

INNERMOST

Targeted nutrition
for body and mind



INNERMOST



THE MUS CLE RANGE



Strong



Power



Recover



THE PO WER BOOSTER

The reason that creatine monohydrate is the most popular sports supplement in the world is because everyone agrees that it works. The go-to product for athletes and gym-goers looking to increase power, strength and speed.

The Power Booster. 100% pure creatine monohydrate. Just 1 powerful ingredient to boost power and endurance. Perfect for high-intensity training. Take your workout to the next level.



*I've definitely noticed a change in the gym when I'm working out. I can lift heavier and I don't get tired as quickly. Mixes really easily too. Love it!**

*Genuine review from a verified customer. Visit our website to see more.

POWER. *Noun.* Authority and control.



THE RECOVER CAPSULES

Rest and recovery are important but often overlooked. We wanted to fix that. These nootropic capsules contain research-backed ingredients that support the recovery process, reduce inflammation and boost energy.

The Recover Capsules. Daily nootropic complex for faster recovery. A mighty blend of 6 ingredients to aid recovery and regulate hormone activity. Get back to doing what you do best.



*I find that my muscles aren't as sore post-workout when I'm taking these capsules and I feel my energy levels are higher after a tough session. A definite must-have in my gym bag.**

*Genuine review from a verified customer. Visit our website to see more.

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

INNERMOST



THE PERFOR MANCE RANGE



Fit



Energy



Focus



THE FIT PROTEIN

If you complain about lacking energy, you're not alone. This protein blend was developed for people who regularly push themselves further than most but don't want to let that compromise any other aspect of their lives.

The Fit Protein. Whey protein powder for improved performance. A champion blend of 7 ingredients to rehydrate and restore energy, and support muscle growth and repair. Don't take on the world without it.



*Innermost is definitely the absolute best! Some protein shakes taste so artificial and have a weird after-taste but this tastes amazing. I've used it in different kinds of baking as well.**

*Genuine review from a verified customer. Visit our website to see more.

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



THE ENERGY BOOSTER

We set out to create the most effective pre-workout with added BCAAs on the market. One that wasn't packed with crazy amounts of caffeine. Did we succeed? It's won a bunch of Best Pre-workout Awards, so yeah.

The Energy Booster. Pre/intra-workout powder with BCAAs. A winning blend of 16 ingredients to raise energy, improve stamina and to help push yourself further. Activate your superpowers.



*I'm hooked. I get a fantastic pick-up right before my workouts, which are noticeably more intense now. Cannot recommend this product enough.**

*Genuine review from a verified customer. Visit our website to see more.

ENERGY. *Noun.* Needed for sustained activity.

INNERMOST



THE FOCUS CAPSULES

To be your best, you have to be able to think fast even when you're tired or under pressure. These nootropic capsules contain research-backed ingredients that support brain function including focus and concentration while reducing mental fatigue.

The Focus Capsules. Daily nootropic complex for enhanced focus. A lively blend of 5 ingredients to boost cognitive performance and processing speed. Be the smartest person in the room.



*These capsules sounded too good to be true until I tried them. I feel I have better concentration when taking them and loads more energy.**

*Genuine review from a verified customer. Visit our website to see more.

FOCUS. *Verb.* Ability to understand clearly.

INNERMOST



THE
WELL
BEING
RANGE



Health



Detox



Relax



THE HEALTH PROTEIN

We wanted to create the best vegan protein on the market with a perfectly balanced amino acid profile and added ingredients to support the immune system, without sacrificing taste and texture. Everyone keeps telling us we nailed it.

The Health Protein. Vegan protein powder to improve wellbeing. A sinless blend of 10 ingredients to boost your health, immune system, and support muscle growth and repair. For when you need to get your glow up.



*Best tasting vegan protein powder bar none. Absolutely delicious, especially when mixed with almond or oat milk. I genuinely look forward to my post-workout shake.**

*Genuine review from a verified customer. Visit our website to see more.

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



THE DETOX BOOSTER

Got a cupboard full of amazing healthy ingredients that you never use? We know the feeling. Make life easier for yourself. This product contains ten of the most highly-regarded health-boosting ingredients in an easy to use powder.

The Detox Booster. Vegan superfood powder blend. A fresh combo of 10 ingredients to target free-radicals, maintain a healthy pH balance and support your immune system. Flush the bad, replace with good and feel the glow.



*Such a great-tasting product. You can just feel all the goodness. I have it as a tea with almond milk but it's also good when mixed into smoothies and shakes.**

*Genuine review from a verified customer. Visit our website to see more.

