

INNERMOST

Targeted nutrition
for body and mind



Fitness First

INNERMOST



Take your health and fitness to new levels with Innermost, Fitness First's trusted partner in nutrition supplement solutions. Try award-winning products for a balanced lifestyle that targets your health, fitness and wellbeing with supplement products developed and manufactured in the UK.

FUTURE OF NUTRITION

- Leverage the power of superfoods and research-backed ingredients to find that extra edge in your transformation.
- Manufactured in the UK in a synergistic blend of functional ingredients, nootropics and adaptogens formulated to help you think, feel and perform your best.
- Get results from award-winning, ground-breaking nutrition supplements created by a team of clinical nutritionists.
- Developed with real people and real goals in mind, free of GMO, soy and gluten, low in sugar and containing mostly vegan ingredients.

Headquartered in London with an international team, Innermost have been awarded:

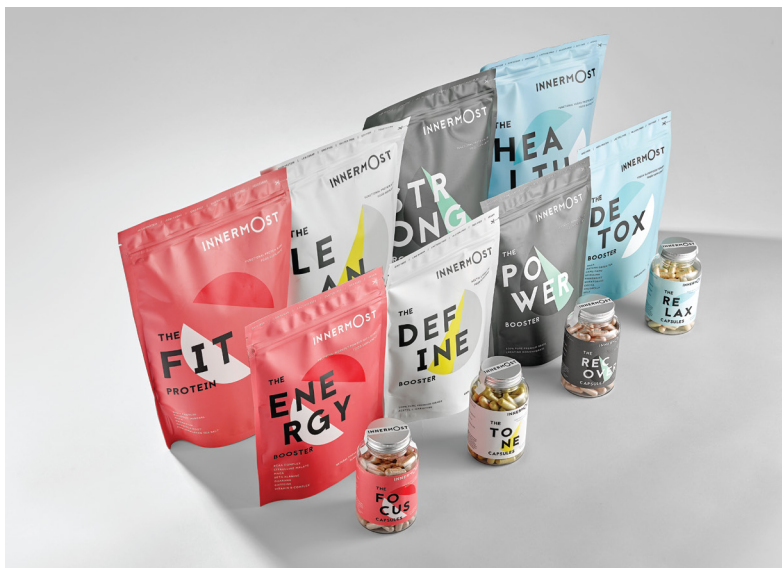


Men's Health (UK) Annual Nutrition Awards

Fitness First | INNERMOST

The expertise and innovation Innermost brings to the Fitness First community is unrivalled, and we are passionate in sharing their desire to inspire everyone to change for the better.

INNERMOST



PRODUCTS

Embrace transformation with award-winning nutrition supplements.

Reinforce your journey to a healthier body and mind with ground-breaking products that target your personal fitness goals. See results amplified whether you are targeting weight loss, muscle gain, performance improvement or generally heightening your wellbeing. Boost endurance, build strength, aim for peak performance and be a force of nature by complementing your workouts with Innermost targeted nutrition supplements.

Four product categories: **Muscle**, **Performance**, **Wellbeing** and **Weight-Loss**, with each category containing a uniquely developed **Protein**, **Booster** and **Capsule**.

PROTEINS

Essential for repair and recovery. The building block of all cells in our bodies including muscle, hair, skin and nails.

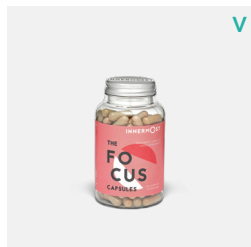
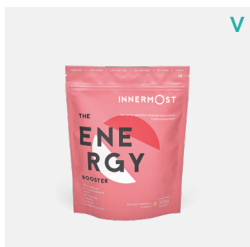
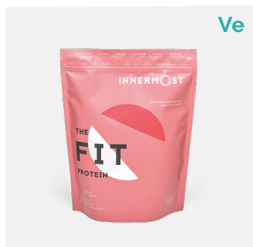
BOOSTERS

Activated powders packed with functional ingredients chosen to help support your individual needs and goals.

