



MAMMOTH[®]










MAMMOTH SUPPLEMENTS

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www.MammothSupplements.com

LESS SUGAR, MORE GAINS.

MAMMOTH MASS is the preeminent weight gainer you've been looking for. With **MORE** protein, **BETTER** carbs and far **LESS** sugar giving you more of what you want. All culminating in a potent mass building formula.

-  **60 Grams of High Quality Protein**
-  **Over 39 Grams of BCAA's, Glutamine & Essential Amino Acids**
-  **Clean Carb Complex featuring Quinoa, Sweet Potato and Rolled Oats**
-  **Reduced sugar, only 9 grams per serving**
-  **Healthy MCT's including Coconut Oil**
-  **1250 Calories per serving when mixed with water**
-  **3100 Calories when mixed with partly skim milk (2%) twice daily**

Nutrition Facts / Valeur nutritive

Serving Size (4 scoops = 320g) / Serving Size (2 scoops = 160g)
Par portion (4 cuillères = 320g) / Par portion (2 cuillères = 160g)

Servings Per Container:
Portions par contenant:

	21		42	
	Per / par 320 g		Per / par 160 g	
	Amount	% DV*	Amount	% DV*
	Teneur	% VQ*	Teneur	% VQ*
Calories / Calories	1250		625	
Calories from Fat / Calories des lipides	90		45	
Fat / Lipides	10 g	15 %*	5 g	8 %*
Saturated / Saturés	4 g	20 %*	2 g	10 %*
Trans / Trans	0 g		0 g	
Cholesterol / Cholestérol	80 mg	27 %	40 mg	14 %
Sodium / Sodium	145 mg	6 %	73 mg	3 %
Potassium / Potassium	530 mg	15 %	265 mg	8 %
Carbohydrates / Glucides	230 g	77 %*	115 g	38 %*
Fibre / Fibres	1 g	4 %	0.5 g	2 %
Sugar / Sucres	9 g	**	5 g	**
Protein / Protéines	60 g		30 g	
Vitamin A / Vitamine A		0 %		0 %
Vitamin C / Vitamine C		0 %		0 %
Calcium / Calcium		114 %		57 %
Iron / Fer		14 %		7 %

5 lb | **10 lb** | **15 lb**
2.27 kg | 4.54 kg | 6.8 kg

x6
FLAVOURS

1250
CALORIES

60g
PROTEIN

9g
SUGAR



RICH CHOCOLATE



BANANA



VANILLA ICE CREAM



STRAWBERRY



COOKIES & CREAM



CHOCOLATE
PEANUT BUTTER



FLAVOURS AVAILABLE:

MAMMOTH BCAA PERFORMANCE, REPAIR, RECOVERY

WE ARE RESETTING THE STANDARD OF INTRA-WORKOUT RECOVERY

8.2g 2:1:1 BCAA + **1g** + **1g** = **10.2g**

BCAA'S (Leucine, Isoleucine, Valine)

Muscles breakdown BCAAs while training and Mammoth BCAA provides you with an extremely high dose of this to offset this breakdown. High dosed BCAA's have been shown to accelerate recovery, spare any muscle loss, and help ensure no delayed onset muscular soreness.

Glutamine:

This amino acid is essential for recovery and the successful transport of other amino acids, electrolytes, and nutrients across the intestinal barrier. When hydration is a premium during training glutamine helps ensure nutrients carried in water get absorbed properly.

Taurine:

This osmolyte has been proven to assist in endurance performance by maintaining proper water balance and neurotransmission in working muscles. It has also been shown to assist electrolytes in and out of the muscle while training as well and is an essential component to the Mammoth BCAA formula.

10.2g

A WHOPPING 10.2g of Amino Acids per serving and the largest 2:1:1 BCAA serving available ANYWHERE!

Medicinal Ingredients Ingrédients médicinaux:

Serving size 1 scoop (13g) / Par portion individuelle (1 mesure / 13 g).
Servings per container: 40 / Portions par contenant: 40

Amount per Serving / Quantité par portion	
L-Leucine / L-leucine	4100 mg
L-Isoleucine / L-isoleucine	2050 mg
L-Valine / L-valine	2050 mg
L-Glutamine / L-glutamine	1000 mg
Taurine / Taurine	1000 mg
Coconut Water / Eau de noix de coco	100 mg
Potassium / Potassium	50 mg
Sodium (from 100 mg Pink Himalayan Sea Salt) Sodium (de 100 mg de sel de mer rose de l'Himalaya)	45 mg
Calcium / Calcium (Calcium citrate / Citrate de calcium)	30 mg
Magnesium /Magnésium (Magnesium Citrate / Citrate de magnésium)	20 mg
BioPerine® black pepper extract Poivre noir, extrait BioPerine®	5 mg

40
SERVINGS

x6
FLAVOURS

0g
SUGAR

0g
CARBS

100mg

Coconut Water Extract: There is no better complete and natural electrolyte source than coconut water extract. We included it because it's excellent for quick re-hydration and healthy maintenance of body fluid and electrolyte balance.

100mg

Pink Himalayan Sea Salt: When you sweat one of the major electrolytes lost is sodium. This critical electrolyte found in its natural form is an essential component of Mammoth BCAA formula to provide you with the form of high quality sodium to keep you training harder for longer.

5mg

Black Pepper Extract (as Bioperine®) When it comes to ensuring mineral and amino transport, Bioperine is the best insurance policy you can include in any formulation. Mammoth BCAA didn't spare any expense when it comes to making sure all the amino acids and critical electrolytes get absorbed rapidly.

0

No Artificial Colours or Dyes!

NO ARTIFICIAL COLOURS OR DYES

DIRECTIONS FOR BCAA:

Recommended Dose – Adult: Take 1-4 servings per day (13 g/serving). Mix product well in 1-2 cups (8-16 fl oz / 236-472 ml) of liquid (water, juices etc.) during or immediately after exercise. Can also be used throughout the day for basic hydration and better recovery.



SUPERFRUIT



WHITE GRAPE



PEACH MANGO



FLAVOURS AVAILABLE:

MAMMOTH PUMP

HIGH INTENSITY PRE-WORKOUT

THE ULTIMATE SOLUTION FOR EXTREME TRAINING AND MAXIMUM PERFORMANCE

DEMAND more out of yourself and your pre workout. Whether it's in the gym or on the field Mammoth Pump delivers that sustained performance enhancement you've been looking for.

