

EST **80** 1936
YEARS
OF
STRENGTH

WEIDER®

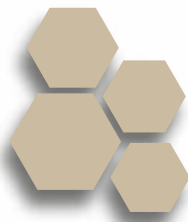
**THE ONLY BRAND
RECOMMENDED
BY DOCTORS**

ALL PRODUCTS

 /weider.lebanon

 @weider.lebanon


ALAMPHARM
PHARMACEUTICALS



PROTEINS

PREMIUM WHEY+

- 2,3kG: 76 servings
- Energy: 117 kcal
- Protein: 24g
- BCAA: 7.5 g
- L-glutamin: 6 g
- Carbohydrate: 1.9g
Of which sugar 1.4g
- Fat: 1.6 g
Of which saturated 1g
- Salt: 0.11g
- Vitamin B6: 0.81mg



30g powder with 250ml water



PROTEIN 80 PLUS

- 2Kg: 66 servings
- Energy: 114kcal
- Protein: 25g
- Carbohydrate: 2.8g
Of which sugar 1.7g
- Fat: <0.5g
- Salt: 0.08g
- Vitamin B6: 0.6mg
- Calcium: 400mg

30g powder with 250ml water

- Ultrafiltrated, Undenatured WPC & WPI
- Designed to improve recovery and effective development of muscles after an intense training session.
- **Recommendation:** 3 times a day with 1 serving immediately post workout
- Available flavors: Vanilla - Chocolate - Strawberry - Banana - Stracciatella.

- Sustained contribution of amino acids for up to 7 hours
- 4 components protein: 58% casein, 19% whey protein concentrate, 16% milk protein isolate, 3% dried egg albumen.
- **Recommendation:** anytime during the day, with one serving immediately after workout
- Available Flavors: Chocolate 1 - Strawberry 2 - Cookie and Cream 2

FRUITY ISOLATE

- 908G: 30 servings
- Energy: 110 kcal
- Protein: 24g
- BCAA: 7.7g
- L-glutamine: 4.9g
- Carbohydrate 0.9g
Of which sugar 0.4g
- Fat <0.4g
- Salt: 0.19g
- Fortified with: VitC, VitB1, VITB2, VITB6, VITB12, NIACIN, FOLIC ACID, PANTOTHENIC ACID



30g powder with 250ml water

- Ultra filtrated whey protein Isolate, purified from lactose, carbohydrates and fats, providing a pure source of protein that is highly soluble and easily digested.
- 100% bioactive Protein isolate, over 90% concentration from dry mass
- **Recommendation:** Ideally taken after workout (for instant recovery) and first thing in the morning
- Available Falvors: Chocolate, Strawberry, vanilla, natural, red fruits

CFM WHEY PROTEIN

- 908G: 30 servings
- Energy: 112 kcal
- Protein: 26g
- BCAA: 7.6g
- L-glutamine: 4.7g
- Carbohydrate 0.8g
Of which sugar 0.2g
- Fat <0.3g
- Salt: 0.24g
- Vitamin B6: 1.26mg



30g powder with 250ml water

DAY & NIGHT CASEIN

- 1.8kG: 72 servings
- Energy: 91 kcal
- Protein: 20g
- Carbohydrate: 1.2g
Of which sugar <0.5g
- Fat: 0.5g
Of which saturated 0.3g
- Salt: 0.15g



25g powder with 300ml water

- Ideal for long hours without food, during fasting or before Bed time!!
- High protein content of over 80% with pure casein
- Low-fat and low-sugar
- Supports strength and muscle growth
- Great taste
- **Recommendation:** 1 serving in the morning and 1 serving before bed time.
- Available Falvors: Coconut-Choco, chocolate crème, red berry



WHEY PROTEIN

Besides its sports related benefits of increasing and preserving Muscle Mass, Whey protein's characteristics include: Supporting healthy weight loss, anti-cancer properties, improving immunity, lowering cholesterol and blood pressure, reducing risk of cardiovascular disease.

LINE

THE ONLY BRAND
RECOMMENDED
BY DOCTORS



made in germany

WHEY COFFEE +

- 900G: 30 servings
- Energy: 113 kcal
- Protein: 22g
- Caffeine 80mg
- BCAA: 6.9g
- L-glutamin: 5.6g
- Carbohydrate: 3.1g
Of which sugar 1.9g
- Fat: 1.5g
Of which saturated 1.1g
- Salt: 0.13g
- Fortified with: VitB1, VITB2, VITB6, VITB12, PANTOTHENIC ACID, CALCIUM, POTASSIUM



30g powder with 300ml water

"Strive for excellence, exceed yourself, love your friend, speak the truth, practice fidelity and honor your father and mother. These principles will help you to master yourself." **JOE WEIDER**

- The morning coffee pleasure can be enjoyed in a simple and fast way to the intake of protein.
- Natural coffee taste, with 80mg of caffeine

+ GOLD WHEY

- 500G: 16 servings
- Energy: 117 kcal
- Protein: 24g
- Carbohydrate: 2.3 g
Of which sugar 2.1g
- Fat 1.8g
Of which saturated 1.1g
- Salt: 0.29g



30g powder with 300ml water

- Low in carbohydrates and fat
- Ultra filtrated whey protein concentrate, for quick absorption.
- Aspartame free
- Available Flavors: Vanilla, Chocolate, Coconut cookie, Strawberry, Mango, Banana split

Recommended by Doctors for:

1. Post Obesity surgeries
2. Malnourished people
3. Elderly to avoid sarcopenia
3. Faster recovery after surgery or ulcers

+ LEAN PROTEIN

- 500g: 16 servings
- Energy: 105 Kcal
- Protein 21g
- Carbohydrate: 2g
Of which sugar 0.9g
- Fat: 0.9g
Of which saturated 0.3g
- Salt: 0.28g
- Inulin: 1047mg
- Konjac Glucomannan: 300mg
- L-carnitine: 205mg
- Green Tea extract: 45mg
- Caffeine: 2.1mg



30g powder with 250ml water

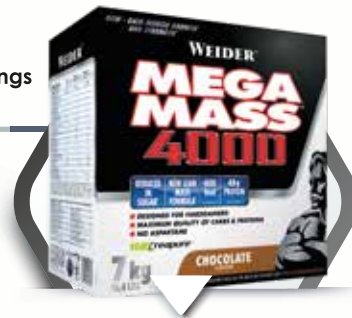
Sourced from whey and high-quality pea Pisane®. A Perfect solution for weight loss while staying healthy and preserving muscle mass.

