

A woman with blonde hair in a ponytail, wearing a black sports bra and purple patterned leggings, is stretching her arms behind her head. She is standing in a field of tall grass with a sunset or sunrise in the background, creating a warm, golden glow.

肌适健

MW MUSCLE + WELLNESS

NUTRITION ACCOMPLISHED

MUSCLE WORKS HAS CHANGED IT'S NAME TO MUSCLE WELLNESS

We have decided to keep in line with trends and cement ourselves as an alternate “Healthier ” or a more “Wellness Focused “ choice than regular supplements on the market , whilst still keeping the look of our hardcore products.

The name Muscle Wellness can be used across a broader spectrum of products without causing brand confusion, as we have kept the MW logo.

With the growth in the Superfoods and Vegan and other wellness products we have seen this as a great opportunity to successfully position ourselves in a slightly more niche market that has yet to be owned.

New style products like our Fit and Firm Frappe and Beauty Lean will appeal to the general public and make a statement.
Muscle Wellness is here to enhance your supplementation experience, help you achieve your goals and compliment your lifestyle

We have taken a look at sports nutrition from a different angle and believe that sports supplements should be healthier and have more of a holistic function and so have come up with the concept of Muscle Wellness.

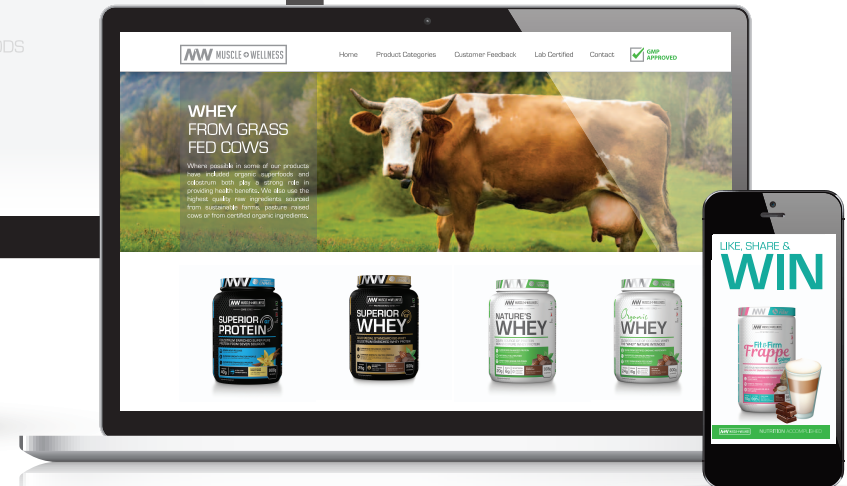
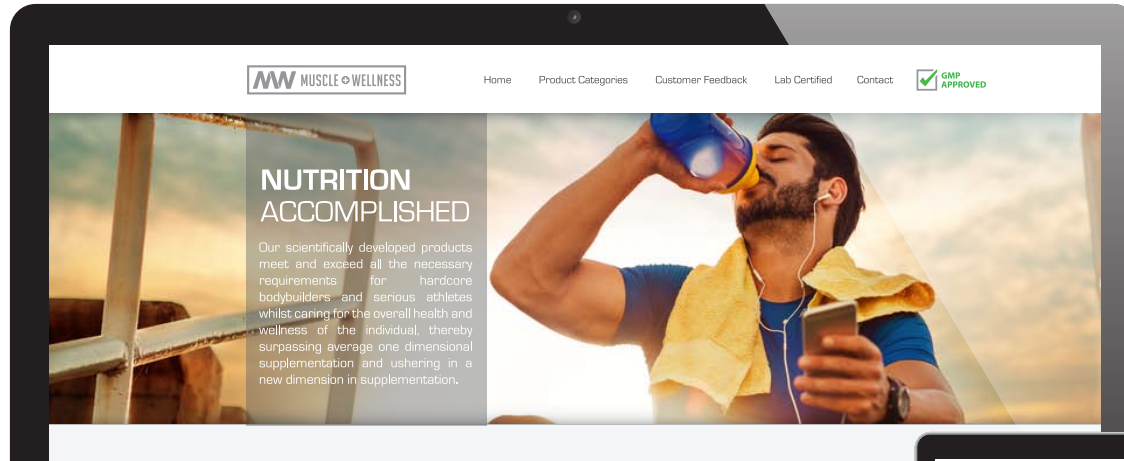
Our scientifically developed products meet and exceed all the necessary requirements for hardcore bodybuilders and serious athletes whilst caring for the overall health and wellness of the individual, thereby surpassing average one dimensional supplementation and ushering in a new dimension in supplementation.

