

BODYBUILDING.com®
Information. Motivation. Supplementation.

PLATINUM SERIES



WHERE SCIENCE MEETS INNOVATION



DEAR VALUED CUSTOMER

For 13 years, we've been listening to our customers, noting what supplements are providing the best results and why.

Thanks to your feedback, we know what works and what doesn't. Our new Platinum Series line uses the most effective formulas and ingredients, giving you yet another reason to trust Bodybuilding.com.

RYAN DELUCA
Founder & CEO





Where Science Meets Innovation

At Bodybuilding.com, we do everything in our power to help you exceed your health and fitness goals. We believe you deserve the highest-quality supplements at the lowest possible prices. Our Platinum Series is backed by cutting-edge scientific research and the latest clinical studies. Each product in the line contains full doses of patented ingredients for nothing less than your best results. Our Research and Development Team spent months, and on some occasions years, developing some of the most advanced supplements on the market. Our team's innovation, scientific scrutiny, and customer focus have led to best-in-class products at cost-effective prices.

Our mission is to help you reach your health, fitness and appearance goals through information, motivation and supplementation. We believe supplement science should produce real results, and that's exactly what the Bodybuilding.com Platinum Series does. If you aren't completely satisfied with any product in the line, return it for a full refund.

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ENDURANCE
SIZE
POWER

CHOCOLATE
VANILLA
COOKIES & CRÈME

PREMIUM PROTEIN



PROTOGEN

ALL-DAY HYBRID PROTEIN

When it comes to building muscle, it's about more than what you eat: It's about what you absorb. Get ready to absorb 250% more key amino acids (BCAAs + arginine and glutamine) and boost your nitrogen retention by 32%. In short, get ready to make more muscle.*

Proton contains four ultra-premium protein sources and clinically proven Aminogen®, a revolutionary patented enzyme system that helps your body break down and digest protein faster and much more efficiently.* Aminogen® helps maximize the amount of amino acids / released from protein in foods and supplements, allowing you to absorb more muscle-building amino acids.*

30G
PROTEIN

6.5G
BCAA's

1.5G
AMINOGEN®

32%
INCREASED
NITROGEN RETENTION*

250%
INCREASED KEY
AMINO ACIDS ABSORPTION*



PRE-WORKOUT

FRUIT PUNCH
BLUE RASPBERRY
WATERMELON

SCREAM

PRE-WORKOUT IGNITION MATRIX

Every athlete has a pre-game ritual. Thunder has lightning. Now, workouts have Scream: a potent, scientifically advanced pre-workout supplement.

Scream is a correction to under-dosed, over-stimulated pre-workout products built on proprietary blends and buzzwords. Scream isn't "ultra-concentrated;" it's effective. It fuels your workouts with nothing less than full, clinically tested doses of the best available ingredients. Scream offers more than energy; it hits your body with the nutrients needed to support every workout and maximize your results.*

8G
BCAA's

3G
CITRULLINE

3G
CREAPURE®
CREATINE MONOHYDRATE

1.6G
CARNOSYN®
BETA-ALANINE

80%
INCREASED MUSCLE
CARNOSINE LEVELS*



FOR THE ULTIMATE & SERIOUS ATHLETE

AMINO RECOVERY

ADVANCED INTRA-WORKOUT MATRIX

When it comes to building your best possible body, recovery is everything. When you're in the gym training to transform, you're actually breaking down muscle tissue, not building it. Without rest and the right nutrients, you can actually hurt your progress, not help it. As a result, proper workout recovery is essential for positive results!*

Amino Recovery contains a powerful 2:1:1 blend of branched-chain amino acids (BCAAs), arguably the three most important essential aminos for muscle recovery, repair, and growth support.* Amino Recovery helps decrease muscle soreness, which is a pivotal tool when trying to maximize results!*



INTRA-WORKOUT

FRUIT PUNCH
BLUE RASPBERRY
WATERMELON

4G
LEUCINE

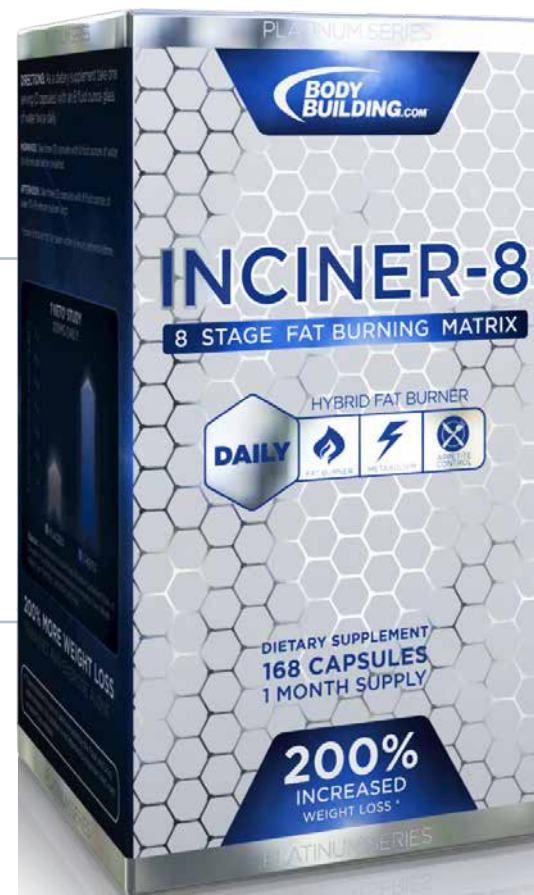
8G
BCAA'S

1.5G
CITRULLINE

3G
GLUTAMINE

0G
SUGAR

FAT BURNER



INCINER-8

8 STAGE FAT BURNING MATRIX

Unlike most fat-loss products that are over-stimulated and don't contain the right ingredients in the correct amounts to actually torch fat, Inciner-8's formula is based on published studies,* and it contains correct dosages of each carefully chosen ingredient. Inciner-8 is a premium fat-loss product that can help rev up your metabolism to help you sculpt your 8-pack while sparing your hard-earned muscle.*

