



MAMMUT NUTRITION

'ain it  
train.pain.gain.

## ABOUT

Mammut Nutrition  
‘ain it - train.pain.gain.

This means 100% commitment to the fitness lifestyle and the absolute spirit to become the best version of yourself. It means pushing yourself to the limit with every workout, which is synonymous with high effort and pain, but also with feelings of happiness, increasing self-confidence and the achievement of your personal goals.

And this is where we come in. Mammut Nutrition stands by your side and provides you with the right supps, no matter what goal you are pursuing. We always strive to equip our products with the most important ingredients, with the best quality and with a good taste.  
For you, your workout and your success!

In addition, Mammut Nutrition convinces with a wide range of products and is the ideal brand for beginners in sports nutrition due to the optimal price-performance ratio. Our products are developed together with a specialised, experienced team of athletes, nutrition and industry experts and are continuously improved.





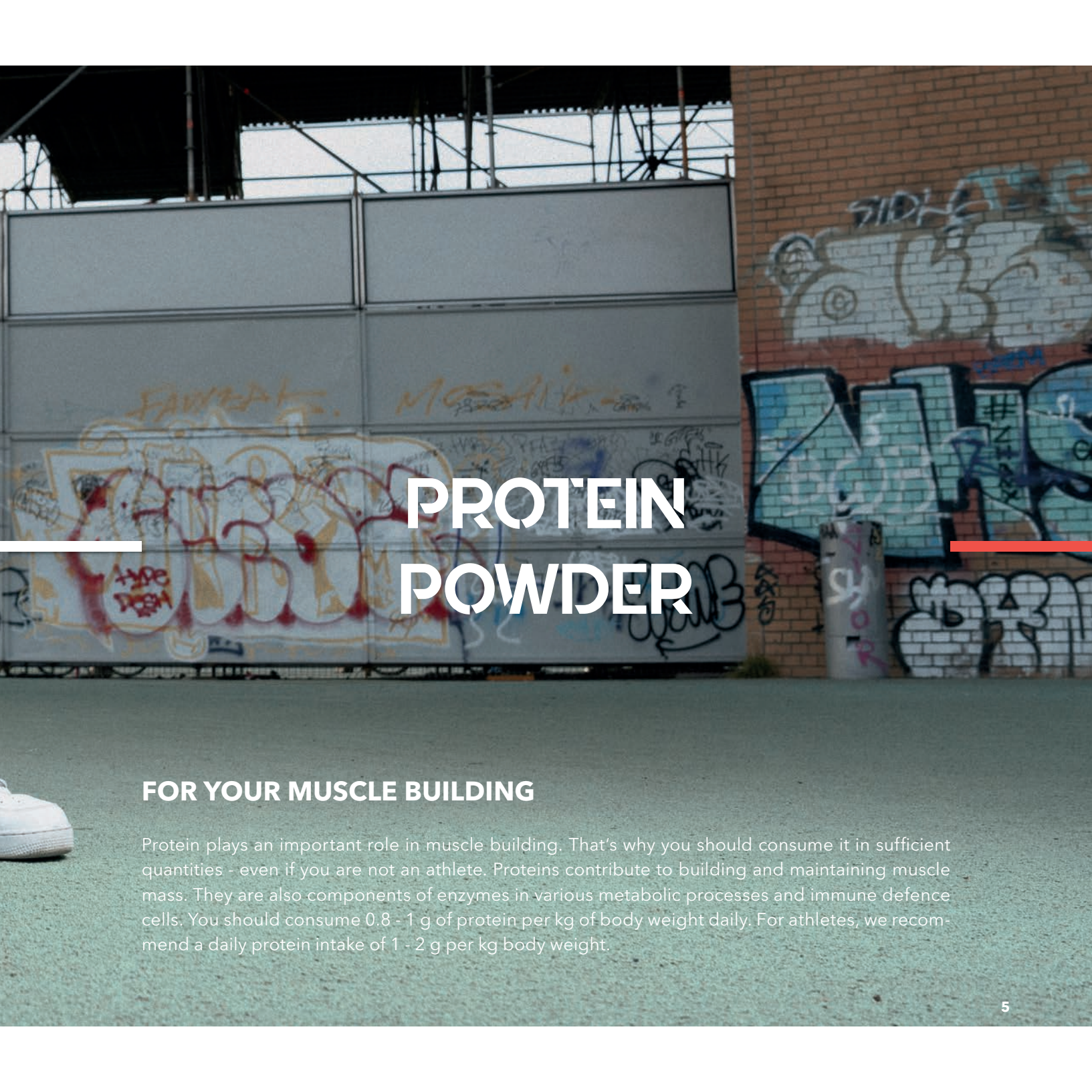
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In order to achieve your personal training goals, the intake of specific nutrients plays an important role alongside a balanced and healthy diet. Through intensive training sessions, the body has an increased need for proteins, carbohydrates, fats, vitamins and minerals. Consequently, if there is an undersupply of nutrients, the training level cannot be maintained at a high level and the maximum potential cannot be exploited. Nutritional supplements can support your training, but they are only part of the package. To achieve your personal goals, it is also necessary to coordinate your training sessions and adapt your diet accordingly.