DOMINATE your training with mind blowing intensity and a laser like focus that will exceed your expectations, pushing you to new heights. Have the power you need, when you need it and never get caught running on empty. With skin splitting PUMPS and crazy VASCULARITY, MAMMOTH SUPPLEMENTS gives you the tools, you provide the sweat.

NOW RAISE THE BAR.

Directions For Mammoth Pump: As a dietary supplement, we recommend assessing tolerance by mixing a half scoop (4.5g) in 3-5 oz of cold water. If well tolerated, you may increase to a full serving of one scoop (9g) mixed in 6-10 oz of cold water. Do not exceed 2 scoops in a 24-hour period.

3000 mg

CITRULLINE MALATE

This must have ingredient is essential for maximizing blood flow and increasing pumps. It does so by increasing vasodilation via nitric oxide pathway. Normal arginine gets degraded by special enzymes called arginases when taken orally whereas citrulline does not. This efficiency actually allows citrulline to increase arginine levels higher than arginine itself.

1500 mg

BETA ALANINE

We decided to use an accurate dose of beta-alanine to help ensure great endurance. Beta-alanine does this by increasing the buffering capacity of working muscle, fights off acidosis, delays fatigue, and increases endurance capacity. If you're a real athlete, then you need a real deal dose of beta-alanine in your pre-workout without question.

1000 mg

TAURINE

This important anti-oxidant and water balance regulator has demonstrated in numerous studies to help increase endurance levels. Unfortunately, you can't load this and increase muscle levels despite the fact that when training a lot gets released into the blood stream. What you can do is take acute doses before or during training to help your training levels while training.

750 mg

CREATINE HCl

This powerful form of creatine gets absorbed rapidly and requires lower amounts to be effective compared to other forms of creatine.

500 mg

AGMATINE SULFATE

We included this for two reasons. First it helps with blood flow. It works by binding to the alpha2-adrenergic and imidazole receptors of endothelial cells increasing nitric oxide (NO) production which may assist in volumizing blood vessels.

Medicinal Ingredients Ingrédients médicinaux:

Serving size 1 scoop (9 g) / Par portion individuelle (1 mesure / 9 g).
Servings per container: 30 Portions par contenant: 30

Amount per Serving / Quantité par portion	
Vitamin B6 (Pyridoxine HCL)	10 mg
Vitamine B6 (Chlorhydrate de pyridoxine)	
Vitamin B12 / Vitamine B12	100 mcg
Citrulline Malate 1:1 / Malate de citrulline 1:1	3000 mg
CarnoSyn® Beta-Alanine / Bêta-alanine	1500 mg
Taurine / Taurine	1000 mg
Creatine HCl / Chlorhydrate de créatine	750 mg
Agmatine Sulfate (AgmaPure™) Sulfate d'agmatine (AgmaPure ^{MC})	500 mg
Tyrosine / Tyrosine	500 mg
Caffeine / Caféine	200 mg
Grape seed extract (83% Oligomeric proanthocyanidins) Pépins de raisin, extrait (83% Oligomeric proanthocyanidins)	25 mg
BioPerine® black pepper extract Poivre noir, extrait BioPerine®	5 mg

30 | 60
SERVINGS | SERVINGS

x10
FLAVOURS

NO
ARTIFICIAL
COLOURS
OR DYES



 **ENERGY**  **ENDURANCE**

 **STRENGTH**  **PERFORMANCE**



500 mg

TYROSINE

This simple, yet effective amino acid is a precursor to numerous neurotransmitters known to regulate mood and appetite. Its primary role in Pump is as a nutritional dopamine precursor. It stacks well with stimulants known to cause a “crash” and really rounds out what researchers call the strength-duration curve. It’s a staple in many stimulant cocktails for this exact reason.

200 mg

CAFFEINE

Let’s be honest, we all love caffeine for a reason. It works to get your mental drive going and is the backbone of many stimulant complexes. Clinical research also suggests it supports athletic activity which supports its use in many sports nutrition products which is exactly why we formulated it into PUMP.

5 mg

PIPER NIGRUM EXTRACT (AS BIOPERINE®)

When coming up with such an advanced formula, we wanted to make sure many of the natural components have optimal absorption. Bioperine is the “must have” bioavailability enhancer in the supplement world and we use the clinically researched dose in every scoop of Pump. It’s a highly potent extract of Piper nigrum which is standardized for a component called piperine.

Suggested Use:

Adult Dose Take 1 serving (9 g) 1-2 times per day. Add 1 serving (9 g) to 6-12 oz water, mix well and drink. Consume 45-90 minutes before exercising. Not to exceed 1 scoop per dose.

Recommended use or purpose:

Helps the body to metabolize carbohydrates, fats and proteins. Helps tissue formation. Helps to form red blood cells. Workout supplement. Athletic support. Source of amino acids involved in muscle protein synthesis. Helps to relieve fatigue, to promote endurance, and to enhance motor performance.



FRUIT PUNCH



PINK LEMONADE



CLEAR RASPBERRY



PINEAPPLE MANGO



BLACK CHERRY



BLUE RASPBERRY



WATERMELON



PINEAPPLE COCONUT



WHITE GRAPE



NATURAL SOUR LEMONADE

FLAVOURS AVAILABLE: //



IT'S THE CHERRY
AT THE
TOP
OF ITS GAME!

NEW
BLACK CHERRY
FLAVOUR

NO
ARTIFICIAL
COLOURS
OR DYES

3000_{mg}

CITRULLINE MALATE
For Superior Muscle Pumps!

1500_{mg}

BETA ALANINE
For Increased Strength & Endurance!

750_{mg}

CREATINE HCL
For Greater Recovery & Muscle Growth!

500_{mg}

AGMATINE SULFATE
For Explosive Power & Performance!

500_{mg}

TYROSINE
For Mood & Adrenal Function Support!

1000_{mg}

TAURINE
For Improved Focus & Alertness!

200_{mg}

CAFFEINE
For Longer Lasting Energy!



ENERGY



STRENGTH



ENDURANCE



PERFORMANCE

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MAMMOTH WHEY STAY ANABOLIC LONGER!

The all new **MAMMOTH WHEY** is a superior whey protein formula, crafted from 6 quality sources into one extreme blend.

MAMMOTH WHEY delivers the ultimate combination of incredible taste, fast acting and sustained release proteins that feed and fuel your muscles day and night.