200MG
CAFFEINE
ANHYDROUS

100MG
CAPSIMAX®
CAPSICUM FRUIT
EXTRACT

300MG
GREENSELECT®
PHYTOSOME™
PROPRIETARY EXTRACT
OF GREEN TEA

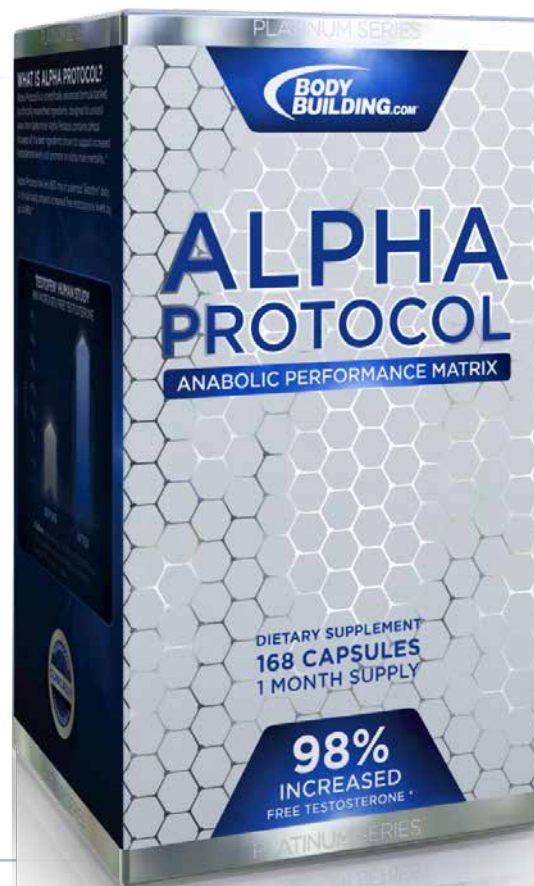
2G
CARNIPURE®
L-CARNITINE
TARTRATE

200MG
7-KETO®



200%
INCREASED WEIGHT
LOSS OVER DIET
& EXERCISE
ALONE*

NATURAL TESTOSTERONE BOOSTER



98%
INCREASED FREE
TESTOSTERONE*

STRENGTH

ALPHA PROTOCOL ANABOLIC PERFORMANCE MATRIX

Alpha Protocol is a premium natural testosterone booster built to supercharge your libido, help you build muscle, boost your ability to recover, and increase free testosterone.* It is the alpha test booster, leading the way with cutting-edge science, patented ingredients, and an innovative formulation.

3.12g
D-ASPARTIC
ACID

600MG
TESTOFEN®
L-CARNITINE
TARTRATE

100MG
LJ100®
LONGIFOLIA
EXTRACT (ROOT)

*Per Daily Intake (2 Servings) [NOTE: This is referring to daily dosage of said ingredients]

DAILY MULTIVITAMIN



RECOVERY

MULTICORE MULTI-NUTRIENT MATRIX

Multicore is a premium performance multivitamin.* It provides a safety net when your nutrition is less than perfect, and it maximizes your hard work in the gym with a comprehensive blend of 23 vitamins and minerals. Each box of Multicore contains 30 packets. Each packet contains 4 caplets and 1 fish oil soft gel. That gives you one month of protection from a company you can trust.

10MG
LUTEMAX 2020®
LUTEIN

1000MG
OMEGA-3

500MG
VITAMIN C

2000IU
VITAMIN D

200MG
PRE- & PRO-
BIOTIC BLEND

800MG
OXXYNEA®
PROPRIETARY
BLEND OF 22 FRUITS
& VEGGIES
(5,000 ORAC)