The background of the page is a photograph of an urban scene. On the left, there is a grey metal structure, possibly a scaffolding or a wall, covered in various graffiti tags and large, stylized letters in yellow, red, and blue. To the right, a brick wall is also covered in graffiti, including a large blue and white tag. The overall tone is gritty and urban.

# PROTEIN POWDER

A small, close-up image of a white sneaker with a textured sole, resting on a green, textured surface like a basketball court.

## FOR YOUR MUSCLE BUILDING

Protein plays an important role in muscle building. That's why you should consume it in sufficient quantities - even if you are not an athlete. Proteins contribute to building and maintaining muscle mass. They are also components of enzymes in various metabolic processes and immune defence cells. You should consume 0.8 - 1 g of protein per kg of body weight daily. For athletes, we recommend a daily protein intake of 1 - 2 g per kg body weight.



## WHEY PROTEIN

### 1000 g ZIPP BAG | 40 PORTIONS



- **protein content: Ø 27 g per portion\***
- high quality whey protein
- for building and maintaining muscles\*\*
- perfect solubility in water or milk
- incl. measuring spoon

**1 portion = 25 g powder  
with 300 ml low-fat milk**

**after training/  
as a snack between meals**

#### Flavours:

Apple Strudel | Blueberry Cheesecake | Brownie | Caramel Cream | Chocolate |  
Cookies | Coconut White Chocolate | Iced Coffee | Gingerbread | Mango Passion  
Fruit | Milk & Honey | Neutral | Red Banana | Salted Peanut | Snickerdoodle | Vanilla |  
Vanilla Ice Cream | Strawberry Cheesecake Chocolate Chip



## WHEY PROTEIN

### 3000 g CAN | 120 PORTIONS



- **protein content: Ø 27 g per portion\***
- high quality whey protein
- for building and maintaining muscles\*\*
- perfect solubility in water or milk
- incl. measuring spoon

**1 portion = 25 g powder  
with 300 ml low-fat milk**

**after training/  
as a snack between meals**

#### Flavours:

Apple Strudel | Blueberry Cheesecake | Brownie | Caramel Cream | Chocolate |  
Cookies | Coconut White Chocolate | Iced Coffee | Mango Passion Fruit | Milk &  
Honey | Red Banana | Salted Peanut | Snickerdoodle | Vanilla | Vanilla Ice Cream |  
Strawberry Cheesecake Chocolate Chip

\* Average based on all flavours.

\*\* Proteins contribute to building and maintaining muscle mass.



## WHEY PROTEIN

250 g MIX BAG | 10 x 25 g PORTIONS



- **protein content: Ø 27 g per portion\***
- mix of 10 x 25 g sachets with different flavours
- or building and maintaining muscles\*\*
- perfect solubility in water or milk

**1 portion = 25 g powder  
with 300 ml low-fat milk**

**after training/  
as a snack between meals**

### Flavours:

Apple Strudel | Brownie | Iced Coffee | Mango Passion Fruit |  
Milk & Honey | Red Banana | Salted Peanut | Snickerdoodle |  
Vanilla Ice Cream | Strawberry Cheesecake Chocolate Chip



## WHEY ISOLATE

460 g CAN | 15 PORTIONS



- **protein content: Ø 25 g per portion\***
- high-quality, microfiltered whey protein isolate
- for building and maintaining muscle\*\*
- ideal when prepared with water
- excellent solubility and fruity flavour
- low in lactose and gluten-free
- fat-free - perfect as a snack/diet
- incl. practical measuring spoon

**1 portion = 30 g powder  
with 300 ml water**

**after training/  
as a snack between meals**

### Flavours:

Blue Raspberry | Sunny Melon





## FORMEL 90 PROTEIN

### 460 g CAN | 18 PORTIONS



- **protein content: Ø 30 g per portion\***
- 4-component protein: soy protein isolate, whey protein, milk protein, chicken egg protein
- for muscle growth and maintenance\*\*
- optimised with vitamin B6

**1 portion = 25 g powder  
with 300 ml low-fat milk**

**after training/  
as a snack between meals**

#### Flavours:

Vanilla | Chocolate



## FORMEL 90 PROTEIN

### 3000 g CAN | 120 PORTIONS



- **protein content: Ø 30 g per portion\***
- 4-component protein: soy protein isolate, whey protein, milk protein, chicken egg protein
- for muscle growth and maintenance\*\*
- optimised with vitamin B6

**1 portion = 25 g powder  
with 300 ml low-fat milk**

**after training/  
as a snack between meals**

#### Flavours:

Banana Split | Cookies | Cream Nut | Strawberry | Chocolate | Vanilla

\* Average based on all flavours.

\*\* Proteins contribute to building and maintaining muscle mass.



