

BodyandFitness.com

Product Catalog

Why pay more for Name Brands

SPECIALTY PRODUCTS

Male Enhance 60 cap.

The Natural Alternated to VIAGRA. A long satisfying sex life not only requires sufficient male hormones. But healthy hormone functions. Because a healthy man's hormone glands have certain nutritional needs, herbal stimulants were developed to satisfy these important needs. Male Enhance is a potent stimulant that was created for lovers. You will feel the difference in all areas of your life: Work, play, and romance. Men and women are equally impressed with the amazing results obtained from using ENHANCE. More affection, romance, excitement, energy and pleasure. www.bodyandfitness.com/Products/Health/sex.htm

Female Enhance 60 cap.

The women's body is more complex than a man's. Whereas, a man's body can experience function failure. A women's body can be more emotional due to an imbalance and unhealthy hormone functions. In a women's lifetime, changes in hormone levels can result in a variety of symptoms such as: P.M.S , menstrual irregularities, weight gain or loss, anxiety, menopause, and/or the lack of desire or energy for sex. Herbal remedies for treating various problems associated with the female reproductive organs have been used for centuries. For today's active women, Enhance was developed to treat these important needs for women of all ages.

www.bodyandfitness.com/Products/Health/sex.htm

DIET AIDS

Super New You 60 cap.

Its super strength 100% natural herbs can suppress even the biggest appetite, reduces cravings for sweets and increases energy levels. Super New You curbs appetite, speeds sluggish metabolism, boost energy levels, and burn fat.

www.bodyandfitness.com/Products/Weight_Management/product.htm

New You II 90 tab. Fat Burner

These days many people are concerned about fat. With New You II Fat Burner, the concern of excess fat can be put to rest. New You II This product contains NO Stimulants Designed for people who want to lose excess weight and body fat. Fat-Emulsifying Lipotropics: Choline and Inositol. A lipotropic nutrient is one that promotes or encourages the export of fat from the liver. Lipotropics are necessary for the maintenance of a healthy liver as well as burning the

exported fat for additional energy. Without lipotropics such as choline and inositol, fats and bile can become trapped in the liver, causing severe problems such as cirrhosis and blocking fat metabolism. Choline is essential for fat metabolism. Choline functions as a methyl donor and it is required for proper liver function. Like inositol, choline is a lipotropic. Inositol exerts lipotropic effects as well. An "unofficial" member of the B vitamins, inositol has even been shown to relieve depression and panic attacks.

www.bodyandfitness.com/Products/Weight_Management/fatburners.htm

New You III 90 cap.

Provides a significant source of essential dietary fibers and cleansing formula herbs. Fibers produce a satisfied feeling of fullness, which is helpful for those wanting to lose weight. Cleansing formula herbs help in the elimination of excess food, water and toxins in the body.

www.bodyandfitness.com/Products/Weight_Management/fatburners.htm

14 Day Super Weight Loss Program

This complete weight loss program is the fastest possible way to lose weight. The 14 day program consist of: Super New You, New You II, New You III and a helpful handguide on nutrition and an exercise regimen.

www.bodyandfitness.com/Products/Weight_Management/product.htm

Carnitine

The Natural Lipothermic Energy. As a athlete, you know performance centers on your body's ability to produce explosive energy. And since fat provides the main energy fuel for muscles, tapping into your body's fat stores is critical. That's where carnitine come in. Playing a key role in fat oxidation, caritine "shuttles" or transports long-chain fatty acids (the highest energy food) across the mitochondrial membrane (the power plant of the cell) for enhanced energy production. Without it, fats cannot be burned for energy; they are instead stored in the body as fats and triglycerides. Carnitine work quickly in encouraging the body to burn stored fat for energy rather than carbohydrates. It does this by forcing fat into the muscular cells.

www.bodyandfitness.com/Products/Weight_Management/fatburners.htm

Chromium Polynicolinate

200 mcg. per capsule. At last there is a safe supplement that helps you lose unwanted fat more easily and quickly, while retaining vital muscle tissue. Chromium is used to help reduce body fat, increase muscle mass and boost energy levels. Chromium is used in the body for carbohydrate metabolism and insulin function. Low levels of Chromium reduces the body's ability to use sugars for energy, causing them to be stored as fat.

