

#GETMAMMOTH



MAMMOTH[®]



MAMMOTH



About Us

What started in 1987 with Canada's ORIGINAL weight gainer with Mammoth Mass 2500, now boasts a full line of clean, cutting edge and scientifically backed supplements. We take pride in being an industry leader for over 30 years and are committed to continue helping you and others around the globe build muscle, increase strength, eliminate body fat and improve athletic performance.

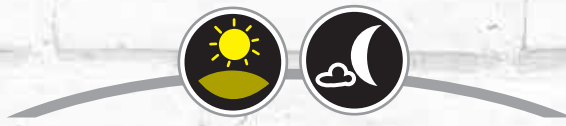
An unwavering commitment and passion to scientific research is at the core of what we do and is the very backbone of our ever expanding supplement line. With an eye for excellence and quality control we manufacture our cutting edge supplements in a state of the art facility under the strictest guidelines to assure nothing but the best products reach the shelves.

Industry leading and a pioneering within the Sports Supplements Industry Mammoth Supplements set goals other Sport Brands follow. With this proven track record its no wonder why Mammoth Supplements are Globally renowned.

MAMMOTH PROTEIN

SUPERIOR TIME RELEASE MULTISOURCE FORMULA

MAMMOTH PROTEIN is a low sugar, superior protein blend that combines 6 bioavailable dairy protein sources into one delicious scoop! Our 6-stage time release formula offers sustained amino acid delivery to hard-working muscles over a prolonged period. In other words, users can expect to experience a greater and longer lasting muscle building effect.^[1] Additionally, **MAMMOTH PROTEIN** can help limit muscle mass breakdown and accelerate muscle recovery after exercise.^[2]



MAMMOTH PROTEIN can be supplemented anytime, day or night!

- ✓ **Whey protein concentrate:** Excellent source of protein and muscle building amino acids, contain bioactive components offering immune-boosting benefits.
- ✓ **Whey protein isolate:** One of the purest and fastest acting protein sources available. Contains very little fat or lactose. Excellent for quick muscle recovery post-workout.
- ✓ **Milk protein isolate:** Excellent source of protein. Contains both whey protein and casein, a favourable ratio almost identical to skim milk.
- ✓ **Hydrolyzed whey protein:** Like whey protein isolate, an excellent source of fast-acting high-quality protein. Hydrolyzed whey protein is partially broken down, resulting in the fastest rate of absorption for speedy muscle recovery post-workout.
- ✓ **Micellar casein & Calcium caseinate:** Optimal sources of slow-digesting proteins, providing sustained amino acid release to support the muscle building process.
- ✓ **Available in:** 1.6 lb (720g), 5 lb (2.27Kg).

Nutrition Facts		Valeur nutritive	
Serving size 1 scoop (36 g) Portion 1 mesure (36 g) Servings per container 63 Portions par contenant 63			
Calories 150			
Fat / Lipides 3 g		4%	
Saturated / saturés 2 g		10%	
+Trans / trans 0 g			
Carbohydrates / Glucides 6 g			
Fibre / Fibres 2 g		7%	
Sugars / Sucres 2 g		2%	
Protein / Protéines 24 g			
Cholesterol / Cholestérol 65 mg 22%			
Sodium 160 mg		7%	
Potassium 250 mg		7%	
Calcium 125 mg		10%	
Iron / Fer 1 mg		6%	
*5% is a little 15% or more is a lot. *5% ou moins c'est peu, 15% ou plus c'est beaucoup			

5 lb | **1.6 lb**
2.27 Kg | **720 g**



CHOCOLATE ICE CREAM VANILLA ICE CREAM










6 SOURCE
Time release
Whey Protein.

FLAVOURS AVAILABLE: //

References: [1] Volek, J. S., Volk, B. M., Gómez, A. L., Kunces, L. J., Kispchak, B. R., Friedreich, D. J., Aristizabal, J. C., Sanchez, C., Dunn-Lewis, C., Ballard, K. D., Quann, E. E., Kawiecki, D. L., Flanagan, S. D., Comstock, B. A., Fragala, M. S., Earp, J. E., Fernandez, M. L., Brund, R. S., Ptolemy, A. S., ... Kraemer, W. J. (2013). Whey protein supplementation during resistance training augments lean body mass. *Journal of the American College of Nutrition*, 32(2), 122-135. <https://doi.org/10.1080/07315724.2013.793580>. [2] West, D., Aboo Sawan, S., Mazzulla, M., Williamson, E., & Moore, D. (2017). Whey protein supplementation enhances whole body protein metabolism and performance recovery after resistance exercise: A double-blind crossover study. *Nutrients*, 9(7), 735. <https://doi.org/10.3390/nu9070735>. [3] Proteins from milk: Types and characteristics. *Agropur*. (n.d.). Retrieved February 7, 2023, from <https://www.agropur.com/us/news/proteins-from-milk>