PLATINUM SERIES

STACKING GUIDE

A COMPLETE HOW-TO GUIDE FOR STACKING



PLATINUM PERFORMANCE STACK

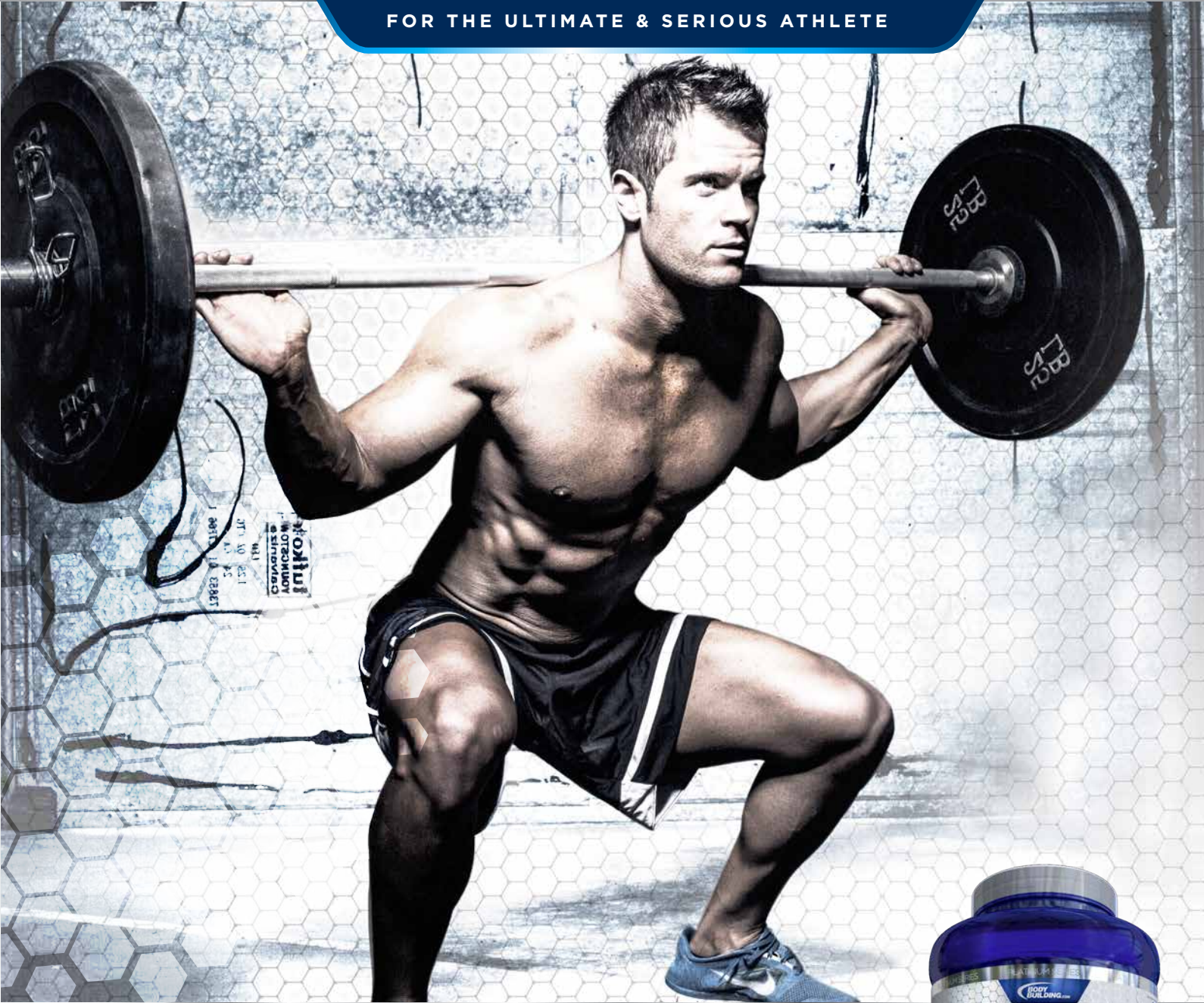
WORKOUT KNOCKOUT /// SCREAM • AMINO RECOVERY • PROTOGEN

You wreak havoc in the gym. You train with focus, intensity, and fury. Support your hard work with proper workout nutrition. The Platinum Performance Stack offers everything you need to perform better, recover faster, train harder, build muscle, and KO your fitness goals.* It's the most powerful workout performance stack: Scream for pre-workout intensity, Amino Recovery for intra-workout recovery, and Protogen for post-workout repair*. Hold nothing back, leave nothing behind, and get the most from your time in the gym.

SCREAM	AMINO RECOVERY	PROTOGEN
Take 1 scoop 30-45 minutes before training.	Take 1 scoop and sip throughout your workout.	Take 1 scoop immediately following training.
<ul style="list-style-type: none">• Focus and Energy*• Nitric Oxide (NO) Pump*• Power and Strength*• Improve Recovery*• Optimize Endurance*• Improve Hydration*	<ul style="list-style-type: none">• Improve Endurance*• Increase Performance*• Increase Protein Synthesis*• Improve Blood Flow*• Optimize Workout Recovery*	<ul style="list-style-type: none">• Improve Post-Workout Recovery*• Boost Nitrogen Levels*• Improve Amino Acids Absorption*• Rapid and Sustained Amino Acid Concentration*

DAILY NUTRITIONAL PROFILE:

Protein.....30G	Creapure® Creatine Monohydrate.....3G
BCAAs.....22.5G	CarnoSyn® (Beta-Alanine).....1.6G
L-Citrulline.....4.5G	Carnipure™ (L-Carnitine L-Tartrate).....1G



FOR THE ULTIMATE & SERIOUS ATHLETE

MULTICORE	PROTOGEN
As a daily foundational supplement, take 1 packet with breakfast.	Consume throughout the day, including post-workout, to increase your protein intake to suit your goals.
<ul style="list-style-type: none">• Dietary Insurance*• Antioxidant Support*• Pre- and Probiotics for Healthy Digestion*• Omega-3s to Support Heart and Brain Health*• Vitamin D for Bone Health and Immune Support*	<ul style="list-style-type: none">• Improve Recovery*• Boost Nitrogen Levels*• Improve Amino Acids Absorption*• Rapid and Sustained Amino Acid Concentration*• Increased Strength and Performance*



PLATINUM CORE STACK

CORE COVERAGE /// MULTICORE • PROTOGEN

When you need nothing less than the best foundational supplements, this is your stack. Every fitness goal depends on proper nutrition and adequate protein intake. Multicore, our performance multi-nutrient matrix, supports your overall diet; Protogen delivers an all-day, ultra-premium protein blend.* Stack these powerhouse supplements to cover your bases and kick-start your gains.* We've got your core needs covered. Don't worry; do work.

STACK /// 1

STACK /// 2

PLATINUM SHREDDED STACK

THE SCIENCE OF SHRED /// INCINER-8 • SCREAM • AMINO RECOVERY • PROTOGEN

Our science-backed, synergistic Platinum Shredded Stack will help you incinerate unwanted pounds while increasing muscle mass and definition.* Scream boosts your workouts, Inciner-8 torches your body fat, Protogen promotes muscle growth, and Amino Recovery supports repair.* Everything works together to transform your physique.* If you're willing to work, we'll help you win. Burn, baby, burn.