- Inulin and Konjac Glucomannan: These fibers contribute to the feeling of satiety and help control insulin peaks.
- L-Carnitine has been proven to favor fatty acid transport helping mobilize and eliminate body fat.
- Green tea extract: Antioxidant, Rich in polyphenols, green tea improves insulin sensitivity and fat loss.
- Caffeine: As a thermogenic ingredient caffeine increases basal metabolism expenditure and, therefore, caloric expenditure.
- Recommendation: 1 serving between meals and 1 serving between workouts
- Chocolate and Vanilla

MASS GAINER

+ MEGA MASS 4000

- 7KG: 46 servings | 4KG: 26 servings
- Energy: 550 kcal
- Protein: 30 g
- Carbohydrate: 97 g
Of which sugar 18g
- Fat 3g
Of which saturated 1.7g
- Creatine 3 g
- Salt: 0.08g
- Fortified with: Vit E, Vit C, Vit B1, Vit B2, Vit B6, Vit B12, Niacin, Folic Acid, Pantothenic Acid, Zinc



150g powder (2 1/2 measuring scoops) with 550ml water

- Mega Mass 4000 is engineered for Hardcore athletes looking to pack-on pounds of rock hard muscle.
- Mega Mass 4000 constituted from 5 protein sources, complex and simple carbohydrates, calcium and Creatine to help you recover from your most intense workouts.
- Recommendation: 1 serving post workout & 1 serving during the day
- Available flavors: Chocolate, Strawberry

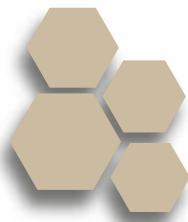
+ WAXY MAIZE

- 1.8KG: 66 servings
- Energy: 103kcal
- Protein: 0g
- Carbohydrate: 26g
Of which sugar 0g
- Fat: 0g
- Salt: 0.11g
- Vitamin C: 18mg
- Magnesium: 188mg



30 g (1 1/2 measuring scoop) with 250 ml of water

- Made from waxy corn starch. A natural source of carbohydrates.
- Dissolves perfectly in water and provides 50% of your daily needs of Magnesium
- Recommendation: best to be combined with a pre/post workout shake or to be taken anytime you need an extra dose of carbs.
- Available flavor : Neutral



AMINO ACIDS

+ PREMIUM EAA

- 325G: 25 servings
- Energy: 39kcal
- EAA: 10.195G
BCAAs: 6.282g
- Carbohydrate: 0.2g
- Salt: 0.02g



13g (1 measuring scoop) with
500 ml of water

- Premium EAA Powder contains all nine essential amino acids (EAAs) which are required for protein synthesis. Each serving provides more than 10 g of EAAs with over 6g branched chain amino acids (BCAAs).
- Zero Sugar, Zero fat
- **Recommendation:** 1 serving either pre, during or post work-out
- Available flavors: Tropical and Pink Lemonade

+ PREMIUM AMINO

- 800G: 20 servings
- Energy: 147kcal
- EAA: 8.8G
BCAA: 6G
- L-Glutamine: 1.5g
- Carbohydrate: 24g
Of which sugar 0.8g
- Salt 0.02g
- Magnesium 62mg
- Calcium 139mg



40g powder (2 measuring scoops)
with 500 ml water

- Premium Intra Workout combination, with a high concentration of amino acids, essential carbs, and electrolytes, Carefully selected to fuel your body with essential nutrients when you need them the most.
- **Recommendation:** 1 serving during or post workout
- Available Flavors: Fresh Orange & Tropical Punch

+ PREMIUM BCAA

- 500G: 50 servings
- L-Leucine: 3g
- L-Isoleucine: 1.5g
- L-Valine: 1.5g
- L-Glutamine: 1.5g
- Vitamin B6: 0,35 mg (25%*)

Energized with:
• Caffeine: 100 mg
• Green Tea Extract: 100 mg



10g powder with 200ml water

- Advanced, high quality, purified BCAA and glutamine formula
- Instant mix, and lump free
- Stimulates the synthesis of protein after training
- Rapid recovery from intense training sessions
- **Recommendation:** 1 serving either pre, during or post work-out
- Exceptional flavors: Sunny orange, lemon-lime, iced tea peach, orange-mango, lemon ice tea

+ BCAA TABLETS

- 130 tablets: 26 servings
- 260 tablets: 52 servings
- L-leucine: 2.5g
- L-valine: 1.25g
- L-isoleucine: 1.25g
- B6: 0.46g

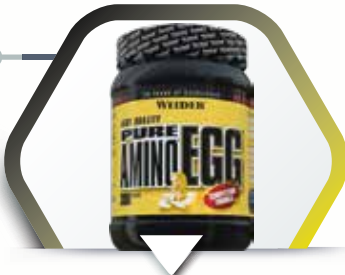


Serving size: 5 tablets

- Pure BCAA source, Ratio 2:1:1
- Improve recovery, muscle mass
- **Recommendation:** 1 serving pre and 1 serving post workout

+ PURE AMINO EGG

- 300 tablets: 60 servings
- Energy: 27kcal
- Protein: 5,94g
- Vitamin B6: 1,15mg



Serving size: 5 tablets

- Lactose and Fat free
- Hydrolyzed egg protein tablets
- High dosage of cysteine and methionine
- **Recommendation:** 1 serving in the morning & 1 serving prior workout

+ WHEY AMINOS

- 300 tablets: 50 servings
- Protein: 9.6g
- Energy: 35 kcal
- 80% Protein hydrolysate



Serving size: 6 tablets = 9,6g

- 1.28 g whey hydrolysate per tablet.
- Pure whey hydrolysate
- Increases muscle mass, strength and overall recovery.
- **Recommendation:** Take 6 tablets (3 before and 3 after workout. On non-training days: 2 before each meal).

