



UNIT 20, EASE ROAD, MOORS MOAT, REDDITCH, WORCESTERSHIRE, B98 8HF

INGREDIENTS: Capsule Shell (Gelatin, Colourants Titanium Dioxide E171, Indigotine E132), Baking Agent (Microcrystalline Cellulose), Arginine Alpha-Ketoglutarate (AAKG) 2:1, BCAA 2:1:1, Creatine Monohydrate, Calcium HMB (Hydroxy Methyl Butyrate), L- Arginine HCL, L-Citrulline-DL-Maleate (2:1), L-Glutamine, Magnesium Oxide, Asparagus Root Extract, Broccoli Sprout, Beetroot Extract, Anti-Caking Agent (Magnesium Stearate, Zinc Citrate, Vitamin B6 (Pyridoxine Hydrochloride), Black Pepper Extract.

Primal supplements are created in the most natural and Primal way possible. Steve Bennett, author of Primal Cure, ensures that each and every supplement is crafted in the most natural and Primal way possible.



PRIMAL
loving life naturally



- ✓ No preservatives
- ✓ No artificial colourings
- ✓ Gluten free
- ✓ Lactose free

Ideally one hour before exercise.
Recommended Dose: Take 1 capsule per day.

| FORMULA | | WEIGHT PER TABLET | NRV% |
|---|--------|-------------------|--------|
| Arginine Alpha-Ketoglutarate (AAKG) 2:1 | 50mg | | |
| BCAA 2:1:1 | 50mg | | |
| Creatine Monohydrate | 50mg | | |
| HMB (Hydroxy Methyl Butyrate) | 50mg | | |
| L-Arginine HCL | 50mg | | |
| L-Citrulline-DL-Maleate (2:1) | 50mg | | |
| L-Glutamine | 50mg | | |
| Magnesium as Oxide | 28mg | | 7.5% |
| Asparagus Root (Asparagus officinalis L.) (Root) | 25mg | | |
| Broccoli Sprout (Eurasian oleracea var. italica) (from 6.25mg of 4:1 extract) | 50mg | | |
| (Sprouts) (from 5mg of 10:1 extract) | 25mg | | |
| Beetroot (Beta vulgaris L.) (Root) | 25mg | | |
| Zinc as Citrate (from 5mg of 5:1 extract) | 7.50mg | | 7.5% |
| Black Pepper Extract (Piper Nigrum) (Fruit) | 1mg | | 71.43% |
| Vitamin B6 (Pyridoxine Hydrochloride) | 5mg | | |
| NRV (Nutritional Reference Values), mg (Micrograms), Mg (Milligram), IU (International Units) | | | |

BEST BEFORE: BATCH NO:



IMPORTANT INFORMATION: Food supplements should not be used as a substitute for a healthy diet and healthy lifestyle. If you are pregnant, breastfeeding, taking prescription medication or under medical supervision it is advisable to consult a GP prior to taking any supplements. Discontinue use and consult a GP if adverse reactions occur. Do not exceed stated dose. Keep away from children at all times.



EST. **PRIMAL** 10,000 BC

GYM BUDDY 14X

30 Days

PRIMAL'S PURPOSE is to support health, wellbeing and longevity, so that we can all thrive in the modern world. Embracing technology, research and science, we harness nature's goodness – enabling us all to love life – naturally.

DOUBLE THE GOODNESS**
For each and every Primal supplement you take, we provide a supplement to an undernourished child.

WHY TAKE PRIMAL GYM BUDDY?

- ✓ Includes BCAA 2:1:1, creatine, magnesium, zinc, vitamin B6, plus natural extracts from asparagus roots, broccoli, beetroot and black pepper.
- ✓ Protein and essential amino acids contribute to the growth and maintenance of muscle mass.
- ✓ Magnesium contributes to normal muscle function and can contribute to a reduction of tiredness and fatigue.

Vegetarian/Vegan status: Not suitable for Vegetarians/Vegans. **Allergen Warnings:** Manufactured on equipment which processes products containing nuts, milk, shellfish, fish and soya. **Allergy Advice:** For allergens see ingredients in **bold**. **Storage:** Store in a cool dry place.

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PRIMAL GYM BUDDY

Formulated with 14 powerful ingredients targeted at maximising gym sessions.

WWW.PRIMALSUPPLEMENTS.COM