



# Hell Raiser Training

The Program





## INTRODUCTION TO HRT

I've seen it all in my days in this sport, from working behind the scenes in the industry for decades to almost thirty years spent with the iron. From winning on the bodybuilding stage to martial arts schooling to developing my own training style. I know what works for athletes—how to lift, what to eat, because I've tried it all myself and learned from some of the best along the way. I've employed my theories and principles training lifters at all levels from beginners to veterans and every time along the way the results have been startling.

I developed Hell Raiser Training primarily out of frustration in building my own physique and that of other athletes that I've had the opportunity to work with over the years. You see, many bodybuilders only look to their trainer when they are ready to cut. And while this is extremely important and critical when it comes to placing well in a show, it's only part of the overall annual bodybuilding experience. We have an off season and it's in that off season that we stand the greatest chance to add some size and bring up lagging body parts for the next contest. Most trainers run for the hills when it comes to handling both diet and training aspects for off season bodybuilders. It's a tough task, but one that I enjoy and one that HRT addresses well.

Almost any seasoned vet will tell you, including Heavy Duty advocates, that placing emphasis on the eccentric portion of a movement can be more important than the concentric portion. Hellcentrics take this to an entirely different level. Delayed onset muscle soreness (DOMS) only happens as a result of the eccentric portion of any movement. This is a critical fact that I used in the development of Hellcentrics and the HRT program. Recruit as many muscle fibers as possible (via the partial positive) to get the most out of the eccentric movement in any and all lifts.

As you can see, HRT quite literally turns negatives into positives. If you have the heart, mental toughness, and quite frankly the balls to follow this program and stay the course, the sky's the limit for the amount of mass you can pack on in twelve short weeks. However, such awesome gains will pale in comparison to the sense of accomplishment gained from knowing you met a challenge head on, pushed past your limits and dominated.

Let's go to work.

Rage

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## Hell Raiser Training by Rage

Let's face it, you're not going to turn down more size if you can get it now are you? If you just happen to add an inch onto your arms, are you going to sit back and regret it? Fuck no. You're in the gym busting your ass for a reason. You want results. You expect results. Better yet, you should fucking demand results...

Listen, I've been training for over two decades and I've picked up a few things along the way. I've tried damn near every training program out there to add more size. Some work, some don't and some are just for pussies. I used to think the more weight I can lift, the bigger I will get... Right? Makes sense doesn't it? I mean, to a certain point, you have to admit that lifting bigger weights does mean you've got some bigger muscles on your frame. But now if that were always the case, then all the powerlifters out there would look like bodybuilders now wouldn't they? Some in fact do (damn freaks), but most don't. So what the fuck is going on here?

I'm here to tell you that it all comes down to what you're doing with the weight once you've got it. Whether you've got a good couple solid years under your belt or you're a seasoned vet, I've got some good shit to share with you right here and now. Backed by real world results and research too. You all know that a new training technique that's worth a damn isn't something that comes along everyday in our sport. If you want to try something that doesn't waste your time in the trenches, then I suggest you try what I call, "Hell Raiser Training".

### What The Fuck?

Hell Raiser Training. What the fuck is that? Alright, you've chalked up and got the weight in your hands, now what? There is so much conflicting information out there on what to do next, it can be very confusing. Do I do 4 reps, 6, maybe 10, how about 20? Should I pound the muscle into submission with 5 sets of 5 different exercises? I mean, more is better right? If I want to get big, then I have to put in the work don't I? Pay the price?

Ok, stop. Hold up here. This is just getting out of hand. Focus with me here for a minute. We want hypertrophy... In other words, we want size, bigger, larger, etc. Listen, what do you want? To lift big weights or look like you do? As a bodybuilder, this method is geared towards those looking for size, pure and simple. Hell Raiser Training is about three things: mass, mass, and mass.

So first thing's first. Check the fucking ego at the door and stop focusing on going into the gym and trying to impress the "cardio bunnies" or your buddies, or the guy that keeps looking at you like you're a freak of nature. Stay focused on what you want - to get huge. You spend an hour or two in the gym and spend the other 22 or 23 out of the gym, so let's focus on the look. To get bigger, we are looking at set parameters that have been studied and proven to work. Here are a few things we know work for adding size:

- Grab a weight that's between 60-80% of what you can do one time
- Reps per set should be between 8-15
- Rest between sets should be around 2-5 minutes.

Now that we have these basics in order, let's add in the rest. Hell Raiser Training is defined by a basic principle of split set training with forced negatives or SST/FN. This means you choose a weight that is about 80% of your 1 rep max and perform 8 reps, emphasizing primarily the positive (concentric) portion of the rep. Then you immediately begin emphasizing the negative (eccentric) portion of the rep with that same weight.

While beginning the negative rep, it is imperative that you have an experienced training partner. This partner will begin to slowly increase the tension of the negative rep as you resist the weight (the forced negative portion) at a steady rate of 5 counts till you have reached the end of the negative portion of the rep. Repeat this for 3 more reps or a grand total of 12 between the 8 positive and 4 forced negative reps. Simple, right?

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## Let's Go To Work...

I think I had a flash of genius when I thought this system up... Who the fuck am I kidding? It was more likely the numerous direct strikes I took to the head when I was training in MMA. Now that shit is hardcore. That training must have jarred something loose (I swear I can hear something rattling between the ears). So let's take a simple exercise and apply the technique to it. Here's how it applies to standing dumbbell curls:

Let's say I grab a 70 lb dumbbell and I can only curl it once. Alright, I just found my 1 rep max (1RM). My technique calls on using 80% of that, or 56 lb. (80% x 70 lbs = 56). I don't know about you, but I have yet to see a 56 lber so I grab the 55s instead. Standing with the two 55 lb dumbbells at my sides, I perform 8 regular reps. When I finish the 8th rep on the first arm, I continue to hold the weight up at the top of the movement and now it's time for my trusty spotter to help me out.

He will slowly grab the weight and begin to gently pull it down while I resist for a count of 5 till it reaches the bottom (forced negative). Then I bring the other arm up and I get the same spot with that one. I continue doing this until I finish four negative reps on each arm. It's important to remember not to fight your partner. The objective is to make the muscle work extra hard on the negative portion of the movement but not compete with your spotter. IMPORTANT: Don't try to stop the weight on the way down, just allow a steady descent.

Always allow the weight to keep moving on the negative. The goal is not to hurt yourself but create just the right amount of torture. Come on, you know that you like this kind of torture. Fuck, that's why you train the way you do in the gym. This my friend, is putting in the work to get huge.

You can apply this technique to many different exercises including both dumbbell and barbell movements, Smith and a variety of other machines. It may take some creativity but shit, since when was bodybuilding not creative? Once you figure out how to work in forced negatives into your routine, I'm confident you will like what you see in the mirror, even though your old clothes won't. That's the fucking name of the game. Grow or die.