MAMMOTH MASS

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

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

Nutrition Facts / Valeur nutritive

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

Servings Per Container:
Portions par contenant:

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

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

x5
FLAVOURS

1250
CALORIES

60g
PROTEIN

9g
SUGAR



RICH CHOCOLATE



BANANA



VANILLA ICE CREAM



COOKIES & CREAM



STRAWBERRY



FLAVOURS AVAILABLE:

MASS 5lb

Mammoth's New E-Z Grip 5lb bag makes picking up your favourite weight gainer 'E-Z'

We know your time is valuable and you would rather use it at the gym; but when that time comes to replenish your supplements and you head over to your favourite supplements store you just want to grab your pre/post workouts, proteins and gainers, pay and leave.

Mammoth Supplements looked at some of the difficulties when you're in store before checking out and at home.

Mammoth Supplements addressed some of these with the 'New 5lb bag' with 'E-Z Grip' design.

No more juggling and balancing all your supplements under your arm while picking up a heavy bag of protein and not letting it slip through your ever tightening grip. Mammoth Supplements listened and added the 'E-Z Grip' design to its New 5lb bag.

Mammoth's 'New 5lb bag' makes storage easier. Once empty, disposal is more compact and less bulky than a regular 5lb container.

With a flat base design it won't fall over and spill, side gussets for stability and made from a tough laminated construction it won't split if dropped, and a velcro seal keeps everything fresh.

Mammoth MASS' New 5lb bag is still the same great tasting nutrition and weight gainer, just in an 'E-Z' to carry bag.

Mammoth MASS New 5lb Bag makes it an 'E-Z' choice.



RICH CHOCOLATE



BANANA



VANILLA ICE CREAM



COOKIES & CREAM










STRAWBERRY



FLAVOURS AVAILABLE:

LESS SUGAR, MORE GAINS.

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

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

1250

CALORIES

60g

PROTEIN

9g

SUGAR



5 lb
2.27 kg

x5
FLAVOURS



FLAVOURS AVAILABLE:

CANADA

Nutrition Facts / Valeur nutritive

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

Servings per container:
Portions par contenant:

	7 Per / par 320 g		14 Per / par 160 g	
	Amount Teneur	% DV* % VQ*	Amount Teneur	% DV* % VQ*
Calories / Calories	1250		625	
Calories from Fat / Calories des lipides	80		40	
Fat / Lipides	9 g	14 %*	5 g	7 %*
Saturated / Saturés	4.5 g	23 %*	2 g	12 %*
Trans / Trans	0 g		0 g	
Cholesterol / Cholestérol	130 mg	43 %	65 mg	22 %
Sodium / Sodium	350 mg	15 %	175 mg	8 %
Potassium / Potassium	340 mg	10 %	170 mg	5 %
Carbohydrates / Glucides	231 g	77 %*	116 g	39 %*
Fibre / Fibres	1 g	4 %	0.5 g	2 %
Sugar / Sucres	9 g	**	5 g	**
Protein / Protéines	60 g		30 g	
Vitamin A / Vitamine A		0 %		0 %
Vitamin C / Vitamine C		0 %		0 %
Calcium / Calcium		109 %		54 %
Iron / Fer		6 %		3 %

*DV - Daily Value, percent daily values are based on a 2,000 calorie diet.

*VQ - Les valeurs quotidiennes en pourcentage sont basées sur un régime alimentaire de 2000 calories.

**Daily Value not established

**Valeur quotidienne non établie

INGREDIENTS

Medicinal Ingredients: Mammoth Clean Gains Protein Blend (Whey protein concentrate, Whey protein isolate, Micellar casein, Calcium caseinate (from milk protein)), Mammoth Amino Acid Support Matrix (L-glycine, L-glutamine, L-leucine, L-isoleucine, L-valine), Enzyme protease.

Non-Medicinal Ingredients: Mammoth Clean Carbs Matrix (Maltodextrin, Oat fibre, Sweet potato powder, Quinoa powder), Cocoa powder, Sunflower oil powder, Medium chain triglycerides (from Coconut), Tricalcium phosphate, Natural & artificial flavours, Acesulfame potassium, Sucralose, Soy lecithin (as an emulsifier).