LINE

THE ONLY BRAND
RECOMMENDED
BY DOCTORS

+ L-GLUTAMINE

- 400g: 80 servings
- L-glutamine: 5g



5 g powder with 100 ml water

- 100% pure L-glutamine
- Supports Anti catabolism
- Increase the secretion of Growth Hormone
- **Recommendation:** Take 1 serving before and 1 after workout, on non-training days take 1 serving before breakfast and 1 before bedtime

+ ARGININE + ORNITHINE

- 180 capsules: 30 serving
- L-arginine: 2.5 g
- L-ornithine: 1.5g



Serving size: 6 capsules

- Ornithine is reduced to arginine in the body, a process that occurs very slowly, which provides a sustained availability of arginine in the system
- The combination of both amino acids improves the overall regeneration capability of the body and leads to a noticeable increase in vitality.
- **Recommendation:** 1 serving before workout and 1 serving before bed.

+ L-ARGININE CAPS



- 100 caps: 20 servings
- 200 caps: 40 servings
- L-Arginine Hydrochloride: 5g

Serving size: 5 capsules

- Improves blood flow, vascularity and endurance
- Increase the level of testosterone and Growth hormone
- **Recommendation:** 5 capsules before workout & on non-training days 2 capsules before breakfast, and 2 before bed



CREATINE

+ CREATINE HCL

- 150 capsules: 50 servings
- Per capsule: 1g of Creatine-hydrochloride



Serving size: 3 capsules

- **No water retention**
- Increase strength, endurance and recovery for lean muscle gain and better overall sports performance
- **Recommendation:** 3 capsules before training & for non-training days 3 capsules distributed throughout the day.
- Best to be taken for 6 weeks cycles, with 2 weeks off between cycles

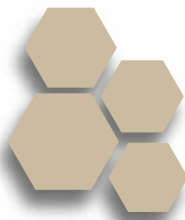
+ PURE CREATINE

- 250g: 73 servings
- 600g: 176 servings
- Creatine: 3g



3.4 g (1 scoop) with 200 ml water

- Creatine is the most effectively nutritious supplement currently available in terms of improving lean body mass and anaerobic capacity.
- Creatine Increases the body's ability to produce ATP which gives energy and allow a faster recovery.
- **Recommendation:** To be taken straight after workout and just before breakfast on your off days. Best to be cycled for 6 weeks with 2-week breaks.



CREATINE RUSH +

- 375g: 30 Servings
- Creatine: 6700 mg
- HMB: 2500mg
- Betaine-HCL: 1500 mg
- Beta-Alanine: 750 mg
- Caffeine free



12.5g powder with 200 ml of water

- The Golden recovery formula of Creatine and HMB
- Increases physical performance in successive bursts of short-term, high intensity exercise.
- **Recommendation:** combine 1 serving with your pre-workout shake

+ CELL MAX

- 1.3KG: 32 servings
- Energy: 117 kcal
- Carbohydrates: 27 g
Of which sugar 2.7g
- Fat: 0g
- Creatine Monohydrate: 5 g
- Protein: 7.3 g
- L-Glutamine: 2.2 g
- BCAA (2:1:1): 2.4g
- Magnesium: 68 mg
- Fortified with: Vit E, Vit C, Vit B1, Vit B2, Vit B6, Vit B12, Niacin, Folic Acid, Pantothenic Acid



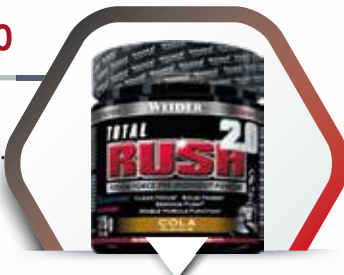
40g powder with 400 ml water

- Developed for huge gainers
- Complete mixture of Quick source of carbohydrates, creatine and BCAAs for extreme recovery after workouts
- Supports bulking phases
- **Recommendation:** 1 serving directly after workout

PRE-WORKOUT

+ TOTAL RUSH 2.0

- 375g: 30 Servings
- L-Citruline Malate: 3g
- L-Arginine: 2.3g
- Creatine Monohydrate: 1.5g
- Beta-Alanine: 1.65g
- L-Tyrosine: 500mg
- Taurine: 500mg
- Oxystorm: 150mg
- Caffeine: 150mg
- L-Glutamine (Sustamine): 100mg
- Ginkgo Biloba: 60mg



12.5g of powder (1/2 Scoop) with 150ml water

- Best in class in terms of combining amino acids and vitamins for intensive workouts
- Sustained energy (no crash)
- Extreme pump and vascularity
- Start with 1/2 scoop to assess tolerance, then 1 full scoop for maximum performance
- **Recommendation:** 1 serving 15-20 min before workout
- Available flavors: Cola, Cranberry, Orange, Lemon-Lime

+ RUSH PUMP

- 375g: 30 Servings
- L-Citruline Malate: 4g
- L-Arginine: 2.5g
- Glicine: 1.5g
- N-Acetil-L-Tirosine: 1.25g
- Osystem®: 250mg
- Ginkgo Leaf Powder: 120mg
- Zinc: 5mg
- Potassium: 370mg
- Fortified with calcium, niacin, VitB6, Vit B12, Vit D