## Change It Up... After Three Months

Bodybuilders know this from time immemorial. You've got to change it up. You can't stand still. And the Hell Raiser Training's technique will work forever. It can help you grow eternally. Bold fucking claims? Well, if you buy that then I've got some fucking real estate to sell you. Truth is, nothing works forever including Hell Raiser Training. Over time, your body begins to adapt and your gains will slow just like any other technique. So I guess this is the point where you give up right? Let see...

If you're a fucking loser then that is certainly an option. Since you have read this far, I know that I am not talking to a loser. I'm talking to you, the one that demands to get huge and will do what it takes to get it done. So if nothing works forever, then obviously we have to change it up. But after how long? Run Hell Raiser Training for about 12 weeks initially before you switch it up to every other week. Trust me, you will never forget those three months if you do things right. During this time off from Hell Raiser Training, during your cozy little vacation, incorporate a different technique to keep things fresh.

## Who Wants Samples?

Alright, so you got a taste of the technique with the standing dumbbell curls. Here's where I present an entire sample routine, to get you hooked for life. There are a lot of different exercises out there that you can apply this technique to, as I've stated before. I've put this one together for you to try out over next 12 weeks. Am I sadistic? You be the judge. The 2 x 8+4s that you see mean 2 working sets with 8 positive reps and then 4 negative reps. Shit, but I know you already knew that... Right? Alright, let's go to work...

## Day 1: Guns

- Close Grip Bench 2 x 8+4
- One Arm Machine Triceps Ext 2 x 8+4
- Lying DB Triceps Ext 2 x 8+
- Standing DB Curls 2 x 8+4
- DB Preacher Curls 2 x 8+4
- Reverse Curls 2 x 8+4
- Forward and Reverse Wrist Curls 2 x 8+4

## Day 2: Wheels

- Leg Press 2 x 8+4
- Leg Extension 2 x 8+4
- Hack Squats 2 x 8+4
- Hamstring Raises 2 x 8+4
- Standing Leg Curls 2 x 8+4

## Day 3: Rest & Relief

For vids showing you how all this down, check out this FORVM thread or head on over to Animal's official youtube page.

My final word... Working each body part only once per week will allow enough time for it to recover. Trust me, you'll need it. Doing this a couple times a week on the same body part will simply not allow it enough time to recover. And if you don't recover, you won't grow. And if you don't grow, well why am I sharing this method with you?

In the near future, I'll talk about diet and nutrition and how it relates to Hell Raiser Training. You'll want to optimize these to take full advantage of this method. I'll also provide a scientific basis, a rationale for the Hell Raiser Training for those of you who like that sort of science shit. Like I said before, this method has been tested in the trenches, in the real world. But it also has solid science behind it. Until next time, enjoy the torture. ☐

## HRT FAQs

**Can I train HRT style solo?** The true essence of HRT lies in the Hellocentric reps and the application of the signature spot by a committed training partner. As intended, HRT can only be done safely and properly with a spotter.

**Why is this method for experienced lifters only?** Those who've spent time in the trenches understand proper technique, know their own strength and are in tune with the mind muscle connection. For a beginner to jump right into such advanced training methods like HRT without first building their base with the basics would only be to their detriment.

**Can I use HRT while precontest dieting?** Though a killer mass program, HRT can be used while getting shredded as it will help you hold on to

## Day 4: Chest/Shoulders

- BB/Smith or DB Press 2 x 8+4
- Incline Smith or DB Flyes 2 x 8+4
- Pec Dec 2 x 8+4
- DB or Smith Military Press 2 x 8+4
- Side Laterals 2 x 8+4
- Barbell Shrugs 2 x 8+4

## Day 5: Back/Rear Delts/Calves

- Wide Grip Pull Ups 2 x 8+4
- T-Bar 2 x 8+4
- Narrow Grip Pull Downs 2 x 8+4
- Reverse Pec Dec or Bent Laterals 2 x 8+4
- Calf Extensions 2 x 8+4
- Calf Raises 2 x 8+4

## Day 6 & 7: More Rest & Relief

muscle. However, it is a program intended for packing on maximum mass.

**How long can I train this way?** The typical HRT training cycle lasts 12 weeks. You can follow that with another HRT cycle, but allow 2-4 weeks of straight set training, rest and active recovery before diving back in to the deep end.

**Do I have to use the exact HRT supplement stack?** No. As always at Animal, we consider supplements the very effective icing on the cake. If you're not training and eating right, all the best Animal supplements won't do shit for you. Utilize the tools at your disposal, use what you can afford. Start with the basics, like Pak, and add to that as you see fit.

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# 4 HRT PRIMER ARTICLE



## Eating For HRT by Rage

Hell Raiser Training, or HRT, is not for the faint of heart. The training method is rigorous. As more and more seasoned lifters try out HRT, one thing becomes clearer and clearer. Training and training alone is not enough. This sport is not a one-dimensional sport and no amount of training, no matter how hardcore, is going to get you bigger or stronger. As a bodybuilder aiming for my IFBB pro card, I know it starts and ends with food. This is especially true for disciples of HRT.

Food is the key to a bodybuilder's goals, especially when following such an extremely intense training method like Hell Raiser Training. HRT has brought big men to their knees, those who didn't sit enough in front of the plate. But because of the rigor, I feel it's extremely important to start with a solid diet and round it out with key supplements to help you achieve your HRT goals more effectively. I'll talk about both, but let's start with food.

### Get Your Grub On

Protein, carbs and fat. The three basics. With each meal, I get all three of them in - plenty of them too. Over the course of the day, I'll divide out the calories between about 6 meals. When I train guys on HRT, I also have them implement a 6-day meal plan. This is what you should be aiming for.

With protein, I recommend roughly 1.5-2 grams of protein per pound of bodyweight, minus bodyfat. So let's say you weigh 200 pounds and have around 10% bodyfat. This leaves you with 180 pounds (10% or 20 pounds deducted from 200 pounds). Multiply 180 by 1.5-2 and you get between 270-360 grams of protein per day.

How do you figure out your bodyfat? The easiest way is to use the Jackson-Pollack skinfold method. It may not be the most accurate, but it'll do the job for our needs. If you are feeling more ambitious, go hydrostatic. It's much more accurate but you're going to shell out some bucks. Another popular method is Bod Pod. Don't obsess about the bodyfat percentage. You need it just as a guide.

Anyway, for the protein, I recommend lean beef in the early part of the day. I prefer top sirloin but you can also go with filet, if you can afford it. In the middle part of the day, I switch from beef to chicken. For the last meal of the day, I'll switch to a good low-fat white fish. You can go with tilapia, cod, flounder, or orange roughly - whatever you prefer. It doesn't really matter.