Find your **MAMMOTH STATE** and build muscle with each serving.

-  **Extreme Multi Whey Mega Blend**
-  **24 grams of High Quality Sustained Release Protein Complex**
-  **Low Fat, only 3 grams per serving**
-  **Low Sugar, only 2 grams per serving**
-  **Help muscle cell repair after exercise**



RICH CHOCOLATE



VANILLA ICE CREAM

Nutrition Facts		Valeur nutritive	
Serving Size: 1 Scoop (36 g) / Portion: 1 mesure (36 g)			
Servings per Container 63 / Portions par contenant 63			
Amount Per Serving	% Daily Value*		
Teneur par portion:	% valeur quotidienne*		
Calories 150	Calories from Fat 30 / calories de lipides 30		
Total Fat / Total des lipides 3 g	5%		
Saturated Fat / Lipides saturés 2 g			
+Trans Fat / Lipides trans 0 g			
Cholesterol / Cholestérol 65 mg	22%		
Sodium / Sodium 140 mg	6%		
Potassium / Potassium 280 mg	8%		
Carbohydrate / glucides 7 g	2%		
Dietary Fiber / Fibres alimentaires 1 g			
Sugars / Sucres 2 g			
Protein / Protéine 24 g			
Vitamin A / Vitamine A	1%		
Vitamin C / Vitamine C	0%		
Calcium / Calcium	13%		
Iron / Fer	5%		

63 SERVINGS | **5lb** | **24g** PROTEIN | **x2** FLAVOURS



FLAVOURS AVAILABLE: ///

HIGH INTENSITY NOOTROPIC

Mammoth Neuro Stim is a premium nootropic powder designed to keep your activity optimized outside of the gym. Whether you sit at a desk or are up running errands all day, Neuro Stim has a potent ingredient diversity that is designed specifically to keep you in the zone for hours on end. Mental fog and lack of attention are the scourge of performance and lead to watching a clock pass the seconds by for hours on end. Don't you want to be focused? Don't you want to ask your self "wow where did the time go?" If so, Mammoth Stim will not dissapout you.

- 100% BIOHACKING NOOTROPIC INGREDIENTS
- FLEXIBLE DOSING FOR CUSTOMIZED NEEDS
- HEIGTENED FOCUS & ATTENTION
- OPTIMIZED MEMORY RECALL
- LONG LASTING SMOOTH MENTAL ACCUITY

Medicinal Ingredients Ingrédients médicinaux:

Serving size 1 scoop (4 g) / Par portion individuelle (1 mesure / 4 g).
Servings per container: 60 / Portions par contenant: 60

Amount per Serving / Quantité par portion

L-Glutamine / L-glutamine (neurotransmitter precursor / précurseur de neurotransmetteur)	1000 mg
Choline Bitartrate / Bitartrate de choline	500 mg
N-Acetyl Tyrosine / N-acétyl tyrosine	300 mg
Caffeine Anhydrous / Caféine anhydre	200 mg
Lion's Mane / Crinière de lion (Hericium Erinaceus)	150 mg
L-Theanine / L-théanine	100 mg
Deanol Bitartrate (DMAE) / Bitartrate de déanol (DMAE)	100 mg
Theacrine (40% TeaCrine®) / Théacrine (40% de TeaCrine®)	63 mg
Huperzia serrata (aerial) extract (1%) Huperzine A / Huperzia serrata, extrait (parties aériennes) (1%) Huperzine A	10 mg
Black Pepper (fruit) extract / Poivre noir, extrait (fruit) (Bio Perine)	5 mg

X8

SALE / SAMPLE
SERVING PACK

60

SERVINGS

150 mg LION'S MANE

500 mg CHOLINE

100 mg DEANOL

200 mg CAFFEINE



CLEAR RASPBERRY



FRUIT PUNCH



FLAVOURS AVAILABLE: //

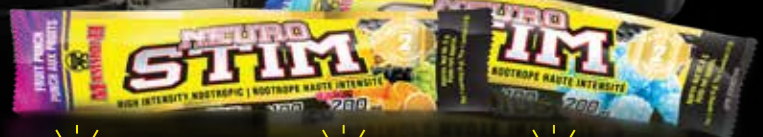


I AM FOCUSED
 I AM ENERGIZED
I AM MAMMOTH

NEURO STIM

Mammoth Neuro Stim is a powerful nootropic drink mix designed to keep you laser focused with insane energy. Mammoth athletes, like Cass White use Neuro Stim for explosive hyper focused workouts.

NEW



MAMMOTH ATHLETE
CASS WHITE
 @ the_casswhite



ALL-IN-ONE PREMIUM SUPER FOOD MEAL

Mammoth MEAL is a premium quality, all in one Super-Food Shake that was designed to conveniently compliment your busy lifestyle. We have spent two years developing this product and remained uncompromising in it's design. Mammoth Meal is available in a range of great tasting, easy to mix, flavours that will keep you coming back craving more. Mammoth MEAL uses a blend of only the most premium ingredients we could find including whole food healthy fats, organic sourced whole food carbohydrates (C.A.R.B^{TM*}) and a precisely engineered protein blend (Tri-Pro^{TM**}). Mammoth MEAL contains nutrient dense food sources including MCTs, Greek yogurt, Coconut Water, Pink Himalayan Sea Salt Electrolytes. Last but not least we made sure to infuse Mammoth MEAL with a Super Fruit & Greens Whole Food Nutrient Complex so that each serving is full of naturally occurring vitamins & minerals.

Whether you're a strength athlete or a busy professional looking for healthy alternatives, our DELICIOUS Super Food Shake is the right choice for you!



Real Whole Food Organic Carbs



High Quality Tri-Pro Protein Complex



Whole Food Healthy Fats

Nutrition Facts Valeur nutritive

Serving Size: 2 Scoops (52 g) / Portions: 2 mesure (52 g)
Servings per Container 40 / Portions par contenant 40

Amount / Teneur	% Daily Value* / % valeur quotidienne*
Calories 200	
Total Fat / Total des lipides 4.5 g	6%
Saturated Fat / Lipides saturés 2.5 g	13%
+Trans Fat / Lipides trans 0 g	
Cholesterol / Cholestérol 50 mg	17%
Sodium / Sodium 240 mg	10%
Potassium / Potassium 286 mg	6%
Carbohydrate / Glucides 20 g	7%
Dietary Fiber / Fibres alimentaires 3 g	11%
Sugars / Sucres 2 g	**
Protein / Protéine 20 g	40%
Calcium / Calcium	13%
Vitamin A / Vitamine A 1 mcg	1%
Vitamin C / Vitamine C 2 mg	1%
Iron / Fer	11%

*Percent Daily Values are based on a 2,000 calorie diet.
*Les valeurs quotidiennes en pourcentage sont basées sur un régime alimentaire de 2000 calories.
** Daily Value (DV) not established. ** Valeur quotidienne (VQ) non établie.