# VEGAN PROTEIN

460 g CAN | 15 PORTIONS

- **protein content: Ø 20 g per portion\***
- 4 components plant protein without soy
- for building and maintaining muscles\*\*
- without animal ingredients and genetic engineering
- no added sugar, natural sweetness through stevia
- lactose and gluten free
- incl. measuring spoon

**1 portion = 30 g powder  
with 300 ml water**

**after training/  
as a snack between meals**

## Flavours:

Blueberry Vanilla | Iced Coffee | Nougat







A smiling woman with long brown hair is holding a GMP Vegan Protein Bar in her right hand. She is wearing a dark jacket. The background is a blurred gym with various equipment and a staircase. The text 'PROTEIN BARS' is overlaid in large white letters. Below it, the text 'FOR YOUR MUSCLE BUILDING' is in bold white letters. At the bottom, there is a paragraph of text about protein intake. The page number '11' is in the bottom right corner.

# PROTEIN BARS

## FOR YOUR MUSCLE BUILDING

Protein plays an important role in muscle building. That's why you should consume it in sufficient quantities - even if you are not an athlete. Proteins contribute to building and maintaining muscle mass. They are also components of enzymes in various metabolic processes and immune defence cells. You should consume 0.8 - 1 g of protein per kg of body weight daily. For athletes, we recommend a daily protein intake of 1 - 2 g per kg body weight.



## CRUNCHY PROTEIN BAR

45 g BAR | 1 PORTION

- **protein content: Ø 15 g per portion\***
- crispy protein bar with chocolate coating
- with soy crispies and fine aromatic filling
- light and fluffy protein mass
- low in sugar

1 portion = 45 g bar

after training/  
as a snack

### Flavours:

Raspberry White Chocolate | Salty Peanut | Almond Brownie



## CRUNCHY PROTEIN BAR

TRAY | 12 BARS

- **protein content: Ø 15 g per portion\***
- 12 x 45 g bars
- crispy protein bar with chocolate coating
- with soy crispies and fine aromatic filling
- light and smooth protein mass
- low in sugar

1 portion = 45 g bar

after training/  
as a snack

### Flavours:

Raspberry White Chocolate | Salty Peanut | Almond Brownie



## VEGAN PROTEIN BAR

45 g BAR | 1 BAR



- **protein content: Ø 11 g per portion\***
- based on field bean and soy protein - rounded off with pea protein isolate
- high fiber content
- low in sugar
- as a healthy snack or in-between meal

1 portion = 45 g bar

after training/  
as a snack

### Flavours:

Chunky Peanut Caramel | Triple Chocolate



## VEGAN PROTEIN BAR

TRAY | 12 BARS



- **protein content: Ø 11 g per portion\***
- based on field bean and soy protein - rounded off with pea protein isolate
- high fiber content
- low in sugar
- as a healthy snack or in-between meal

1 portion = 45 g bar

after training/  
as a snack

### Flavours:

Chunky Peanut Caramel | Triple Chocolate





# AMINO ACIDS

## THE BASIC BUILDING BLOCKS OF PROTEIN

Amino acids are the basic building blocks of all proteins and are therefore important for your body. There are a total of 20 amino acids that are needed to build the body's proteins. The 8 essential amino acids are considered particularly important. Essential means that your body cannot produce them itself. They must be provided through food or supplements. The essential amino acids include valine, leucine, isoleucine, threonine, methionine, phenylalanine, tryptophan and lysine.





## BCAA & GLUTAMINE

Valine, leucine and isoleucine are 3 of the 8 essential amino acids and are called BCAA, which stands for „Branched Chain Amino Acids“. The advantage of BCAAs over other amino acids is that they are not metabolised in the liver and are therefore directly available to the muscle cells.

The most abundant non-essential amino acid in the body is glutamine. Glutamine can be quickly converted into other amino acids. Many athletes mix glutamine into their protein shakes for this reason.





## EAA POWDER

250 g CAN | 27 PORTIONS



- with **74 % EAA** and **2,9 g BCAA** per serving
- optimised with **Vitamin B6**
- incl. measuring spoon

**1 portion per day**  
**1 portion = 9 g powder**  
**with 250 ml water**

**after training/  
 one portion after getting  
 up on non-training days**

### Flavours:

Green Apple | Lime Mint



## BCAA TABS

180 PCS. | 30 PORTIONS



- high-dose BCAA tabs without gelatine
- with 5000 mg BCAA per serving
- free from colourings, sweeteners and preservatives
- for muscle gain and maintenance
- contain no wheat, pea, lupine or collagen protein

**1 portion per day**  
**1 portion = 6 tablets**

**directly before training/  
 on non-training days one  
 portion after getting up**

## BCAA GLUTAMIN POWDER

450 g CAN | 45 PORTIONS



- high-quality mix of BCAA and glutamine
- refreshing grapefruit flavour
- optimised with vitamin C
- without preservatives
- ideal before and during training
- incl. measuring spoon

**1 portion per day**  
**1 portion = 10 g powder**  
**with water or fruit juice**

**before or during training/  
one portion after getting  
up on non-training days**

**Flavour:**  
Grapefruit



## GLUTAMINE POWDER

550 g CAN | 110 PORTIONS



- **5 g L-glutamine** per serving
- optimised with zinc
- free from colourings and preservatives
- ideal for mixing with other products
- incl. measuring spoon

**1 portion per day**  
**1 portion = 5 g powder**  
**with water**

**after training/  
on non-training days one  
portion after getting up**







## AMINO LIQUID

### 500 ml BOTTLE | 20 PORTIONS

- high-quality amino liquid concentrate
- consists of protein hydrolysate
- contains all important **amino acids**
- optimised with **vitamin B6**
- incl. measuring spoon



