on activity and attention in children.

Supplement Facts		
Serving Size: 1 measuring scoop (7,4 g) Servings per container: 30		
CONTENT	PER 100 g PRODUCT	PER SERVING (7,4) g
Niacin	338 mg	25 mg (156% NRV)**
Beta-alanine	33,8 g	2500 mg
Creatine monohydrate	13,51 g	1000 mg
A-AKG Complex	6,76 g	500 mg
- L-Arginine	4,66 g	345 mg
- Calcium Alpha-Ketoglutarate	1,96 g	145 mg
L-Citrulline DL-malate (1:1)	6,76 g	500 mg
- L-Citrulline	3,72 g	275 mg
Caffeine	5,68 g	400 mg
Choline	2,7 g	200 mg
L-Glutamine	0,67 g	50 mg
L-Tyrosine	0,67 g	50 mg
Gamma-aminobutyric Acid	0,34 g	25 mg

**NRV: Nutrient Reference Values of an average adult.

FLAVORS: LEMON LIME, WATERMELON, FRUIT PUNCH

NUTRITION FACTS			
Serving Size: 1 Scoop (30 g) Servings per container: 75			
CONTENT	PER 100 g PRODUCT	PER SERVING (30) g	*RI% (PER SERVING)
Energy	1658 kJ/392 kcal	498 kJ/118 kcal	6 %
Fat of which	7,2 g	2,2 g	3 %
-Saturates	4,9 g	1,5 g	7 %
Carbohydrate of which	7,9 g	2,4 g	<1 %
-Sugars	5,2 g	1,6 g	2 %
Protein	74 g	22 g	44 %
Salt	0,20 g	0,06 g	1 %
Lactase enzyme	20 mg	6 mg	†

*RI%: Reference intake of an average adult (8400 kJ/ 2000 kcal).
†: RI has not been established.

TYPICAL AMINO ACID PROFILE (AMINO ACID CONTENT PER 100 g protein)			
EAAs: Essential Amino Acids		NAAs: Non-essential Amino Acids	
L-Isoleucine (BCAA)	6850 mg	L-Alanine	4840 mg
L-Leucine (BCAA)	10971 mg	L-Arginine	3388 mg
L-Valine (BCAA)	6675 mg	L-Aspartic acid	9940 mg
L-Lysine	8073 mg	L-Cysteine	2548 mg
L-Methionine	1942 mg	L-Glutamic acid	17071 mg
L-Histidine	1694 mg	Glycine	2229 mg
L-Phenylalanine	3619 mg	L-Proline	5482 mg
L-Threonine	5898 mg	L-Serine	4029 mg
L-Tryptophan	1841 mg	L-Tyrosine	2910 mg

PREMIUM WHEY

TRIPLE CHOCOLATE FLAVOR

DELICIOUS CREAMY TASTE
POST-WORKOUT

Triple chocolate flavoured 74% protein and digestive enzyme containing powder with sweeteners. Protein contributes to growth and maintenance of muscle mass and maintenance of normal bones. **Ingredients:** Whey Protein Concentrate, Skimmed cocoa powder (11%), Flavourings, Emulsifier (Sodium carboxymethyl cellulose), Sweeteners (Sucralose, Acesulfame-K), Lactase enzyme (from Aspergillus sp. 65000 UG), Vanilla crystal.



75 SERVINGS
22 G PROTEIN / SERVINGS
NET WEIGHT: 2260 G

FLAVORS: TRIPLE CHOCOLATE, STRAWBERRY, SALTY HAZELNUT

PREMIUM WHEY: TRIPLE CHOCOLATE, STRAWBERRY, SALTY HAZELNUT / WILD PROTEIN: MILK CHOCOLATE, VANILLA SHAKE, WILD STRAWBERRY, COOKIES AND CREAM / BCAA 2:1:1: LEMON-LIME, PEAR, RASPBERRY / EAA: WATERMELON, STRAWBERRY MANGO, CHERRY COLA / 100% CREATINE MONOHYDRATE / PURE L-GLUTAMINE / MASSSACRE: CHOCOLATE, VANILLA / ISOTONIC DRINK: ORANGE / AMINO 12.000 TABLET / TRIBULUS TERRESTRIS 1000MG / BCAA + VITAMIN B6 TABLETS / PURE CAFFEINE / COMPLEX MULTIVITAMIN / VITAMIN C 1000MG + ROSEHIP / CA-ZN-MG / HMB 3000MG / SKINNY TIGER TABLET / TIGERPOWER: LEMON LIME, WATERMELON, FRUIT PUNCH / NITROSCREAM PUMP: BLUE RASPBERRY, LEMON LIME, TROPICAL DREAM