

# BIOSTEEL

## HIGH PERFORMANCE SPORTS DRINK



**A GLUTEN-FREE, VEGAN AND DIABETIC FRIENDLY ELECTROLYTE REPLACEMENT DRINK DESIGNED TO BE CONSUMED BEFORE & DURING EXERCISE**



**A unique proprietary formula designed to:**

- Promote faster recovery between periods of intense exercise, providing faster recovery between shifts/plays/sets/workouts
- Reduce muscle damage and decrease muscle soreness after exercise
- Enhance energy while decreasing muscular and mental fatigue, without the use of harmful stimulants

BioSteel Sports® is the only choice for drug-free athletes looking for the highest quality nutritional supplements. Every batch is NSF Certified For Sport and is also independently screened by a WADA approved lab and is guaranteed to contain no traces of any banned substances. Alternative products consist of refined sugars, artificial colouring and flavours with small amounts of low-grade electrolytes and amino acids. BioSteel HPSD® contains only the highest quality amino acids and electrolytes in precise amounts and ratios supported by scientific research and testing.

With zero grams of sugar, BioSteel HPSD® has been used successfully by Type I and Type II diabetics to enhance mental energy and focus and delay muscular fatigue, without fluctuations in blood sugar. Originally formulated for the use of world class athletes, BioSteel HPSD® does not compromise on any ingredients or health benefits. It is simply the healthiest and safest product on the market allowing for optimal results relating to health and fitness.

#### INGREDIENTS: PER 1 SCOOP

##### PROPRIETARY BLEND

##### OF AMINO ACIDS 3841 mg:

L-Leucine, L-Isoleucine, Glycine, Taurine, L-Glutamine, L-Valine

##### ORGANIC MINERAL MATRIX 59 mg:

Calcium (from Lithothamnium Calcareum), Magnesium (Magnesium Citrate), Zinc (Zinc HVP Chelate)

##### VITAMIN B BLEND 1761 mcg:

Biotin, Choline Bitartrate, Cyanocobalamin, Folic Acid, Inositol, Niacin, Pantothenic Acid, Pyridoxine, Riboflavin, Thiamine

##### OTHER INGREDIENTS:

Citric Acid, Natural Mixed Berry Flavour, Red Beet Powder, Celtic Sea Salt®, Sodium Citrate, Potassium Citrate, Sucralose, Organic Stevia

#### HOW TO TAKE YOUR BIOSTEEL HPSD

Dilute one scoop per every 250 ml- 500 ml of water. You may alter your water levels in order to achieve your desired taste and consistency.

Begin consuming your BioSteel HPSD thirty minutes prior to your workout/game and continue to sip throughout the duration of your activity.

(Average serving size: 2 scoops)

#### NUTRITION FACTS: PER 1 SCOOP (6.25 g)

##### SCOOPS PER CONTAINER: APPROX. 60

CALORIES	6.25
TOTAL FAT	0 g
TOTAL CARBOHYDRATES*	1.5 g
SUGARS	0 g
SODIUM	78.5 mg
CALCIUM	12.6 mg
MAGNESIUM	5.4 mg
ZINC	162 mcg

Not a significant source of saturated fat, trans fat, cholesterol, or Vitamin A. \*Carbohydrates are a by-product of the natural flavouring system & organic mineral matrix.



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# BIOSTEEL NATURAL NUTRITION BAR



A GLUTEN-FREE, WHOLE FOOD SNACK BAR THAT CONSISTS OF CLEAN AND NATURAL INGREDIENTS SUCH AS WHEY PROTEIN, ORGANIC GREENS, AND WHOLE DRIED FRUIT.

## A healthy snack bar featuring:

- No artificial sweeteners, flavours, or colours
- 12 grams of high quality whey protein isolate
- Contains #DRINKTHEPINK powder
- High in fibre, high in antioxidants
- Low glycemic, sugar comes from fruit
- Gluten free, non GMO

BioSteel Sports® is the only choice for drug-free athletes looking for the highest quality nutritional supplements. Every batch is certified by Informed-Choice, Trusted by sport and is also independently screened by a WADA approved lab, guaranteed to contain no traces of any banned substances. Alternative products consist of refined sugars, artificial colouring and flavours with low quality ingredient sources.

This healthy, gluten-free bar contains real fruit, high quality whey protein, and #DrinkThePink powder. At BioSteel Sports® we pride ourselves on being the healthiest and safest nutritional products on the market. Our natural nutrition bar is a great tasting and simple whole food product that makes the perfect snack for anyone who appreciates healthy, clean nutrition.



### INGREDIENTS: PER 1 BAR (45 g)

Dates, Whey Protein Isolate (From Milk), Almonds, Raisins, Organic Apples, Cranberries (Cranberries, Cane Sugar, Sunflower Oil), Chia Seeds, Organic Beet Root Powder, BioSteel® Natural Sports Drink Powder, Organic Spinach Powder, Organic Broccoli Powder.