www.bodyandfitness.com/Products/Weight_Management/fat_burners.htm

Lecithin

Lecithin, derived naturally from soybeans, provides choline, inositol, essential fatty acids and phospholipids for healthy nerve and brain function. Lecithin also helps support the liver's ability to metabolize fats and normal cellular membrane composition and repair.

www.bodyandfitness.com/Products/Weight_Management/fat_burners.htm

AMINO ACIDS

Amino 1500

Each tablet provide 1500 mg. of a superior blend of high quality amino acids derived from whey protein concentrate and egg white protein. Amino acids are the building blocks necessary for repairing, growth, and recovery. Without total repair and recovery the body can not start to build muscles. During intense physical exercise, stress on muscle fibers can cause damage resulting in muscle fatigue, soreness, slow growth, and less strength.

www.bodyandfitness.com/Products/Fitness/amino.htm

Nitro-Ignition

This combination of 1500mg. Amino, 200 mcg Chromium, and 10 mg. Diosgenin work as a steroidal sapogenin that is capable of increasing protein synthesis metabolism of sugar and insulin potentiating the key increasing in muscle size. The first requirement that all athletes must understand is muscle growth can not occur without the body being in a positive nitrogen balance. Sugar and insulin is needed for fuel, the more fuel the muscle has the faster the muscle will grow. Nitro Ignition can provide the muscle with the nutrients it needs for growth.

www.bodyandfitness.com/Products/Fitness/amino.htm

Desiccated Beef Liver

29 gr. of defatted beef liver. One of the most nutritious supplement available to all bodybuilders, Beef Liver is very high in important amino acids and rich in key vitamins and minerals, including iron, B vitamins B 12 and folic acid (blood builder). Red bloods helps carry more oxygen to the muscle. Beef Liver and increase strength, power, endurance and recovery.

www.bodyandfitness.com/Products/Fitness/amino.htm

B.C.A.A

Branched-chain amino acids (BCAAs) include leucine, isoleucine, and valine. BCAAs are essential to the human body. They are needed for the maintenance of muscle tissue and appear to preserve muscle glycogen stores¹ and help prevent muscle protein breakdown during exercise.

www.bodyandfitness.com/Products/Fitness/amino.htm

MUSCLE GROWTH

Arginine/Ornithine

750 mg. each capsule. Arginine/Ornithine helps stimulates the release of growth hormone, which is necessary for the proper functioning of burning fat and putting on muscle.

www.bodyandfitness.com/Products/Bodybuilding/muscle.htm

Dibencozide

Dibencozide the biologically active form of vitamin B12 acts directly on muscles, nerves and other cells for a quick burst of energy. Vitamin B12 plays an important role in fat oxidation. It does this by pairing fats with odd numbered carbon chains thus utilizing your fat as energy. The benefit is twofold, you get a sudden burst of energy and burn fat simultaneously. Supplementation with Dibencozide may reduce fatigue during prolonged exertion. It helps stimulate protein metabolism for increased conversion efficiency of proteins into amino acid components.

www.bodyandfitness.com/Products/Bodybuilding/muscle.htm

Ex Sterol

Ex-Sterol is designed to help strengthen and clean the body's inter system, hormone production and glandular system. With added lipotropics agents and herbs for the removal of fats and toxins in the is necessary to obtain a strong and healthy body. Ex Sterol, a plant sterol based anabolic supplement, is the powerful but natural alternative that serious bodybuilders have been looking for. Contains plant sterols, energy substrates, electrolytes, performance boosters, testosterone boosters, important minerals, Liver detoxified, and the B-complex and vitamin C vitamins.

www.bodyandfitness.com/Products/Bodybuilding/muscle.htm

Muscle - Pump

This formula is designed for maximum absorption with faster results. Muscle - Pump is an important anabolic muscle builder proven to be effective in adding bulk and mass size. Designed for athletes concerned with increasing muscle mass, energy, endurance, and strength. This product is perfect with or with Creatine. Contains Ferulic acid, Boron, Chromium, Niacin and Glycine.

www.bodyandfitness.com/Products/Bodybuilding/muscle.htm

Hard & Natural

With 1000 mg Yohimbe Bark and 2100 mg. of herbal boosters. Hard and Natural is a potent substance which help increase the natural levels of testosterone in the body. High levels of testosterone can make the difference between strong, well-developed muscles or a flabby, smooth appearance. Incredible gains in lean muscle mass with less body fat has been reported with the use of HARD and NATURAL.

www.bodyandfitness.com/Products/Bodybuilding/test.htm

Yohimbe 1000 mg.