CAPSULES

Nootropic formulations offering daily nutritional support for body and mind in convenient capsule formats.

THE PERFORMANCE RANGE



Fit



Energy



Focus

THE FIT PROTEIN

Whey protein blend for performance.

Improve performance, vitality and support lean muscle development.

Protein:

A blend of dairy-based whey concentrate and isolate for repair, recovery and lean muscle development.

Cocomineral:

Powdered coconut water packed with potassium to rehydrate and ensure optimal function of body and mind.

Maca:

Peruvian herb to help reduce stress while boosting energy, performance and libido.

Magnesium:

Mineral that plays an important role in energy, recovery cardiac function, and bone and muscle health.

Rhodiola Root:

Flowering plant that can help reduce fatigue, increase serotonin levels and improve mental function.

Pink Himalayan Sea Salt:

Rock salt from the Punjab region of India, contains 84 trace minerals and elements to rehydrate the body.

THE ENERGY BOOSTER

Pre-workout blend with BCAAs.

Raise energy levels, stamina and preserve lean muscle.

BCAA Complex:

The key essential amino acids (leucine, valine and isoleucine) in an optimal ratio to aid muscle growth and recovery.

Citrulline Malate:

Amino acid combined with organic salt to improve aerobic energy production in muscle tissues.

Maca:

Peruvian herb to help reduce stress while boosting energy, performance and libido.

Beta Alanine:

Naturally occurring amino acid that can reduce effects of fatigue and delay onset of lactic acid in the muscles.

Guarana:

Seeds of an Amazonian plant regarded as the elixir of long life. Improves alertness, memory and performance.

Caffeine:

Derived from the coffee bean, improves alertness, performance and endurance.

Vitamin B Complex:

All eight B vitamins that assist the body's metabolic and energy processes.

THE FOCUS CAPSULES

Nootropic complex for concentration.

Increase focus under pressure and boost mental performance.

Siberian Ginseng:

Plant used in herbal medicine to increase energy and alertness, and reduce mental and physical fatigue.

Taurine:

Amino acid found naturally in the human body. Improves focus, and mental and physical performance.

CDP-Choline:

Compound that works to improve attention, focus and mental performance.

Rhodiola Rosea:

Flowering plant that helps boost mental processing, learning, attention span, mood and work capacity.

Biopterine:

Natural bioactive compound that increases the bioavailability and absorption of nutrients.

V = Vegan
Ve = Vegetarian

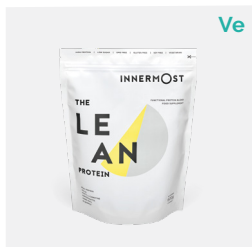
FIT. *Adjective.* Move faster, jump higher, go longer.

ENERGY. *Noun.* Needed for sustained activity.

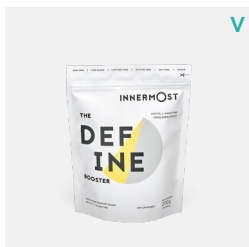
FOCUS. *Verb.* Ability to understand clearly.

BE BOLD
BE BRIGHT
BE DIFFERENT

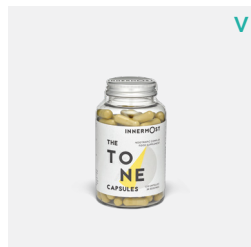
THE WEIGHT -LOSS RANGE



Ve



V



V



Lean



Define



Tone

THE LEAN PROTEIN

Whey protein blend for weight-loss.

Encourage healthy fat-loss and support lean muscle development.

Protein:

A blend of dairy-based whey concentrate and isolate for repair, recovery and lean muscle development.

Inulin:

Prebiotic fibre to encourage growth of good gut bacteria, linked to lower levels of fat.