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



THE RE LAX CAPSULES

Life can be stressful, and stress can cause all sorts of issues. These nootropic capsules contain research-backed ingredients that help you find calm, improve your mood and regulate your sleep cycle.

The Relax Capsules. Daily nootropic complex to help you relax. A chill blend of 5 ingredients to reduce stress, promote relaxation and help you get a great night's sleep. Get some chill in your life.



*I've been taking this product for about two weeks now and I have to say that I've definitely noticed the effects. Long may the relaxed feeling continue.**

*Genuine review from a verified customer. Visit our website to see more.

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

INNERMOST



THE
**WEIGHT
- LOSS**
RANGE



Lean



Define



Tone



THE LEAN PROTEIN

Our protein blends won't make you bulky. This one was actually crafted to help you slim-down. We want to make it easier to reach your ideal weight so we packed it with ingredients to support fat metabolism.

The Lean Protein. Whey protein powder for effective weight-loss. A slick blend of 7 ingredients to encourage healthy fat-loss, reduce cravings and support muscle growth and repair. A smarter way to lean-up.



The best protein I've ever tasted. Be it a shake on its own or with any recipe, smoothie, overnight oats, pudding etc. After trying many different brands I'm sticking with this one!

*Genuine review from a verified customer. Visit our website to see more.

LEAN. Adjective. Efficient and healthy function.



THE DEF INE BOOSTER

To decrease body-fat you need the right nutrients. That's where this product comes in. The most popular non-stimulant fat-loss supplement in the world. It works by ensuring your body is metabolising fat efficiently.

The Define Booster. 100% pure acetyl l-carnitine. Just 1 cool ingredient to support efficient fat metabolism, support energy and improve definition. Live life in HD.



*I really like this product. I've been trying to get rid of some stubborn weight for a while now and with this product I'm finally seeing a difference. Thanks Innermost!!!**

*Genuine review from a verified customer. Visit our website to see more.

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

INNERMOST



THE TONE NE CAPSULES

Forget fad diets, they don't work. These nootropic capsules contain research-backed ingredients that gently raise your metabolism, reduce cravings and promote sustainable fat-loss.

The Tone Capsules. Daily nootropic complex for fat-loss. A sharp blend of 9 ingredients to support healthy and sustainable fat-loss. People keep telling us that they love it. You will too.

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*I love that it gives me a burst of energy without a racing heart or jitters. I've been taking it twice a day alongside my training and healthy eating. I'm already seeing great results.**

*Genuine review from a verified customer. Visit our website to see more.

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

INNERMOST

Targeted nutrition
for body and mind

TARGETED NUTRITION
FOR BODY AND MIND



PROTEINS

BOOSTERS

CAPSULES

PERFORMANCE	THE FIT PROTEIN Ve Protein powder for performance. Improve performance, vitality and support lean muscle development. PRICE: \$56.00	THE ENERGY BOOSTER V Pre-workout with BCAAs. Raise energy levels, boost stamina and preserve lean muscle. PRICE: \$48.00	THE FOCUS CAPSULES V Nootropic complex for focus. Increase focus under pressure and boost mental performance. PRICE: \$43.00
	THE LEAN PROTEIN Ve Protein powder for weight-loss. Encourage healthy fat-loss and support lean muscle development. PRICE: \$56.00	THE DEFINE BOOSTER V Pure acetyl-L-carnitine. Metabolise fat, support energy and improve definition. PRICE: \$48.00	THE TONE CAPSULES V Nootropic complex for toning. Raise metabolism and support sustainable fat-loss. PRICE: \$43.00
MUSCLE	THE STRONG PROTEIN V Protein powder for muscle. Maximise muscle gains, strength and power output. PRICE: \$56.00	THE POWER BOOSTER V Pure creatine monohydrate powder. Boost power and endurance. Perfect for high-intensity training. PRICE: \$48.00	THE RECOVER CAPSULES V Nootropic complex for recovery. Support recovery, hormone activity and promote energy. PRICE: \$43.00
WELLBEING	THE HEALTH PROTEIN V Protein powder for wellbeing. Enhance wellbeing, health and support lean muscle development. PRICE: \$56.00	THE DETOX BOOSTER V Vegan superfood powder. Detox, cleanse, and promote wellbeing and immunity. PRICE: \$48.00	THE RELAX CAPSULES V Nootropic complex for stress. Improve clarity, reduce stress and promote relaxation. PRICE: \$43.00

V = Vegan Ve = Vegetarian

Prices are inclusive of 7% GST.