12.5g of powder (1/2 Scoop) with 150ml water

- Stimulant free Pre-workout
- Massive pump and vascularity
- Ideal for late training, Will never disturb your sleep
- Creatine and caffeine Free
- **Recommendation:** mix 1/2 scoop 15-20 minutes before workout, upscale to 1 full scoop if needed.
- Available flavor: Sour cherry

BETA ALANINE +

- 120 caps: 30 servings
- Beta-Alanine 4.4g



Serving size: 4 capsules

- Boosts muscular anaerobic endurance and recovery time (increases ATP)
- Decrease lactic acid (muscle PH)
- Supports the increase of muscle mass.
- **Recommendation:** 1 serving 20 min before workout & on non-training days 2 capsules after breakfast





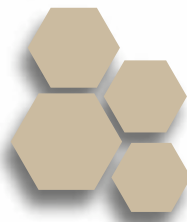
• Wave shaker

• Metallic shaker

• Blender bottle



ASK ABOUT OUR SHAKERS



NATURAL BOOSTERS

+ TESTO XTREME



Serving size: 4 capsules

- 120 capsules: 30 servings
- Ashwagandha Root Powder: 676mg
- Fenugreek Extract: 600mg
- Rhodiola Rosea Extract: 500mg
- Cordyceps Sinensis Extract: 390mg
- Maca Roots Powder: 65mg
- Choline Bitartrate: 201mg
- Fortified with Piperine, Zinc, Selenium, Chromium, VitD, VitB6, VitB12, Pantothenic Acid.

- Increase the natural production of testosterone
- Fenugreek extract: is a popular plant in Arabia and India that increase testosterone and male libido
- KSM-66 (Ashwagandha): patented and clinically tested extract increases energy, strength endurance and testosterone levels.
- Maca: a combination of nutrients that contribute energy and collaborate to regulate and balance the hormonal system
- Cordyceps: adaptogenic and energetic ingredient that acts as an antioxidant, improves vitality and physical performance
- **Recommendation:** 4 capsules after breakfast

MEGA BOLIC PAKS +



Serving size: 1 sachet (5 capsules)

- 100 capsules: 20 servings
- Each sachet contains 5 capsules:
- **SUPER FOOD & VITAMINS** (White/Orange Cap) Açai Fruit Extract, Spirulina Powder, Vitamin A, Vitamin E, Ascorbic Acid, Thiamin, Riboflavin, Niacin, Vitamin B6, Folic Acid, Vitamin B12, Biotin 50 µg.
- **MULTI MINERAL** (Red Cap) Magnesium, Iron, Copper, Manganese, Selenium, Molybdenum, Iodine
- **OMEGA-3** (Softgel Cap) Fish Oil 1000 mg, of which Omega-3, EPA, DHA
- **ADAPTOGEN** (Black) Ashwagandha, Rhodiola Rosea, Ginkgo Biloba, Ginseng Extract, Pantothenic Acid, Zinc.
- **TUMERIC** (Yellow/Black Cap) Curcuminoids, Piperine, VitD3, VitK1

- Formulated for professional athletes with high nutritional requirements
- Complete Multi-Nutrients pack
- Supports intense training and lean muscle gains
- **Recommendation:** 1 sachet 1 hour before workout.

+ BETA ECDYSTERONE



Serving size: 3 capsules with plenty of liquids

- 84 capsules: 28 servings
- Spinach Extract 1500mg of which Ecdysterone 75mg
- Yam Extract 750mg
- Gamma-Oryzanol 750mg
- Pantothenic Acid 0,9mg
- Vitamin B6 0,21mg
- Folic Acid 30 µg

- Spinach extracted highly concentrated beta-ecdysterone
- Contributes to the normal synthesis of steroid hormones
- Stimulates protein synthesis and promotes lean muscle growth
- Gamma-oryzanol increases testosterone and human growth hormone levels, as well as improves strength during resistance exercise training
- **Recommendation:** 3 capsules after breakfast

+ ZMA



Serving size: 3 capsules

- 90 capsules: 30 servings
- Vitamin B6 10,5 mg
- Magnesium 450 mg
- Zinc 30 mg
- L-Tyrosine/L- 150 mg

- Promotes natural hormones synthesis
- Reduces muscle catabolism
- Increases muscle recovery and better overall sports performance
- Ideal for any athlete
- **Recommendation:** 3 capsules before bedtime



LINE

THE ONLY BRAND
RECOMMENDED
BY DOCTORS

SLIMMING

+ XTREME THERMO STACK

- 80 Capsules : 20 servings
- Sinetrol 1030 mg
- Guarana Extract 1200 mg
- Garcinia Cambogia Extract 1000 mg
- White Kidney Bean Extract 400 mg
- Caffeine 320 mg
- Coleus Forskohlii Extract 100mg
- Cayenne Pepper 100 mg



Serving size: 4 capsules

- Promotes safe and natural weight loss
- Boosts energy levels
- Increases metabolism
- Xtreme Thermo Stack combines the mechanisms of action of six plant extracts and cayenne pepper with Sinetrol, a citrus extract from blood oranges, oranges and grapefruit, as well as caffeinated Guarana extract.
- **Recommendation:** 4 capsules per day (2 before breakfast and 2 before workout). PS: do not take 6 hours before bedtime

+ THERMO RUSH

- 120 capsules: 20 servings
- Biotin 75 µg
- Zinc 3 mg
- Chromium 60 µg
- L-Carnitine 160 mg
- Green Tea Extract 650 mg
- Citrus Aurantium Extract 15 mg
- Guarana Extract 1400 mg
- Chili Pepper Extract 100 mg
- Turmeric Radic Extract 100 mg
- BCAA 5MG
- Caffeine 400 mg