With carbohydrates, use the same formula as above but instead of 1.5-2 grams, just go with 2 grams. So in that same scenario, if you're 200 pounds with 10% bodyfat, this means your goal is to take in 360 grams per day ( $180 \times 2 = 360$ ). I prefer low to mid-range GI foods. Again, timing is important for me. I go with instant oats in the morning, and then switch over to yams and brown rice for remainder of the day. I also get some of my carbs from my weight gainer. More on that later.

Fats. As a rule of thumb for fats, I get them with my normal diet, so I don't go out of my way to add any extra. The only exception I make is for EFAs, the essential fats, which are important for any bodybuilder. Now just because you're not technically adding fats does not mean you can fry your foods in butter or oil. Use your common sense. Eat clean.

Here's a sample bulking diet I put together when on HRT for that 200-pound lifter. If you weigh under 200 pounds, then start by reducing the diet below by 25%. For best results, check in with me here

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<http://forum.animalpak.com/showthread.php?t=25683> at Rage's Cage for the most personalized approach for your specific needs. All the food measurements are uncooked.

## HRT Eating For Dummies

- Meal #1: 8 oz. top sirloin or 8 whole eggs, plus 1 cup of oatmeal
- Meal #2: 3 scoops Real Gains combined with 1 scoop Ultra Iso Whey plus 5 grams of creatine and 5 grams of glutamine
- Meal #3: 8 oz. chicken breast, 10 oz yam
- Meal #4: 3 scoops Real Gains combined with 1 scoop Ultra Iso Whey plus 5 grams of creatine and 5 grams of glutamine
- Meal #5: 8 oz. chicken breast, 10 oz yam
- Meal #6: Eat about 75 grams worth of protein and 75 grams of carbs. Keep the fat down and add a salad. You have flexibility with this meal.

Now keep in mind this is not a one-size-fits-all kind of diet. It is a guideline, a template. You have to modify it to your specific needs. It is absolutely critical that you remain consistent with your diet. In addition to the food, shoot for a gallon of water per day, minimum. After your one gallon of water, you should reach for diet soda or Crystal Lite if you want to change it up. Stay away from refined sugar as much as possible.

You've heard me say this over and over again. And here it comes again... Success in dieting is in preparation. Cook all your meals the night before or the day of. If that doesn't work, then cook 3 or 4 or even 7 days of food, freeze it and manage accordingly. Always have a portable cooler and always have ice packs on hand. Get used to eating food cold. Do what it takes to make it happen. BE CONSISTENT.

### Rage's HRT Supplement Stack

Like I said before, food is the critical part of the puzzle here. That said, I'm a firm believer in the smart use of supplements. Always, always start with a complete multivitamin to round out the gaps in your diet. I only recommend Animal Pak, which I've used for years and which has been tailored for me, a competitive bodybuilder. Another "foundational" product I use is Animal Flex. At my stage of the game and due to the rigors of my training, Animal Flex is essential. My other staple is Animal Rage. Generating the intensity and focus needed to consistently train on this level is not something I take lightly. Animal Rage is the most powerful preworkout supplement I've ever used. I don't go to war with HRT without it. These three products—Pak, Flex and Rage constitute the core of the HRT Stack.

To this foundation, I would add a "clean" weight gainer and a whey isolate. My favorite Real Gains and Ultra Iso Whey flavors are Cookies 'N Cream and good old Chocolate. Remember, a protein powder is going to give you protein and a gainer is going to provide protein AND carbs. In my meals #2 and #4, I combine these two.

Creatine is a tried and true supplement for adding quality size and strength. I take a total of about 10 grams per day, divided into two servings. You can get creatine from many different ways these days, including

straight powder, pre- and post-workout supplements, etc. For example, with Animal Pump, you get 3 grams right there. It's tough to beat good old Creapure creatine monohydrate.

Glutamine. I like it. I use it. I add about 10 grams of this stuff to my protein shakes daily, broken out into two servings of 5 grams, and I feel it helps speed up my recovery. Other supps you may want to consider are products like Animal Test, Animal Stak or N1-T. This stuff is icing and if you can afford it, go for it.

### Recap

You must follow a solid diet and have some high quality supplements to make the most out of this new technique or any technique geared towards adding quality lean mass. What I've outlined above represents the basics of eating and supplement right for HRT. To summarize:

- Protein: 1.5-2g of protein per pound of bodyweight (bodyfat deducted)
- Carbs: 2g of carbs per pound of bodyweight (bodyfat deducted)
- Fat: no "added" fats except essential fats
- 6 meals per day
- Supplements: select supplements to round out the diet for vitamins, minerals and calories mainly, plus a few extras

Let me tell you something, getting huge doesn't happen by accident. It also doesn't happen overnight. It takes a plan, the right plan. That plan involves a basic formula that will work 100% of the time:

$$Pt + C/1 + F + s = H2$$

That is, take proper training, combine it with consistency/intensity, and add it to proper food mixed with the right supplements, and you will get large. So stick with the plan. Implement the formula. Reap the rewards. Get huge. In the next installment, rev8ball and I will discuss the science behind HRT. Until then, raise some hell the next time you are in the gym and the kitchen. □

## HRT FAQs

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**Do I have to do the exact exercises listed?** Consider the given exercises a strong suggestion, though there are many effective alternatives. Utilize the equipment available at your gym as a substitute as needed or desired. Remember, following the method and making your maximum effort are the most important factors in achieving your HRT potential. With a little ingenuity, you can do damn near any lift with the Hellcentric technique.

**Do I have to follow the exact same split?** The exercises are paired and bodyparts broken down with the idea in mind of allowing for optimal recovery periods in between. That said, sometimes life dictates otherwise. Do what you can to follow the splits as closely as possible and when a change must be made to your schedule, do so with the idea in mind of maximizing recovery and never hindering the performance of one bodypart to benefit the other. **If after a session of HRT I'm not sore, should I raise the weight or concentrate better on the Hellcentrics?** The answer is most likely both. Ideally, you want to be failing on the second set of any given exercise. □



## The Science Behind HRT by rev8ball

Increasing muscle size (hypertrophy) can be done in two ways: by increasing the size of muscle fibers (Myofibrillar); and by increasing the amount of fluids in the muscles (Sarcoplasmic).

The body keeps certain fluids within the muscles in order to keep the tissue functioning normally. These fluids contain nutrients such as carbohydrates, calcium, Creatine, ATP, etc. Sarcoplasmic hypertrophy occurs when the body is forced to increase the amount of these fluids in the muscles in order to keep up with the demands of training--this increases the overall size of the muscles.

One of the best ways to increase these fluids is through eccentric weight training, that is, training the "negatives". Muscles are much stronger in this part of the lift (about 20-50% stronger than in the concentric or "positives"), so they are able to handle much heavier loads. Hitting muscles hard during the negatives has been shown to produce greater gains in lean mass than just training the positives alone. But it is tough to train the negatives intensely enough when muscles are limited by the positives in just how much they can handle. And what makes it even more difficult is that these benefits will only happen when the negatives and the positives are trained together.