INCINER-8	SCREAM	AMINO RECOVERY	PROTOGEN
Take 1 serving (3 capsules) in the morning. Take an additional serving (3 capsules) in the early afternoon.	Take 1 scoop 30-45 minutes before training.	Take 1 scoop and sip throughout your workout.	Take 1 scoop immediately following training
<ul style="list-style-type: none">• Increase Fat Loss*• Maintain Muscle Mass*• Increase Energy and Focus*• Boost Metabolism*• Support a Healthy Appetite Level*	<ul style="list-style-type: none">• Focus and Energy*• Nitric Oxide (NO) Pump*• Power and Strength*• Improve Recovery*• Optimize Endurance*• Improved Hydration*	<ul style="list-style-type: none">• Improve Endurance*• Increase Performance*• Increase Protein Synthesis*• Improve Blood Flow*• Optimize Workout Recovery*	<ul style="list-style-type: none">• Improve Post-Workout Recovery*• Boost Nitrogen Levels*• Improve Amino Acids Absorption*• Rapid and Sustained Amino Acid Concentration*

DAILY NUTRITIONAL PROFILE:

Protein.....	30G	Capsimax®.....	100MG
BCAAs.....	22.5G	L-Citrulline.....	4.5G
Creapure®.....		7-Keto®.....	200MG
Creatine Monohydrate.....	3G	(DHEA Acetate-7-One)	
CarnoSyn® (Beta-Alanine).....	1.6G	Carnipure™.....	3G
GreenSelect® Phytosome™.....	300MG	(L-Carnitine L-Tartrate)	
(Proprietary Extract of Green Tea)			



PLATINUM ANABOLIC STACK

IT'S GROW TIME /// ALPHA PROTOCOL • INCINER-8 • SCREAM • PROTOGEN

If you want to achieve alpha status, you want to be anabolic 24/7. Our Platinum Anabolic Stack will send you into alpha overdrive. It will help you add muscle, crush your workouts, shred fat, and recover like a pro. Naturally boost your testosterone to hit harder, work smarter, and move faster. Alpha males embody confidence, strength, power, and skill. It's time to go anabolic; it's time to become an Alpha.

ALPHA PROTOCOL	INCINER-8	SCREAM	PROTOGEN
Take 1 serving (3 capsules) in the morning. Take an additional serving (3 capsules) before bedtime.	Take 1 serving (3 capsules) in the morning. Take an additional serving (3 capsules) in the early afternoon.	Take 1 scoop 30-45 minutes before training.	Take 1 scoop immediately following training.
<ul style="list-style-type: none">• Increase Free Testosterone and Unbind Bound Testosterone*• Improve Sports Performance* Increase Libido*• Increase Muscle Growth and Strength*• Decrease Body Fat*• Inhibit SHBG*	<ul style="list-style-type: none">• Increase Fat Loss*• Maintain Muscle Mass*• Increase Energy and Focus*• Increase Metabolism*• Support a Healthy Appetite Level*	<ul style="list-style-type: none">• Focus and Energy*• Nitric Oxide (NO) Pump*• Power and Strength*• Improve Recovery*• Optimize Endurance*• Improved Hydration*	<ul style="list-style-type: none">• Improve Post-Workout Recovery*• Boost Nitrogen Levels*• Improve Amino Acids Absorption*• Rapid and Sustained Amino Acid Concentration*

DAILY NUTRITIONAL PROFILE:

Protein.....	30G	Testofen®.....	600MG
BCAAs.....	22.5G	(Fenugreek Seed Extract)	
L-Citrulline.....	4.5G	LJ100®.....	100MG
Creapure®.....		(Eurycoma Longifolia Extract)	
Creatine Monohydrate.....	3G	7-Keto®.....	200MG
CarnoSyn® (Beta-Alanine).....	1.6G	(DHEA Acetate-7-One)	
Carnipure™ (L-Carnitine L-Tartrate).....	3G	Capsimax®.....	100MG
D-Aspartic Acid.....	3.12G	GreenSelect® Phytosome™.....	300MG
		(Proprietary Extract of Green Tea)	



PLATINUM ULTIMATE STACK

LET THE GAINS BEGIN /// ALPHA PROTOCOL • INCINER-8 • SCREAM

• PROTOGEN • AMINO RECOVERY • MULTICORE

This is it: the mother of all stacks. It doesn't get bigger, it doesn't get better, but it will help you do both. The Platinum Ultimate Stack combines a top-notch multi-nutrient complex, natural test booster, powerful fat burner, multi-source protein powder, BCAA recovery mix, and potent pre-workout supplement to give you the best possible results—period.* Prepare to hit your workouts harder, recover faster, shred fat, pack on muscle, and build your peak physique.* This stack will transform you. You've been warned.

ALPHA PROTOCOL	INCINER-8	SCREAM	PROTOGEN
Take 1 serving (3 capsules) in the morning. Take an additional serving (3 capsules) before bedtime.	Take 1 serving (3 capsules) in the morning. Take an additional serving (3 capsules) in the early afternoon.	Take 1 scoop 30-45 minutes before training.	Take 1 scoop immediately following training.
<ul style="list-style-type: none">• Increase Free Testosterone and Unbind Bound Testosterone*• Improve Sports Performance*• Increase Libido*• Increase Muscle Growth and Strength*• Decrease Body Fat*• Inhibit SHBG*	<ul style="list-style-type: none">• Increase Fat Loss*• Maintain Muscle Mass*• Increase Energy and Focus*• Increase Metabolism*• Support a Healthy Appetite Level*	<ul style="list-style-type: none">• Focus and Energy*• Nitric Oxide (NO) Pump*• Power and Strength*• Improve Recovery*• Optimize Endurance*• Improved Hydration*	<ul style="list-style-type: none">• Improve Recovery*• Boost Nitrogen Levels*• Improve Amino Acids Absorption*• Rapid and Sustained Amino Acid Concentration*• Increase Strength and Performance*