### HOW TO CONSUME YOUR NATURAL NUTRITION BAR

Consume as a healthy snack any time of the day. To keep fresh store in a cool, dry place.

### NUTRITION FACTS: PER 1 BAR (45 g)

Nutrition Facts	
Per 1 bar (45 g)	
Amount	%Daily Value
<b>Calories</b> 170	
<b>Fat</b> 5 g	<b>8 %</b>
Saturated 0.5 g	
+Trans 0 g	<b>3 %</b>
<b>Cholesterol</b> 0 mg	
<b>Sodium</b> 25 mg	<b>1 %</b>
<b>Carbohydrate</b> 22 g	<b>7 %</b>
Fibre 4 g	<b>16 %</b>
Sugars 16 g	
<b>Protein</b> 12 g	
Vitamin A	0 %
Vitamin C	0 %
Calcium	8 %
Iron	6 %

CONTAINS MILK AND ALMONDS. MAY CONTAIN FRUIT PIT AND NUT SHELL FRAGMENTS.



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## ADVANCED RECOVERY FORMULA



### A GLUTEN-FREE POST EXERCISE FORMULA DESIGNED TO ENHANCE AND IMPROVE RECOVERY AFTER A WORKOUT/COMPETITION



#### A high quality recovery formula designed to:

- Increase muscle protein synthesis and glycogen resynthesis for increased lean body mass, decreased body fat and improved performance
- Provide the ideal fuel for athletes immediately following a game/workout through the “Bio-Gen” and “Bio-Pro” glycogen and protein formulas
- Improve immune function and intestinal health while ensuring optimal digestion and protein utilization

BioSteel Sports® is the only choice for drug-free athletes looking for the highest quality nutritional supplements. The BioSteel ARF is guaranteed to contain no traces of any banned substances as every batch is independently screened by a WADA approved lab.

BioSteel ARF contains only the highest quality proteins and amino acids in precise amounts and ratios, supported by scientific research and testing.

The proprietary formulas in BioSteel ARF have been precisely engineered to provide the body with the nutrients it requires after demanding physical activity.

Originally formulated for the use of world class athletes BioSteel ARF does not compromise on any ingredients or health benefits. It is simply the healthiest and safest product of its kind on the market.

#### INGREDIENTS: PER 2 SCOOPS

##### “BIO-GEN” - BIOSTEEL PROPRIETARY GLYCOGEN RE-LOADING FORMULA 36 g:

Non-GMO Organic Brown Rice Syrup, Maltodextrin, Organic Cane Sugar, Organic Cinnamon Extract

##### “BIO-PRO” - BIOSTEEL PROPRIETARY PROTEIN MATRIX 25 g:

Whey Protein Isolate, Whey Protein Hydrolysate, Micellar Casein

##### RECOVERY COMPLEX 6.5 g:

L-Leucine, L-Glutamine, Phosphatidylserine, Trimethylglycine

##### “BIO-GEST” - BIOSTEEL PROPRIETARY DIGESTION AND ABSORPTION FORMULA 1.5 g:

Organic Ginger Extract, Full Spectrum Digestive Enzyme Blend

##### OTHER INGREDIENTS:

Celtic Sea Salt®, Xanthan Gum, Stevia Leaf Powder, Natural Vanilla or Chocolate Flavour

#### HOW TO TAKE YOUR BIOSTEEL ARF

Consume immediately after training/competition. Blend or shake vigorously with 250 ml- 1000ml of cold water or beverage of your choice. Vary the amount of liquid to achieve your own desired taste and consistency.

BODYWEIGHT	SCOOPS
UNDER 150lbs	1
150lbs-220lbs	2
OVER 220lbs	3

#### NUTRITION FACTS: PER 2 SCOOPS (72 g)

SCOOPS PER CONTAINER: APPROX. 32	
CALORIES	267
TOTAL FAT	2.5 g
SATURATED	1.5 g
TRANS	0
CHOLESTEROL	2 mg
PROTEIN	25 g
TOTAL CARBOHYDRATES	36 g
SUGARS	10 g
FIBRE	0 g
SODIUM	651 mg
POTASSIUM	116 mg
CALCIUM	189 mg
IRON	1 mg

Chocolate flavour nutrition facts



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## WHEY PROTEIN ISOLATE



**A GLUTEN-FREE PROTEIN CONTAINING THE HIGHEST QUALITY SOURCE OF WHEY PROTEIN ISOLATE ON THE MARKET**



### A superior protein isolate designed to:

- Increase muscle protein synthesis for enhanced lean body mass, decreased body fat and improved performance
- Improve immune function and intestinal health while ensuring optimal digestion and protein utilization
- Provide the highest quality and most bio-available protein in correct dosages to maximize performance

BioSteel Sports® is the only choice for drug-free athletes looking for the highest quality nutritional supplements. BioSteel WPI is guaranteed to contain no traces of any banned substances as every batch is independently screened by a WADA approved lab.