Serving size: 6 capsules

- Powerful thermogenic formula containing caffeine
- Reduces appetite
- Balance blood sugar level
- Chilli Pepper Extract increase metabolism helping you burn fat and decreases appetite
- Green Tea is loaded with antioxidants and can increase metabolism
- **Recommendation:** 2 caps before breakfast, 2 before Lunch and 2 before workout

+ CLA CAPSULES

- 120 capsules: 24 servings
- 4g Clarinol™ CLA



Serving size: 5 capsules

- Encourages the use of fat for energy
- Supports the preservation of muscle mass
- Helps in decreasing the level of bad blood cholesterol (LDL)
- **Recommendation:** Divide 1 serving equally to your day

+ L-CARNITINE

- 120 capsules: 40 servings
- Per 3 capsules L-Carnitine 1500mg
- 1liter: 100 servings
- per serving 10 ml L-carnitine 1000 mg



Serving size: 3 capsules or 10ml

- L-carnitine moves fatty acids into cells where they are used as a source of energy (beta-oxidation of fatty acids).
- Increases endurance
- Helps you recover faster
- **Recommendation:** 1 serving before breakfast and 1 serving before workout

PROTEIN BARS

+ YIPPIE!

- Available sizes : 70G and 45G

- Per 45g bar
- Energy per serving: 180 kcal
 - Protein: 17g
 - Carbs: 15g
 - Of which sugar: 1.2g
 - Fat: 7.9g
 - Of which sat. fat: 4.5g
 - Salt: 0.35g



Serving size: 1 bar

Flavors: Brownie-vanilla, Peanut-caramel, triple chocolate, Cookie-double choco, Dark choco-coconut, Chocolate lava, Salted Caramel

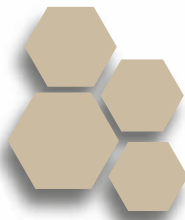
+ 60% PROTEIN BAR

- Available size: 45g
- Energy 168 kcal
- Protein 27g
- Carbs 7.7g
- Of which sugar 0.8g
- Fat 4.4g
- Of which saturated 2.3g
- Salt 0.27g



Serving size: 1 bar

• Flavors: Milk Chocolate, Coconut crisp, Cookie and cream, Vanilla caramel, Salted Peanut caramel



RECOVERY BAR +

Available size 50g:

- Energy 259 Kcal
- Fat 13.3 g
- Carbohydrates 18 g
- Protein 16 g
- Salt 0,06 g



• Available Flavors: Biscuit, strawberry, Hazelnuts

+ PROTEIN COOKIE



Serving size: 90g

- Energy 417kcal
 - Protein 22g
 - Carbs 39g
Of which sugar 18g
 - Fat: 19g
Of which sat. fat 14g
 - Salt: 0.64g
- 100% vegan
 - Palm oil free
 - No GMO, No Sweeteners
 - Once you try it, you won't stop! It will keep you off junk food.
 - Protein cookies is ideal for athletes that need a vast amount of energy for endurance sports.
 - Available flavors: Double choc chips, Caramel choco fudge, American cookie dough

+ 32% WHEY WAFER

Available Size 35g

- Energy per serving: 180 kcal
- Protein: 11,2g
- Carbs: 13g
Of which sugar 7.8g
- Fat: 9,3g



• Available Flavors: Chocolate, Hazelnut

+ LOW CARB PROTEIN BAR



Available Size 100g

- Energy 318 kcal
- Protein 40.5g
- Carbs 20g
Of which sugar 2.4g
- Fat 8.7g
Of which sat. fat 4.6g

+ FITNESS BAR HAZELNUT

Available size: 35g

- Energy 146kcal
- Protein 9g
- Carbs 16g
Of which sugar 1.1g
- Fat 5.3g
Of which sat. fat 2g
- Salt 0.05g



R.T.D

+ LOW CARB PROTEIN COFFEE

- Energy 147kcal
- Protein 25g
- Caffeine 75mg
- Carbohydrate 10g
Of which sugar 10g
- Fat <0.5g
Of which saturated fat 0.2g
- Salt 0.36g



Serving size: 250ml

- Fat free, aspartame free
- A real Coffee drink, based on skimmed milk with added protein.
- Contains a sweetener.
- Heat treated (sterilized).

+ LOW CARB PROTEIN SHAKE

- Energy 147kcal
- Protein 25g
- Carbohydrate 10g
Of which sugar 10g
- Fat 0.8g
Of which saturated fat 0.5g
- Salt 0.25g



Serving size: 250ml

• Available Flavors: Chocolate, Strawberry, Vanilla, Cappuccino



• Gloves



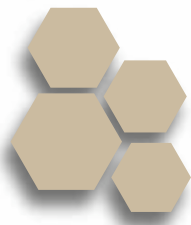
• Belts



• Bags



ASK ABOUT OUR FITNESS GEAR



BCAA RTD +

Per can 250 ml

- **4G BCAA 2:1:1**
- L-Leucine 2000 mg
- L-Isoleucine 1000 mg
- L-Valine 1000 mg
- **L-Carnitine 500 mg**
- **Niacin 8 mg**
- **Vitamin B6 0,7 mg**



Serving size: 1 can

- New Formula Loaded with 500mg L-carnitine and 4g BCAA.
- Flavors: Mexican fruits, lemon lime

+ BCAA+ CAFFEINE RTD

Per can 250 ml

- **3G BCAA 2:1:1**
- L-Leucine 1500 mg
- L-Isoleucine 750 mg
- L-Valine 750 mg
- **L-Glutamine 300 mg**
- **Caffeine 80mg**
- **Niacin 8 mg**
- **Vitamin B6 0,7 mg**
- **Pantothenic Acid 3 mg**