4.4 LB
SERVINGS

x3
FLAVOURS

E-Z Dose

The 'E-Z Dose' System - We formulated Mammoth MEAL to be super easy to use. To achieve this goal we designed each scoop in Mammoth MEAL to contain exactly 100 calories (10 g protein, 10 g carbs and 2.25 g fat). Some people need more calories than others. Some people need to track their caloric intake. However you want to use Mammoth MEAL, we have you covered. Please review the chart below which outlines Mammoth MEAL serving sizes, macronutrient information, mix ratios and calories.

POWDER TO WATER RATIO			MACRONUTRIENT BREAKDOWN			SERVINGS PER CONTAINER
# of SCOOPS	WATER (fl.oz.)	TOTAL CALORIES	PROTEIN (g)	CARBS (g)	FAT (g)	
1 x	+ 4 fl.oz.	= 100	10 g	10 g	2.25 g	80
2 x	+ 8 fl.oz.	= 200	20 g	20 g	4.5 g	40
3 x	+ 12 fl.oz.	= 300	30 g	30 g	6.75 g	27
4 x	+ 16 fl.oz.	= 400	40 g	40 g	9 g	20

E-Z Mix



Tri-Pro is a powerful blend of three proteins to optimize sustained amino acid release for maximum recovery.



CHOCOLATE FUDGE BROWNIE VANILLA ICE CREAM STRAWBERRY SHORTCAKE



FLAVOURS AVAILABLE: ///

* Rich Chocolate flavour

“TASTE THE RUSH”

THE FASTEST WAY TO PROTEIN ABSORPTION

MAMMOTH ISO-RUSH is derived entirely from premium Cross Flow Micro filtered (CFM) Whey Isolate. During manufacturing, microfiltration separates lactose and minerals from the protein. We then use a special enzymatic process to reduce the remaining low level of lactose to its component sugars. The result is a completely **undenatured** and fully bioactive protein that is lactose free and easy to digest. **ISO-RUSH** literally rushes the protein into your system to fast track recovery!

ISO-RUSH is the purest, and highest quality protein available for building muscle and speeding up recovery with immediate ultra fast protein absorption.

-  **31 grams of 100% pure Whey Protein Isolate per scoop providing 27 g of protein**
-  **No added Aminos, fillers or additional lower grade protein blends - Only 100% Pure Whey Protein Isolate**
-  **Low in Fat, Low in Carbs, HIGH on Taste!**
-  **Lactose Free, Sugar Free and Gluten Free!**



2lb
907 g

5lb
2.27 Kg

120
CALORIES

27g
PROTEIN

0g
SUGAR



Nutrition Facts		Valeur nutritive	
Serving Size: 1 Scoop (35 g) / Portion: 1 mesure (35 g)			
Servings per Container 26 / Portions par contenant 26			
Amount / Teneur	% Daily Value*	% valeur quotidienne*	
Calories 120			
Total Fat / Total des lipides 1 g		1%*	
Saturated Fat / Lipides saturés 0 g		0%*	
+Trans Fat / Lipides trans 0 g			
Cholesterol / Cholestérol 15 mg		5%	
Sodium / Sodium 90 mg		4%	
Potassium / Potassium 250 mg		6%	
Carbohydrate / glucides 2 g		1%*	
Dietary Fiber / Fibres alimentaires 1 g		4%	
Sugars / Sucres 0 g			
Protein / Protéine 27 g			
Calcium / Calcium 127 mg		10%	
Iron / Fer		6%	
Alanine / Alanine	2283 mg	**	
Arginine / Arginine	502 mg	**	
Aspartic Acid / Acide aspartique	2780 mg	**	
Cystine / Cystine	716 mg	**	
Glutamic Acid / Acide glutamique	4705 mg	**	
Glycine / Glycine	503 mg	**	
Histidine / Histidine	339 mg	**	
Isoleucine / Isoleucine	1601 mg	**	
Leucine / Leucine	2273 mg	**	
Lysine / Lysine	2394 mg	**	
Methionine / Méthionine	873 mg	**	
Phenylalanine / Phénylalanine	787 mg	**	
Proline / Proline	1571 mg	**	
Serine / Sérine	1945 mg	**	
Threonine / Thréonine	1673 mg	**	
Tryptophan / Tryptophane	174 mg	**	
Tyrosine / Tyrosine	572 mg	**	
Valine / Valine	1136 mg	**	
Each scoop (35 g) contains:			
Whey Protein Isolate 31 g			
Chaque mesure (35 g) contient:			
Isolat de protéine de petit-lait 31 g			
<small>*Percent Daily Values are based on a 2,000 calorie diet. *Les valeurs quotidiennes en pourcentage sont basées sur un régime alimentaire de 2000 calories.</small>			
Ingredients: Whey Protein Isolate (31 g), Cocoa processed with alkali, Natural and Artificial Flavours, Xanthan Gum, Salt, Medium Chain Triglycerides, Sunflower Lecithin, Sucralose, Acesulfame K.			

FLAVOURS AVAILABLE: ///

ENHANCED

MUSCLE RECOVERY, ENDURANCE, AND MORE

Are you looking to recover faster between sets and workouts?

Is your goal to put on quality lean muscle mass?

Mammoth EAA⁹ was formulated to provide you with the BCAAs and essential amino acids necessary to help you achieve the results you want while also including some necessary ingredients that improve your health as well. Besides the fact that **Mammoth EAA⁹** contains all nine essential amino acids to help you add the quality size you're looking for, it also contains vital electrolytes and antioxidants to protect your body and cells. Add in a digestive aid to further help with absorption and you have quite a powerful and delicious powder at your disposal.