HRT is a great yet simple way to accomplish all of this and reap the benefits of eccentric training, and it will demolish your muscles from several directions:

1. Research shows that during the normal positive and negative movement, the load should be about 70% 1RM. After this, it is necessary to force the body to increase the levels of fluids in the muscles by increasing the demand on them. This is done with the eccentric-only part of the movements. The load for this segment should be about 100-140% 1RM, and reps should stay between 3-5 reps per set, with a 3 to 5 second count. HRT does just this.
2. HRT not only hits fast twitch fibers hard, but it also decreases the use of slow twitch fibers. Fast twitch fibers are the best for growth, while slow twitch are not. Therefore, this is a great recipe for hypertrophy.
3. Research also shows that anabolic hormonal levels increase after specifically focusing on highly intensive eccentrics during a training regimen. Need we say more?

By overloading the muscles during the negatives while at the same time still hitting the positives without mercy, HRT creates what is an ideal environment for muscle growth. Applied properly and complemented by the proper diet and supplement protocol and the sky's the limit for the dedicated HRT disciple. □

rev8ball is the president and founder of the Institute of Sport Science & Athletic Conditioning. He is also the current Nevada State Director for the NSCA as well as the Nevada State Chair for the NAS, and a judge for the INBA. A former powerlifter, rev is currently pursuing his Master of Science degree in Biomechanics at UNLV.

## 8 HRT PRIMER ARTICLE

## HRT Spotting For Dummies by Rage

To better illustrate the finer points of the HRT technique, here's a blow by blow breakdown of the application of the perfect Hellcentric spot, using the traditional barbell biceps curl as the example.

Load the bar with 60-80% of your one rep max. If you don't know what that is, then load some weight that you know you can comfortably perform 8 reps without failing.

The lifter performs 8 reps and stops at the top of the movement on the 8th rep. While the lifter is holding the weight at the top of the lift and while the biceps are in a fully contracted state, it's time for the spotter to step up and apply the Hellcentrics. A Hellcentric has two parts--a partial rep and a full negative. Both of which are under constant additional tension by the spotter.

### The Partial Rep

The spotter places one hand in the center of the bar and begins to gently pull on the weight as the lifter resists. The lifter and the spotter allow the weight to descend only a short distance before returning it back to the start of the movement. Although the spotter is applying constant tension and resistance of his own on the bar, he is also allowing the weight to constantly move through the partial rep. In other words, he is not applying too much resistance to the point that the weight stops. The weight must always keep moving throughout the partial movement. The purpose of the partial rep is to fully engage the muscle fibers and sets you up for the next half of the Hellcentric.

### The Full Negative

While the maximum number of muscle fibers is engaged as a result of performing the partial rep, it's now time to apply the full negative. The spotter again begins to gently pull on the bar from the top of the movement all the way to the bottom of the movement while the lifter continues to resist. The spotter will be pulling harder at the top of the movement than what he will as the weight descends through the full negative. This is because the lifter will be stronger at the top portion of the movement than he will be as the weight descends to the bottom of the movement. Remember the weight will always continue to move. As a rule of thumb, allow the weight to descend at a rate of a 5 count. The objective is to slowly move through the negative portion of the movement and cause the muscle to be completely overloaded slowly. At the end of the movement, the spotter assists the lifter raise the bar to the top of the movement to begin the next Hellcentric rep.

### Putting It All Together

The lifter performs 8 reps with 60-80% of his 1 RM or a weight that he can comfortably perform 8 reps with. When the lifter reaches the top of the movement on the 8th rep, the spotter steps in and gently begins pulling on the weight while the lifter resists and allows the weight to descend a short distance. Then the lifter pulls the weight back to the top of the movement while the spotter continues to apply pressure. Without stopping and while the spotter is still applying resistance to the bar, the lifter begins to allow the weight to descend at a 5 count and the spotter provides less and less resistance until the weight reaches the bottom of the movement. Then the spotter assists the lifter to the top of the movement to begin the next Hellcentric rep.

It sounds complicated at first, but is really quite simple. Once you get the hang of it, this technique will be second nature... As will packing on new mass. □



**M-STAK STAK**

**TEST**

**OMEGA**

**PAK**

**PUMP**

**FLEX**

**RAGE**

**NITRO**

**CUTS**

**PM**

**RAGE**

## **Animal Pak. The Ultimate Training Pack.**

The #1 selling, award winning training “pack” in the world since 1983. In those decades, more competitive bodybuilders have cut their teeth on Animal Pak than any other bodybuilding supplement in history. Why? Cuz Animal Pak gets the job done the first time, the last time, every time. Consider Animal Pak as the cast iron skillet of your supplement program, your body’s first line of defense. It’s got all the nutritional basics the dedicated lifter needs and then some. If you’re serious about the iron game, then you need Animal Pak. Let others come and go. Animal Pak is the trusted name in bodybuilding—the one that has stood the test of time.

## **Animal Pump. The Preworkout Muscle Volumizing Stack.**

The “pump”. It’s the sensation that has the dedicated among us coming back to the gym day after day, year after year. But the pump is much more than a feeling, a fleeting rush... The pump is essential in our sport, for it signals the start of new muscle growth. Yeah, with each pump-inducing rep, nutrient-rich blood floods the working muscle cells, engorging them. This process of “cell volumization” kick starts the anabolic process. Think of Animal Pump as your “pump in a pack”. Every can, every pack’s got everything you need to maximize the pump, as well as strength and power. With the latest creatines as its foundation, Animal Pump should be a mainstay in your supplement arsenal.

## **Animal Flex. The Complete Joint Support Stack.**

The foundation... The base supports the structure. Over time, the foundation weakens, crumbles. Not good for anyone. For the lifter, that foundation is the joints, the bones, the ligaments. Animal Flex is the only award-winning supplement specifically designed for you, the serious lifter, to help protect against the daily grind brought about by heavy-duty weight training. Effective, comprehensive and potent, Animal Flex is also convenient. Unlike other products, you only need to take Animal Flex once a day. A single “pack” will do. So when you train like the big boys, think of Animal Flex... It’s your armor against the rigors of iron warfare.

## **Animal Nitro. The Essential Anabolic EAA Stack.**

Aminos are, in general, the basic building blocks of muscle. Sure, you can get ‘em in a steak or from a protein shake. But special aminos can actually trigger the anabolic drive—what every lifter dreams about. To achieve this, a supplement needs to meet three conditions... First, you gotta start with the right individual aminos—you specifically want the “essential amino acids”, or EAAs. Second, you need ‘em in a fast-acting, isolated or “uncoupled” form. Third, you need the correct ratios of each essential amino acid to the other. Animal Nitro delivers on all three. After all, Animal Nitro’s formula was modeled on actual Human Muscle Protein itself. Animal Nitro is not a general amino supplement, it’s the specialist’s amino acid product.