AMINO RECOVERY	MULTICORE	DAILY NUTRITIONAL PROFILE:	
Take 1 scoop and sip throughout your workout.	As a daily foundational supplement, take 1 packet upon waking with breakfast.	Protein.....	30G
<ul style="list-style-type: none">• Improve Endurance*• Increase Performance*• Increase Protein Synthesis*• Improve Blood Flow*• Optimize Workout Recovery*	<ul style="list-style-type: none">• Nutritional Coverage*• Antioxidants Support*• Pre- and Probiotics for Healthy Digestion*• Omega-3s to Support Heart and Brain Health*• Vitamin D for Bone Health and Immune Support*	BCAAs.....	22.5G
		L-Citrulline.....	4.5G
		Creapure®.....	3G
		Creatine Monohydrate.....	3G
		CarnoSyn® (Beta-Alanine).....	1.6G
		Carnipure™ (L-Carnitine L-Tartrate).....	3G
		D-Aspartic Acid.....	3.12G
		Testofen®.....	600MG
		(Fenugreek Seed Extract)	
		LJ100®.....	100MG
		(Eurycoma Longifolia Extract)	
		7-Keto®.....	200MG
		(DHEA Acetate-7-One)	
		Capsimax®.....	100MG
		GreenSelect® Phytosome™.....	300MG
		(Proprietary Extract of Green Tea)	
		Vitamin D.....	2000IU
		Fish Oil Concentrate.....	1000MG
		Vitamin C.....	500MG



*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



MEN'S WORKOUT
PLATINUM SUPPLEMENT STACK:

- Inciner-8:** Take one serving immediately upon waking. Take an additional serving 30 minutes before lunch.
- Multicore:** Take one packet with breakfast.
- Alpha Protocol:** Take one serving with breakfast. Take an additional serving just before bed.
- Scream:** Take one scoop 30 minutes before workout.
- Amino Recovery:** Drink throughout workout.
- Protogen:** Take one scoop with breakfast and one scoop immediately following workout.

MONDAY

- Chest**

 - Decline bench press: 2 warm up sets: 15-20 reps, 3 working sets of 10-12 reps
 - Dumbbell press: 3 sets of 10-12 reps
 - Cable flies: 3 sets of 10-12 reps
 - Dips: 4 sets to failure
- Triceps**

 - Cable triceps pushdowns: 3 sets of 15-20 reps
 - Close-grip bench press: 3 sets of 10-12 reps
 - Overhead triceps extensions: 3 sets of 10-12 reps

TUESDAY

- Back**

 - Lat pulldowns: 2 warm up sets: 15-20 reps, 3 working sets of 10-12 reps
 - Seated cable rows: 3 sets of 10-12 reps
 - Bent over barbell rows: 3 sets of 10-12 reps
 - Straight-arm pull downs: 3 sets of 10-12 reps
- Biceps**

 - Standing dumbbell curls: 3 sets of 15-20 reps
 - Seated preacher curls: 3 sets of 10-12 reps
 - Hammer curls: 3 sets of 10-12 reps

WEDNESDAY

- Active rest**
- 20-30 Minutes of low-intensity cardiovascular training

THURSDAY

- Shoulders**

 - Side lateral raises: 2 warm-up sets: 15-20 reps, 3 working sets of 10-12 reps
 - Front dumbbell raise: 3 sets of 10-12 reps
 - Military press: 3 sets of 10-12 reps
 - Lying rear delt raise: 3 sets of 10-12 reps
- Chest**

 - Seated calf raises: 2 warm-up sets: 15-20 reps, 4 working sets of 10-12 reps
 - Calf press on leg press machine: 4 sets of 10-12 reps
- abs**
- Hanging leg raises: 3 sets of 15-20 reps
 - Cable crunch: 3 sets of 15-20 reps
 - Sit-ups: 3 sets to failure

FRIDAY

- Legs**
- Leg extensions: 2 warm-up sets 15-20 reps, 3 working sets of 10-12 reps
 - Squats: 4 sets of 10-12 reps
 - Leg press: 4 sets of 10-12 reps
 - Lying leg curl: 4 sets of 15-20 reps
 - Stiff legged dead lift: 4 sets of 10-12 reps

SATURDAY

- Active rest**
- 20-30 minutes of low-intensity cardiovascular training

SUNDAY

Off

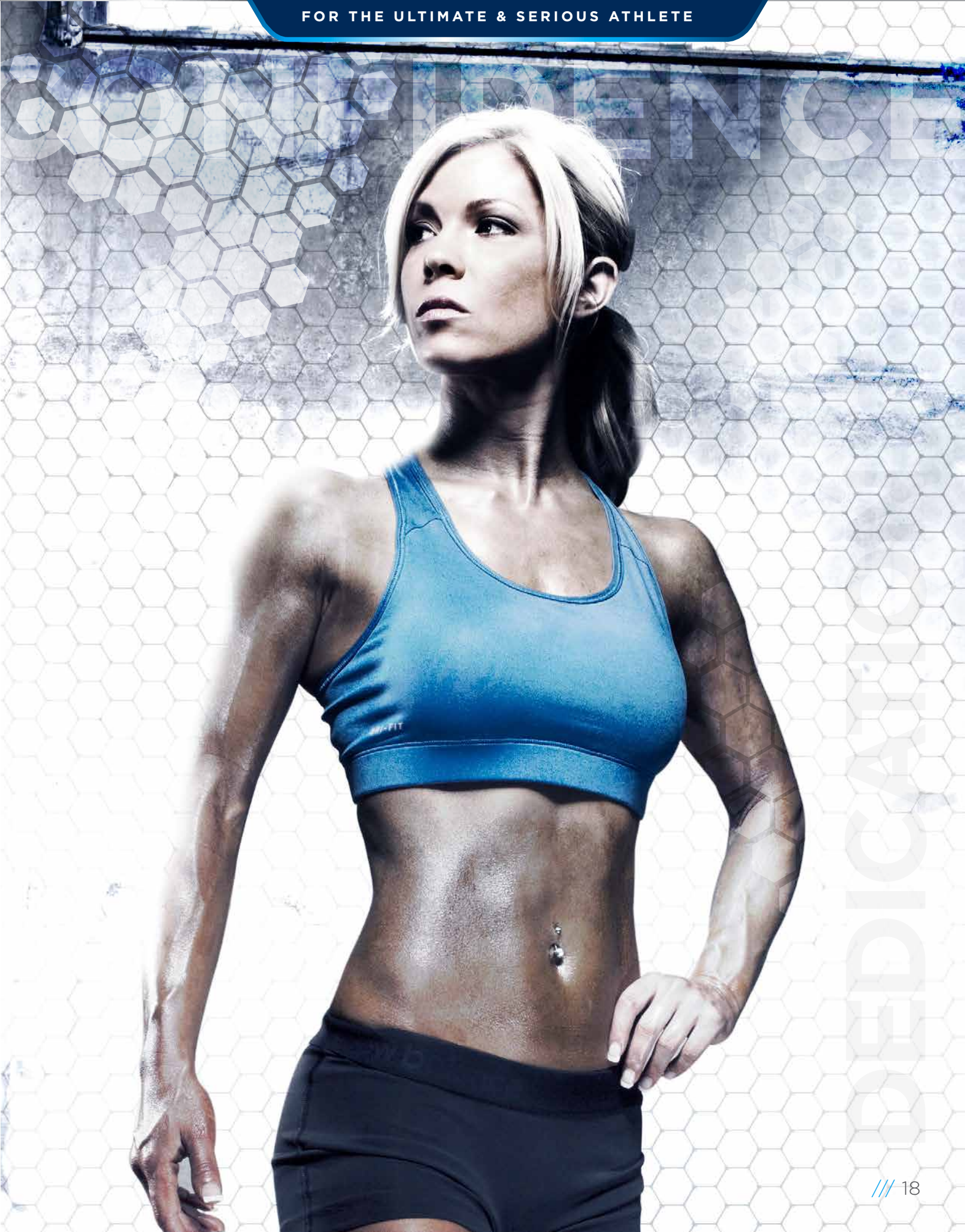
PLATINUM MALE MEAL PROGRAM/SUPPLEMENT STACK:

7:00am	inciner-8 (3 capsules)
8:00am	meal 1: 1 cup of instant oats, Protogen (1 scoop), Multicore (1 packet), Alpha Protocol (3 capsules)
11:00am	meal 2: 6 oz. of chicken, 1 small sweet potato, 1 cup of broccoli
1:00pm	inciner-8 (3 capsules)
2:00pm	meal 3: Lean beef patty, large salad, olive oil, balsamic vinegar
5:00pm	meal 4: Protein shake (1 scoop of Protogen, banana, 1 tablespoon of natural-peanut butter, cup of ice and 5 oz. of water
5:30pm	Pre-workout / intra-workout: Scream (1 scoop) 30 minutes before workout Amino Recovery (1 scoop) sip throughout workout
8:00pm	Post-workout: Protogen (1 scoop) with a cup of oats
11:00pm	1 cup of cottage cheese, 1 cup of broccoli, Alpha Protocol (3 capsules)

Warnings: Do not use Inciner-8 or Scream in combination with caffeine or any stimulants from other sources whatsoever, including but not limited to coffee, tea, soda and other dietary supplements or medications. Take all products as directed. Do not use Inciner-8 and Scream together. DO NOT EXCEED RECOMMENDED DOSAGE. These products are intended to be consumed by healthy adults 18 years of age or older.

MONDAY	
Chest / Shoulders / Abs - Supersets	
<ul style="list-style-type: none">• Standing military press• Incline dumbbell flyes• Rear deltoid fly match• Decline dumbbell flyes• Single arm lateral raises• Plate raises	<ul style="list-style-type: none">• Hanging leg raises• Plank - alternating hand and foot• Ball twists
Cardio - 30 minutes — 1:3 intervals	
TUESDAY	
Compound Legs / Calves - Supersets	
<ul style="list-style-type: none">• Squats - 4 sets (adjust foot positioning - turned in, then out)• Single-leg standing calf raises• Dead-lifts - 3 sets• Seated calf raises	<ul style="list-style-type: none">• Leg press - 3 sets (adjust feet - higher and lower)• Leg press calf raises• Romanian deadlifts
Cardio - 30 minutes steady state	
WEDNESDAY	
Triceps / Biceps / Abs	
<ul style="list-style-type: none">• Bar curls• Skull crushers• Cable curls - single• Straight-bar cable press downs• Hammer curls• Overhead triceps extensions	<ul style="list-style-type: none">• Rope crunches• Leg raises - lift glutes at top• V-ups
Cardio - 30 minutes steady state	
THURSDAY	
Cardio - 30 minutes steady state	
FRIDAY	
Back / Shoulders	
<ul style="list-style-type: none">• Arnold press• Lat pull-downs• Upright row - Smith machine• Bent-over lateral raises	<ul style="list-style-type: none">• Alternating front raises• Machine row
Cardio - 30 minutes 1:3 intervals	
SATURDAY - LONG DAY	
Legs / Glutes / Abs	
<ul style="list-style-type: none">• Leg extensions• Leg curls• Weighted sumo squats• Jump squats• Weighted donkey kicks• Step-ups• Weighted lunges	<ul style="list-style-type: none">• Alternating jump lunges• Hanging leg raises• Bicycle crunches• Ball crunches
Cardio - 30 minutes 1:3 intervals	
SUNDAY	
Off	
PLATINUM FEMALE MEAL PROGRAM/SUPPLEMENT STACK:	
Breakfast	1/2 cup Quaker Oats, (dry, old fashion), 1 scoop Amino Recovery, 3/4 scoop Protogen, 1 packet Multicore, 3/4 scoop Scream
Early Morning Snack	Inciner-8 (3 capsules), 1/2 cup Quaker Oats (dry, old fashioned) 1 scoop Amino Recovery, 3/4 scoop Protogen
Lunch	3 oz. yam (boiled or baked, no salt added), 4 oz. broccoli (boiled, drained), no salt added, 0.75 oz chicken breast
Afternoon Snack	3 oz. tilapia, (cooked [dry heat]), 12 almonds (raw), 4 oz. summer squash, zucchini, (boiled, drained, no salt added), Inciner-8 (3 capsules)
Dinner	1.5 oz. avocado (average all varieties, raw), 1 oz. onions (all types, raw, edible portion), 1 cup spinach (raw, edible portion), 1 oz. peppers (bell or sweet, red, raw, edible portion), 3 oz. flank steak (lean, broiled), 1 tablespoon balsamic vinegar
Evening Snack	1 tablespoon almond butter (fresh ground), 1 scoop Amino Recovery, 1 Scoop BB.com Casein

WOMEN'S WORKOUT



PLATINUM SERIES

COMING SOON!

