

## Supplements

The Fitness Factory now offers protein, glutamine, and creatine. Our prices are comparable with other vitamin and supplement stores and we are able to get other supplements upon request.

We also carry Muscle Milk, Extreme RTD, Fast Twitch, Speed Stack, Mass Recovery, No-xplode, and a variety of protein and meal replacement bars such as steel bars, muscle milk bars, and detour bars.

If you are interested in taking supplements, please feel free to ask one of our certified trainers what may be the best products for you.

For our athletes and those that need recovery from their workouts: 8-Ball Nutrition Meal Replacement Drinks! Very cost effective and great tasting!! Egg Whites Pasturized liquid egg whites can be drank in anything! Flavorless and odorless, just 8 ounces (1 cup) packs 26 grams of protein and only 120 calories. Zero fat and cholesterol and 2 grams of carbohydrates. Most efficient protein on the planet! Learn more at <http://eggwhitesint.com/>

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CLICK CLICK It's an espresso drink with 15 grams of protein in each serving. Fitness Factory sells it for \$25 a tub and it comes in Mocha, Caramel, and Vanilla. It contains real coffee, is gluten-free, mixes nicely, and is good hot or cold.

CLICK, loaded with protein, energy, and nutrition is a healthier way to stay energized and get the nutrition your body needs to achieve better results in weight loss and exercise. <http://drinkclick.com/>

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