This product contains the highest substances (1000 mg. per cap.) which help boost the natural testosterone levels in the body. One of the most crucial factors for success in the muscle building process is the hormone testosterone. Yohimbe is a natural herbal compound, which is highly effective in promoting strength, muscle mass, fat burning and overall male performance.

www.bodyandfitness.com/Products/Bodybuilding/test.htm

ENERGY and ENDURANCE

Forever Active

This all natural herbs and minerals product can help increase sports performance, oxygen, endurance, high energy levels, and recovery time. We added important electrolytes such as magnesium and potassium, to aid dehydration and muscle cramping. This ultimate formula is a must for anyone who exercises or plays sports, from the bodybuilder to the weekend golfer.

www.bodyandfitness.com/Products/Fitness/sport.htm

Inosine 1500 mg.

Inosine improves ATP (Adenosine Tri-Phosphate) production in the muscle and thus be of value to strength athletes. It is also thought to enhance oxygen delivery to the muscles, which would benefit endurance athletes. Inosine increases the body's natural ability to handle strenuous exercise, workouts, intense training programs, and competitive events.

www.bodyandfitness.com/Products/Fitness/sport.htm

Pre-Power

This formula is designed for maximum strength, stamina, and endurance for awesome workouts. Pre-Power blend of Inosine, Ferulic acid, BCAA, Cytochrome C, Calcium & Potassium Aspartate help boosts the efficiency of oxygen usage in muscle cells, decrease lactic acid build-up for less burning and cramping with faster recuperation.

www.bodyandfitness.com/Products/Fitness/sport.htm

MULTI - VITAMINS

Super Sports Pack

Super Sports Pack is a super high performance pack of 8 tablets of essential vitamins, minerals, electrolytes, amino acids, performance nutrients, and molecular trace minerals is essential for those who participate in any sport.

www.bodyandfitness.com/Products/Health/multi-vi.htm

Pure Energy Multi

Pure Energy provides nutrients to help support and maintain the health for today's active lifestyle. Designed specifically to help maximize energy while increasing endurance levels.

With the complete balanced of essential and non-essential vitamins, minerals, and energy factors to improve overall training performance.

www.bodyandfitness.com/Products/Health/multi-vi.htm

For Woman Only Multi

For Woman Only provides nutrients to help support and maintain the health of today's active women. Complete high potency multi-vitamin-minerals 1000 mg of Calcium, Folic acid, and extra B-12 plus essential herbal women factors. Because of the changes in hormone levels throughout a woman's lifetime, women may experience a variety of symptoms: P.M.S, menstrual irregularities, anxiety, and menopause. Designed specifically to help maintain good hormonal health.

www.bodyandfitness.com/Products/Health/multi-vi.htm

For Men Only Multi

For Men Only provides nutrients to help support and maintain the health of today's active men. Complete high potency multi-vitamin-minerals, extra zinc and important B complex plus essential herbal male factors for prostate health, Ginseng for virility, sexuality, stamina, endurance and good health.

www.bodyandfitness.com/Products/Health/multi-vi.htm

VITAMINS

Beta Carotene 25,000 IU Preservative Free

Researched speculate that beta-caroten prevents free radicals from turning LDLs ("bad" cholesterol) into an even more menacing artery clogger. Also helps eye visual.

