NOILI



GUIDE TO BUILDING MASS

TANK

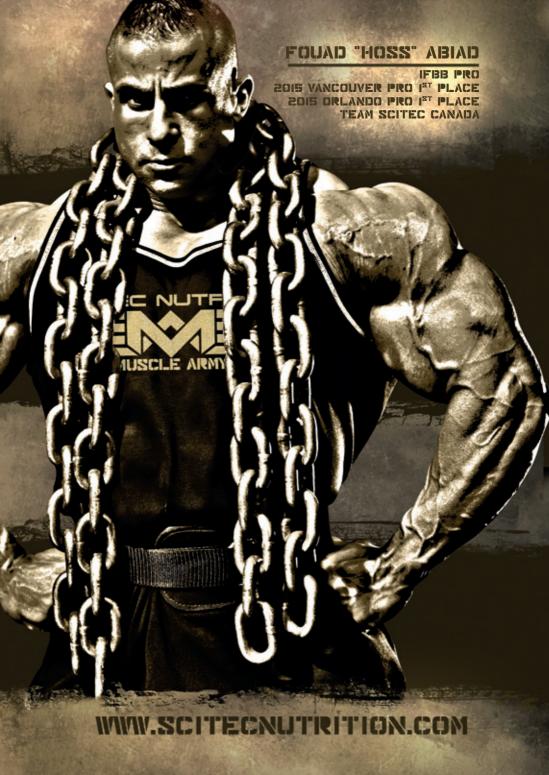
SCITEC NUTRITION

MUSCLE ARMY



GET AS BIG AS A TANK!

CREATINE LOADED MUSCLE GAINER WITH EXTRAS.





FOOD SUPPLEMENTS MARKET HAS CHANGED DRASTICALLY OVER THE LAST TWO DECADES.

Twenty years ago there were only multivitamin/mineral formulas, proteins, mass gainers (full of sugar) and a few amino products. Putting together a stack serving one's needs was not really difficult.

Choosing a reputable brand – that was all you had to care about!

Since then the situation has changed substantially. Today bigger companies supply tens or hundreds of different products. Even a seemingly easy task like "I'll buy some protein" can become difficult when the customer is faced, let's say, with the more than 20 Scitec Nutrition protein formulas (not to mention the many different flavors).

If you want to choose the right supplements for you from the wideranging supply the market offers, you have to think a few things over and get some basic knowledge.

Firstly, the most important thing is to get clear about your goals. Secondly, get clear about your current level of physical development and your budget constraints. It is also useful to know whether you have any particular sensitivity or allergy to one or more macro- or micronutrients or ingredients. Remember that supplements – as the name indicates – supplement the diet. If vou follow a diet that is not compatible with your goals, you won't be able to reach them, irrespectively of the stuff you take. Similarly, you won't get bigger and stronger muscles, a lower level of body fat or better endurance without proper physical training. Before starting any kind of supplement program, it is advisable to get at least some basic knowledge about nutrition and training theory (and practice).

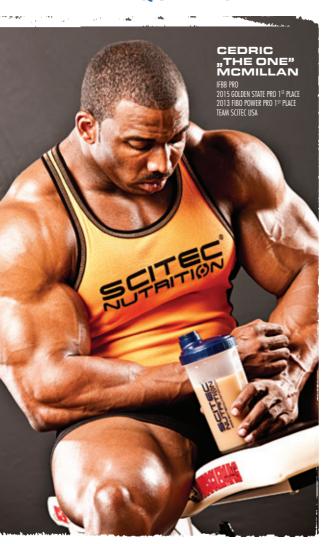
THE BASIC EQUATION FOR MASS-BUILDING

The most basic rule for mass-building is that you have to take in more calories than you expend if you want to gain weight.

Of course, the quality of the gained bodyweight (mostly muscle or fat) heavily depends on the sources of the consumed nutrients and calories required for weight gain and the extent of the muscular adaptations forced by physical training.

Everybody seeks the magic bullet while ignoring the fact that nothing is more powerful than the consistent consumption of the proper amount of total calories, energizing carbs and muscle building protein.

NUTRIENT AND CALORIE INTAKE — IN LIQUID FORM



People tend to overestimate their actual nutrient consumption when trying to gain muscle. In other words, they eat less than they think they need for steady and significant progress. Moreover, the so-called hardgainers have to face the problem that having calorie surplus by eating only solid food is almost impossible because of their very fast metabolism.

Weight-gainer shakes (made from weight-gainer powders) can solve this problem. These shakes contain fast-digesting protein and carb sources fortified with other active ingredients. These shakes are ideal for preor post-workout and morning consumption.

One of most important considerations for choosing the right muscle gainer is the carb content. Our high-carb formulas are designed for the real (skinny) hardgainers. These products provide an ample amount of carbohydrate energy on which high intensity exercise partially relies.