BioSteel WPI contains only the highest quality protein and amino acids in precise ratios supported by scientific research and testing.

With low levels of carbs and fat, and high levels of protein, BioSteel WPI is the perfect option for individuals who are following a reduced carbohydrate diet or reduced caloric diet.

Originally formulated for the use of world class athletes, BioSteel WPI does not compromise on any ingredients or health benefits. It is simply the healthiest and safest product of its kind on the market.

#### INGREDIENTS: PER 1 SCOOP

##### WHEY PROTEIN ISOLATE 23 g

##### RECOVERY FORMULA 5 g:

L- Leucine, L- Glutamine, Trimethylglycine, Phosphatidylserine

##### "BIO-GEST" - BIOSTEEL PROPRIETARY DIGESTION AND ABSORPTION FORMULA 1.25 g:

Organic Ginger Extract, Full Spectrum Digestive Enzyme Blend

##### AMINO ACIDS 27,832 mg:

L-Alanine, L-Arginine, L-Aspartic Acid, L-Cystine, L-Glutamine, L-Glycine, L-Histidine, L-Isoleucine, L-Leucine, L-Lycine, L-Methionine, L-Phenylalanine, L-Proline, L-Serine, L-Threonine, L-Tryptophan, L-Tyrosine, L-Valine

##### OTHER INGREDIENTS:

Stevia Leaf Powder, Xanthan gum, Natural Chocolate or Vanilla Flavour

#### HOW TO TAKE YOUR BIOSTEEL WPI

Mix 1-2 scoops with 250-750ml of cold water or beverage of your choice. Vary the amount of liquid to achieve your desired taste and consistency.

#### NUTRITION FACTS: PER 1 SCOOP (32 g)

##### SCOOPS PER CONTAINER: APPROX. 28

CALORIES	107
TOTAL FAT	1 g
SATURATED	0.2 g
TRANS	0 g
CHOLESTEROL	2 mg
PROTEIN	23 g
TOTAL CARBOHYDRATES	1 g
SUGARS	1 g
FIBRE	0 g
SODIUM	55 mg
POTASSIUM	129 mg
CALCIUM	128 mg
IRON	1 mg

Chocolate flavour nutrition facts



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# BIOSTEEL PLANT-BASED VEGAN PROTEIN



## A GLUTEN-FREE PLANT-BASED PROTEIN FORMULATED FOR VEGAN CONSUMERS WORLDWIDE



### The most effective proprietary blend of plant-based proteins and amino acids designed to:

- Increase muscle protein synthesis for enhanced lean body mass and decreased body fat
- Be easily digested and rapidly absorbed for decreased recovery time in between workouts
- Increase strength and exercise performance
- Provide the highest quality plant-based ingredients in the correct dosages to maximize performance

BioSteel Sports® is the only choice for drug-free athletes looking for the highest quality nutritional supplements. BioSteel Vegan Plant-Based Protein is guaranteed to contain no traces of any banned substances as every batch is independently screened as per WADA standards.

BioSteel Vegan Protein contains only the highest plant-based protein and amino acids in precise ratios supported by scientific research and testing. With low levels of fat and high levels of

protein, BioSteel Vegan Protein is the perfect option for individuals who need an alternative from animal-based protein sources.

Originally formulated for the use of world class athletes, BioSteel does not compromise on any ingredients or health benefits. It is simply the healthiest and safest product of its kind on the market.

#### INGREDIENTS: PER 1 SCOOP

##### PLANT-BASED VEGAN COMPLEX 26 g

Organic sprouted whole grain rice protein, Organic raw pea protein isolate, Organic raw hemp protein

##### AMINO ACIDS 27,342 mg:

L-Alanine, L-Arginine, L-Aspartic Acid, L-Cystine, L-Glutamine, L-Glycine, L-Histidine, L-Isoleucine, L-Leucine, L-Lycine, L-Methionine, L-Phenylalanine, L-Proline, L-Serine, L-Threonine, L-Tryptophan, L-Tyrosine, L-Valine

##### OTHER INGREDIENTS:

Celtic Sea Salt®, Xanthan gum, Stevia Leaf Powder

#### HOW TO TAKE YOUR BIOSTEEL VEGAN PROTEIN

Mix 1-2 scoops with 250-750 ml of cold water or beverage of your choice. Vary the amount of liquid to achieve your desired taste and consistency.

#### NUTRITION FACTS: PER 1 SCOOP (30 g)

##### SCOOPS PER CONTAINER: APPROX. 30

CALORIES	108
TOTAL FAT	1 g
SATURATED	0.3 g
TRANS	0 g
CHOLESTEROL	0 mg
PROTEIN	22 g
TOTAL CARBOHYDRATES	2 g
FIBRE	1 g
SODIUM	300 mg
POTASSIUM	67 mg
CALCIUM	68 mg
IRON	8mg

Natural flavour nutrition facts



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