Acetyl L-Carnitine:

Amino acid with non-stimulant fat-loss properties, associated with encouraging the body to metabolise fat for energy.

Pomegranates:

Distinctive red fruit that encourages growth of good gut bacteria that are linked to lower levels of fat.

Yerba Mate:

Dried leaves of an evergreen holly tree native to South America. Boosts metabolism and delays fat absorption.

Bilberries:

Dark berry that assists with inflammation-fighting. Rich in antioxidants and resveratrol for cardiovascular health.

THE DEFINE BOOSTER

Pure acetyl l-carnitine powder.

Metabolise fat, support energy and improve definition.

Acetyl L-Carnitine:

One of the most popular non-stimulant fat-loss supplements on the market. A non-essential amino acid found naturally in the human body, necessary for transporting fat to the body's power-generating mitochondria for use as energy during physical activity. Without carnitine, we wouldn't be able to use fat effectively as a source of energy, which could result in the body having to breakdown muscle instead. The key benefit of the acetyl form of carnitine is that it can cross the blood brain barrier to improve mood, learning and memory as well.

THE TONE CAPSULES

Nootropic complex for fat-loss.

Raise metabolism and support sustainable fat-loss.

Matcha Green Tea:

Specially grown green tea leaves bursting with compounds that offer multiple health benefits.

Yerba Mate:

Dried leaves of a South American evergreen holly tree. Boosts metabolism and delays fat absorption.

Alpha Lipoic Acid:

Naturally occurring compound with antioxidant properties that also assists with fat metabolism.

Caffeine:

From the coffee bean, improves alertness, mental performance, and fat oxidation.

Capsicum:

From red peppers, contains compounds that raise metabolism and reduce appetite.

L-Theanine:

Amino acid that can reduce stress hormone cortisol, which can lead to weight-gain.

Vitamin C:

Aids absorption of green tea compounds.

Vitamin B6 and B12:

For efficient use of energy, and improved mood and brain health.

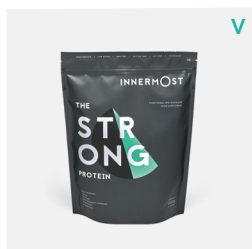
V = Vegan
Ve = Vegetarian

LEAN. *Adjective.* Efficient and healthy function.

DEFINE. *Verb.* To uncover what lies beneath.

TONE. *Verb.* To give strength or firmness to.

BE BOLD
BE BRIGHT
BE DIFFERENT



THE STRONG PROTEIN

Whey protein blend for muscle.

Maximise muscle gains, strength and power output.

Protein: A blend of dairy-based whey concentrate and isolate for repair, recovery and lean muscle development.

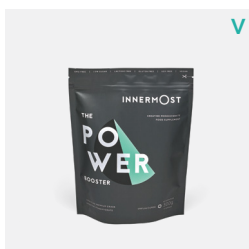
Casein: Slow-digesting protein to encourage optimal protein uptake and absorption.

Creatine Monohydrate: Found naturally in muscle cells where it supports power and strength.

Montmorency Cherries: Variety of sour cherry with anti-inflammatory properties to help reduce damage from intensive exercise.

Bilberries: Dark berry that assists with inflammation-fighting. Rich in antioxidants and resveratrol for cardiovascular health.

Magnesium: Mineral that plays an important role in energy, recovery, cardiac function, and bone and muscle health.

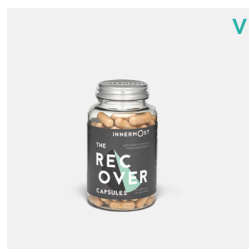


THE POWER BOOSTER

Pure creatine monohydrate powder.

Boost power and endurance. Perfect for high-intensity training.

Creatine Monohydrate: One of the most researched sport supplements on the market. Recommended for athletes and recreational gym goers undertaking high-intensity exercise. Creatine is stored within muscle and plays a crucial role in the production of energy during high-intensity exercise such as sprinting or weightlifting.