Medicinal Ingredients Ingrédients médicinaux:

Serving size 1 scoop (13 g) / Par portion individuelle (1 mesure / 13g).
Servings per container: 30 / Portions par contenant: 30

Amount per Serving / Quantité par portion	
Leucine / leucine	3000 mg
Isoleucine / isoleucine	1430 mg
Valine / valine	1440 mg
Histidine / histidine	239 mg
Lysine / lysine	1069 mg
Methionine / méthionine	284 mg
Phenylalanine / phénylalanine	398 mg
Threonine / thréonine	751 mg
Tryptophan / tryptophane	40 mg
Betaine / Bétaïne	1000 mg
Coconut water / Eau de noix de coco	500 mg
Magnesium / Magnésium (sourced from Magnesium citrate / issu de citrate de magnésium)	30 mg
Calcium / Calcium (sourced from Calcium citrate / issu de citrate de calcium)	20 mg
Potassium / Potassium (sourced from Potassium citrate / issu de citrate de potassium)	20 mg

2:1:1

2:1:1 Ratio BCAAs: Leucine, Isoleucine, Valine Helps activate mTor which aids in stimulating muscle protein synthesis

+9

All 9 EAAs: Leucine, Isoleucine, Valine, Histidine, Lysine, Phenylalanine, Methionine, Tryptophan, Threonine Aids in muscle repair and growth, boosts performance, and preserves lean muscle mass

1000 mg

1000mg*: Betaine Aids in digestion and absorption

500 mg

500mg*: Coconut Water Supports hydration while providing helpful antioxidant protection



Electrolytes: Magnesium, Calcium and Potassium helps ensure proper fluid balance and hydration

30 | x3
SERVINGS VARIETY PACK

**NO
ARTIFICIAL
COLOURS
OR DYES**

**Swedish
Very Berry**

**Fuzzy
Peach**

**Fruit Punch
Blast!**



**x3
VARIETY
PACK**

FLAVOURS AVAILABLE: ///



LESS CARDIO MORE ABS

MAMMOTH ATHLETE
Mike Riley
@mriley_mammoth

IGNITE your Fat Burning Goals with Mammoth Burn

Mammoth BURN is a delicious, convenient and fast-acting thermogenic powder that supports your weight-management goals with a synergistic blend of clinically dosed ingredients. Whether you're trying to maintain your current weight or reduce your body fat, the powerful ingredients found in the BURN formula can help put you in the driver's seat to achieving your goals.

CUTTING EDGE FORMULA

500mg
L-TYROSINE

340mg
L-CARNITINE

156mg
CAFFEINE

200mg
GREEN COFFEE BEAN

100mg
OLIVE LEAF EXTRACT

60mg
SYNEPHRINE

16mg
NUTMEG EXTRACT

per single scoop serving



GREEN APPLE

FRUIT PUNCH

PINEAPPLE

Available in 3 delicious flavours

#GETMAMMOTH

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GETMAMMOTH

WWW.MAMMOTHSUPPLEMENTS.COM

MORE ABS, LESS CARDIO.

When it's time to get lean and show off that hard earned muscle, you need a fat burner that actually burns fat! **Mammoth Burn** is designed to specifically help with the mobilization and oxidation of fat stores. This ensures that fat burning is your body's primary source of fuel, helping you get shredded faster. **Mammoth Burn** has taken a multi-faceted approach to fat burning, included in the formula are proven mood and energy enhancers to make the diet season a little easier.

Medicinal Ingredients Ingrédients médicinaux:

	Amount per Serving Quantité par portion
Serving size 1 scoop (4 g) / Par portion individuelle (1 mesure / 4 g). Servings per container: 60 / Portions par contenant: 60	
L-Tyrosine / L-tyrosine	500 mg
L-Carnitine tartrate / L-carnitine tartrate	340 mg
Green Coffee Bean extract / Grains de café vert, extrait (45% chlorogenic acid / d'acide chlorogénique)	200 mg
Caffeine / Caféine	156 mg
Olive leaf extract / Feuille d'olivier, extrait (20% Oleuropein / d'oleuropéine)	100 mg
Advantra Z [®] Bitter orange fruit peel / Oranger amer Advantra Z [®] , écorce de fruit (30% Synephrine / de synéphrine, 1.4% Octopamine / d'octopamine)	60 mg
Nutmeg seeds / Muscade graines (Myristica fragrans)	16 mg

500 mg

L-TYROSINE

In a full clinical dose to increase thyroid hormone synthesis while promoting satiety.

340 mg

L-CARNITINE

To increase the use of fat as fuel during exercise while preserving lean muscle

156 mg

CAFFEINE

To enhance thermogenesis, sustained energy and elevate mental focus.

200 mg

GREEN COFFEE BEAN (45% chlorogenic acid)

Contains high levels of chlorogenic acid to aid in increasing metabolism and help manage blood sugar levels.

100 mg

OLIVE LEAF EXTRACT (20% Oleuropein)

To up-regulate norepinephrine levels for maximum thermogenesis.

60 mg

ADVANTRA Z Bitter Orange (30% p-synephrine)

To support the breakdown of stored body fat during exercise, increase energy levels and suppress appetite.

16 mg

NUTMEG EXTRACT

Precisely dosed and combined with Caffeine and Synephrine delivers an intense sensory experience.

60
SERVINGS

x3
FLAVOURS

60
SERVINGS

120
VEGICAPS[®]



GREEN APPLE



FRUIT PUNCH



PINEAPPLE

FLAVOURS AVAILABLE: //

INSIDE FITNESS

◆ CANADA'S #1 FITNESS MAGAZINE

OUR ANNUAL
HOT&FIT 100
SPECIAL ISSUE!

10 YEAR ANNIVERSARY HOT&FIT 100



**KILLER
ABS**
YEAR-ROUND
BLAST YOUR CORE WITH
MARKUS KAULIUS **P72**

**MAN
MEALS:
TACOS!**
MADE IN 30
MINUTES
OR LESS
P92

+ P102 YOUR 2018 WINNER: NATALIE GONZALEZ

+ CANADA'S FOOD GUIDE
EVERYTHING YOU NEED TO KNOW
ABOUT THE UPCOMING REVISIONS **P78**





BURN BABY BURN

MAMMOTH ATHLETE
Natalie Gonzalez
@natysalsera

CONGRATULATIONS!
to Natalie Gonzalez
**INSIDE FITNESS
2018 HOT & FIT
WINNER!**

IGNITE your Fat Burning Goals
with **Mammoth Burn**

Mammoth BURN is a delicious, convenient and fast-acting thermogenic powder that supports your weight-management goals with a synergistic blend of clinically dosed ingredients. Whether you're trying to maintain your current weight or reduce your body fat, the powerful ingredients found in the BURN formula can help put you in the driver's seat to achieving your goals.