**1 portion = 25 ml**  
**pure or with water**

**after training**

**Flavour:**  
Blood Orange



## AMINO LIQUID

### 1000 ml BOTTLE | 40 PORTIONS

- high-quality amino liquid concentrate
- consists of protein hydrolysate
- contains all important **amino acids**
- optimised with **vitamin B6**
- incl. measuring spoon



**1 portion = 25 ml**  
**pure or with water**

**after training**

**Flavour:**  
Blood Orange

## AMINO 3000 TABS

300 PCS. | 60 PORTIONS



- food supplement with protein (70 %).
- tablets made from high quality protein sources: soya, wheat and whey
- for muscle gain and maintenance

**3 portions per day**  
**1 portion = 5 tablets**

**5 tablets with each**  
**main meal**



## AMINO 3850 TABS

850 PCS. | 170 PORTIONS



- food supplement with protein (70 %).
- tablets made from high quality protein sources: soya, wheat and whey
- for muscle gain and maintenance

**3 portions per day**  
**1 portion = 5 tablets**

**5 tablets with each**  
**main meal**







## ARGININE POWDER

300 g CAN | 130 PORTIONS



- with **1,6 g arginine** per serving
- preworkout supplement especially for endurance athletes
- mixable with other products
- optimised with magnesium
- incl. measuring spoon

**1 portion per day** **before training**  
**1 portion = 2,3 g powder**  
**with water**



## BETA ALANINE POWDER

300 g CAN | 111 PORTIONS



- contains **2,3 g beta alanine** per serving
- preworkout supplement for the ideal supply before training
- optimised with magnesium
- mixable with other products
- incl. measuring spoon

**1 portion per day** **before training/**  
**1 portion = 2,7 g powder** **on non-training days one**  
**with water or fruit juice** **portion after getting up**

## CITRULLINE POWDER

200 g CAN | 40 PORTIONS



- high-quality citrulline powder
- ideal for strength athletes and bodybuilders
- optimised with magnesium
- suitable for vegans and vegetarians
- ideal before training
- incl. measuring spoon