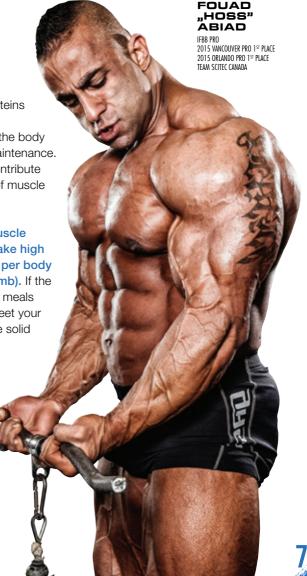
In the moderate carb-high protein formulas the protein-carb ratio is significantly higher than in the high-carb formulas. We developed these products for normal and athletic metabolisms, and for the demands of typical bodybuilding training.

For people who come under these body- and activity-types it's unnecessary to take in carbs and calories in very high amounts.

Our muscle/weight gainer formulas are designed with high-quality protein. Dietary proteins are the sources of nitrogen and indispensible amino acids which the body requires for tissue growth and maintenance. Therefore, our gainer formulas contribute to the growth and maintenance of muscle mass.

If you want to increase your muscle mass, keeping your protein intake high is extremely important (2-2.6 g per body weight kg is a good rule of thumb). If the total protein content of your solid meals and gainer shakes still doesn't meet your needs, it is advisable to boost the solid meals with whey shakes.

It is sensible to choose fast-digesting protein sources during mass-building – as opposed to cutting, when slow-digesting ones are better choices. So we recommend using whey-dominant formulas during mass-building and casein-dominant formulas during cutting.



MICRONUTRIENTS, AMINO ACIDS AND OTHER INGREDIENTS

Though the chance of not consuming enough vitamins, minerals or essential fatty acids is much lower during mass-building than during cutting, it is advisable to use a multivitamin/mineral/essential fatty acid (EFA) formula in your mass-building program.

So for mass-building at basic level we recommend the multivitamin/mineral /EFA + weight gainer + whey protein combination. According to your budget constraints you can choose a simple or more complex weight gainer. If you choose a simple one (like Mass or Mass 20) it is worth considering buying Creatine and Glutamine.

Once adequate protein and calorie intake is solved you can think about what other ingredients you would like to (or could) support the muscle growth with. The complex muscle gainers (like Jumbo Professional and the MyoMax line) contain other ingredients beside macronutrients. The complexity (and effectiveness) of a muscle gainer can be enhanced by adding the following compounds (in order of importance): Creatine, L-Glutamine, Branched-Chain Amino Acids (BCAA), L-Arginine (NO-booster). Beta-Alanine, At intermediate

level it is advisable to use these complex muscle gainers or take the listed ingredients separately – in addition to the weight gainer. Though the compounds mentioned cannot really be "overdosed", you need to be aware of the overlapping amounts – if cost efficiency counts.

Creatine is a nitrogenous organic acid that occurs in vertebrates. Approximately 95% of the Creatine in the body is located in skeletal muscle cells. Creatine helps to supply energy to all cells, primarily muscle, by increasing the formation of Adenosine TriPhosphate (ATP) acting as cell energy reserve also for muscle contractions. By supplementing your diet with Creatine, your muscles will retain more Creatine. Creatine in a minimum 3g daily dose is scientifically proven to increase performance in successive bursts of short-term, high-intensity exercise, like weight training and intensive interval cardio.

After the vitamins, muscle gainers and proteins, the Glutamine is about at the same level of importance as Creatine.
L-Glutamine is the most abundant amino acid in human blood. Glutamine may become conditionally essential in certain



MASS GAINER STACKS

BASIC STACK

This combination supports the mass-building process by providing the body with the basic macronutrients (mainly protein and carbs) and vitamins/minerals. For real hardgainers and beginners for obtaining a basic level of muscle mass.



MEGA DAILY ONE PLUS

basic multivitamin/mineral formula

JUMBO

basic high-carb mass gainer

100% WHEY PROTEIN

whey protein concentrate with Taurine and Glutamine



PREMIUM STACK

This combination supports the mass-building process by providing the body with the basic macronutrients (mainly protein and carbs) and vitamins/minerals – with more complex muscle gainer and extra L-Glutamine. For people with average body type and metabolism and intermediate trainers for gaining quality muscle mass.



MEGA DAILY ONE PLUS basic multivitamin/mineral formula

JUMBO PROFESSIONAL higher protein mass gainer with Creatine and extra aminos

100% WHEY PROTEIN PROFESSIONAL protein formula from whey concentrate and isolate with extra Leucine and digestive enzymes

G-BOMB 2.0 multi-component Glutamine matrix



SUPER PREMIUM STACK

This combination supports the mass-building process by providing the body with the basic macronutrients (mainly protein and carbs) and vitamins/minerals – with stronger multivitamin/mineral formula, more complex protein formula and super complex pre-workout stimulant. For advanced trainers for obtaining extra mass.