CUTTING EDGE FORMULA

500 mg
L-TYROSINE

340 mg
L-CARNITINE

156 mg
CAFFEINE

200 mg
GREEN COFFEE BEAN

100 mg
OLIVE LEAF EXTRACT

60 mg
SYNEPHRINE

16 mg
NUTMEG EXTRACT

per single scoop serving



GREEN APPLE



FRUIT PUNCH



PINEAPPLE

Available in 3 delicious flavours

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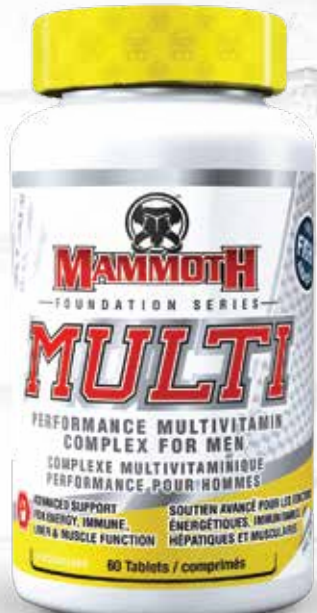
WWW.MAMMOTHSUPPLEMENTS.COM

MORE ABSORPTION. MORE PERFORMANCE.

Research has proven that hard training athletes lose many critical vitamins and minerals during training as they put higher demands on their bodies.

MAMMOTH MULTI ensures that you replenish those critical micronutrients your body needs to achieve your goals.

-  **Specifically designed for hard training athletes to deliver exactly what you need to support performance, growth, and overall well-being.**
-  **Contains a specific blend of micronutrients to deliver, and help you absorb, critical vitamins and minerals in the doses and forms you need.**
-  **Adaptagen/antioxidant complex to help cope with the mental and physical stress of training and everyday life and fight off free radicals.**
-  **Supports energy, men's health/virility and liver detoxification all in one formula**



Medicinal Ingredients Ingrédients médicinaux:

Serving size 2 tablets / Portion: 2 tablettes

Servings per container: 30 / Portions par contenant: 30

Vitamin(e) C (ascorbic acid / acide ascorbique)	300 mg	500%
Calcium (calcium citrate/comme citrate de calcium)	150 mg	15%
Thiamine (vitamin(e) B1) (thiamine mononitrate / mononitrate de thiamine)	50 mg	3333%
Riboflavin(e) (vitamin(e) B2)	50 mg	2941%
Vitamin(e) B6 (pyridoxine hydrochloride / chlorhydrate de pyridoxine)	50 mg	2500%
Pantothenic acid/Acide pantothénique (d-calcium pantothenate / pantothénate de d-calcium)	50 mg	500%
Niacinamide	50 mg	250%
Magnesium / Magnésium (magnesium aspartate / aspartate de magnésium)	40 mg	10%
Zinc (zinc citrate / citrate de zinc)	15 mg	100%
Copper / Cuivre (copper gluconate / gluconate de cuivre)	2 mg	100%
Manganese / Manganèse (as manganese citrate/comme citrate de manganèse)	2 mg	100%
Folate	400 mcg	100%
Iodine / Iode (potassium iodide / iodure de potassium)	150 mcg	100%
Chromium/Chrome (chromium picolinate / picolinate de chrome)	120 mcg	100%
Vitamin(e) B12 (methylcobalamin / méthylcobalamine)	75 mcg	1250%
Molybdenum/Molybdène (molybdenum amino acid chelate / chélate d'acide aminé de molybdène)	75 mcg	100%
Selenium/Sélénium (L-selenomethionine / L-sélenométhionine)	70 mcg	100%
Vitamin(e) K2 (menaquinone-7 / ménaquinone-7)	45 mcg	56%
Vitamin(e) A (vitamin A acetate and beta-carotene / acétate de vitamine A et bêta-carotène)	5000 IU/UI	100%
Vitamin(e) D (cholecalciferol / cholestérol)	1000 IU/UI	250%
Vitamin(e) E (dl-alpha tocopheryl acetate / acétate de dl-alpha tocophéryle)	30 IU/UI	100%
Men's Vitality Complex / Complexe Vitalité masculine	190.5 mg	
Tribulus terrestris	110 mg	*
Nettle root / Racine d'ortie 4:1 concentrate / concentré à 4:1	25 mg	*
Saw palmetto powder / Palmier nain, poudre (Serenoa repens)	25 mg	*
Pygeum africanum extract / extrait [QCE 200 mg] (2.5% phytosterols / de phytostérols)	25 mg	*
Boron (boron citrate / citrate de bore)	0.5 mg	*
Lycopene/Lycopène	5 mg	*
Antioxidant/Adaptogen System / Système antioxydant/adaptogène	360 mg	*
Rhodiola rosea extract / extrait (3% rosavins and 1% salidroside / 3% de rosavines et 1% de salidroside)	100 mg	*
American ginseng / Ginseng américain extract/extrait	100 mg	*
Eleutherococcus senticosus root extract / extrait de racine	50 mg	*
Pomegranate fruit powder / Grenade, poudre de fruit	25 mg	*
Acai fruit powder / Baie d'açaï, poudre de fruit	25 mg	*
Blueberry fruit powder / Bleuets, poudre de fruit	25 mg	*
Green tea leaf extract / extrait (Camellia sinensis) (75% catechins catéchines)	25 mg	*
Coenzyme Q10	10 mg	*
Liver Support System / Système Soutien du foie	177.5 mg	*
N-Acetyl-Cysteine / N-acétyl-cystéine	100 mg	*
Choline bitartrate / Bitartrate de choline	27.5 mg	*
Milk thistle	25 mg	*
Setria® L-Glutathione / L-glutathion	25 mg	*
Digestive Enzymes / Enzymes digestives	30 mg	*
Bromelain/Broméline	10 mg	*
Amylase	10 mg	*
Lactase	10 mg	*

*Daily value not established. Valeur quotidienne non établie.

Non Medicinal Ingredients: Modified cellulose, vegetable stearates, silica, clear vegetable coating (hypromellose, glycerine).

Ingrédients non médicinaux: cellulose modifiée, stéarate végétal, silice, enrobage végétal clair (hypromellose, glycérine).