**1 portion = 5 g powder  
with 200 ml water**

**before training/  
on non-training days one  
portion after getting up**



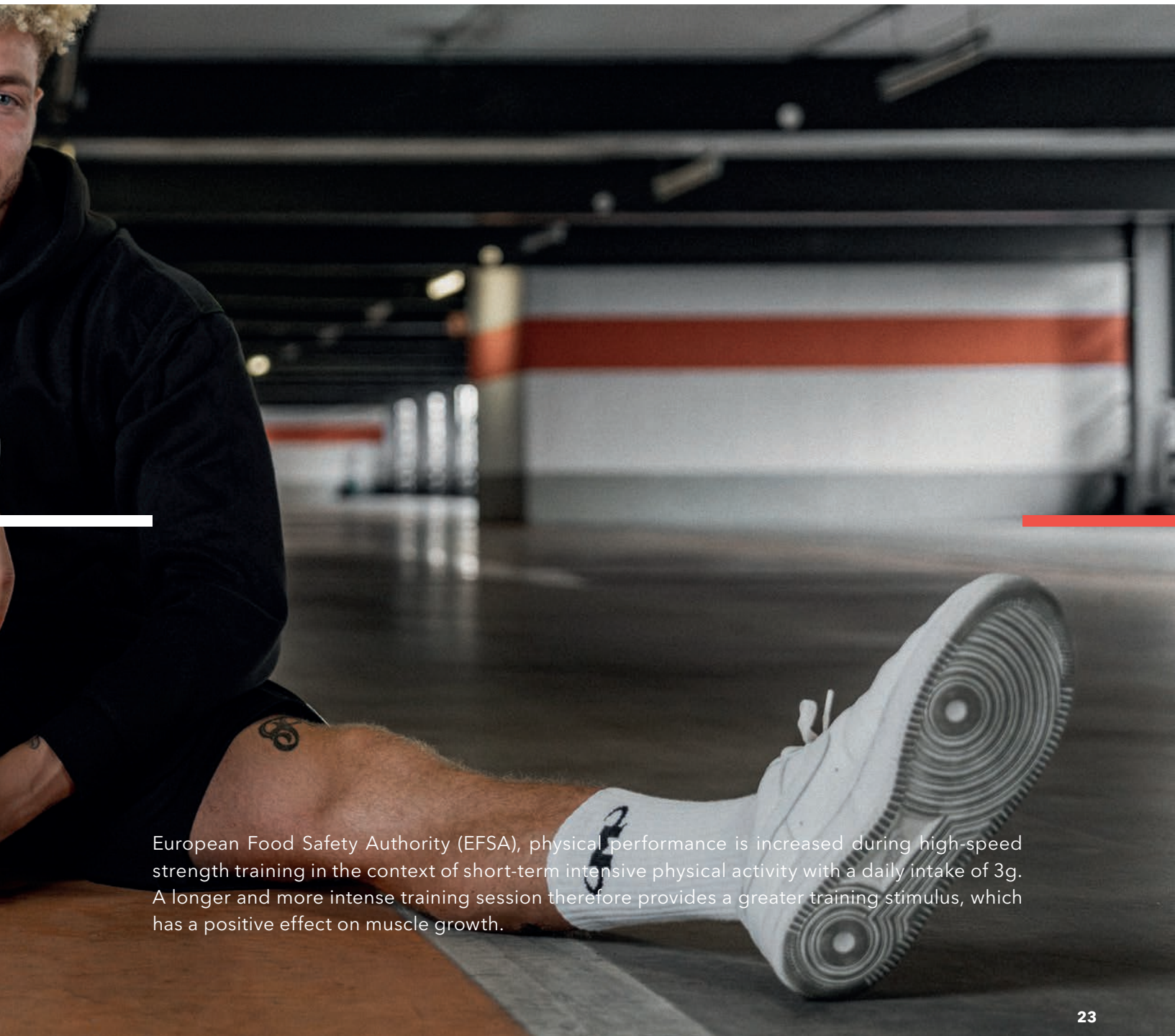




# CREATINE

## CREATINE INCREASES PHYSICAL PERFORMANCE DURING INTENSIVE TRAINING

Creatine is a natural tripeptide composed of the amino acids arginine, glycine and methionine. In the body, the tripeptide is formed in the kidney, liver and pancreas and around 90% is stored in the skeletal muscles. Creatine plays a central role in the storage and transport of energy in the cells and is thus vital for the body. For this reason, this tripeptide also plays a major role for athletes, as optimal energy production is essential for a high training workload. According to the



European Food Safety Authority (EFSA), physical performance is increased during high-speed strength training in the context of short-term intensive physical activity with a daily intake of 3g. A longer and more intense training session therefore provides a greater training stimulus, which has a positive effect on muscle growth.





## CREATINE MONOHYDRATE

### 300 g CAN | 50 PORTIONS

- **5.1 g high-quality creatine** per serving
- creatine increases physical performance during high-speed strength training in the context of short-term, intense physical activity\*.
- optimised with magnesium
- mixable with other products



**1 portion = 6 g powder**  
with water or fruit juice

**before or after training/  
one portion after getting up  
on non-training days**



## CREATINE MONOHYDRATE

### 550 g CAN | 91 PORTIONS

- **5.1 g high-quality creatine** per serving
- creatine increases physical performance during high-speed strength training in the context of short-term, intense physical activity\*.
- optimised with magnesium
- mixable with other products



**1 portion = 6 g powder**  
with water or fruit juice

**before or after training/  
one portion after getting up  
on non-training days**



## CREATINE CAPS

240 PCS. | 60 PORTIONS

- **3.5 g creatine monohydrate per serving**
- creatine increases physical performance during high-speed strength training in the context of short-term, intense physical activity\*.
- perfectly dosed

**1 portion = 4 capsules**

**before or after training/  
one portion after getting up  
on non-training days**





A man with short dark hair and a beard is smiling at the camera. He is wearing a black sleeveless tank top with a white logo that says "MAMA" above a stylized "G" and "M". He is also wearing black shorts, white socks with a logo, and a silver chain with a cross pendant. He is holding a black shaker bottle with a logo in his right hand and has his left arm raised, holding onto a horizontal bar. He is standing on a black rubber mat in an outdoor gym setting with various exercise equipment in the background. The word "BOOSTER" is written in large white letters across the middle of the image, flanked by a red horizontal line on the left and a white horizontal line on the right.

# BOOSTER









## VOLTA BOOSTER

400 g CAN | 20 PORTIONS

- Pre Workout Booster
- contains L-citrulline, L-arginine and beta-alanine
- supports normal muscle function\*
- reduces tiredness and fatigue\*\*
- **without caffeine**
- optimised with GlutaPep®, Cognivia®, betaine and OPC

**1 portion = 20 g powder  
with 500 ml water**

**before  
training**

### Flavour:

Sizzle Orange



## XXL BOOSTER

500 g CAN | 33 PORTIONS

- pre workout booster
- 1137 mg creatine monohydrate per portion
- contains fructose, dextrose and maltodextrin as carbohydrate sources
- selected combination of amino acids and protein sources: creatine, l-glutamine, l-arginine, beta alanine, taurine, whey protein concentrate, l-leucine, l-isoleucine, l-valine
- optimised with a vitamin and mineral complex
- incl. measuring spoon

**1 portion = 15 g powder  
with 200 ml water**

**up to 2 servings per day  
before training**

### Flavour:

Orange Passion Fruit

\* potassium, calcium and magnesium contribute to normal muscle function.

\*\* Vitamin B2, vitamin B6 and magnesium help to reduce tiredness and fatigue.