## **Animal Omega. The Essential EFA Stack.**

Yeah, bodybuilders have shunned fat. For good reasons too. Truth is, there is a class of fats that are not only important, but absolutely “essential”. Without these critical fats, you wouldn’t make any gains, let alone survive. Animal Omega takes these special fats and custom-tailors them specifically for the hard working lifter. Whether you’re adding mass or trimming bodyfat, Animal Omega can help. Animal Omega. It’s the last and final word when it comes to EFA supplementation.

## **Animal Cuts. The Complete Cutting Stack.**

Cardio sucks. There’s no beauty or grace in it. You’re not moving huge weight. It’s just painful and exhausting. You do it cuz it’s a necessary evil. Whether you’re preparing for a show or just trying to get in top condition, you need the raw power of Animal Cuts. Unlike other “thermogenic” or “fat burning” supplements, Animal Cuts is two products in one. It’s a potent thermogenic and an effective diuretic. Why the diuretic? Cuz even if you got minimal bodyfat, the water under your skin can make you look like a marshmallow. For a shredded, razor sharp look, you want to shed bodyfat and subcutaneous water. Now you can with Animal Cuts.

## **Animal M-Stak. The Non-Hormonal Anabolic Stack.**

The all-new Animal M-Stak... The perfect “hardgainer’s” pack... The “plateau buster” in a can. Whatever you want to call it, the completely overhauled Animal M-Stak flat out works... Even better, thanks to its improved “nutrient-partitioning” effects and its enhanced ability to promote anabolism via protein synthesis and nitrogen retention while reducing catabolism. Containing no steroidal hormones, it may be suitable for drug-tested athletes. With added features, including an even more powerful, Natural Flavone/Sterone Complex—which act as nutrient-partitioning agents shuttling needed calories specifically into lean mass instead of toward body fat deposition. M-Stak is also stacked with a new, potent Anti-Catabolic Amino Complex. These specialized aminos stimulate protein synthesis through non-hormonal signal transduction by manipulating muscle growth regulators. Next up, M-Stak’s Anabolic Adaptogens reduce cortisol and other muscle-wasting catabolic agents, ensuring the anabolic status of your internal environment. Animal M-Stak also contains cutting-edge insulin potentiators ensuring the effective and efficient utilization of ultra anabolic insulin. As you can see, it’s more than just a “hardgainer’s” supplement. Further, M-Stak contains a potent energy blend designed to propel you through your most intense gym sessions. Finally, the M-Stak formula is tied together by the M-Factor absorption complex, intended to ensure maximum absorption and efficacy. If you feel your training has been missing something, you’re right. Animal M-Stak is here, turning hardgainers into hard gainers.

## **Animal Stak. The Complete Anabolic Hormone Stack.**

Animal Stak is a comprehensive, natural hormone-boosting supplement, delivered in individual “packs”. Each pack contains effective doses of patented and proven ingredients designed to help you naturally enhance your own body’s ability to produce anabolic hormones such as growth hormone (GH) and testosterone. Animal Stak also includes DHT blockers and aromatase inhibitors to help your body prevent the conversion of testosterone to either estrogen or DHT. Finally, you’ll find select vasodilators to help enhance systemic circulation and deliver these ingredients where your body needs them most.

## **Animal Test. The Hypertrophic Test Stack.**

Gear up... Every training session, every meal, is another test to pass. Your approach is dead serious. Nothing is left to chance. You know the importance of testosterone. More test = more size & strength. It is that simple. That is why you gear up with Animal Test. Animal Test keeps it simple, breaking down the muscle-building process to its bare essence & “amplifying” the anabolic response. Animal Test is legal hypertrophic, pro-testosterone supplementation at its best. Animal Test helps enhance both testosterone output and utilization. Animal Test cuts to the core of the muscle-building process, modifying and enhancing the anabolic response. In other words, Test is money in the bank.

## **Animal PM. The Nighttime Anabolic Recovery Stack.**

Rest and recovery. This is a top priority for the hardest trainers out there. The hardcore set know that sleep time equals growth time. It was with this in mind that the fellas at Animal formulated the most complete nighttime recovery supplement available—Animal PM. A single pack of PM combines powerful GH boosters, immune support and recovery agents, anabolic aminos and a potent blend of sleep and relaxation enhancers—all designed to promote deep and restful sleep and hastened recuperation, accelerating the growth process. Sleep well and know you’ll grow with Animal PM.

## **Animal Rage. The Ultimate Energy & Performance Stack.**

A shot of adrenaline, a surge of raw power, a current of electricity running from head to toe. Animal Rage allows you to stalk the weights, to dominate the gym, to make the competition run and hide. Taken just before you wreak havoc in the weight room, Animal Rage is more than a mere preworkout supplement, it is a bodybuilder’s secret weapon, an ergogenic wrecking ball ready to be swung. You are predator, the iron your prey—make it fear your power, let it bear witness to the strength of Animal Rage.

## Animal Pak

	Amount Per 2 Packs	%DV
Calories	40	
Total Carbohydrates	4g	<2%*
Dietary Fiber	2g	8%*
Protein	6g	12%*
Vitamin A (as carotenoids [ $\beta$ -carotene, $\alpha$ -carotene], acetate)	9900IU	198%
Vitamin C (as ascorbic acid, ascorbyl palmitate)	1g	1667%
Vitamin D (as cholecalciferol)	680IU	170%
Vitamin E (as d- $\alpha$ , d- $\beta$ , d- $\gamma$ , d- $\Delta$ tocopherols & tocotrienols)	300IU	1000%
Thiamin (as mononitrate)	76mg	5067%
Riboflavin	76mg	4471%
Niacin (as niacinamide)	82mg	410%
Vitamin B6 (as pyridoxine AKG, pyridoxine HCl)	180mg	9000%
Folic Acid	400mcg	100%
Vitamin B12 (methylcobalamin, cyanocobalamin)	11mcg	185%
Biotin	300mcg	100%
Pantothenic Acid	76mg	760%
Calcium	2g	200%
Phosphorus	1330mg	133%
Iodine (from kelp)	150mcg	100%
Magnesium (as oxide)	400mg	100%
Zinc (as oxide)	30mg	200%
Selenium (as sodium selenite)	50mcg	71%
Copper (as sulfate)	600mcg	30%
Manganese (as sulfate)	5mg	250%
Chromium (as chloride)	60mcg	50%
Potassium (as sulfate)	200mg	6%