INGRÉDIENTS

Ingrédients médicinaux: Mélange protéiné Gains propres Mammoth (concentré de protéine de petit-lait, isolat de protéine de petit-lait, caséine micellaire, caséinate de calcium [de protéine de lait]), Matrice Soutien des acides aminés Mammoth (L-glycine, L-glutamine, L-leucine, L-isoleucine, L-valine), enzyme protéase.

Ingrédients non médicinaux: Matrice Glucides propres (maltodextrine, fibre d'avoine, poudre de patate douce, poudre de quinoa), poudre de cacao, poudre d'huile de tournesol, triglycérides à chaîne moyenne (de noix de coco), phosphate tricalcique, arômes naturels et artificiels, acésulfame-K, sucralose, lécithine de soya (comme émulsifiant).

UNITED KINGDOM / EUROPEAN UNION

Nutritional Information

Typical Values	Per 100 g	Per 160 g 2 scoops	Per 320 g 4 scoops
Energy	1634 kJ / 390 kcal	2615 kJ / 625 kcal	5230 kJ / 1250 kcal
Fat (g)	3	5	9
Saturated Fat	1	2	4.5
Trans Fat (g)	0	0	0
Carbohydrate (g)	73	116	231
Sugars (g)	3	5	9
Fibre (g)	0.3	0.5	1
Protein (g)	19	30	60
Salt (g)	0.109	0.175	0.35

Ingredients: Mammoth Clean Gains Protein Blend (Whey protein concentrate, Whey protein isolate, Micellar casein, Calcium caseinate (from milk protein)), Mammoth Amino Acid Support Matrix (L-glycine, L-glutamine, L-leucine, L-isoleucine, L-valine), Enzyme protease. Mammoth Clean Carbs Matrix (Maltodextrin, Oat fibre, Sweet potato powder, Quinoa powder), Cocoa powder, Sunflower oil powder, Medium chain triglycerides (from Coconut), Acidity regulator (Tricalcium phosphate), Flavouring, Sweeteners (Acesulfame potassium, Sucralose), Emulsifier (Soy lecithin).

MAMMOTH MEAL

ALL-IN-ONE PREMIUM SUPER FOOD SHAKE

formulated to Complement & Elevate your Nutrition.



100 Calories per serving!

Balanced Caloric Breakdown (%): 40: 40: 20

10 g PROTEIN

10 g HEALTHY CARBOHYDRATES

2-2.5 g HEALTHY FATS

Contains a Blend of Premium Whole Food Ingredients:

- Low glycemic organic carbohydrate complex (Oat Bran, Quinoa, Buckwheat, Millet)
- Bioavailable Tri-Pro Protein Blend (Whey Protein Concentrate, Milk Protein Isolate, Micellar Casein)
- Healthy Fats (Avocado & MCTs) to Sustain Energy & Enhance Satiety.
- Powerful Antioxidant Complex (Fruits & Greens) to Reduce Inflammation & Provide Immune Support.
- Natural Sources of Electrolytes (Coconut Water, Pink Himalayan Sea Salt) to Promote Hydration.

Nutrition Facts Valeur nutritive

Serving Size: 1 Scoop (25.5 g)
Portions: 1 mesure (25.5 g)
Servings 40 / Portions 40

Calories 100	% Daily amount*
Fat / Lipides 2 g	% valeur quotidienne*
Saturated / saturés 1.5 g	3%
+ Trans / trans 0 g	8%
Carbohydrate / Glucides 10 g	
Fibre / Fibres 1 g	4%
Sugar / Sucres 1 g	1%
Protein / Protéine 10 g	
Cholesterol / Cholestérol 20 mg	
Sodium 100 mg	4%
Potassium 100 mg	3%
Calcium 75 mg	6%
Iron / Fer 0.4 mg	2%

*5% or less is a little. 15% or more is a lot.
*5% ou moins c'est peu. 15% ou plus c'est beaucoup.



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

2.2 LB
40 SERVINGS

E-Z Dose Favourable and Balanced Macro Breakdown

POWDER TO WATER RATIO / RAPPORT POUVRE À EAU		MACRONUTRIENT BREAKDOWN / RÉPARTITION DES MACRONUTRIMENTS			SERVINGS PER CONTAINER / PORTIONS PAR CONTENANT	
# of SCOOPS / # de MESURES	WATER (fl.oz.) / EAU (oz. liq.)	TOTAL CALORIES / TOTAL DE CALORIES	PROTEIN (g) / Protéine (g)	CARBS (g) / Glucides (g)	FAT (g) / Lipides (g)	
1	+ 4-8 fl.oz.	= 100	10 g	10 g	2.5 g	40

Key Features

- FRUITS & GREENS (Goji, Acai, Kale, Spirulina ++)
- Contains Naturally Occurring EAAs and BCAAs
- NO Artificial Colours or Dyes
- NO Maltodextrin or Soy
- LOW Sodium per serving
- GLUTEN-FREE

VANILLA ICE CREAM



CHOCOLATE FUDGE BROWNIE



FLAVOURS AVAILABLE: //



GLUTEN FREE
SANS GLUTEN



E-Z Mix

High Protein-Low Sugar!