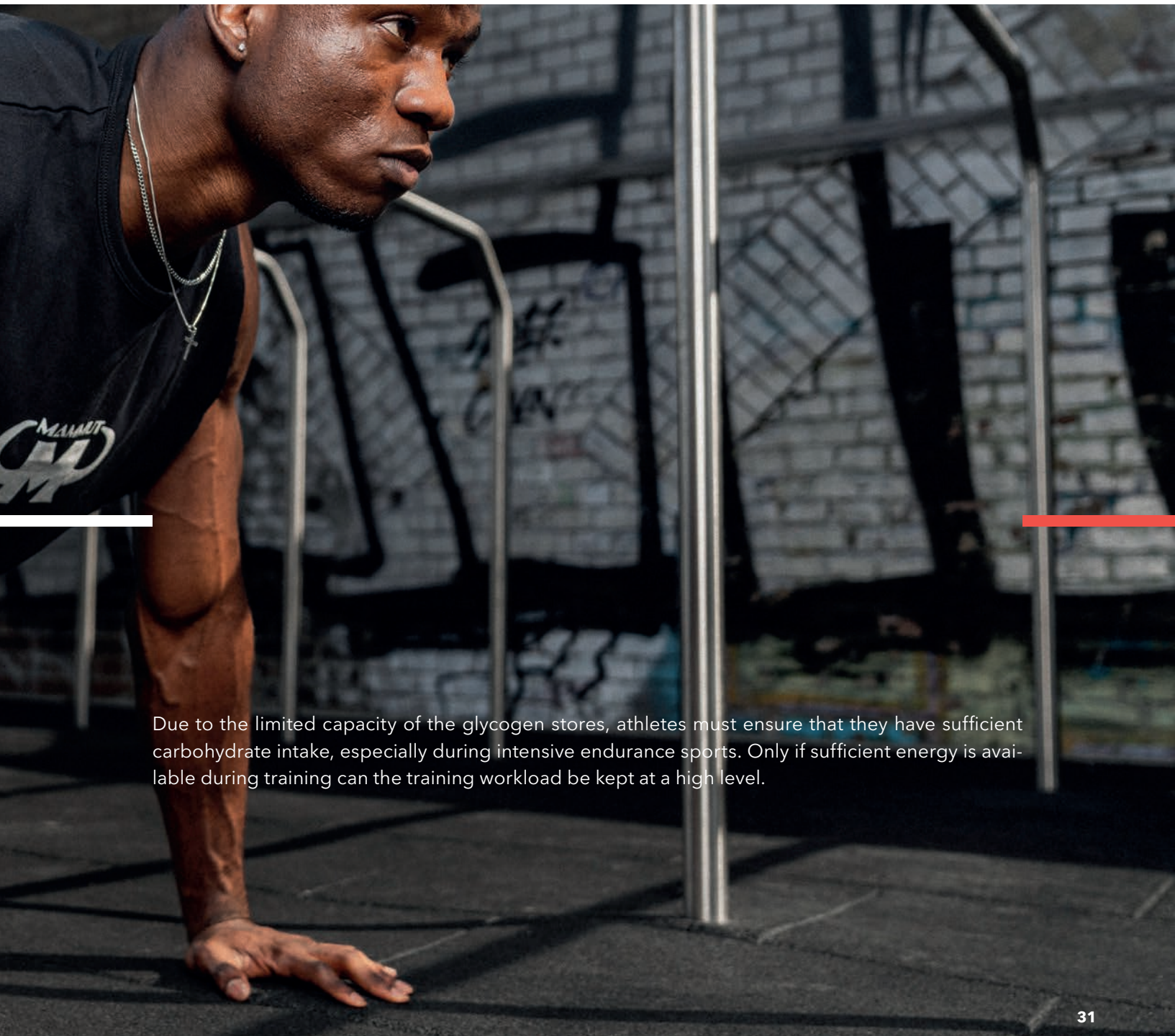
# CARBOHYDRATES

## BUILD UP MASS

Carbohydrates are divided into single (glucose) and double sugars (fructose, lactose) as well as medium-chain (maltodextrin) and long-chain carbohydrates (starch). Your body uses carbohydrates primarily for energy. Carbohydrates that are not needed for energy production are stored by the body in the form of glycogen. The stored glycogen is located, depending on muscle mass, 1/3 in the liver and 2/3 in the muscles. This means that they are available to the body as an energy source at all times. This means you are always available to the body as a source of energy.

Since the stores can only absorb glycogen to a limited extent, excess glucose from food is converted into fat and stored. The fat can then also be used for energy production, but the metabolism takes considerably longer than with carbohydrates.





Due to the limited capacity of the glycogen stores, athletes must ensure that they have sufficient carbohydrate intake, especially during intensive endurance sports. Only if sufficient energy is available during training can the training workload be kept at a high level.



## WEIGHT GAINER

### 1400 g ZIPP BAG | 20 PORTIONS



- **Chocolate: 860 kcal per 2 shakes / Vanilla: 868 kcal per 2 shakes**
- contribution to weight gain
- ideal for endurance and competitive athletes
- high carbohydrate content
- 3 coordinated carbohydrate sources combined with a 4-component protein complex
- with creatine

**1 portion = 70 g powder  
with 300 ml whole milk**

**up to 3 shakes per day  
before and after training**

#### Flavours:

Chocolate | Vanilla



## WEIGHT GAINER

### 4500 g CAN | 50 PORTIONS



- **Chocolate: 1078 kcal per 2 shakes / Cookies: 1068 kcal per 2 shakes / Vanilla: 1088 kcal per 2 shakes**
- contribution to weight gain
- ideal for endurance and competitive athletes
- high carbohydrate content
- 3 coordinated carbohydrate sources combined with a 4-component protein complex
- with creatine

**1 portion = 70 g powder  
with 300 ml whole milk**

**up to 3 shakes per day  
before and after training**

#### Flavours:

Chocolate | Cookies | Vanilla









# VITAMINS & MINERALS

## TO PROTECT A NORMAL FUNCTION OF THE IMMUNE SYSTEM

Vitamins and minerals are essential nutrients and must be made available to the body through food. Among other things, they are needed for numerous processes in carbohydrate, protein and fat metabolism, the immune system and for building certain body structures.