## Amino Acid Complex

Alanine	339mg	**
Arginine	1326mg	**
Aspartic Acid	503mg	**
Cystine	104mg	**
Glutamic Acid	752mg	**
Glutamine	123mg	**
Glycine	287mg	**
Histidine	93mg	**
Isoleucine (BCAA/EAA)	282mg	**
Leucine (BCAA/EAA)	514mg	**
Lysine (EAA)	417mg	**
Methionine (EAA)	157mg	**
Phenylalanine (EAA)	232mg	**
Proline	143mg	**
Serine	285mg	**
Threonine (EAA)	266mg	**
Tryptophan (EAA)	84mg	**
Tyrosine	192mg	**
Valine (BCAA/EAA)	314mg	**

## Performance Complex

Uni-Liver™	4080mg	**
Carnitine	25mg	**
Choline	250mg	**
Eleuthero (root)	1750mg	**
Hawthorne (berry)	250mg	**
Inositol	125mg	**
Milk Thistle (seed)	500mg	**
Oriental Ginseng (root)	250mg	**
Para-Aminobenzoic Acid	400mg	**
Pyridoxine $\alpha$ -Ketoglutarate	200mg	**

## Antioxidant Complex

Alpha Lipoic Acid (ALA)	100mg	**
Citrus Bioflavonoids (peel)	1000mg	**
Coenzyme Q10 (CoQ10)	5mg	**
Grapeseed Extract	50mg	**
Lutein	1mg	**
Lycopene	1mg	**
Pine Bark Extract	200mg	**

## Digestive Enzyme Complex

Bromelain	100mg	**
Inulin	250mg	**
Lipase	10mg	**
Pancreatin	700mg	**
Papain	64mg	**
VegPeptase 2000™	64mg	**

Other Ingredients: Dicalcium phosphate, whey protein concentrate (milk), glucose polymers, microcrystalline cellulose, arginine  $\alpha$ -ketoglutarate, desiccated Argentine liver (bovine), stearic acid, magnesium stearate, choline bitartrate, calcium carbonate, silicon dioxide, d-calcium pantothenate, lecithin (soy), carnitine fumarate, calcium citrate, alfalfa, rose hips, rice bran, parsley, burdock, pharmaceutical glaze. Made in a GMP facility that uses milk, soy, egg, peanuts.

## Animal Cuts

	Amount Per Pack	%DV
<b>Thermogenic Complex</b>	750mg	
Caffeine Anhydrous*, Kola Nut*, Guarana (seed)*, Yerba Mate (leaf)*, Raspberry Ketones*, Coleus Forskohlii (root)*, Evodiamine*		
<b>Metabolic Complex</b>	750mg	
Green Tea Extract (polyphenols/EGCG)*, Oolong Tea Extract (polyphenols)*, Black Tea Extract (polyphenols)*, Coffee Bean Extract (polyphenols)*, White Tea Extract (polyphenols)*		
<b>Thyroid Complex</b>	350mg	
L-Tyrosine*, Olive Leaf Extract (15% oleuropein)*, Salvia Officinalis (leaf)*		
<b>Diuretic Complex</b>	800mg	
Dandelion Root (taraxol, taraxerol)*, Uva Ursi Leaf (arbutin, methyl-arbutin)*, Hydrangea Root*, Buchu Leaf*, Juniper Berry Fruit*, Celery Seed*		
<b>Nootropic Complex</b>	500mg	
DMAE (dimethylaminoethanol)*, Bacopa Monniera (bacopasides A & B) (leaf)*, $\beta$ -Phenylethylamine		

( $\beta$ -PEA)*, Xanthinol Nicotinate*, Huperzine A*	300mg
<b>Cortisol Inhibiting Complex</b>	300mg
Ashwagandha Extract (withanolides)*, Rhodiola Rosea (rosavins) (root)*, SerinAid®*, Magnolia Bark Extract*	
<b>CCK Inhibiting Complex</b>	300mg
Cha-de-bugre (aerial parts)*, Apple Pectin (fruit)*, Jojoba Seed Extract (simmondsin)*	
<b>Bioavailability Complex</b>	500mg
Ginger Root (gingerols, shogaols)*, Cayenne (fruit)*, Grapefruit (6,7-Dihydroxybergamottin) (seed)*, Quercetin*, Naringin (citrus)*, Bioperine® (fruit)*	

Other Ingredients: Gelatin, dicalcium phosphate, microcrystalline cellulose, magnesium stearate, stearic acid, titanium dioxide, FD&C blue #1, FD&C red #40, FD&C yellow #6, FD&C red #3, FD&C yellow #5. Made in a GMP facility that uses milk, soy, egg, peanuts.

## Animal Omega

	Amount Per Pack	%DV
Calories	60	
Calories From Fat	60	
Total Fat	7g	11%*
Saturated Fat	1g	5%*
Polyunsaturated Fat	2.75g	**
Cholesterol	5mg	2%*
Vitamin A (as retinyl palmitate)	2664IU	53%
Vitamin D (as cholecalciferol)	200IU	50%
Vitamin E (as d-alpha tocopherol)	10IU	33%

## Omega 3 Fatty Acid (n-3 FA) Complex

Flaxseed Oil	**
Salmon Oil	**
Cod Liver Oil	**
Herring Oil	**
Anchovy Oil	**
Mackerel Oil	**
Sardine Oil	**

## Omega 6 Fatty Acid (n-6 FA) Complex

Borage Oil	**
Safflower Oil	**
Evening Primrose Oil	**
Sesamin	**

## Omega Absorption Complex

Lecithin (soy)	**
L-Carnitine	**
Lipase Enzyme	**

Other Ingredients: Gelatin, glycerin, purified water, maltodextrin, dicalcium phosphate, L-carnitine fumarate, silicon dioxide, magnesium stearate, chlorophyll, titanium dioxide, caramel color. This product contains fish. Made in a GMP facility that uses milk, soy, egg, peanuts.

## Animal Flex

	Amount Per Pack	%DV
Calories	9	
Calories From Fat	9	
Total Fat	1g	<2%*
Vitamin C (as ascorbic acid)	100mg	167%
Vitamin E (as d-alpha tocopherol)	100IU	333%
Zinc (as zinc oxide)	15mg	100%
Selenium (as sodium selenite)	70mcg	100%
Manganese (as manganese sulfate)	1mg	50%

<b>Joint Construction Complex</b>	3000mg	
Glucosamine (as HCl, sulfate 2KCl)		**
Methylsulfonylmethane (MSM)		**
Chondroitin Sulfate A (CSA)		**
Chondroitin Sulfate C (CSC)		**
<b>Joint Lubrication Complex</b>	1000mg	
Flaxseed Oil (50% alpha linolenic acid)		**
Cetyl Myristoleate Proprietary Blend (cetyl myristoleate**, cetyl myristate**, cetyl palmitate**, cetyl laurate**, cetyl palmitoleate**, cetyl oleate**)		**
Hyaluronic Acid		**
<b>Joint Support Complex</b>	1000mg	
Ginger Root (gingerols, shogaols)		**
Turmeric Root (curcumin)		**
Boswellia (resin) (boswellic acid)		**
Quercetin		**
Bromelain		**

Other Ingredients: Dicalcium phosphate, maltodextrin, gelatin, stearic acid, magnesium stearate, purified water, microcrystalline cellulose, glycerine, silicon dioxide, caramel coloring, pharmaceutical glaze. Contains shellfish (crab/shrimp shell). Made in a GMP facility that uses milk, soy, egg, peanuts.