Mammoth Protein

PROTEIN PER SERVING
25g
PROTEIN PER SERVING

Mammoth Taste, Low Sugar!

Nutrition Facts Valeur nutritive

Per 1 bar (65 g) / 1 barre (65 g)

Calories 290

Fat / Lipides 14 g 22%
Saturated / saturés 8 g 40%
+Trans / trans 0 g

Carbohydrates / Glucides 20 g 7%
Fibre / Fibres 1 g 4%
Sugars / Sucres 4 g
Sugar Alcohol / 11 g
Alcool sucre

Protein / Protéines 25 g

Cholesterol / Cholestérol 20 mg 7%

Sodium 160 mg 7%

Potassium 260 mg 7%

Calcium 137.48 mg 15%

Iron / Fer 1.56 mg 8%

*5% is a little 15% or more is a lot.
*5% ou moins c'est peu, 15% ou plus c'est beaucoup

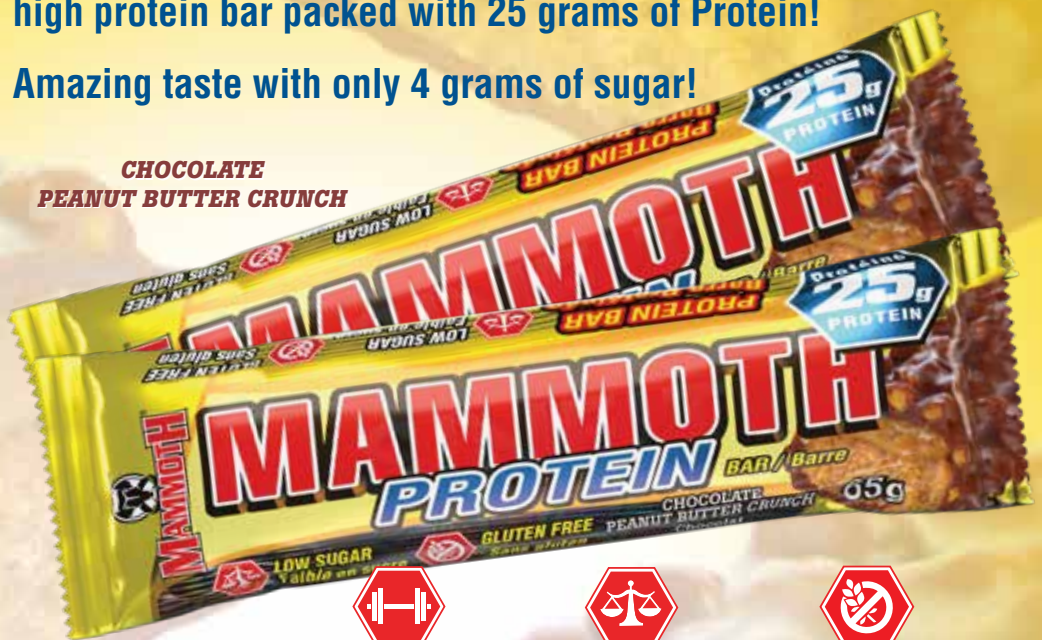
Looking for that perfect snack to satisfy your hunger?

The Mammoth Protein Bar is just what you need!

The Mammoth Protein bar is a delicious quadruple layer high protein bar packed with 25 grams of Protein!

Amazing taste with only 4 grams of sugar!

**CHOCOLATE
PEANUT BUTTER CRUNCH**



PROTEIN
25g



LOW SUGAR
4g



GLUTEN
FREE

Mammoth hunger? Get Mammoth satisfaction!

www.MammothSupplements.com



High Protein-Low Sugar!

Mammoth Protein

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PER SERVING
25g
PROTEIN
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PROTEIN
25g

LOW SUGAR
4g

GLUTEN
FREE

**CHOCOLATE
PEANUT BUTTER CRUNCH**

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www.MammothSupplements.com



High Protein-Low Sugar!

Mammoth Protein

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PER SERVING
25g
PROTEIN
PER SERVING

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Amazing taste with only 4 grams of sugar!