[/www.bodyandfitness.com/Products/Health/single.htm](http://www.bodyandfitness.com/Products/Health/single.htm)

Energy Plus

Contains: Vitamin B1, B2, B6, B12, Niacin, Choline, Iron, Zinc.

www.bodyandfitness.com/Products/Health/single.htm

Thera-B Complex

Thera-B Balanced Therapeutic B-Complex Vitamins
This Thera-B capsule is a superb high potency (50 mg) , supplement source of B-Complex vitamins and related nutritional factors. This high quality supplement contains no sugar, yeast, wheat, artificial flavoring agents, colors or preservative.

www.bodyandfitness.com/Products/Health/single.htm

Folic Acid 800 mcg

A member of the vitamin B complex family. Essential to the formation of red blood cells by its action on the bone marrow. Aids in protein metabolism and contributes to normal growth. Necessary for absorption and utilization of iron.

www.bodyandfitness.com/Products/Health/single.htm

Niacin B-3 100 mg

Niacin is an important B Vitamin and is involved in the proper function of the nervous & digestive systems, in fat-protein-carbohydrate metabolism and in many other important areas

www.bodyandfitness.com/Products/Health/single.htm

Vitamin C 1000 mg

Prolonged release Nutrition is a special process by which the tablet is designed to disintegrate slowly over a 6 to 8 hour period. Each tablet provides: 1000 mg (ascorbic acid) 135 mg Rose Hips, 5 mg Lemon Bioflavonoid, 5 mg Rutin, 5 mg Hesperidin Complex.

www.bodyandfitness.com/Products/Health/single.htm

LIQUID SUPPLEMENTS

Daily Multiple Vitamin

Liquid Nutritional Daily Multiple is an amazing blend of whole foods designed to provide the vitamins, minerals, trace minerals, and amino acids your body deserves. The base of pure aloe vera juice is loaded with digestive enzymes, and the addition of Siberian Ginseng, and Ginkgo Biloba packs an energetic and brain fuel punch! Sea vegetables - dubbed nature's perfect food - provide most of the nutrient in this well-rounded formula.

www.bodyandfitness.com/Products/Health/liqvitamin.htm

Liquid Multi Mineral

Liquid Minerals the Key to Endurance, Recovery and Maximize absorption. Multi Mineral Complex supply 50 Colloidal Minerals, Electrolytes, Plus 35 Trace Minerals. Black Cherry

www.bodyandfitness.com/Products/Health/liqvitamin.htm

Liquid Glucosamine Formula

Liquid Glucosamine Formula - Pain Relief - Anti-Inflammatory - High Absorption Rate Glucosamine / Chondroitin / MSM: Three supplements you've probably heard a lot about in the past couple of years. Used by millions of arthritis sufferers worldwide, Glucosamine combinations provide safe, effective relief with results supported in scientific studies. There seems to be little, if any, side effects associated with glucosamine, chondroitin, or MSM. Plus, they are relatively inexpensive, especially for the freedom and range of motion restored to so many users. For all these reasons, our Glucosamine is receiving a lot of attention in the industry.

www.bodyandfitness.com/Products/Health/liqvitamin.htm

Energy & Stress

Energy & Stress provides a mega dose of B-vitamins in one ounce, plus Siberian Ginseng and Potassium. The number one health complaint in America is lack of energy. B-complex vitamins provide a natural energy boost without stimulants. Recent studies have also suggested that B-vitamins can improve cardiovascular health. B-vitamins are

vital for the nervous system by help the body rebound and deal with stress more efficiently, and in energy production by assisting in the conversion of food to energy. B-vitamins also contribute to mental health, acting as a natural antidepressants.

www.bodyandfitness.com/Products/Health/liqvitamin.htm

MINERALS

Multi Minerals

Balanced Organic Mineral Complex is a complete, high potency mineral supplement. This scientifically formulated complex contains a full complement essential and trace minerals. To increase absorption and utilization the minerals in this formula have been chelated and organically bound. 3 capsules provide: 400 IU Vitamin D, 1000 mg Calcium, 500 mg Magnesium, 99 mg Potassium, 150 mcg Iodine, 18 mg Iron, 2 mg Copper, 22.5 mg Zinc, 10 mg Manganese, 100 mcg Chromium, 50 mcg Selenium, 10 mcg Molybdenum, 2 mcg Vanadium, 10 mg Silca (horsetail herb), 100 mg Betaine HCl, 100 mg Glutamic Acid HCl.