Minerals and vitamins are increasingly lost through sweating in everyday life and during sport. To avoid an undersupply, they must be made available to the body in sufficient quantities.

Also during a diet, an insufficient intake of foods containing minerals and vitamins can lead to an undersupply. Food supplements can help to ensure that the necessary vitamins and minerals are taken in sufficient quantities.





## MAGNESIUM COMPLEX CAPS

90 PCS. | 30 PORTIONS

- Complex of four bioavailable forms of magnesium
- one capsule contains 125mg magnesium
- one serving (3 capsules) covers the daily requirement - 375 mg magnesium
- ideal companion for everyday life - contributes to the reduction of tiredness and fatigue as well as to normal energy metabolism
- for athletes - supports normal muscle function and contributes to normal protein synthesis
- contributes to the maintenance of normal bones and teeth

**1 portion = 3 capsules**

**with any  
main meal**



## OMEGA 3 CAPS

90 PCS. | 45 PORTIONS

- contains high-quality fish oil
- high content of omega-3 fatty acids (350 mg/ serving)
- EPA and DHA contribute to normal heart function\*<sup>1</sup>
- DHA contributes to the maintenance of normal brain function\*<sup>2</sup> and vision\*<sup>3</sup>
- optimised with vitamin E - contributes to the protection of cells from oxidative stress

**1 portion per day  
1 portion = 2 capsules**

**with any  
main meal**



<sup>\*1</sup> The positive effect is achieved with a daily intake of 250 mg EPA and DHA.

<sup>\*2,3</sup> The positive effect is achieved with a daily intake of 250 mg DHA per day.



## DAILY BASICS CAPS

90 PCS. | 90 PORTIONS

- 1 capsule daily for optimal nutrient supply
- ideal in the diet phase or for support during a metabolic cure
- for normal function of the immune system\*<sup>1</sup>
- to protect against oxidative stress\*<sup>2</sup>
- supports the energy metabolism\*<sup>3</sup>
- Zinc contributes to normal protein synthesis and a normal carbohydrate and fatty acid metabolism

**1 portion per day**  
**1 portion = 1 capsule**

**with any**  
**main meal**



\*<sup>1</sup> Vitamins A, D, C, B6, B12, folic acid, iron, copper, zinc and selenium contribute to the normal function of the immune system.

\*<sup>2</sup> Vitamin E, C, B2, copper, manganese, selenium and zinc contribute to the protection of cells from oxidative stress.

\*<sup>3</sup> Vitamin C, B1, B2, B6, B12, niacin, pantothenic acid, iron, copper, manganese and iodine contribute to normal energy metabolism.

## D3+K2 VITAMINE CAPS

90 PCS. | 90 PORTIONS

- high-quality capsules with vitamin D3 and vitamin K2
- 1000 I.U. vitamin D and 25µg vitamin K2 per serving
- 1 capsule covers the daily requirement of vitamin D
- Vitamin D3 and vitamin K2 contribute to the maintenance of normal bones
- Vitamin D3 contributes to the maintenance of normal muscle and immune system function

**1 portion per day**  
**1 portion = 1 capsule**

**with any**  
**main meal**





## ZINC TABS

**240 PCS. | 240 PORTIONS**

- **25 mg zinc** per tablet
- contributes to the maintenance of normal skin, hair, nails and bones\*
- has a positive effect on the immune system\*\*
- ideal for on the go

**1 portion per day**  
**1 portion = 1 tablet**

**with any**  
**main meal**









# WEIGHT LOSS

In order to reduce weight, the combination of exercise and a balanced, nutritious diet is important to avoid the undesirable yo-yo effect.

When dieting, the body should still be supplied with sufficient vitamins and minerals so that the organism is able to gain sufficient energy.

Minerals are essential nutrients that must be provided to the body through food. Minerals are increasingly lost through sweating in everyday life and during sports. In order to avoid an under-supply, they must be made available to the body in sufficient quantities. During a diet, the reduced intake of foods containing minerals and vitamins can lead to mineral deficiencies. Supplements can be an optimal support to absorb the necessary minerals in sufficient quantities.







