

ALTOS
MUSCLE
DIETARY SUPPLEMENT

“BE FIT – WE KNOW YOU CAN DO IT”



WHY ALTOS MUSCLE? (COMPANY PROFILE)



- * Brand of Abhisheik Pharmaceuticals having experience of 30-40 years in the manufacturing of health care & Nutraceutical products
- * Nutrition brand which deals in a wide range of health supplement namely, protein powders, strength enhancers & weight gainers.
- * Associated with USA Marketing Division, Herbal Direct Ltd. Altos is using US based highly developed technology
- * Health supplement by Altos Muscle are manufactured by USING HIGH QUALITY RAW MATERIAL procured from different parts of the world.
- * R & D Research has been done all over the world in association with US Company.
- * Our Team of R&D department, experienced coaches & professional Sports Trainer united to manufacture balanced high quality products.
- * Altos Muscle products undergo a stringent quality check right from the manufacturing to the delivery of the products and adhere to high standards.

“FIGHT FOR FITNESS”



WHO CAN TAKE WHEY PROTEIN ?

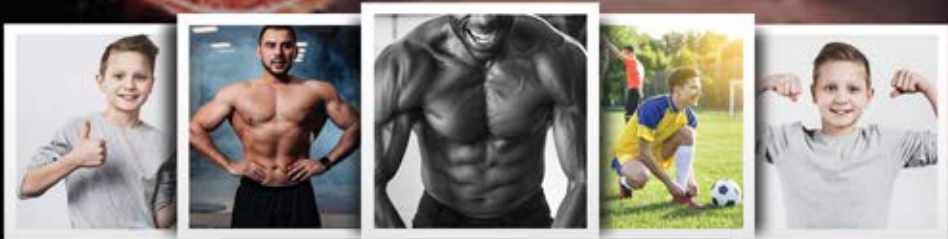
Kids (8 years & above)	Half Scoop a day
Active adults	One Scoop a day
Beginners	Two Scoops a day
Regulars	2-3 Scoops a day
Professional	3-4 Scoops a day

* Dose can be modified according to nutritionist.

How to take: Take 1 scoop (30 gm) & add in 200 - 250 ml of water. Blend properly for 45-60 seconds to make thick shake. Take this as per recommendation by the nutritionist.

Technical Talk: For best results, take it with water because it gets easily digested with water as compared to milk.

“FITNESS IS NOT A DESTINATION ; IT IS A WAY OF LIFE.”



WHEN SHOULD I TAKE WHEY PROTEIN ?

FIRST THING IN THE MORNING:

The period between when you go to bed and wake up in the morning is the longest that your body goes without food. “Break the fast” with protein. In addition to providing much needed amino acids for muscle maintenance & rebuilding, proteins provide more stable, sustained energy Opt for a faster-acting protein like whey first thing in the morning.

PRE-WORKOUT:

By drinking a protein shake about an hour before your workout, you’ll “prime” your body for growth with BCAAs and other essential amino acids.

POST-WORKOUT:

The 30-60 minute timeframe following exercise is the single most important time of the day to get protein. Enzymes & hormones are actively repairing and rebuilding exercise-induced damage By supplying a post-workout recovery protein containing whey during this, you’ll help ensure that you’re recharged & ready for your next training session.

BETWEEN MEALS:

Consuming a protein shake in between meals not only helps keep muscle synthesis maximized. Proteins help stimulate the release of gut hormones that trigger a feeling of fullness or satiety.

BEFORE BED :

Prepare your body for the long fast ahead with a Whey protein shake a half an hour before bed. Whey protein taken with water is digested at faster rate.

The slogan 'COMMIT TO BE FIT' is written in a large, white, sans-serif font. The words 'COMMIT' and 'TO BE FIT' are stacked vertically, with 'TO BE' on the same line as 'FIT'. A white barbell icon is positioned horizontally behind the text, with the weights of the barbell extending to the left and right of the words 'COMMIT' and 'FIT'.