www.bodyandfitness.com/Products/Health/minerals.htm

Cal-Mag-Zinc

2 Tablets provide: 1000 mg. Calcium, 500 mg. Magnesium, 25 mg Zinc, 400 IU Vitamin D. This product has been chelated. Chelation is a process that involves the complexing of the inorganic minerals with organic proteins to enhance the absorption and availability of the minerals within the body.

www.bodyandfitness.com/Products/Health/minerals.htm

L-Iron

Each Time-Release tab. contains 27 mg. iron, 50 mcg. B-12, 100 mg. Liver, and 400mcg. folic acid. Iron is required in manufacture of hemoglobin; helps carry oxygen in the blood. Essential for many enzymes and is important for growth and a healthy immune system. Iron deficiency includes anemia, brittle nails, fragile bones, hair loss, and slowed mental reactions.

www.bodyandfitness.com/Products/Health/minerals.htm

Potassium Chelated

Each tablet contains 99 mg. chelate Potassium Necessary for normal muscle tone, nerves, heart action, enzyme reactions, and water utilization. Signs of potassium deficiency include abnormally dry skin, acne, chills, constipation, depression, edema, thirst, fluctuations in heartbeat, high cholesterol levels, low blood pressure, muscular fatigue, and respiratory distress.

www.bodyandfitness.com/Products/Health/minerals.htm

Zinc

50 mg. Chelated. Zinc helps normal tissue function, protein and carbohydrate metabolism. Essential in prostate gland function and the growth of the reproductive organs. Help prevent acne and regulate the activity of oil glands.

Promotes a healthy immune system and the healing of wounds.

www.bodyandfitness.com/Products/Health/minerals.htm

BEAUTY AIDS

Healthy Glo

Aids hair that is: Dull, Dry, Brittle, Slow Growing. Healthy Glo provides a blend of essential nutrients to not only promote healthy hair growth, but also assists in adding shine, and healthier looking texture to the hair.

www.bodyandfitness.com/Beauty/Products/beauty1_b.htm

New Re-Born

Aids hair that is: Thinning, Falling out, Balding. Re-Born provides a blend of essential nutrients to promote healthy hair growth, and also assist in the prevention of peroxidation of oil formation on the scalp. These oils can clog pores and effect the health and development of hair follicles.

www.bodyandfitness.com/Beauty/Products/beauty1_b.htm

The Bodybuilder

Aids hair that is: Fine, Limp, Weak. The Body-builder provides a combination of protein and Vitamin C, essential nutrients for the maintenance of good hair health & vitality. These important nutrients are the primary elements for hair elasticity which provides strength, youthful, texture and resiliency for hair.

www.bodyandfitness.com/Beauty/Products/beauty1_b.htm

AGE – DEFIANCE COLLECTION

*Restores the Look and Feel of Youthful & Healthy Skin
NATURALLY*

WHY PAY MORE? Age-Defiance products provide the same high quality ingredients without the high price. Every product has 40 – 70 % more product than leading department store products.

- ❖ **Advanced Skin Care** - The first advanced natural skin care collection that treats specific problems related to aging and damaged skin.
- ❖ **Prevents Future Signs** – Used daily, these technologically advanced formulas can correct as well as prevent future signs of aging and/or skin damage.
- ❖ **Patented Micellized Skin Vitamins** – Advanced patented micellized skin vitamins for better absorption and better RESULTS!
- ❖ **Effective** – Effective Liposomes that help seal the nutrients into the skin for a healthier and youthful looking complexion.

The Dawn of a New Generation of Skin Care

Skin Lightening Serum 2 oz.

Revolutionary new breakthrough in lightening age spots and skin tone. Regular use in conjunction with sun avoidance can lighten & diminish the appearance of dark spots or blotches on the skin such as: Freckles, Age Spots, and Skin Discoloration.

www.bodyandfitness.com/Beauty/Products/guide2_b.htm

Cell Renewal Treatment 2 oz.