Cetyl Myristoleate is patented by EHP Products (U.S. Patent #5,569,676).

## Animal M-Stak

	Amount Per Pack	%DV
<b>Natural Flavone/Sterone Complex</b>	750mg	
β-Ecdysterone (whole plant)		*
5-Methyl-7-Methoxyisoflavone		*
Ajuga Turkestanica Extract (turkesterone)		*
β-Sitosterol		*
<b>Anti-Catabolic Amino Complex</b>	3000mg	
L-Leucine		*
L-Isoleucine		*
L-Valine		*
L-Taurine		*
Acetyl-L-Carnitine (ALC)		*
Leucine Ethyl Ester HCl		*

<b>Anabolic Adaptogen Complex</b>	1000mg	
Muir Puama (bark)		*
Kudzu (isoflavones) (root)		*
Safed Musli (root)		*
Rhodiola Rosea (rosavins) (root)		*
<b>Insulin Potentiating Complex</b>	500mg	
Fenugreek (4-Hydroxyisoleucine) (seed)		*
Banaba Leaf Extract (corosolic acid)		*
Cinnulin PFT™		*
Na-R-Alpha Lipoic Acid (Na-R-ALA)		*
<b>M Factor Complex</b>	500mg	
Ginger Root (gingerols, shogaols)		*
Grapefruit (6,7-Dihydroxybergamottin) (seed)		*
Bioperine® (fruit)		*
<b>Energy Complex</b>	500mg	
Methylxanthine Complex (caffeine, theobromine, theophylline)		*
Evodiamine		*

Other Ingredients: Dicalcium phosphate, whey (milk), microcrystalline cellulose, Methylxanthine Complex (caffeine anhydrous, kola nut powder and guarana seed powder), gelatin, stearic acid, cyanotis vaga extract, magnesium stearate, soy (from beta sitosterol), magnesium silicate, titanium dioxide, FD&C Blue #1, Red #40, pharmaceutical glaze. Made in a GMP facility that uses milk, soy, egg, peanuts.

Bioperine® is Piper nigrum extract standardized for a minimum of 95% piperine alkaloids and is a registered trademark of the Sabinsa Corporation (U.S. Patents #5,536,506, #5,744,161, #5,972,382). CinnulinPFT™ is a registered trademark of Integrity Nutraceuticals International.

## Animal Nitro

	Amount Per 2 Packs	%DV
Vitamin B6 (pyridoxine HCl)	500mcg	25%
Niacin (as niacinamide)	10mg	50%

<b>Human Muscle Protein Complex™</b>	4995mg	
Leucine		*
Lysine		*
Arginine		*
Valine		*
Isoleucine		*
Histidine		*
Threonine		*
Methionine		*
Phenylalanine		*
<b>Pro BCAA Complex</b>		
Leucine	3500mg	*
Isoleucine	1690mg	*
Valine	1815mg	*

Other Ingredients: Gelatin, dicalcium phosphate, microcrystalline cellulose,

magnesium stearate, stearic acid, titanium dioxide, FD&C Red #40, FD&C Blue #1. Made in a GMP facility that uses milk, soy, egg, peanuts.

## Animal Pump

	Amount Per Pack	%DV
Vitamin C (as ascorbic acid)	60mg	100%
Selenium (as sodium selenate)	100mcg	143%

<b>Foundational Creatine Matrix</b>	3000mg	
Magnesium Creatine Chelate (MCC)		*
Tricreatine Matrix (TCM) (creatine gluconate, creatine orotate, creatine AKG)		*
Creatine Monohydrate		*
Creatine Ethyl Ester (CEE)		*
<b>NO Blast Complex</b>	2000mg	
Arginine Alpha-Ketoglutarate (Arginine-AKG)		*
Ornithine Alpha-Ketoglutarate (Ornithine-AKG)		*
Citrulline Malate		*
L-Carnosine		*
L-Norvaline		*
<b>Energy Rush Complex</b>	500mg	
Methylxanthine Complex (caffeine, theobromine, theophylline)		*
Evodiamine		*
Vinpocetine		*
<b>Antioxidant Complex</b>	700mg	
Grapeseed Extract (polyphenols)		*
N-Acetyl Cysteine (NAC)		*
Green Tea Extract (EGCG)		*
Na-R-Alpha Lipoic Acid (Na-R-ALA)		*
<b>Pump Transport Complex</b>	1000mg	
Taurine		*
Ginger Root (gingerols, shogaols)		*
Cinnulin PFT™		*
Fenugreek Extract (20% 4-Hydroxyisoleucine)		*
Bioperine® (piper nigrum extract standardized for a minimum of 95% piperine alkaloids)		*

Other Ingredients: Dicalcium phosphate, gelatin, Methylxanthine Complex (caffeine anhydrous, kola nut powder and guarana seed powder), microcrystalline cellulose, maltodextrin, stearic acid, magnesium stearate, cinnamon root extract, titanium dioxide, evodia root extract, fenugreek extract, vinca minor L. extract, FD&C yellow #5 & #6, FD&C red #40, FD&C blue #1, pharmaceutical glaze. Made in a GMP facility that uses milk, soy, egg, peanuts.

Creatine MagnaPower (Magnesium Creatine Chelate) is a registered trademark of Albion Laboratories, Inc., and is covered by U.S. Patent 6,114,379 and patents pending. Bioperine® is a registered trademark of the Sabinsa Corporation (U.S. Patents #5,536,506, #5,744,161, #5,972,382). Cinnulin PFT™ is a registered trademark of Integrity Nutraceuticals International. Antioxidant Complex includes ascorbic acid and sodium selenate in the 700 milligrams.