Where possible in some of our products have included organic superfoods and colostrum both play a strong role in providing health benefits.
We also use the highest quality raw ingredients sourced from sustainable farms, pasture raised cows or from certified organic ingredients.

Near future products will include amongst others :

High Protein Muffin Mix
High Protein Peanut Butter
Fat Burning Flavour drops
Low Carb Syrups
Low Carb Gluten Free Noodles

NUTRITION ACCOMPLISHED



PRODUCT PACKAGING AND FLAVOURING

We have boosted our shelf presence by redesigning our range with Shrink Sleeves in HD colour to ensure that we gain the most traction from our shelf space. Please see attached renders.

We have also redeveloped our flavouring in order to provide a better flavour profile throughout our range making the supplements a lot more “interesting” to the long time supplement user.



MANUFACTURING AND QUALITY

Muscle Wellness is moving its facility to a MCC approved pharmaceutical production center called NutraPharm situated on the KZN north coast , which is GMP compliant . This will ensure that we keep up to date with any current legislation and ensure that our product quality is maintained at all times.





— CORE SERIES —

NUTRITION ACCOMPLISHED



SUPERIOR PROTEIN GF

COLostrum ENRICHED SUPER PURE PROTEINN FROM SEVEN SOURCES

- Seven Hour Release
- Superior Growth Factor Profile
- Superfood Enhances Protein

FLAVOUR & PACK SIZES

MADAGASCAN
VANILLA BEAN

908g
2Kg

BELGIUM
CHOCOLATE

908g
2Kg



4:1 BCAA + BEEF AMINOS + L- GLUTAMINE

ULTIMATE AMINO ACID RECOVERY FORMULA WITH BEEF & L-GLUTAMINE AMINO ACIDS

- 4:1 Branch Chain Amino Ratio
- Creates Positive Nitrogen Balance
- Super Peptide For Quicker Absorption

FLAVOUR & PACK SIZES

SUPER
BERRY

360g

GRAPE
BURST

360g



BEEF AMINOS + BCAA'S 4:1

ULTIMATE COMBINATION WITH BEEF AMINOS

- 4:1 Branch Chain Amino Ratio
- Creates Positive Nitrogen Balance
- Super Peptide For Quicker Absorption

FLAVOUR & PACK SIZES

CAPSULES

240 CAPS



— FIT & FIRM SERIES —

NUTRITION ACCOMPLISHED



LIPO SHRED XT

METABOLIC ENHANCER & WEIGHT LOSS AID

- Reduction In Body Mass
- Increased Alertness & Relief Of Fatigue

FLAVOUR & PACK SIZES

CAPSULES

90 CAPS



SUPERIOR CLA 1000

BODY TONING, SUPPORT & MUSCLE PRESERVATION EFFECT

- Weight Management
- Lean Body Mass
- Transforms Stored Fat Into Energy

FLAVOUR & PACK SIZES

CAPSULES

90 CAPS



GARCINIA CAMBOGIA

PURE GARCINIA CAMBOGIA

- High In Active Hydroxy Citric Acid & Garcinol

FLAVOUR & PACK SIZES

CAPSULES

90 CAPS



ENERGIZING AMINO SLIM

ALL DAY ENERGY, PRE AND POST WORKOUT

- Effective Dosage Of Energizing Amino Acids
- Perfect For Morning And Night Workouts

FLAVOUR & PACK SIZES

SUPER
BERRY

500g

GRAPE
BURST

500g



BEAUTY LEAN

DELICIOUS SNACK REPLACEMENT FRAPPE

- Diabetic Friendly Formula
- With Whey Protein For Toning Assistance
- Enjoy Chilled Or As A Hot Latte