THE RECOVER CAPSULES

Nootropic complex for recovery.

Support recovery, hormone activity and promote energy.

Maca: Peruvian herb to help reduce stress while boosting energy, performance and libido.

ZMA: Optimal balance of zinc, magnesium and vitamin B6 for energy, hormone activity and recovery.

Chocamine: Cocoa extract that helps reduce inflammation, and regulate metabolism and muscle growth.

Ubiquinone CoQ10: Vitamin-like compound made in the body and used by cells to produce energy for growth and repair.

Selenium: Essential mineral for brain function, as well as playing a key role in fertility.

Vitamin D: The sunshine vitamin for healthy bone, teeth and muscle health.

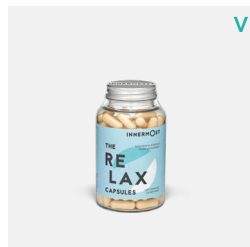
V = Vegan
Ve = Vegetarian

STRONG. *Adjective.* Powerful and noticeable.

POWER. *Noun.* Authority and control.

RECOVER. *Verb.* Give fresh life or strength to.

BE BOLD
BE BRIGHT
BE DIFFERENT



Health



Detox



Relax

THE HEALTH PROTEIN

Vegan protein blend for wellbeing.

Enhance health and wellbeing, and support lean muscle development.

Vegan Protein:

A blend of plant-based pea and brown rice for repair, recovery and lean muscle development.

Glutamine:

One of the most abundant amino acids found in the body. Acts as the fuel of the immune system.

Shiitake, Maitake, Reishi + Cordyceps:

Japanese medicinal mushrooms used for their antiviral, antioxidant and antibacterial properties.

Bilberries:

Dark berry that assists with inflammation-fighting. Rich in antioxidants and resveratrol for cardiovascular health.

Camu Camu:

Amazonian berry packed with nutrients; the richest natural source of vitamin C.

Acai Berries:

Nutrient-dense purple berry native to Central and South America that offers brain health and anti-ageing benefits.

THE DETOX BOOSTER

Vegan superfood blend.

Promote wellbeing and immunity. A natural detox and cleanse.

Maca:

Peruvian herb to help reduce stress while boosting energy, performance and libido.

Matcha Green Tea:

Green tea leaves bursting with compounds that offer multiple health benefits.

Camu Camu:

Amazonian berry packed with nutrients; the richest natural source of vitamin C.

Spirulina:

Blue-green algae with potent anti-inflammatory effects.

Peppermint:

Plant with distinctive tasting leaves that help calm the mind and aid digestion.

Wheatgrass:

Freshly sprouted leaves of the wheat plant with a rich vitamin and mineral profile.

Cocoa:

Helps regulate metabolism, mood and energy.

Chlorella:

Green algae packed with nutrients and minerals.

Kelp:

Large brown algae that helps detox and protect the body.

Turmeric:

Plant root with anti-inflammatory properties, supporting immunity.

THE RELAX CAPSULES

Nootropic complex for stress reduction.

Improve clarity, reduce stress and promote relaxation.

Lion's Mane Mushroom:

Medicinal mushroom that supports brain health, new learning and improved mood.

L-Tyrosine:

Amino acid that supports mood and mental processing while reducing effects of stress and fatigue.

Pine Bark Extract:

Bark of the maritime pine tree, assists with mental clarity, and improved memory and brain health.

5-HTP (Griffonia Seed Extract):

Naturally occurring amino acid derived from the seed of the Griffonia plant that helps improve mood and regulate sleep cycles.

L-Theanine:

Amino acid linked to a reduction in the stress hormone cortisol.

V = Vegan
Ve = Vegetarian

HEALTH *Noun.* Being free of illness or injury.

DETOX *Noun.* To rid the body of toxic substances.

RELAX *Verb.* To make or become less anxious.

BE BOLD
BE BRIGHT
BE DIFFERENT