## L-CARNITINE LIQUID

500 ml | 25 PORTIONS

- ready-to-drink
- delicious lime flavour
- additionally with **vitamin B6**
- **1030 mg l-carnitine** per serving
- incl. measuring spoon



GLUTEN FREE



LACTOSE FREE

**1 portion = 20 ml**  
pure or diluted with water

**approx. 20 minutes before**  
**training/ on non-training days**  
**one portion after getting up**

**Flavour:**

Lime



## L-CARNITINE LIQUID

1000 ml | 50 PORTIONS

- ready-to-drink
- delicious lime flavour
- additionally with **vitamin B6**
- **1030 mg l-carnitine** per serving
- incl. measuring spoon



GLUTEN FREE



LACTOSE FREE

**1 portion = 20 ml**  
pure or diluted with water

**approx. 20 minutes before**  
**training/ on non-training days**  
**one portion after getting up**

**Flavour:**

Lime



## L-CARNITINE TABS

80 PCS. | 40 PORTIONS

- **1020 mg high-quality l-carnitine** per serving
- delicious lozenges with citrus flavour
- optimised with **vitamin C**
- sugar-free
- ideal for on the go
- practical dosage possible

**1 portion per day**  
**1 portion = 2 tablets**

**let lozenges dissolve**  
**slowly in the mouth**

**Flavour:**

Citrus



## CSC METABOLIC SUPPORT

150 PCS. | 75 PORTIONS

- a mix of green tea extract, guarana extract, l-carnitine and bitter orange extract
- **137,6 mg l-carnitine** per serving
- vital substance combination of **vitamin C, zinc** and **iron**
- practical to dose
- ideal for on the go

**1 portion per day**  
**1 portion = 2 capsules**

**let lozenges dissolve**  
**slowly in the mouth**









# TRAINING EQUIPMENT



## **PROTEIN SHAKER**

**FILLING QUANTITY 700 ml**

- practical shaker
- with screw cap
- with special sieve insert
- for at home and on the road
- filling quantity: 700 ml
- BPA-free



## **STAINLESS STEEL SHAKER**

**FILLING QUANTITY 739 ml**

- quality shaker made of stainless steel
- with integrated strainer in the lid
- creamy shakes thanks to practical spiral ball
- 25 oz (739 ml) capacity
- easy-grip lid with firmly engaging lid flip



## SHAKER PROTEINMASTER

### FILLING QUANTITY 500 ml

- practical shaker for at home and on the go
- round shape for a particularly creamy shake
- easy mixing due to spiral ball
- suitable for the dishwasher\*
- filling quantity: 500 ml
- BPA-free

\* For the long-lasting, brilliant durability of the print on the shaker, we recommend cleaning by hand.



## TRINKING GALLONE

### FILLING QUANTITY 2200 ml (2,2 l)

- practical XXL drinking gallon for sports and leisure time
- with sturdy handle
- easy to fill thanks to large drinking opening
- BPA-free
- filling capacity: 2,2 litres





## **POWDER BANK**

### **VOLUME 100 ml**

- powderbank for storing protein powder or capsules
- perfect for on the go
- with practical carabiner to attach to your keys or sports bag
- BPA-free



## **T-SHIRT**

### **DESIGN MAMMUT NUTRITION**

- Mammut Nutrition T-Shirt for training and leisure
- comfortable to wear
- short-sleeved with round neck
- Oeko-Tex certified
- colour: black
- available in S-XXL



## CUP

### DESIGN MAMMUT NUTRITION

- black ceramic mug with Mammut Nutrition logo
- 0,3 l capacity
- in gift box
- not suitable for dishwasher
- material: ceramic



## FITNESS TOWEL 50 x 100

### DESIGN MAMMUT NUTRITION

- 100 % cotton
- colour black with Mammut logo woven in white
- ideal for sports
- dimensions: approx. 50 x 100 cm (length x width)



A man with a beard and tattoos is leaning forward in a gym. He is wearing a black t-shirt with a white logo. The background shows gym equipment. The text "SOCIAL COMMITMENT" is overlaid in the center.

# SOCIAL COMMITMENT



## FACTS & FIGURES:

### MORE THAN 500,000 BULLYING CASES PER WEEK

The potential for violence in society, especially in schools, has risen steadily in recent years. Among young adults, adolescents and, unfortunately, increasingly among children, there are aggressive, violent attacks and bullying.

Every sixth adolescent pupil in Germany regularly becomes a victim of bullying, even physical violence\*. 20% of all suicides in Germany were triggered by bullying\*\*.



### YOU CAN HELP, TOO! BECOME A SUPPORTER OF CAMP STAHL!



#### Indirect support:

By buying products from Mammut Nutrition, you can support the fight against bullying and violence, because a part of our profit goes to CAMP STAHL and the „Stoppt Mobbing“ campaign.

#### Direct support:

You can also support the „Stoppt Mobbing“ campaign directly in the form of donations or online campaigns, or even open a CAMP STAHL base\*\*\*. You can find more information here:

[www.stoppt-mobbing.de](http://www.stoppt-mobbing.de)

\* Quelle: <http://www.stern.de/news/jugendliche-klagen-ueber-mobbing-an-schulen-7418554.html>

\*\* Quelle: <http://www.retter.tv/de/beitrag.html?ereig=-Mobbing-als-Ausloeser-vieler-Suizide-in-Deutschland-&ereignis=7658>

\*\*\* Basis for teaching values of respect and tolerance Prevention of violence and contact point for young people in conflict situations.



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