With 10% Alpha Hydroxy Acid and resiliency boosters. Cell Renewal Treatment is possibly the most advanced technology product in Alpha Hydroxy Acids today. This oil-free gel absorbs quickly without a greasy build-up or clogging the pores. Formulated with liquid Collagen and Chamomile, which can actually erase the appearance of fine lines and wrinkles, prevent moisture loss and accelerate the growth of healthy skin cells.

www.bodyandfitness.com/Beauty/Products/guide2_b.htm

Age-Protection Cream 4 oz.

Rich in Antioxidants and Sunscreen. Its triple defense against aging by: Defends skin against daily sun damage. High potency skin antioxidant vitamins protect the skin from environmental damage and premature aging. Free-Radical fighters work to neutralize menacing molecules before they can damage and age healthy skin cells.

www.bodyandfitness.com/Beauty/Products/guide2_b.htm

Turn-Around Treatment 4 oz.

15% buffer Alpha Hydroxy Acid. This maximum strength Alpha Hydroxy Acid is an advanced buffer formulation especially designed for sensitive and aging skin that keeps irritation at a minimum and at the same time contains the highest amounts of age and wrinkle treatment available without a prescription. Daily application of Turn-Around Treatment can make the skins surface smoother, younger and cleaner by facilitating skin shedding, in other words, the skins surface of dead cells gradually sheds wrinkles, acne and damage skin, exposing the new healthy and youthful looking skin underneath.

www.bodyandfitness.com/Beauty/Products/guide2_b.htm

Under-Eye Defense 1 oz.

Under-Eye Defense moisturizers the driest areas of the face –the eye area. The tissues around the eye area produces little of its own oils, therefore the eye area can become very dry and prone to forming more lines and wrinkles. The under eye area will have be well moisturized at all times if you want to avoid fine lines and wrinkles. Under-Eye Defense provides advanced micellized vitamins and microcarrier liposomes with extra rich moisturizers that can help lubricate and moisten dry areas, smooth out lines and wrinkles, diminish the appearance of dark cycles and reduce puffiness.

www.bodyandfitness.com/Beauty/Products/guide2_b.htm

Hydrating Skin Nutriment 4 oz.

Hydrating Skin Nutriment builds and maintains skins pH balance and essential moisture reserves promoting its natural beauty without a greasy build-up. Because the human body is 98% water and craves hydration for it's healthy youthful glow, Hydrating Skin Nutriment was developed. Formulated with micellized skin vitamins and minerals necessary for skins vitality and healthy good looks. This ultra lightweight gel with advanced microcarrie liposomes (an important hydrating agent), can help reduce the signs of aging by keeping the skin well nourished and moist.

www.bodyandfitness.com/Beauty/Products/guide2_b.htm

The Thigh Cream 4 oz.

The thigh cream with 3% Aminophylline is highly concentrated and specially formulated to help hard to lose fatty areas, such as the thighs appear thinner, firmer and softer. Independent studies throughout the U.S have used skin creams containing the active ingredient, Aminophylline, to test its effectiveness in reducing fatty thigh areas. Reductions of one-fourth to one and one-half inches are common.

www.bodyandfitness.com/Beauty/Products/guide3_b.htm

The Body Cream 8 oz.

The body cream with 2% Aminophylline is specially formulated for sensitive areas, such as the stomach, underarm, breast and neck, to appear thinner, and firmer. A great moisturizing cream.

www.bodyandfitness.com/Beauty/Products/guide3_b.htm

Skin Renew & Repair Treatment 4 oz.

This skin cream is a concentrated formula of 10% Alpha Hydroxy Acid, vitamin E, collagen and synergistic botanical extracts, designed especially for the face. This beauty cream can help the complexion become more radiant, clear, and perfect in every way. Also works wonders on stretch marks, acne, skin discoloration and facial scars.

www.bodyandfitness.com/Beauty/Products/guide3_b.htm

Skin Renew Cream 8 oz.

Skin Renew with 8 % Alpha Hydroxy Acid, vitamin E, collagen, and synergistic extracts are specially created as an all over body moisturizing cream. This beauty cream is excellent for dry, cracked and rough areas such as: legs, hands, and feet. Also works wonders on keeping the skin clear, soft, moist and perfect in every way.

www.bodyandfitness.com/Beauty/Products/guide3_b.htm

Christina's Body and Fitness Store

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Building Better Bodies Since 1979

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products*

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