LOOK FOR THESE NEW PRODUCTS!

**NEW**

ULTIMATE MASS LEAN MUSCLE GAINER

NEW

POST PROTOCOL ULTIMATE RECOVERY MATRIX



QUALITY GUARANTEE OUR PROMISE TO YOU

At Bodybuilding.com, quality and trust mean everything. You deserve best-in-class products with efficacious doses of cutting-edge ingredients. You deserve affordable prices. You deserve top-notch service and stellar results. You deserve the best, so we deliver nothing less.

The Highest Quality at the Lowest Prices

Our supplements are GMP-compliant to ensure purity and superiority. GMPs, or Good Manufacturing Practices, are a set of standards that ensure ingredient quality and proper labeling of dietary supplements. Our products are formulated with effective ingredients, sensational flavors, and innovative blends.

Our Research and Development Team spent years developing the most advanced supplements on the market. Our team's innovation, scientific scrutiny, and customer focus have led to best-in-class products at cost-effective prices.

Backed by Science

Bodybuilding.com supplements go beyond industry standards. In fact, we've set a new standard. We've listened to your feedback and formulated the best products, working behind the scenes to transform supplement science into real results. We work harder to support your hard work.

Proven Quality Through 3rd Party Testing

We've teamed with the most trusted, innovative ingredient manufacturers to source all our patented and best-in-quality ingredients. Before the production process begins, our ingredient suppliers deliver a COA (Certificate of Analysis) and a sample for testing. Our products are then manufactured in facilities carrying NSF and SQF 2000 quality certifications. Facilities utilize full-service, on-site analytical and microbiological laboratory inspection to ensure the quality and purity of all products. These procedures ensure you get the best-quality supplements from a company you trust.



FOUNDATION SERIES

Bodybuilding.com has taken it to the next level in the supplement industry. We've listened to your feedback and reformulated our products, working behind the scenes to create the highest-quality supplements at the lowest possible prices.

Our new Bodybuilding.com supplements are GMP-compliant to ensure purity and quality. They've been formulated to the highest standards with effective ingredients, sensational flavors, and innovative blends.

They taste as well as they work, and since they're formulated by us directly, they're heavy on results but light on the wallet.

When combined with the right workout and nutrition program, our in-house supplements will help you tackle your fitness goals faster than ever. Lift harder, transform faster, and build better with Bodybuilding.com supplements—the best supplements at the lowest prices, exclusively here.



100% WHEY POWER

Low-fat, low-cal and low-carb, Bodybuilding.com 100% Whey Power is the perfect fuel for your health, fitness, and appearance goals.*

Whey Power mixes easily, digests quickly, and is the perfect supplement for post-workout recovery.* You can use it any time you need extra protein to hit your personal goals.

It's packed with 25 grams of pure transformation-making protein, an incredible amino acid profile for muscle recovery and repair, sensational flavor, and a scant amount of sugar.* As a "foundational supplement," whey can be used any time, all the time, to support fat loss or muscle growth.* Whatever your goal, whey's got your back.

Transform your way with Bodybuilding.com 100% Whey Power – nothing but the best.

Size /// Recovery /// Performance

25g PROTEIN	5.0g BCAA's	0g TRANS FAT
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MULTIVITAMIN

A multivitamin is one of the best supplement investments you can make to support diet, overall health, and even your exercise or athletic performance.* The Bodybuilding.com Multivitamin encourages body-function efficiency and fills micronutrient gaps left by your diet.* Deficiency in any one vitamin can affect a suite of body functions, making a multivitamin important for covering your micronutrient bases.*

Antioxidant /// Performance /// Vitality



FISH OIL

Omega-3 fats are termed "essential" because your body can't make them, so you must obtain them from food or supplements. Furthermore, fish oil may help improve exercise recovery, encourage protein synthesis, and limit muscle protein degradation (breakdown).* This means that fish oil may support lean mass and help you build muscle!*

Heart Health /// Vitality /// Joint Support



MICRONIZED CREATINE

Creatine occurs naturally in the body and is found in small quantities in dietary sources, like red meat. Creatine monohydrate works by saturating your muscles with a high-energy compound called creatine phosphate, which can be used by the body as an immediate energy supply during intense exercise.* Creatine also hydrates muscle cells with water, promoting muscle fiber growth.*

Size /// Pump /// Power





MICRONIZED GLUTAMINE

L-Glutamine is the most abundant amino acid in your body. It accounts for more than 60% of the free amino acids in skeletal muscle and more than 20% of total circulating aminos. This means that glutamine is especially concentrated in muscle. During intense training, your body can even lose up to 50% of its glutamine pool to stress and fatigue! Supplementing with Bodybuilding.com Micronized Glutamine can help promote recovery and support your results.*

Recovery /// Performance /// Size



BETA-ALANINE

Beta-alanine is a non-essential amino acid used by muscle cells to make carnosine, which acts as an acid buffer during exercise and helps promote intramuscular pH balance.* Why is this important?

Basically, acid build-up during exercise is bad. Beta-alanine supplementation can reduce this build-up, which is good!* More specifically, studies suggest that beta-alanine supplementation can help decrease fatigue and increase total muscular work.*

Pump /// Performance /// Size



BCAA POWDER

The branched-chain amino acids (BCAAs) are of particular interest to those looking to build muscle, reduce breakdown, and promote recovery.* The BCAAs are L-leucine, L-isoleucine, and L-valine, and they're three of the most important essential aminos for muscle repair and growth.* Bodybuilding.com BCAA Powder contains these aminos in a precise 2:1:1 ratio for the best possible results.