Serving size: 1 can

- WEIDER's BCAA Drink with Caffeine is a perfect NO-CARB thirst quencher! You can take it before or during your workout!
- The amino acid L-Alanyl-Glutamine (Sustamine®) is added.
- 80mg of caffeine to boost your energy levels
- It contains the vitamins niacin, pantothenic acid and B6 which support energy yielding metabolism and reduce tiredness. Vitamin B6 also supports the immune system.
- Flavors: orange

+ EAA ZERO



Serving size: 1 can

- Flavors: Lemon twist, sparkling apple

Per can (330 ml)

- **Protein 6mg**
- **L-Histidine 731 mg**
- **L-Isoleucine 587 mg**
- **L-Leucine 1178 mg**
- **L-Lysine 1074 mg**
- **L-Methionine 50 mg**
- **L-Phenylalanine 156 mg**
- **L-Threonine 1188 mg**
- **L-Tryptophan 450 mg**
- **L-Valine 587 mg**

+ RUSH RTD

Per can (250 ml)

- **L-Citrulline Malate 2000 mg**
- **Beta-Alanine 2000 mg**
- **Taurine 1000 mg**
- **L-Arginine Alpha-Ketoglutarate 975 mg**
- **L-Arginine 975 mg**
- **Glucuronolactone 500 mg**
- **L-Glutamine (Sustamine®) 200 mg**
- **Caffeine 200 mg**
- **Niacin 16 mg**
- **Zinc 5 mg**



Serving size: 1 can

+ L-CARNITINE WATER

Per bottle 500ml

- **Energy 5kcal**
- **Protein 0.05g**
- **L-carnitine 1000mg**
- **Choline 82.5mg**
- **Carbohydrate -0.1g**
Of which sugar -0.1g
- **Fat -0.1g**
Of which saturated fat -0.1g
- **Salt 0.05g**



Serving size: 1 bottle

- Calorie free
- Sugar free
- No preservatives
- The best solution for HYDRATION. The new L-Carnitine Water contains zero calories and no sugar, colorants or preservatives. Besides, we added an extra of choline which supports fats metabolism.
- 5 improved flavors: Sunny Orange, Pineapple-Mango, Mexican Fruit, Lemon-Starfruit, Fruit Splash



VEGAN LINE

THE ONLY BRAND
RECOMMENDED
BY DOCTORS

+ VEGAN PROTEIN

- 750G: 25 servings
- Energy 107 kcal
- Fat 0,6 g
of which sat. fat 0,3 g
- Carbohydrates 1,6 g
of which sugars 0,08 g
- Fibers 1,4 g
- Protein 24g
- Salt 0,79 g
- Dynamic Fruit & Greens 30mg



30g powder with 300ml water

- Contains high-quality plant-based protein
- Cholesterol free
- Dairy and Gluten free
- The main protein of Vegan Protein is isolated pea protein, enriched with rice protein. By combining a vegetable protein with a cereal, we obtain a high biological value and easily digestible protein.
- Flavors: Pina colada - berry mix - iced cappuccino - brownie chocolate - vanilla

+ VEGAN DIET MEAL

- 540g: 18 servings
- Energy 106 Kcal
- Fat 2,6 g
of which sat. fatty Acids 0,45 g
of which Linoleic Acid 0,68 g
- Carbohydrates 20 g 6 g
of which Sugars 1,75 g
- Fibers 3,45 g
- Protein 13 g
- Salt 0,55 g
- CLA 0,68 g
- Inulin 1,68 g
- Acai Fruit Powder 0,15 g
- Fortified with 13 VITAMINS & 11 MINERALS



30g powder with 250ml water

- An ideal meal replacement to help you stay slim and fit
- Contains 13 VITAMINS & 11 MINERALS. It's a Plant Protein Blend: Pea, Rice, Quinoa, Hemp
- Dairy and gluten free
- This creamy shake is full of nutrients and antioxidants which allow you to replace any balanced meal, while avoiding any excess of calories
- Flavors: Strawberry - chocolate

+ VEGAN BCAA



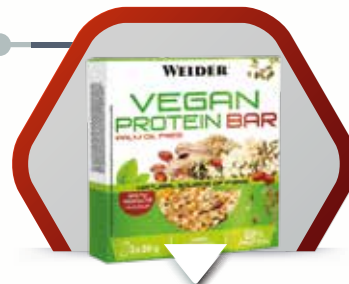
10g powder with 250ml water

- 300g: 30 servings
- Energy 25 Kcal
- Protein 5,9 g
- L-Leucine 4,3 g
- L-Isoleucine 2,2 g
- L-Valine 2,2 g
- Fat 0 g
of which sat. fat 0 g
- Carbohydrates 0,3 g
of which Sugars 0 g
- Salt <0,0 g

- 100% plant-based, suitable for vegans
 - 8,7 grams of BCAA's per dose
 - Fat and Sugar free
- Great for all types of athletes. Each dose of Vegan BCAA provides 8,7 grams of BCAA

+ VEGAN PROTEIN BARS

- Per bar 35g
- Energy 141,4 Kcal
- Fats 4,6 g
of which sat. fat 0,7 g
- Carbohydrates 16 g
of which Sugars 7 g
- Fibers 2,7 g
- Protein 7,7 g
- Salt 0,10 g
- Each pack contains 3 bars



Serving size: 1 bar

- Palm oil free
- High protein bar suitable for vegans!
- Cereal bar filled with seeds and plant-based protein
- With Vegan Protein Bar you will enjoy simple and natural ingredients while staying slim.
- Vegan protein bar is high in protein (23%) and has two great flavors: sweet raspberry with soy protein and flavorful salty peanut made with pea protein.

live  VEGAN





FRUIT & FIBER SYRUP +

- 250ml
- Energy 12kcal
- Fat 0g
- Carbohydrates 2g
Of which sugars 0,3 g
- Fibers 5.2g
- Protein <0.1g



Serving size: 10ml

- Low sugar
- 49% fiber (a combination of corn, beet and chicory fiber.)
- Made from real fruit (19% real strawberry)
- Great for all healthy lifestyle diets. Ideal to sweeten breakfast, snacks and desserts.