OUR PRODUCTS

“FITNESS FOR HEALTH RESOLUTION”



PRODUCT	BLEND-X WHEY	X-PRO RAW PROTEIN	X-FORD PRE-WORKOUT	EXTREME MASS-GAINER	CREATINE	BLEND-X AMINO	GLUTAMINE
Description	For Muscle Building	For Lean Muscle	Increases Energy & Focus	For gaining muscle mass	ATP activator, enhanced recovery	Energy enhancer & recovery	Muscle Growth
Size	2KG	2KG	480GM	3KG	300GM	300GM	300GM
Serving Size	30GM	30GM	12GM	60GM	3GM	10GM	5GM
Flavour	Chocolate	Raw	Fruit Candy	Chocolate	Vanilla	Tangy Lemon	Vanilla
Calories/serving	118.55 Kcal	122-Kcal	—	195.26 Kcal	—	10 Kcal	—
Protein (Gm/serving)	20.76 GM	24 GM	—	5.70 GM	—	—	—
Carbohydrates (Gm/serving)	5.56 GM	2.10 GM	—	41.99GM	—	2.50 GM	—
Other Ingredients	ALANINE, ARGININE, L-ASPARTIC ACID, L-CYSTEINE, L-GLYCINE, L-HISTIDINE, L-ISOLEUCINE, L-LEUCINE, L-LYSINE, L-METHIONINE, L-PHENYLALANINE, L-PROLINE, Etc	L-Alanine, L-Arginine, L-Aspartic Acid, L-Cysteine, L-Glycine, L-Histidine, L-Isoleucine, L-Leucine, L-Lysine, L-Methionine, L-Phenylalanine, L-Proline, Etc	Beta Alanine, Citrulline, Taurine, L-Arginine, Tyrosine Acetyl-L, Caffeine, Choline Hydrogen Tartrate, Citrus Aurantium, L-lysine	Creatine Monohydrate, L-Glutamine, Leucine, Isoleucine, Valine, Vitamin B1, Vitamin B2, Vitamin A, Vitamin D, Vitamin E, Vitamin K	—	L-Leucine, L-Isoleucine, L-Valine, Taurine, L-Glutamine	—





COMBOS

START NOW OR NEVER...

CATEGORY	PRODUCT COMBO
Active adults	Blend-X Whey Protein (Once a day)
Beginners	Blend-X Whey Protein (Twice a day) + Glutamine + X-Ford Pre work out
Regulars	X-Ford Pre work out + Blend-X Whey Protein(Twice)+Blend-X Amino (During Workout) + Glutamine (After Workout)
Professional	X-Ford Pre work out + Blend-X Whey Protein(twice)+Blend-X Amino (During Workout) + Glutamine (After Workout)
Kids (8 years & above)	Blend-X Whey Protein (Once a day)
For Gaining Weight	Xtreme Mass Gainer



FAQs

- ★ Question- Children of what age group can take these products?
Answer- Children who are equivalent or above the age of 8 years can take these products & their recommended dose is half scoop once a day diluted in water.
- ★ Question- Are these Health supplement to be taken with Milk or Water?
Answer- These can be taken both with Water & Skimmed milk. For better results, take with water as it can be easily digested with water.
- ★ Question- If a person is irregular with the exercise, can that person take these supplements?
Answer- If exercise is skipped for a day or 2-3 days, then a person can take these health supplements. If a person left exercise permanently, then reduce the dose to half.
- ★ Question- Is it necessary to take Combos?
Answer- Yes, if you want best results, then take these supplements in combination as per given in this catalogue according to your category.
- ★ Question- While taking these Health Supplements & with regular exercise, what things need to avoid?
Answer- Foods like Junk food, Oily food, Sugar & white flour need to be avoided. Instead you can add more Protein & Calcium in your Diet.
- ★ Question- Weather a Male or Female Athlete, can take these Health Supplements?
Answer- Yes, according to prescribed dose, both can take these supplements.
- ★ Question- If a woman is having weight of 35-40kgs, can she take Mass gainer?
Answer- Yes, she can go for mass gainer. But make sure, if you want best result, take mass gainer twice a day with Milk.
- ★ Question- If a person is taking these Health Supplements, will these give Side effects as well?
Answer- If these health supplements are taken as per given guidance, then it will not give any side effects. For the first time users, start with half quantity of dose.

CHECK YOUR BMI

$$= \frac{\text{Weight in KG}}{\text{Height in Meter X Height in Meter}}$$

(Body Mass Index)

CATAGORY	BMI RANGE
Under Weight	<18.5
Normal Weight	18.5-24.9
OverWeight	25-29.9
Obesity	30-40
Severe Obesity	40>

Age upto 3 years : 10% above standard weight is acceptable
 Age between 30to35 years : Standard weight is optimal
 Age more than 35 years : 10% below standard weight is acceptable.

“HUSTLE TO GAIN MORE MUSCLE”



ALTOS

M U S C L E

Running towards fit life...

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