Recovery /// Performance /// Size

DID YOU KNOW?

Casein can help support:
Fighting catabolism* • Long-term protein absorption and muscle repair* • Lean muscle development*

You can use casein to support long-term muscle building and help keep your muscles happy as you go about your day.* While whey protein is ideal for your post-workout shake, casein protein is the top choice for repair around the clock when you aren't training.*



100% CASEIN

While whey is ideal post-workout because it digests quickly, casein digests slowly and is optimal between meals or before bed.* During these crucial hours, casein is a great protein source for a slow-release amino stream.* Guess what? Slow and steady wins the race.

While casein isn't as directly anabolic as whey protein, it is helpfully anti-catabolic, which means that it can help prevent muscle breakdown and support around-the-clock repair.* You can even mix it with whey for a particularly powerful protein cocktail.

Size /// Recovery /// Performance

25G
PROTEIN

5.0G
BCAA's

0G
TRANS FAT



L-CARNITINE

L-Carnitine is a non-essential amino acid found primarily in red meat and other animal sources. In the body, carnitine facilitates the transfer of fatty acids into the mitochondria for cellular energy production.*

Carnitine supplementation may help promote fat loss by converting fat into fuel.* Carnitine provides muscular energy by burning fat, which may also promote a positive environment for muscle growth.*

Performance /// Fat Burner /// Recovery



CLA

CLA is an omega-6 fatty acid found naturally in meat and dairy, though only in small quantities. Supplementing with CLA may have a significant impact on how the body utilizes and deposits fat.* Certain studies suggest that CLA supplementation can help reduce body fat and increase lean mass.* In other words, CLA may support lean body composition – less fat, more muscle!*

Metabolism /// Fat Burner



GREEN TEA EXTRACT

Green tea is widely considered an A+ antioxidant due to its high concentration of polyphenols, which are compounds that help destroy free radicals.* Body-building.com Green Tea Extract is incredibly pure and powerful, providing 98% polyphenols for maximum antioxidant support.* Green tea extract may also help support normal, healthy immune function.*

Antioxidants /// Fat Burner /// Vitality



TRIBULUS TERRESTRIS

Tribulus terrestris is a vine plant with a long history of widespread use. Historically, tribulus has been used in ancient Greece, India, and Africa to support overall well-being.*

More recently, people around the world have started taking tribulus to support testosterone release, encourage muscle development, and support healthy libido function.*

Vitality /// Performance



GABA

GABA (gamma aminobutyric acid) is a non-essential amino acid concentrated in the human brain and eyes. Unlike most amino acids, GABA is not incorporated into protein. Instead, it functions as an inhibitory neurotransmitter.* By inhibiting the quantity of neurons firing in the brain, GABA may help calm the brain.* GABA is also responsible for regulating muscle tone, which helps maintain posture while awake.*

Relax /// Sleep Aid



7-KETO

7-Keto is a non-hormonal metabolite (breakdown product) of DHEA. Just like DHEA, 7-Keto is created naturally in your body. When combined with a fat-loss diet and exercise, 7-Keto supplements might help you burn fat and reveal hard-earned muscle.* Studies suggest that regular 7-Keto supplementation can support an increase in metabolic rate and help you burn more calories.* 7-Keto might also promote a positive environment for protein synthesis, which is beneficial for building muscle.*

Metabolism /// Fat Burner



CREATINE 3000 CAPSULES

Bodybuilding.com Creatine 3000 Capsules are made from the highest-quality creatine monohydrate available, and each serving provides 3,000mg of pure creatine monohydrate. Creatine 3000 Capsules are formulated for rapid disintegration, optimal absorption, and convenience.*

Size /// Pump /// Power



GLUTAMINE 1000 CAPSULES

Bodybuilding.com Glutamine 1000 Capsules are made from the highest-quality glutamine available, and each capsule provides 1,000mg of pure L-glutamine. Consider taking it with your pre-workout drink, your post-workout protein shake, creatine powders, or your favorite sports beverage.

Recovery /// Performance /// Size



HMB 1000 CAPSULES

Supplementing with HMB can give the body an advantage for recovery by minimizing the amount of protein that is broken down in the muscles after exercise.* The result is that your muscles will be in an anabolic state longer, allowing for more potential muscle growth.*

Size /// Performance /// Recovery



WOMEN'S MULTIVITAMIN

A multivitamin is one of the best supplement investments you can make to support diet, overall health, and even your exercise or athletic performance.* The Bodybuilding.com Women's Multivitamin encourages body-function efficiency and fills micronutrient gaps left by your diet.* Deficiency in any one vitamin can affect a number of body functions, making a multivitamin important for covering your micronutrient bases.*

In addition to its stellar micronutrient profile, the Bodybuilding.com Women's Multivitamin has been designed as a comprehensive multi-nutrient complete with botanicals, antioxidants, and other gender-focused components.*

Antioxidants /// Bone Support /// Immune Support

COMING SOON!



BodyBuilding.com Sports Nutrition

Here at Bodybuilding.com, our goal is to help people like you meet your health, fitness and appearance goals through information, motivation and supplementation. We want you to have every possible tool at your disposal, so we constantly add more articles, videos, workouts, diet plans and transformation stories to our website. We've also developed a full line of our own nutritional supplements that—when combined with the right workout and nutrition program—will help you reach your goals. All Bodybuilding.com products have been formulated to the highest standards with high-quality, effective ingredients that produce real results. If you aren't completely satisfied with any product, return it any time for a full refund.

Sincerely,

RYAN DELUCA
Founder & CEO



The Bodybuilding.com Mission: To help our visitors reach their health, fitness and appearance goals through information, motivation and supplementation.