Nutrition Facts Valeur nutritive

Per 1 bar (75 g) / 1 barre (75 g)

Calories 320

Fat / Lipides 12 g 18%
Saturated / saturés 9 g 45%
+Trans / trans 0 g

Carbohydrates / Glucides 28 g 9%
Fibre / Fibres 0 g 0%
Sugars / Sucres 4 g
Sugar Alcohol / 21 g
Alcool sucre

Protein / Protéines 25 g

Cholesterol / Cholestérol 25 mg 8%

Sodium 135 mg 6%

Potassium 250 mg 7%

Calcium 163 mg 15%

Iron / Fer 1.58 mg 10%

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**CHOCOLATE
CARAMEL CRUNCH**



PROTEIN
25g



LOW SUGAR
4g



GLUTEN
FREE



Mammoth hunger? Get Mammoth satisfaction!

www.MammothSupplements.com

High Protein-Low Sugar!

Mammoth Protein

PROTEIN PER SERVING
25g
PROTEIN PER SERVING

Mammoth Taste, Low Sugar!

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PROTEIN
25g

LOW SUGAR
4g

GLUTEN
FREE

**CHOCOLATE
CARAMEL CRUNCH**



Mammoth hunger? Get Mammoth satisfaction!

www.MammothSupplements.com

MAMMOTH SHOCK

Citrus Cyclone

Peach Tsunami

*Tropic
Fruit Thunder*

Cherry Twister

Purple Monsoon

— Available in —
**5 SHOCK-ing
Flavours!**

In a world of exaggerated claims and oversized scoops comes the legitimate next generation pre-workout: Mammoth SHOCK! Mammoth Shock's potent combination of ingredients and dosages gives you the Ultimate Pre-Workout. Mammoth SHOCK is designed to give you next-level workouts with Unreal Muscle Pumps; Razor-Sharp Focus, Power & Recovery.

PUMPS:

- ✓ **6000 mg | Citrulline Malate 2:1** - One of the best ingredients for maximizing blood flow increasing cell volume & muscle pumps.
- ✓ **1000 mg | Glycerol Monostearate** - A powerful hydrating agent that increases cellular hydration & maintains a pump for longer periods of time.
- ✓ **1000 mg | Agmatine Sulfate** - Increases nitric oxide (NO) production which increases blood flow and nutrient delivery.
- ✓ **200 mg | Maritime Pine* (Pine Bark Extract)** - Stimulates the enzyme responsible for promoting nitric oxide - endothelial nitric oxide synthase (eNOS).

STRENGTH, POWER & RECOVERY:

- ✓ **300 mg | Alpha-GPC*** - Supports cognitive function, muscle strength & the release of natural growth hormone.
- ✓ **1000 mg | L-Taurine** - Acts both as a powerful antioxidant and helps regulate water balance & protects against muscle damage.
- ✓ **100 mg | Vitamin C** - A powerful antioxidant that combats muscle soreness and inflammation due to exercise-induced free radical production.

ENERGY & FOCUS (Nootropic Complex):

- ✓ **80 mg | Synephrine** - Increases metabolic rate, caloric expenditure & energy levels.
- ✓ **400 mg | Caffeine** - For increased mental focus, sustained energy & crash deterrent.
- ✓ **500 mg | Lion's Mane Extract** - Lion's Mane Extract - Promotes cognitive function, memory recall & focus.
- ✓ **5 mg | Huperzia Serrata Extract** - Improves memory, focus, and alertness.
- ✓ ***Maritime Pine:** increases cerebral blood flow, oxygenation, and nutrient delivery to the brain.
- ✓ ***Alpha GPC:** increases acetylcholine in the brain a powerful neurotransmitter responsible for muscle control, memory and concentration.

INSIDE

FITNESS

→ CANADA'S #1 FITNESS MAGAZINE

OUR ANNUAL
HOT&FIT 100
SPECIAL ISSUE!

10 YEAR
ANNIVERSARY

HOT&FIT

100



P102 YOUR 2018 WINNER: NATALIE GONZALEZ

CANADA'S FOOD GUIDE

EVERYTHING YOU NEED TO KNOW
ABOUT THE UPCOMING REVISIONS **P78**



**KILLER
ABS**

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

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

P92



MAMMOTH PUMP HIGH INTENSITY PRE-WORKOUT

THE ULTIMATE SOLUTION FOR EXTREME TRAINING AND MAXIMUM PERFORMANCE

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

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

NOW RAISE THE BAR.