30
SERVINGS

— F O U N D A T I O N S E R I E S —

BECAUSE STRENGTH MATTERS!

Creatine is the number one muscle building supplement in the world, with hundreds of studies showing its effectiveness to deliver Mammoth amounts of muscle and strength. That's why it is the foundation for so many people – it WORKS. Each serving of **MAMMOTH CREATINE** supplies a full 5 grams of 100% pure Micronized Creatine Monohydrate. Tasteless and odorless, **MAMMOTH CREATINE** mixes easily into water or juice and does not readily settle at the bottom which means no gritty taste or texture only GAINS.

Recommended use or purpose:

Increases muscle mass when used in conjunction with a resistance training regimen; Improves performance in repetitive bouts of brief, highly-intense physical activity.

Recommended Dose - Adult loading phase:

Take 1 teaspoon (5 g) 4 times per day for 5-7 days. Take separately from products containing caffeine.

Recommended Dose - Adult Maintenance phase:

Take 1 teaspoon (5 g) daily. Take separately from products containing caffeine.

Medicinal ingredients:

Each scoop (5 g) contains: Creatine Monohydrate 5g

Non Medicinal Ingredients: None

60
SERVINGS

300g

200
SERVINGS

1 kg

-  Improves Performance
-  Increases Lean Muscle Mass
-  Promotes Strength and Recovery
-  Micronized Creatine Monohydrate
-  Clinically Proven
-  Mixes Instantly
-  Unflavoured
-  No Grittiness

**PROFESSIONAL
STRENGTH**



MAMMOTH GLUTAMINE BECAUSE RECOVERY MATTERS!

Glutamine is the most abundant amino acid in skeletal muscle and supplementing with **MAMMOTH GLUTAMINE** greatly aids in the muscle recovery and repair process. Other benefits include the support of digestive health and immune function after periods of stress such as weight training. **MAMMOTH GLUTAMINE** is a welcome addition to any comprehensive supplement regimen.

Recommended use:

Helps restore plasma glutamine levels, support immune system health and support digestive system health after periods of physical stress.

Usage recommandé:

Aide à restaurer les taux sanguins de glutamine, et à soutenir la santé du système digestif et la santé du système immunitaire suite à des périodes de stress physique.

Recommended dose:

Adults: Take 1 rounded teaspoon (5 g) daily.

Dose recommandée:

Adultes: Prendre 1 c. à thé comble (5 g) par jour.

Medicinal Ingredients:

Each teaspoon contains: L-Glutamine 5 g

Ingrédients médicinaux:

Chaque c. à thé contient: L-Glutamine 5 g

Non-medicinal ingredients: None

Ingrédients non-médicinaux: Aucun

-  **100% Micronized Glutamine**
-  **Promotes Healthy Immune System**
-  **Supports Muscle Recovery**
-  **Improves Performance**
-  **Clinically Proven**
-  **Mixes Instantly**
-  **Unflavoured**
-  **No Grittiness**

100
SERVINGS

500g

200
SERVINGS

1 kg

**PROFESSIONAL
STRENGTH**



#GETMAMMOTH

SOCIAL MEDIA INCREASED DIGITAL PRESENCE

// PRODUCT EVOLUTION AD

getmammoth • Follow

BOY A LOT HAS CHANGED OVER THE YEARS

2009 2019

TO THE NEXT 10 AND BEYOND

1,528 likes

getmammoth Ha, always great to look back and see how far you've come. A lot has changed but our connection and commitment to you has not.

// MOST COMMENTED AD

getmammoth Toronto, Ontario

Mammoth Spayding

Schiek

Liked by bbh28, mriley_mammoth and 739 others

getmammoth My boy and classic physique enthusiast @physiquetacademy rocking the 70s headband, Mammoth Retro Tee and @schieksportsinc belt. Time to work!

// MOST LIKED AD

getmammoth Elite Performance Center (EPC)

MAMMOTH

Liked by bbh28, mriley_mammoth and 756 others

getmammoth When you realize you have everything in common with the product and brand 🤔 And the only place that can hold this type of MASS was @epcburlington

// PRODUCT ANNOUNCEMENTS

getmammoth Toronto, Ontario

IT'S THE CHERRY AT THE TOP!

NEW BLACK CHERRY FLAVOUR

COMING SOON

Liked by bbh28, mriley_mammoth and 662 others

getmammoth NOTHING IS GONNA TOP THIS 🍒

WHO WANTS SOME? 🍷

#blackcherry #getmammoth #runwiththemammoth



Ads promoting new products, product releases & new flavours



International Price List

Effective: Sept. 1st 2019 (All prices in USD)