## Animal Stak

Vitamin C (as ascorbic acid)	100mg	166%
Vitamin B6 (as pyridoxine HCl)	10.5mg	525%
Magnesium (as oxide)	450mg	113%
Zinc (as oxide)	30mg	200%
Chromium (as picolinate and chloride)	100mcg	83%

### Natural Test Complex

Tribulus Extract Complex (standardized for protodioscin & steroidal saponins)	1000mg	*
Longjack Extract Complex	*	*
Avena Sativa Extract (standardized for avenacosides A & B)	*	*

### Growth Hormone Secretagogues

Mucuna Pruriens Extract (standardized for 15% L-dopa)	300mg	*
Alpha Glycerylphosphorylcholine	*	*

### Vasodilator Complex

Arginine Alpha-Ketoglutarate (AKG)	750mg	*
Arginine HCl	*	*

### Aromatase Inhibitors

Calcium D-Glucarate	200mg	*
Diindolylmethane (DIM)	*	*

### DHT Blockers

β-Sitosterol	475mg	*
Saw Palmetto Extract	*	*
Quercetin	*	*

### Cortisol Inhibitor Complex

Acetyl L-Carnitine	300mg	*
Phosphatidylserine	*	*

### Liver Detoxifiers

Milk Thistle Extract	250mg	*
Lysophosphatidylcholine	*	*

Other Ingredients: Whey (milk), dicalcium phosphate, gelatin (capsule), microcrystalline cellulose, stearic acid, magnesium stearate, silicon dioxide, lecithin (soy), titanium dioxide, FD&C Red #40, FD&C Blue #1, pharmaceutical glaze. Made in a GMP facility that uses milk, soy, egg, peanuts.

Longjack Extract Complex is a proprietary blend of Eurycoma Longifolia, including patented LJ100™ standardized for 28% bioactive glycopeptide compounds and 40% glycosaponins. Calcium D-Glucarate is protected under U.S. Patents #4845123, #5364644, #5561160.

## Animal Test

### Pro-Androgen Complex

	Amount Per Pack	%DV
Urtica Dioica (3,4-Divanillyl Tetrahydrofuran) (root)	2500mg	*
Cissus Quadrangularis (ketosterone) (root)	*	*
Polygonum Cuspidatum (trans-3,5,4'-trihydroxystilbene (trans resveratrol)) (root)	*	*
Agaricus Bisporus (polysaccharides) (white button mushroom)	*	*
3',5,7-Trihydroxy-4'-Methoxyflavone (hesperetin)	*	*
Yohimbe Bark Extract	*	*

### Hypertrophic Response Complex

Arachidonic Acid (40% in a proprietary fatty acid/oil blend)	1500mg	*
Grapefruit (6',7'-Dihydroxybergamottin) (seed)	*	*
Bioperine®	*	*

Other Ingredients: Gelatin, palmitic acid, steric acid, linoleic acid, g-linoleic acid, dihomog-linoleic acid, myristic acid, arachadic acid, behenic acid, lignoceric acid, glycerin, magnesium stearate, water, caramel color, carob, titanium dioxide, FD&C Red #40, FD&C Blue #1. Made in a GMP facility that uses milk, soy, egg, peanuts.

Arachidonic Acid is licensed under U.S. Patent #6,841,573. Bioperine® is Piper Nigrum extract standardized for a minimum of 95% piperine alkaloids and is a registered trademark of the Sabinsa Corporation (U.S. Patents #5,536,506, #5,744,161, #5,972,382

## Animal PM

	Amount Per Pack	%DV
Vitamin B6 (as pyridoxine HCl)	10.5mg	525%
Magnesium (as oxide)	450mg	113%
Zinc (as oxide)	30mg	200%

### GH Boosting Complex

Gamma-Aminobutyric Acid (GABA)	3000mg	*
Arginine Alpha-Ketoglutarate (AKG)	*	*
Ornithine HCl	*	*
L-Tryptophan	*	*
Alpha Glycerylphosphorylcholine (GPC)	*	*

### Immune & Recovery Complex

Animal Nitro™ EAA Blend (Leucine, Valine, Isoleucine, Lysine, Arginine, Histidine, Threonine, Methionine, Phenylalanine)	2500mg	*
L-Glutamine	*	*
Immunolin®	*	*
Humanofort™	*	*

### Sleep & Relaxation Complex

Valerian Root Powder	1250mg	*
Chamomile Root Powder	*	*
Mucuna Pruriens (seed) (standardized for 15% L-dopa)	*	*
Hops (strobile) (Humulus Lupulus)	*	*
L-Theanine	*	*

Other Ingredients: Dicalcium phosphate, maltodextrin, microcrystalline cellulose, gelatin, stearic acid, silicon dioxide, magnesium stearate, titanium dioxide, FD&C blue #1, lecithin (soy), FD&C red #3, egg, pharmaceutical glaze. Made in a GMP facility that uses milk, soy, egg, peanuts.

Humanofort™ is a proprietary embryonic peptide matrix yielding naturally occurring IGF-1, IGF-2, FGF (Fibroblast Growth Factors), NGF (Nerve Growth Factors), EGF (Epidermal Growth Factors), CTGF (Connective Tissue Growth Factor). Immunolin® is a specialized immunoglobulin concentrate from bovine serum providing IgG1, IgG2, IgM and IgA factors.

## Animal Rage Packs

	Amount Per Pack	%DV
Niacin	30mg	150%
Vitamin B12 (as methylcobalamin)	1000mcg	16667%
Calcium (as chelate)	50mg	5%
Magnesium (as chelate)	25mg	6%
Chloride (as sodium chloride)	75mg	2%
Sodium (as sodium chloride)	50mg	2%*
Potassium (as chelate)	25mg	1%

### Animal Rage Proprietary Formula Endurance & Performance Complex

Beta Alanine	5275mg	**
Citrulline Malate	**	**
L-Taurine	**	**
Glucuronolactone	**	**

### Focus & Intensity Complex

L-Tyrosine	**	**
Choline Bitartrate	**	**
N-Acetyl Tyrosine	**	**
b-Phenylethylamine	**	**

### Sustained Energy Complex

Rhodiola Rosea Extract	**	**
Schizandra Berry	**	**
Cordyceps Sinensis (whole plant)	**	**
Panax Ginseng (root)	**	**

### Quick Energy Complex

Caffeine Anhydrous	**	**
Coffee Bean Extract (polyphenols)	**	**
Green Tea Extract (polyphenols/EGCG)	**	**
Evodiamine	**	**
Vinpocetine	**	**

Other Ingredients: Gelatin, magnesium stearate, dicalcium phosphate, titanium dioxide, FD&C red #40, FD&C blue #1. Made in a GMP facility that uses milk, soy, egg, peanuts.

## Animal Rage Powder

(see above)

Other Ingredients: Natural & artificial flavors, citric acid, acesulfame potassium, sucralose, FD&C yellow #5, FD&C yellow #6. Made in a GMP facility that uses milk, soy, egg, peanuts.

# CONTACT

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### Additional Information

For more information about Animal products or anything else related to Animalpak.com, be sure to give us a holler. You can get in touch with us below:

web: [www.animalpak.com](http://www.animalpak.com) | forum: [forum.animalpak.com](http://forum.animalpak.com) | email: [info@animalpak.com](mailto:info@animalpak.com) | phone: 800.872.0101

14 HRT PRIMER CONTACT



