



Superfood Daily

PRODUCT DESCRIPTION

Top Trainer® Superfood Daily™ is a nutrient dense blend packed with essential fruits and vegetables.†

- 60 Servings
- 2 Month Supply
- Veggie Capsules
- 11 Super Fruits
- 9 Super Vegetables

**Non GMO, Vegan,
Soy, Dairy, Gluten Free!**



KEY INGREDIENTS

• Super Fruit Blend

- Acai Berry 4:1
- Ashwaganda
- Blueberry
- Goji Berry
- Lemon Bioflavanoid
- Papaya Fruit Extract 4:1
- Pomegranate
- Cranberry Extract
- Maqui Berry
- Mangosteen
- Bilberry Extract

• Super Vegetable Blend

- Olive Leaf Extract
- Wheat Grass
- Broccoli Powder
- Chlorella
- Wild Yam Root
- Alfalfa
- Cape Aloe
- Spirulina
- Ginger Root



Multi-Plus

PRODUCT DESCRIPTION

Multi Plus is quite simply the best single multivitamin you'll find on the market. Our quick-dissolving capsule provides premium absorption of nutrients into your body to support immune system, energy, stress reduction and gut health. This unique formula for Men and Women includes both prebiotics and probiotics.



KEY INGREDIENTS

Multi-Plus is a complete matrix of vitamins, minerals, prebiotics and probiotics.

1 Billion CFU

Probiotics contain live microorganisms intended to maintain or improve the "good" bacteria (normal microflora) in the body.

Prebiotics act as food for human microflora. Prebiotics are used with the intention of improving the balance of these microorganisms.



Joint 360

PRODUCT DESCRIPTION

Don't let sore joints keep you from enjoying the activities you love. Stay active, stay healthy with Joints 360™.†

30 Servings
1 Month Supply
Veggie Capsules
Stimulant Free

Gluten, Dairy, Soy Free!



PRODUCT COMPARISON

	TopTrainer Joints 360	GNC TriFlex
Key Ingredients	Glucosamine, MSM, Cetyl Myristoleate, Boswellia, Chondroitin Sulfate, Serrata, Born, Piperine, Vitamin/Mineral Joint Support Complex	Glucosamine, Chondroitin Sulfate, MSM

Key Advantages Complete Joint Support Product

KEY INGREDIENTS

- **Glucosamine** is a cartilage building block. It is one of the most studied and well-known joint health ingredients. It's a constituent of glycosaminoglycans, which are found in cartilage and synovial fluid (the yolkylike fluid that reduces friction between joint cartilage).
- **Chondroitin** sulfate is a structural component of cartilage that helps it resist compression during weight-bearing movement. It enhances the shock-absorbing properties of collagen and block enzymes that break down cartilage. Will help reduce pain and inflammation, improve joint function and slows progression of osteoarthritis.
- **Cetyl Myristoleate** has the ability to reduce the incidence of arthritis, and improve function and mobility in those who suffer from arthritis. It is a fatty acid reported to function in four different ways: as a facilitator in building cartilage, as an immune system modulator, as a joint lubricant, and as an anti-inflammatory agent.
- **MSM** is a source of sulfur and a building block of connective tissue. Methylsulfonylmethane (MSM) is made up of about 34% sulfur, the fourth most abundant mineral in the body. It supports multiple structures including the connective tissue of joints and skin, and proteins found in hair, nails and tendons. It's also used in healing and repair processes.
- **Manganese**, along with supplements containing glucosamine hydrochloride or chondroitin sulfate, makes it a recommended natural treatment for arthritis. It can help reduce inflammation in the joints and tissue, allowing arthritis sufferers to feel more comfortable and do more normal activities.
- **Copper** helps form collagen, a key part of bones and connective tissue.
- **Zinc** Cholesterol in the blood has a tendency to rise if there is a deficiency of zinc in the body. Painful hip and knee joints have been linked to zinc deficiency, this is because the bones contain a large amount of zinc and any deficiency will cause them to become thicker and shorter causing pain and other symptoms.
- **Boswellia Serrata Extract**, an ancient herb better known as frankincense. It is a major Anti-Inflammatory ingredient.
- **Vitamin C** protects your joints from oxidative damage and supports collagen production.



Reset

PRODUCT DESCRIPTION

Top Trainer® Reset™ is a full body detox supplement intended to flush harmful toxins from your system.‡

Servings: 14
7 Day Cleanse
5 Cleansing Formulas in 1
64oz Water daily

Non GMO, Gluten, Dairy, Soy Free!



KEY INGREDIENTS

• Colon Support

Cascara Sagrada Bark, Marshmallow Root Extract, Senna Leaf Extract, Slippery Elm Bark, Psyllium Husk, Oat Bran, Prune Powder

• Liver Support

Milk Thistle Extract, Glucomannan, Yarrow Flower, Alpha-Lipoic Acid, N-Acetyl L Cystein

• Kidney Support

Dandelion Root, Uva Ursi, Artichoke Extract

• Antioxidant Blend

Garlic Powder, Oregano, Blueberry Fiber

• Adrenal Restore

Ginseng Root, Licorice Root, Rhodiola Rosea



Plant Protein Plus

PRODUCT DESCRIPTION

Nourish your body with Top Trainer® Plant Protein Plus™, packed with a complete balance of micronutrients from whole foods and multi-source vegan protein..‡

21 Servings
20g Protein
0g Sugar
102 Calories

Vegan, Soy, Dairy Free!



KEY INGREDIENTS

- **Multi-Source Plant-Based Protein** Pea, Hemp, Brown Rice Protein. Complete Amino Acid Profile.
- **Certified Organic Grass Blend** Organic Alfalfa, Barley Grass, Oat Grass, Wheat Grass, Broccoli, Spirulina.
Servings of Greens to help alkalize your body.
- **Digestive Enzymes** You need digestive enzymes, a lot of them to help break down your food into usable nutrients.
Lipase: Key Enzyme for digesting fats
Protease: Key Enzyme for digesting protein
Amylase: Key Enzyme for Digesting Carbohydrates
Bromelain: Key Enzyme for reducing inflammation

PRODUCT COMPARISON

	TopTrainer Plant Protein Plus	Vega Protein & Greens
Protein	20g	20g
Calories	120	102
Ingredients	Organic Alfalfa, Spirulina Barley Grass, Wheat Grass Oat Grass, Broccoli	Alfalfa, Spinach Broccoli, Kale
Servings	21	19
Other	Digestive Enzyme Blend (Absorption)	None

Key Advantages

More Greens, lower calories & digestive enzyme blend to help absorb protein/greens.

Available in 2 amazing flavors

CHOCOLATE

VANILLA