+ SLIM CHOCO SYRUP

- Energy 12 kcal
- Fats 0,17 g
of which saturated 0,10 g
- Carbohydrates 2,1 g
of which sugars 0,23 g
of which polyols 1,3 g
- Fiber 1,2 g
- Proteins 0,15 g
- Salt 0,02g



Serving size: 10ml

- Eating well will be easier and more appetizing than ever!
- Zero fat and zero sugar.
- Only 12 kcal per serving.
- Contains pure cocoa powder and it's suitable for vegans.

+ PROTEIN PEANUT BUTTER



Serving size: 15g

- Available sizes: 1kg, 66 servings & 250g, 16 servings
- Energy 85 kcal
- Fats 6,9 g
of which saturated 1,2 g
- Carbohydrates 1,9 g
of which sugars 0,93 g
- Fiber 0,93 g
- Proteins 3,84 g
- Salt 0,0 g

- 100% Natural Roasted peanuts
- Soft texture
- No added sugar & palm oil free
- No preservatives and suitable for vegans
- Perfect to include in breakfasts, snacks, desserts or to prepare any recipe you can imagine!

+ WHEY PROTEIN CHOCO/WHITE CREME

- Calories 326kJ/78Kcal
- Fat 5.6g
of which saturated 1.2g
- Carbohydrates 5g
of which sugars 1.1g
of which polyols 3.6g
- Proteins 3.3g
- Salt 0.03g



Serving size: 15g

- Gluten free
- Palm oil free
- 22% whey protein

+ NUT PROTEIN CHOCO

Vegan

- Calories 326kJ/78Kcal
- Fat 5.9g
Of which saturated 1.3g
- Carbohydrates 5.6g
Of which sugars 0.14g
Of which polyols 3.6g
- Proteins 3.4g
- Salt 0.03g



Serving size: 15g

- Gluten free
- Palm oil free
- 23% pea protein
- Ideal for adding a sweet taste to breakfast, snacks, desserts...
Try it and be creative!

+ PROTEIN PANCAKE

- Energy 101 kcal
- Fat 2.75g
Of which saturated 0.8g
- Carbohydrates 10g
Of which sugars 0.8g
- Fiber 1.05g
- Protein 8.5g
- Salt 0.5g



25g powder with 50 ml water

- Whole oat flour pancakes enriched with proteins
- Three protein sources: Whey, Egg and Complete Milk Protein
- 35% protein
- Whole-oat flour combined with ModCarb™, to offer 40% carbohydrates and consequently to obtain a product that is low in sugars.

VICTORY ENDURANCE

THE ONLY BRAND
RECOMMENDED
BY DOCTORS

ISO ENERGY ⊕

- 900 G: 30 servings
- Energy 110 kcal
- Protein 1.5 g
- Carbs 25 g
of which sugar 15 g
- Fat 0 g
- Ascorbic Acid 80 mg
- Potassium 177 mg
- Chloride 315 mg
- Calcium 120 mg
- Magnesium 165 mg
- L-Glutamine 1320 mg



30 g powder with 420 ml water

- Advanced formula to rehydrate, optimize, and increase endurance during exercise
- It combines both simple and complex carbohydrates, amino acids, antioxidants and electrolytes with L-Glutamine
- Flavors: Orange, lemon

⊕ TOTAL RECOVERY

- 1250 G: 25 servings
- Energy 192 Kcal
- Fat 0 g
- Carbs 34 g (34 g sugars)
- Protein 13 g
- Salt 0 g
- BCAA 2,9 g
- L-Glutamine 2,6 g
- Ascorbic Acid 80 mg
- Fortified with Vitamins and Minerals



50g powder with 300ml water

- Maximizes recovery after training and minimizes muscle damage
- Carbo - Protein Complex combining glutamine peptides, L-glutamine, BCAA, electrolytes and vitamins
- Stir 50 g powder in 250 ml water and take one portion immediately after exercise
- Available Flavors: Watermelon, Chocolate

⊕ ENERGY BOOST GEL



Serving size: 1 sachet (42g)

- Energy 94 Kcal
- Protein 0.4g
- Carbohydrates 24g
- Glucose 12g
- Fructose 6g
- Sacarose 6g
- Fat 0 g
- Salt 0.25g
- Sodium 100 mg
- VitB1 0.84mg, VitB6 0.84mg
- Potassium 92mg
- Magnesium 63mg
- L-Arginine 75mg
- Taurine 50 mg
- BCAA 202mg

Energy + Recovery + Detoxification

- Advanced formula to increase stamina while exercising
- Immediate energy
- Energy Boost Gel contains carbohydrates, BCAAs, Arginine, Taurine, electrolytes and vitamins
- Provides energy during exercise, delays fatigue and improves performance
- Drink one sachet followed by 200 ml of water prior or during intensive physical activity
- Without Caffeine: Orange
- with Caffeine 60 mg: Cola and Red fruits