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

3000 mg

CITRULLINE MALATE

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

1500 mg

BETA ALANINE

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

1000 mg

TAURINE

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

750 mg

CREATINE HCl

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

500 mg

AGMATINE SULFATE

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

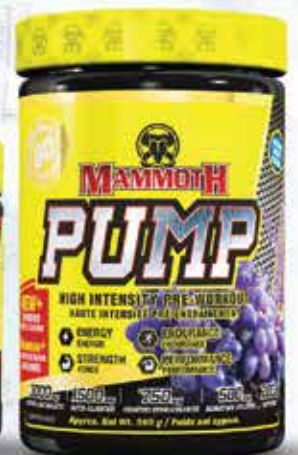
Medicinal Ingredients Ingrédients médicinaux:

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

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

30 | 60
SERVINGS | SERVINGS

x9
FLAVOURS



 **ENERGY**  **ENDURANCE**

 **STRENGTH**  **PERFORMANCE**



500 mg

TYROSINE

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

200 mg

CAFFEINE

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

5 mg

PIPER NIGRUM EXTRACT (AS BIOPERINE®)

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

Suggested Use:

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

Recommended use or purpose:

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



PURPLE MONSOON



SWEDISH VERY BERRY



PINK LEMONADE



CLEAR RASPBERRY



PINEAPPLE MANGO



FRUIT PUNCH



BLUE RASPBERRY



WATERMELON



BLACK CHERRY

FLAVOURS AVAILABLE: // //

MAMMOTH SWELL

The most advanced all in one caffeine free preworkout solution.

Introducing **Mammoth SWELL** - The most advanced all in one caffeine free preworkout solution. **Mammoth SWELL** contains powerful ingredients in one great tasting formula designed to give you new level workouts with razor sharp focus and no jitters.



Cell volume & fullness with maximum pumps, increased blood flow, rapid muscle recovery.



Increased mental focus, awareness & mood.



Caffeine FREE!



4000 mg | L-Citrulline

L-Citrulline is one of the best ingredients for maximizing blood flow and increasing cell volume and muscle pumps.



1500 mg | Glycerol Monostearate

Glycerol Monostearate is powerful hydrating agent that attracts and binds large amounts of fluids intramuscularly, allowing athletes to increase cellular hydration and maintain this volumized state for longer periods of time.



1000 mg | Agmatine Sulfate

Agmatine Sulfate increases nitric oxide (NO) production which increases blood flow and nutrient delivery.



200 mg | Pine Bark Extract

Pine Bark Extract stimulates the enzyme responsible for promoting nitric oxide — endothelial nitric oxide synthase (eNOS).



1500 mg | L-Taurine

This amino acid acts both as a powerful antioxidant and an osmolyte which helps regulate water balance.



300 mg | Alpha-GPC

Alpha-GPC (L-alpha-glycerolphosphorylcholine or choline alphoscerate) is a phospholipid essential for brain health. Research has shown that Alpha GPC supports cognitive function, muscle strength and even promotes the release of natural growth hormone.



500 mg | Lion's Mane Extract

Lion's Mane has a wide range of health benefits ranging from brain bioenergetics, mood support, immunity and to digestion. It's also been shown to promote cognitive function, memory and recall by promoting neuronal growth, reduced inflammation, and overall brain health.



50 mcg | Huperzia Serrata Extract

This substance is purified from a plant called Chinese club moss and has been shown to improve memory while aiding with brain recall.

Ingrédients médicinaux:

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

Amount per Serving / Quantité par portion

L-Citrulline	4000 mg
Glycerol	1500 mg
L-Taurine	1500 mg
Agmatine Sulfate	1000 mg
Lion's Mane	500 mg
Alpha-GPC (alpha-Glycerophosphorylcholine)	300 mg
Maritime Pine	200 mg
Vitamin C	100 mg
Toothed club-moss	5 mg

x2
FLAVOURS



**AVAILABLE
FLAVOUR:**

**Tropical
Fruit Blast!**

**Sour
Candy**

MAMMOTH BCAA

PERFORMANCE, REPAIR, RECOVERY

WE ARE RESETTING THE STANDARD OF INTRA-WORKOUT RECOVERY

8.2g
2:1:1 BCAA

+

1g

+

1g

=

10.2g

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

BCAA'S (Leucine, Isoleucine, Valine)

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

Glutamine:

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

Taurine:

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

Medicinal Ingredients Ingrédients médicinaux:

Serving size 1 scoop (13.2 g) / Par portion individuelle (1 mesure / 13.2 g).
Servings per container: 30 / Portions par contenant: 30

Amount per Serving / Quantité par portion	
L-Leucine / L-leucine	4100 mg
L-Isoleucine / L-isoleucine	2050 mg
L-Valine / L-valine	2050 mg
L-Glutamine / L-glutamine	1000 mg
Taurine / Taurine	1000 mg
Coconut Water / Eau de noix de coco	100 mg
Pink Himalayan Sea Salt / sel de mer rose de l'Himalaya	100 mg
Potassium / Potassium	50 mg
Calcium / Calcium	30 mg
Magnesium / Magnésium	20 mg
Black pepper extract/Poivre noir, extrait (Piper nigrum) (50:1 equivalent to 250 mg dried fruit, 95% Piperine/50 :1 équivalent à 250 mg de fruit séché, 95% de pipérine)	5 mg

x2
FLAVOURS

30
SERVINGS



PEACH MANGO



TROPICAL FRUIT BLAST

8.2g

2:1:1 BCAA

Industry leading highest amount per serving!