Code	Product Type Description	Net Wt.	MSRP	Wholesale	Distributor Pricing (USD)	Quantity	Value
IN400	Mammoth MASS Weight Gainer Chocolate (Bags)	15 lbs	\$110.99	\$66.99	\$39.99		
IN401	Mammoth MASS Weight Gainer Vanilla (Bags)	15 lbs	\$110.99	\$66.99	\$39.99		
IN402	Mammoth MASS Weight Gainer Strawberry (Bags)	15 lbs	\$110.99	\$66.99	\$39.99		
IN403	Mammoth MASS Weight Gainer Banana (Bags)	15 lbs	\$110.99	\$66.99	\$39.99		
IN404	Mammoth MASS Weight Gainer Cookies & Cream (Bags)	15 lbs	\$110.99	\$66.99	\$39.99		
IN405	Mammoth MASS Weight Gainer Chocolate Peanut Butter (Bags)	15 lbs	\$110.99	\$66.99	\$39.99		
IN420	Mammoth MASS Weight Gainer Chocolate (Pail)	10 lbs	\$89.99	\$53.99	\$32.40		
IN421	Mammoth MASS Weight Gainer Vanilla (Pail)	10 lbs	\$89.99	\$53.99	\$32.40		
IN422	Mammoth MASS Weight Gainer Strawberry (Pail)	10 lbs	\$89.99	\$53.99	\$32.40		
IN423	Mammoth MASS Weight Gainer Banana (Pail)	10 lbs	\$89.99	\$53.99	\$32.40		
IN410	Mammoth MASS Weight Gainer Chocolate	5 lbs	\$54.99	\$32.99	\$19.99		
IN411	Mammoth MASS Weight Gainer Vanilla	5 lbs	\$54.99	\$32.99	\$19.99		
IN412	Mammoth MASS Weight Gainer Strawberry	5 lbs	\$54.99	\$32.99	\$19.99		
IN413	Mammoth MASS Weight Gainer Banana	5 lbs	\$54.99	\$32.99	\$19.99		
IN414	Mammoth MASS Weight Gainer Cookies & Cream	5 lbs	\$54.99	\$32.99	\$19.99		
IN415	Mammoth MASS Weight Gainer Chocolate Peanut Butter	5 lbs	\$54.99	\$32.99	\$19.99		
IN440	Mammoth MEAL Chocolate Fudge Brownie	4.49 lb	\$99.99	\$59.99	\$36.00		
IN441	Mammoth MEAL Vanilla Ice Cream	4.49 lb	\$99.99	\$59.99	\$36.00		
IN442	Mammoth MEAL Strawberry Shortcake	4.49 lb	\$99.99	\$59.99	\$36.00		
IN550	Mammoth WHEY Protein Chocolate	5 lbs	\$96.99	\$57.99	\$34.99		
IN551	Mammoth WHEY Protein Vanilla	5 lbs	\$96.99	\$57.99	\$34.99		
IN580	Mammoth ISO RUSH Rich Chocolate	2 lbs	\$55.99	\$33.99	\$20.99		
IN581	Mammoth ISO RUSH Vanilla Ice Cream	2 lbs	\$55.99	\$33.99	\$20.99		
IN582	Mammoth ISO RUSH Chocolate Peanut Butter	2 lbs	\$55.99	\$33.99	\$20.99		
IN583	Mammoth ISO RUSH Cookies & Cream	2 lbs	\$55.99	\$33.99	\$20.99		
IN590	Mammoth ISO RUSH Rich Chocolate	5 lbs	\$109.99	\$65.99	\$39.99		
IN591	Mammoth ISO RUSH Vanilla Ice Cream	5 lbs	\$109.99	\$65.99	\$39.99		
IN592	Mammoth ISO RUSH Chocolate Peanut Butter	5 lbs	\$109.99	\$65.99	\$39.99		
IN593	Mammoth ISO RUSH Cookies & Cream	5 lbs	\$109.99	\$65.99	\$39.99		
IN600	Mammoth CREATINE	1 kg	\$39.99	\$23.99	\$14.40		
IN602	Mammoth CREATINE	300 g	\$19.99	\$11.99	\$7.20		
IN610	Mammoth GLUTAMINE	1 kg	\$69.99	\$41.99	\$25.20		
IN690	Mammoth NEURO STIM Fruit Punch	60 serve	\$49.99	\$29.99	\$18.00		
IN691	Mammoth NEURO STIM Clear Raspberry	60 serve	\$49.99	\$29.99	\$18.00		
IN900	Mammoth PUMP Fruit Punch	30 serve	\$36.99	\$22.99	\$13.79		
IN901	Mammoth PUMP Blue Raspberry	30 serve	\$36.99	\$22.99	\$13.79		
IN902	Mammoth PUMP Watermelon	30 serve	\$36.99	\$22.99	\$13.79		
IN903	Mammoth PUMP Pink Lemonade	30 serve	\$36.99	\$22.99	\$13.79		
IN904	Mammoth PUMP White Grape	30 serve	\$36.99	\$22.99	\$13.79		
IN905	Mammoth PUMP Pineapple Mango	30 serve	\$36.99	\$22.99	\$13.79		
IN906	Mammoth PUMP Clear Raspberry	30 serve	\$36.99	\$22.99	\$13.79		
IN908	Mammoth PUMP Pineapple Coconut	30 serve	\$36.99	\$22.99	\$13.79		
IN909	Mammoth PUMP Natural Sour Lemonade	30 serve	\$36.99	\$22.99	\$13.79		
IN960	Mammoth PUMP Black Cherry	30 serve	\$36.99	\$22.99	\$13.79		
IN910	Mammoth PUMP Fruit Punch	60 serve	\$55.99	\$33.59	\$20.16		
IN911	Mammoth PUMP Blue Raspberry	60 serve	\$55.99	\$33.59	\$20.16		
IN912	Mammoth PUMP Watermelon	60 serve	\$55.99	\$33.59	\$20.16		
IN913	Mammoth PUMP Pink Lemonade	60 serve	\$55.99	\$33.59	\$20.16		
IN914	Mammoth PUMP White Grape	60 serve	\$55.99	\$33.59	\$20.16		
IN915	Mammoth PUMP Pineapple Mango	60 serve	\$55.99	\$33.59	\$20.16		
IN916	Mammoth PUMP Clear Raspberry	60 serve	\$55.99	\$33.59	\$20.16		
IN918	Mammoth PUMP Pineapple Coconut	60 serve	\$55.99	\$33.59	\$20.16		
IN919	Mammoth PUMP Natural Sour Lemonade	60 serve	\$55.99	\$33.59	\$20.16		
IN970	Mammoth PUMP Black Cherry	60 serve	\$55.99	\$33.59	\$20.16		
IN662	Mammoth BURN Powder Green Apple	60 serve	\$49.99	\$29.99	\$18.00		
IN663	Mammoth BURN Powder Fruit Punch	60 serve	\$49.99	\$29.99	\$18.00		
IN664	Mammoth BURN Powder Pineapple	60 serve	\$49.99	\$29.99	\$18.00		
IN670	Mammoth MULTI - Vitamin	60 caps	\$31.99	\$19.19	\$11.52		
IN940	Mammoth BCAA High dose recovery formula Superfruit	40 serve	\$44.99	\$26.99	\$16.20		
IN941	Mammoth BCAA High dose recovery formula White Grape	40 serve	\$44.99	\$26.99	\$16.20		
IN942	Mammoth BCAA High dose recovery formula Peach Mango	40 serve	\$44.99	\$26.99	\$16.20		
N950	Mammoth EAA9 Fruit Punch Blast	30 serve	\$49.99	\$29.99	\$18.00		
IN951	Mammoth EAA9 Fuzzy Peach	30 serve	\$49.99	\$29.99	\$18.00		
IN952	Mammoth EAA9 Swedish Very Berry	30 serve	\$49.99	\$29.99	\$18.00		
IN959	Mammoth EAA9 3 Flav Variety Box	3x1 serve	\$14.99	\$8.99	\$5.40		

#GETMAMMOTH

SWAG The MOST Swagalicious Gear!

// OUR GOAL! To provide our customers with the most unique and cool looking swag that the industry can offer!!

NEW IN
2019