⊕ MAGNESIUM GEL



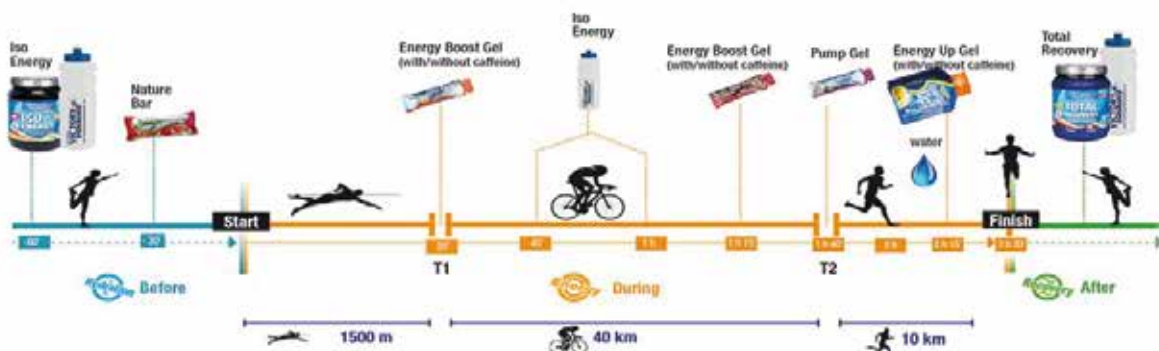
Serving size: 1 sachet (35ml)

- Energy 10 Kcal
- Fat 0 g
- Carbohydrates 2,3 g
- Protein 0 g
- Fibre 0,18 g
- Salt 0 g
- Magnesium 200 mg
- Potassium 17,5 mg

- Prevents Muscle Cramps
- Magnesium (Mg) delays the onset of muscle cramps with an extra Potassium (K) to boost its effect
- Supports electrolyte balance
- Take 1 gel during exercise preferably before the appearance of any muscle cramp
- To increase its effectiveness, take 1 gel before and another during the training/race
- To prevent dehydration and electrolyte loss, always combine it with Iso-Energy and/or Salt Caps
- Available Flavors: Tropical



Hydration and nutrition for a **OLYMPIC TRIATHLON**





EST **80** 1936
YEARS
OF
STRENGTH

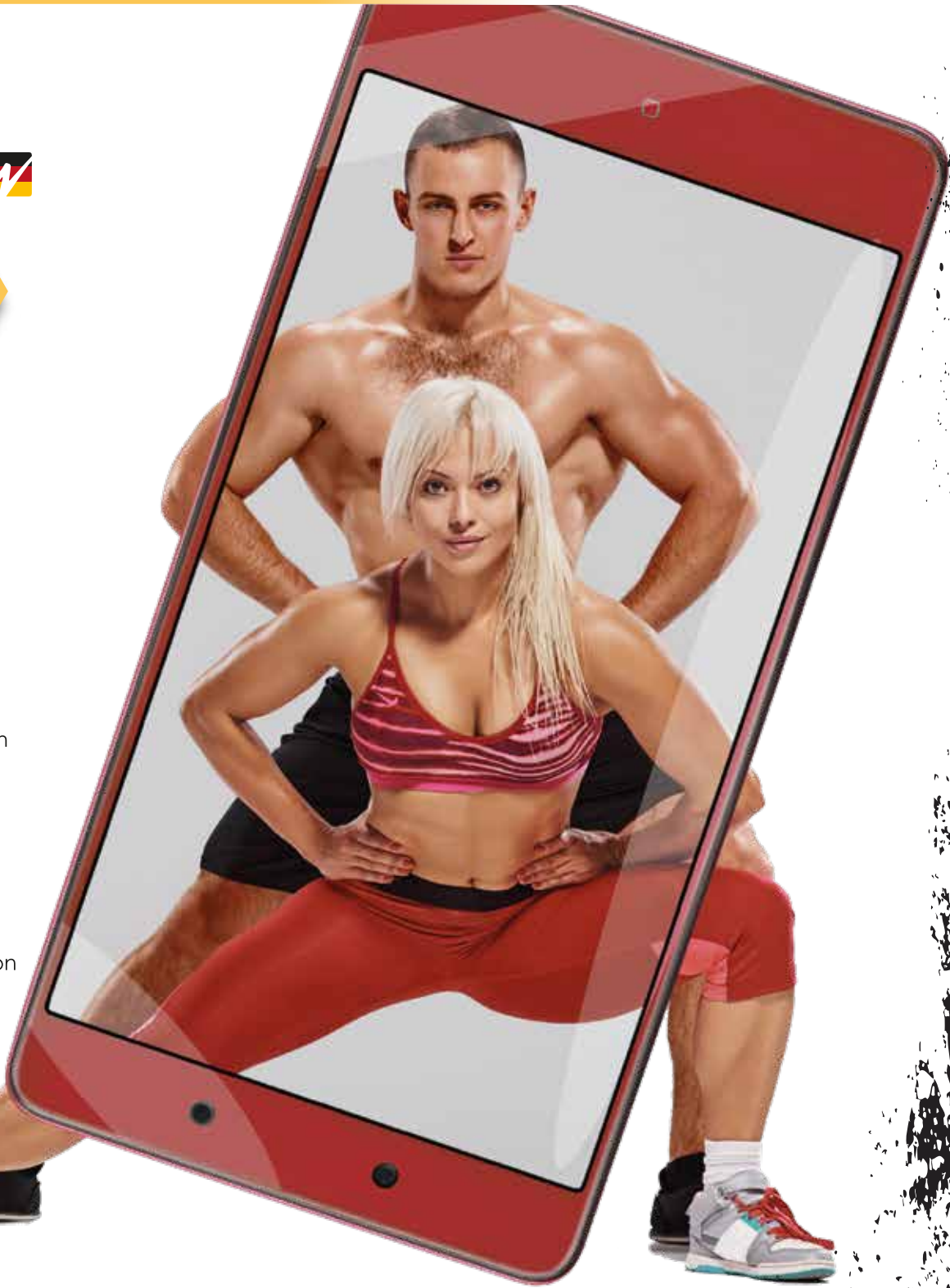
made in germany 



 /weider lebanon




 @weider lebanon



FOLLOW US


ALAMPHARM
PHARMACEUTICALS

 +961 1 568122-3