100mg

Coconut Water Extract

100mg

Pink Himalayan Sea Salt

5mg

Black Pepper Extract (as Bioperine®)

0

No Artificial Colours or Dyes!



4 Fun-licious Flavours

NO ARTIFICIAL COLOURS OR DYES



Fruit Punch
Bläst!



Rocket
Pop



Candy
Peach



Swedish
Very Berry

MAMMOTH EAA⁹

ENHANCED MUSCLE RECOVERY, ENDURANCE, AND MORE

Are you looking to recover faster between sets and workouts?

Is your goal to put on quality lean muscle mass?

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

2:1:1

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

+9

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

1000 mg

1000mg*: Betaine Aids in digestion and absorption

500 mg

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



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

Rocket Pop

candy Peach

swedish Very Berry

Fruit Punch Blast!

NO ARTIFICIAL COLOURS OR DYES



Medicinal Ingredients

Ingrédients médicinaux:

Serving size 1 scoop (13 g) / Par portion individuelle (1 mesure / 13g).

Servings per container: 30 / Portions par contenant: 30

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

30
SERVINGS

x4
FLAVOURS

FLAVOURS AVAILABLE: //



BURN BABY BURN

MAMMOTH ATHLETE
Natalie Gonzalez
@natysalsera

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

IGNITE your Fat Burning Goals
with Mammoth Burn

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

500mg
L-TYROSINE

340mg
L-CARNITINE

156mg
CAFFEINE

200mg
GREEN COFFEE BEAN

100mg
OLIVE LEAF EXTRACT

60mg
SYNEPHRINE

16mg
NUTMEG EXTRACT

per single scoop serving

CUTTING EDGE
FORMULA



TROPICAL FRUIT BLAST

WWW.MAMMOTHSUPPLEMENTS.COM

MAMMOTH BURN

MORE ABS, LESS CARDIO.

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

Medicinal Ingredients

Ingrédients médicinaux:

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

500 mg

L-TYROSINE

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

340 mg

L-CARNITINE

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

156 mg

CAFFEINE

To enhance thermogenesis, sustained energy and elevate mental focus.

200 mg

GREEN COFFEE BEAN (45% chlorogenic acid)

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

100 mg

OLIVE LEAF EXTRACT (20% Oleuropein)

To up-regulate norepinephrine levels for maximum thermogenesis.

60 mg

ADVANTRA Z Bitter Orange (30% p-synephrine)

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

16 mg

NUTMEG EXTRACT

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

60
SERVINGS

120
VEGICAPS[®]



TROPICAL FRUIT BLAST



MAMMOTH

CUTTING EDGE FORMULA

500 mg
L-TYROSINE

340 mg
L-CARNITINE

156 mg
CAFFEINE

200 mg
GREEN COFFEE BEAN

100 mg
OLIVE LEAF EXTRACT

60 mg
SYNEPHRINE

16 mg
NUTMEG EXTRACT

per single scoop serving

LESS CARDIO MORE ABS

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

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



TROPICAL FRUIT BLAST

MAMMOTH SUPER⁷ COLLAGEN

MAMMOTH SUPER 7 COLLAGEN IS A LEGITIMATE GAME-CHANGER FOR FITNESS ENTHUSIASTS AND BEYOND

Mammoth Super 7 Collagen contains 10g of the well-researched Bovine & Marine sourced Collagen types I & III. With its unique 7 ingredients, Mammoth Super 7 Collagen sets itself apart. Mammoth Super 7 Collagen is a dual sourced collagen product with SEVEN additional ingredients providing the maximum benefits of added immunity, pain relief, muscle recovery, healthy hair, skin & nails, protein, and a significant dose of antioxidants.

Mammoth Super 7 Collagen has been formulated specifically for SPORT, with Athletes in mind.

Research focuses on types I-III collagen when it comes to Active Living and athletics.

Mammoth Super 7 Collagen provides structure and acts like glue for tendons, muscles, ligaments & blood vessels.