FLAVOUR & PACK SIZES

MOCHA
JAVA

660g

WHITE HOT
CHOCOLATE

660g

DARK
CHOCOLATE

660g

SKINNY
CAPPUCCINO

660g



FIT & FIRM FRAPPE

CAFE STYLE HIGH PROTEIN DELICIOUS FRAPPE

- Diabetic Friendly Formula
- With Whey Protein For Toning Assistance
- Enjoy Chilled Or As A Hot Latte

FLAVOUR & PACK SIZES

MOCHA
JAVA

660g

WHITE HOT
CHOCOLATE

660g

DARK
CHOCOLATE

660g

SKINNY
CAPPUCCINO

660g



— WELLNESS SERIES —

NUTRITION ACCOMPLISHED



NATURE'S HEMP SEED PROTEIN

NATURE'S SUPERFOOD

- Superfood Enhanced Protein
- N Artificial Additives
- High In Protein, Fibre And Omega 3 Fatty Acids

FLAVOUR & PACK SIZES

UNFLAVOURED

500g

BELGIUM
CHOCOLATE

500g



SUPER VEGAN PROTEIN

HYPO-ALLERGENIC NATURAL PLANT BASED PROTEIN WITH SUPERFOODS

- Superfood Enhanced Protein
- 100% Vegan Protein Free From Animal By-products

FLAVOUR & PACK SIZES

UNFLAVOURED

900g
2Kg

BELGIUM
CHOCOLATE

900g
2Kg



ORGANIC WHEY

CLEAN SOURCE OF ORGANIC WHEY

- Made From Certified Organic Ingredients
- Superfood Enhanced Protein
- Whey From Grass Fed & Pasture Raised Cows

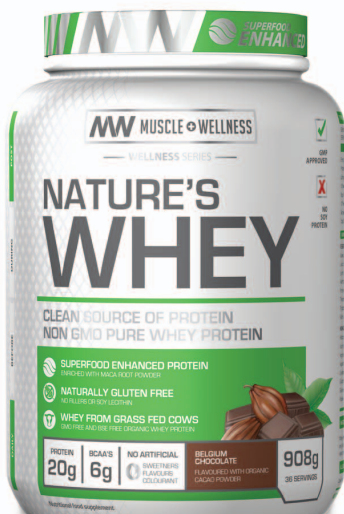
FLAVOUR & PACK SIZES

UNFLAVOURED

800g

BELGIUM
CHOCOLATE

800g



NATURE'S WHEY

CLEAN SOURCE OF PROTEIN

- Naturally gluten free
- Superfood Enhanced Protein
- Whey From Grass Fed & Pasture Raised Cows

FLAVOUR & PACK SIZES

UNFLAVOURED

908g
2Kg
3Kg

BELGIUM
CHOCOLATE

908g
2Kg
3Kg

Organic SUPER FOODS





— PROFESSIONAL SERIES —

NUTRITION ACCOMPLISHED



NIGHT GROWTH HYDRO-CASEIN GF

COLOSTRUM ENRICHED MICELLAR & HYDROLYSED CASEIN PROTEIN

- Superfood Enhanced
- Night Time 8hr Protein
- Superior Growth Factor Profile

FLAVOUR & PACK SIZES

COOKIES &
CREAM

1Kg

BELGIUM
CHOCOLATE

1Kg

A full-page background image of a muscular man with a beard and dark hair, wearing a black watch on his left wrist and black athletic pants with a red stripe. He is performing a pull-up on a blue metal bar in a park setting. The background shows a clear blue sky, green trees, and a brick building in the distance. A semi-transparent dark grey horizontal band is overlaid across the middle of the image, containing the text '— HARDCORE SERIES —' in white.