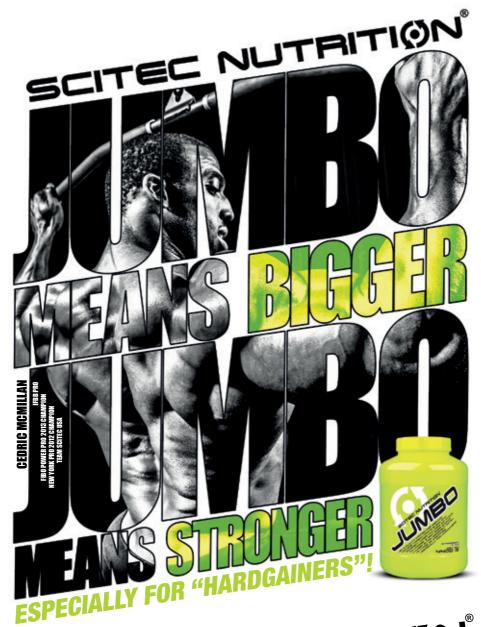
54 component super complex pre-workout formula

G-BOMB 2.0 multi-component Glutamine matrix

100% BEEF MUSCLE Hydrolyzed beef gainer!

100% MILK COMPLEX whey-dominant fusion of milk proteins MULTI PRO PLUS high level multivitamin/mineral formula





CHECK OUT OUR OTHER 200+ PRODUCTS AS WELL:

USE PRODUCTS IN CONJUNCTION WITH A SENSIBLE TRAINING AND NUTRITION PROGRAM!

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LEAN MUSCLE GAINER STACKS

FOR THOSE WITH SLOWER METABOLISM

BASIC STACK

This combination supports the lean muscle-building process by providing the body with protein, Creatine (which is scientifically proven to increase performance) and vitamins/minerals.



MEGA DAILY ONE PLUS

basic multivitamin/mineral formula

100% WHEY PROTEIN

whey protein concentrate with Taurine and Glutamine

CREA-BOMB

multi-component Creatine matrix



PREMIUM STACK

This combination supports the lean muscle-building process by providing the body with protein, Creatine (which is scientifically proven to increase performance) and vitamins/minerals – fortified with a hardcore muscle and performance enhancer formula and a complex pre-workout stimulant.



HOT BLOOD 3.0 24 component pre-workout formula

MYOMAX HARDCORE hardcore anabolic muscle and performance enhancer

100% WHEY PROTEIN PROFESSIONAL protein formula from whey concentrate and isolate with extra Leucine and digestive enzymes

MULTI PRO PLUS high level multivitamin/mineral formula



SUPER PREMIUM STACK

This combination supports the lean muscle-building process by providing the body with protein, Creatine (which is scientifically proven to increase performance) and vitamins/minerals. It contains a complex pre-workout stimulant and protein formula and different types of L-Glutamines helping acquire extra mass for endomorphs.



BIG BANG 3.0 54 component super complex pre-workout

formula

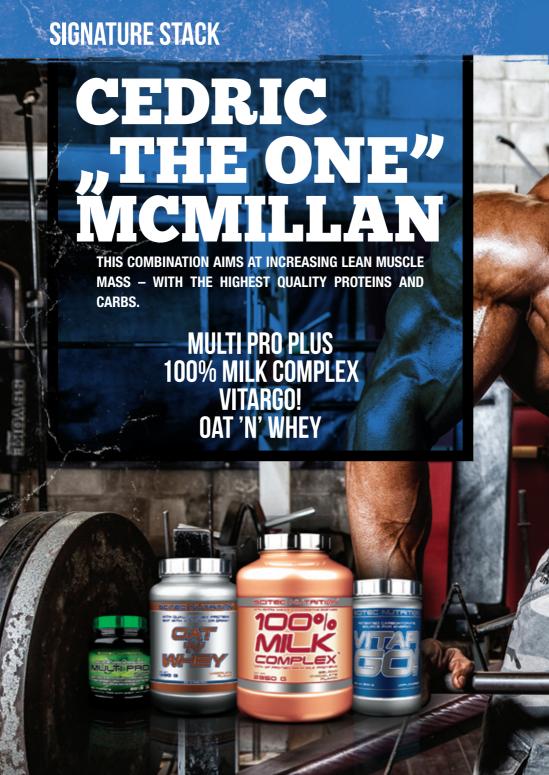
G-BOMB 2.0 multi-component Glutamine matrix MYOMAX HARDCORE hardcore anabolic muscle and performance enhancer 100% MILK COMPLEX whey-dominant fusion of milk proteins MULTI PRO PLUS high level multivitamin/mineral formula





MYOMAX HARDCORE HARDCORE MUSCLE AND PERFORMANCE ENHANCER

CHECK OUT OUR OTHER 200+ PRODUCTS AS WELL!