— HARDCORE SERIES —

NUTRITION ACCOMPLISHED



SUPERSTACKED WHEY HARDCORE GF

ALL IN ONE SUPER WHEY PROTEIN STACKED WITH GROWTH CATALYST

- Superstacked Enhanced
- Superfood Enhanced Protein
- Superior Growth Factor Profile

FLAVOUR & PACK SIZES

COOKIES &
CREAM

908g
2Kg

CHOCOLATE
BROWNIE

908g
2Kg



SUPERSTACKED ANABOLIC MASS

COMPLETE MUSCLE GAINER

- Superstacked Enhanced
- Animal Based Protein Source
- Super Carb Waxy Potato Starch

FLAVOUR & PACK SIZES

COOKIES &
CREAM

1Kg
4Kg

BELGIUM
CHOCOLATE

1Kg
4Kg



BEEF PROTEIN HYDROLYSATE

360% MORE CONCENTRATED THAN STEAK, ENHANCED WITH ADDED CREATINE HYDROLYSED BEEF PROTEIN PEPTIDES

- Derived From Real Beef Protein
- Hormone Lactose & Cholesterol Free
- Hydrolysed Peptides For Easy Absorption

FLAVOUR & PACK SIZES

WILD
BERRY

1Kg
2Kg

DOUBLE
CHOCOLATE

1Kg
2Kg



NITRO CHARGE

MOTOR NEURON PATHWAY & MUSCULAR PUMP AMPLIFIER

- Increased Strength & Fast Twitch Muscular Stimulation
- Improved Mind And Muscle Connection

FLAVOUR & PACK SIZES

SUPER
BERRY

150g

GRAPE
BURST

150g



SUPERSTACKED GLYCO GROW XT

ADVANCED INTRA & POST WORKOUT MUSCLE GROWTH STIMULATOR

- Longer Lasting Muscle Hardness
- Glycogen Replenishment
- No Propriety Blends

FLAVOUR & PACK SIZES

SUPER
BERRY

500g

GRAPE
BURST

500g



SUPER STACKED TESTO RX

MALE HORMONE CATALYST

- Pro-T Hormone Igniter
- Anti-cortisol And Estrogenic Blockers
- No Propriety Blends

FLAVOUR & PACK SIZES

CAPSULES

160 CAPS



SUPERSTACKED SHRED FX

PRE-WORKOUT ANABOLIC THERMOGENIC

- Dual Pump & Cut Action
- No Proprietary Blends

FLAVOUR & PACK SIZES

CAPSULES

160 CAPS



SUPER KRE-ALKALYN

pH CORRECT CREATINE

- No Loading Phase Required
- No Insulin Spiking Required

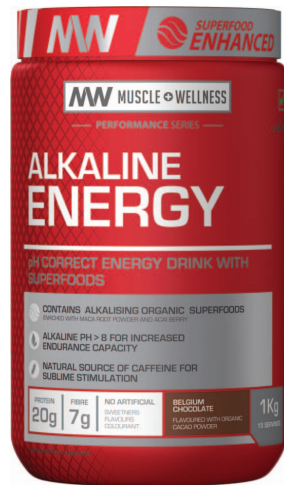
FLAVOUR & PACK SIZES

CAPSULES

160 CAPS

A close-up photograph of a person's legs and hands as they tie their shoelaces. The person is wearing a black athletic top and dark shorts. They are standing on a dark, textured, and slightly uneven surface, possibly a rock or a path. The background is a warm, golden sunset or sunrise, with the sun low on the horizon, creating a soft, hazy glow. The overall mood is one of preparation and readiness for a run or hike.

— PERFORMANCE SERIES —



ALKALINE ENERGY

PH CORRECT ENERGY DRINK WITH SUPERFOODS

- Natural Source Of Caffeine For Sublime Stimulation
- Alkaline pH > 8 For Increased Endurance Capacity
- Contains Alkalising Organic Superfoods

FLAVOUR & PACK SIZES

UNFLAVOURED

1Kg



ALKALINE RECOVER

PH CORRECT RECOVERY DRINK WITH SUPERFOODS

- Alkaline pH > 8 For Quicker Recovery Capacity
- High In Glutamine And Branch Chain Amino Acids
- With Maca And Colostrum For Super Quick Muscle Recovery

FLAVOUR & PACK SIZES

UNFLAVOURED

1Kg