EAT EVERY 2.5-3 HOURS!

Keep your protein-intake high – depending on personal goals, we recommend 2-2.6 g per body weight kg per day.

The calories from fat should be between 15% and 30% of the total calorie intake – mostly from good fats. Fat intake (in grams) = calories from fat/9. The suggested carb intake can be calculated from the target total calorie level (which has to be above the maintenance calorie level if you want to gain bodyweight) and protein and fat intake. Carb intake (in grams) = (total calorie intake – calories from protein – calories from fat)/4.

The maintenance calorie level depends on several factors like gender, age, bodytype, daily physical activities. There are online programs for calculating maintenance calorie level.

Consume at least as much vegetables as meat. Drink plenty of water, 3-5 I/day.

Eat diversely, build upon the following:

Protein: chicken breast, fish, turkey breast, lean beef, fat-free cottage cheese, eggs, protein powder.

Fat: Omega-3, flaxseed oil, olive oil, fish oil, ALA, grape seed oil, pumpkin seed oil. Carbs: brown rice, basmati rice, buckwheat, oatmeal, millet, whole wheat bread, whole wheat durum pasta, quinoa, sweet potato, plenty of vegetables.

TRAINING PROGRAM FOR BUILDING MUSCLE MASS

5-day split training program

- 1. day: chest, abs
- 2. day: thighs, calves
- 3. day: shoulders +traps, abs
- 4. day: back, calves
- 5. day: arms

The sequence of the body parts can be varied. We recommend starting the week with the weakest muscle group.





3 x 8-12

3 x 15

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3. Incline dumbbell flyes

4. Dips

5. Pull-over

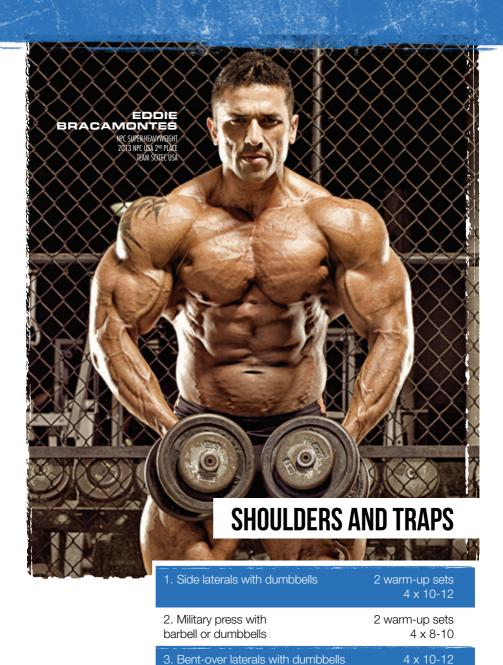




2. Lunges or leg presses	4 x 6-20
3. Leg extensions	4 x 15
4. Stiff legged deadlifts	4 x 10-12
5. Lying leg curls	4 x 8-10
6. Standing leg curls	4 x 8-10

CALVES

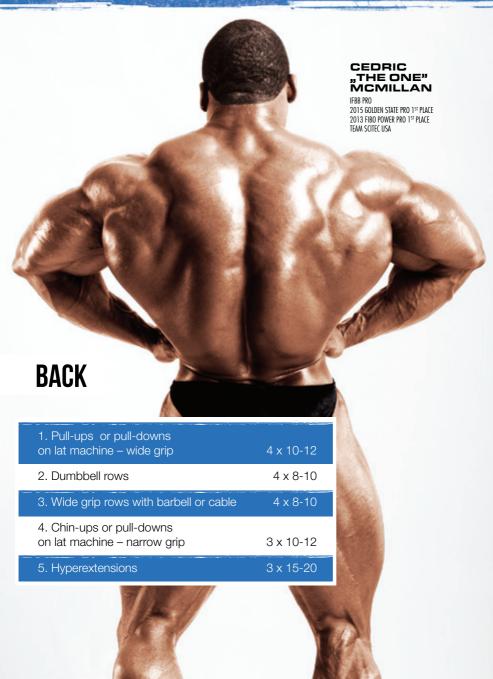
Standing calf raises or donkey calf raises	4 x 10-12
2. Seated calf raises	4 x 15-20



4. Shrugs with dumbbells or barbell

27

5 x 10-12





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BRINGS IMPROVEI TO EVERY DETAIL!





SOPHISTICATED AND STIRONG, YET FULLY LEGAL PRODUCTS!

SCITEC NUTRITION





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