Mammoth Super 7 Collagen is crucial for injury prevention, soft tissue repair, and relief of joint pain.



What is Super⁷?

Mammoth has added 7 additional ingredients to this dual sourced collagen formula to provide you with even more benefits!

Super⁷

- Hyaluronic Acid
- Tryptophan
- Vitamin C
- Zinc
- Elderberry
- Biotin
- CoQ10



Hyaluronic Acid | 120 mg.

Hyaluronic acid is moisturizing for the skin and lubricating for the joints. Collagen and hyaluronic acid work together to help reduce joint pain and promote recovery post-workout!



Tryptophan | 220 mg.

Collagen is an incomplete protein without the essential amino acid Tryptophan. No worries - We have added 220 mg of Tryptophan to make Mammoth Super7 Collagen a complete source of essential amino acids!



Vitamin C | 250 mg.

Fortified with 250 mg of Vitamin C which helps support a healthy immune system and is required to form cartilage, muscle, and collagen.



Elderberry | 50 mg.

Rich in antioxidants and magnesium, elderberry can enhance physical performance and shorten recovery time, in addition to combatting cell damage.



Zinc | 1 mg.

Enables your body to produce muscle-building hormones & supports a healthy immune system.



Biotin | 10 mg.

Provides an important source for creating energy and aiding stamina, in addition to promoting healthy hair, skin, and nails.



CoQ10 | 30 mg.

Helps reduce inflammation associated with heavy exercise, speeds recovery, and protects from free radical damage.



UNFLAVOURED



Bovine sourced Collagen.



Marine sourced Collagen.

MAMMOTH CREATINE

BECAUSE STRENGTH MATTERS!

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

Recommended use or purpose:

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

Recommended Dose - Adult loading phase:

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

Recommended Dose - Adult Maintenance phase:

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

Medicinal ingredients:

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

Non Medicinal Ingredients: None

60
SERVINGS

300g

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



NEURO-STIM

HIGH INTENSITY NOOTROPIC

Are you tired of mental fog and lack of concentration?

Say goodbye to distractions, supercharge your mind and reach your peak performance! Mammoth **NEURO-STIM** is a premium nootropic powder designed to optimize your physical and mental performance inside and outside of the gym. Crafted with a potent ingredient profile, **NEURO-STIM** is formulated to keep you in the zone for hours. **NEURO-STIM** gives you the convenience of a potent, premium-dosed nootropic drink mix. Unlock your full potential with Mammoth **NEURO-STIM**, the ultimate brain function support for peak performance.



NEURO-STIM profile:

Brain antioxidants, **DMAE** and **Lion's Mane**, which possess antioxidant properties to help protect the brain and support healthy cognition.

Caffeine and **Theacrine** provide sustained energy-enhancing effects. The addition of calming **L-Theanine** helps promote better focus and alleviate unwanted side effects of caffeine (jitters, energy crash).

Essential nutrients to nourish and support brain function. The addition of **Glutamine**, **Choline**, **Huperzia serrata**, and **N-acetyl L-Tryosine** support the production of brain neurotransmitters that boost concentration, memory, alertness, relaxation and mood.

150mg

LION'S MANE

200mg

CAFFEINE

500mg

CHOLINE

100mg

DEANOL

60
SERVINGS

x1
FLAVOUR

Medicinal Ingredients Ingrédients médicinaux:

Serving size 1 scoop (6 g) / Par portion individuelle (1 mesure / 6 g).
Servings per container: 60 / Portions par contenant: 60

Amount per Serving / Quantité par portion

L-Glutamine / L-glutamine (neurotransmitter precursor / précurseur de neurotransmetteur)	1000 mg
Choline (Choline Bitartrate) / Choline (Bitartrate de choline)	500 mg
N-Acetyl Tyrosine / N-acétyl tyrosine	300 mg
Caffeine / Caféine	200 mg
Lion's Mane 30% Polysaccharides (Hericium erinaceus, fruit)	
Hydne hérisson 30% de polysaccharides (Hericium erinaceus, fruit)	150 mg
L-Theanine / L-théanine	100 mg
Deanol Bitartrate (DMAE) / Bitartrate de déanol (DMAE)	100 mg
Theacrine 40% (TeaCrine®) / Théacrine 40% (de TeaCrine®)	25 mg
Huperzine A	100 mcg
Black Pepper 95% Piperine (Piper nigrum, fruit. BioPerine®) Poivre noir 95% de pipérine (Piper nigrum, fruit. BioPerine®)	5 mg



**CLEAR
RASPBERRY**

FLAVOUR AVAILABLE: //

FAT METABOLISM WITH ANTIOXIDANT & ENERGY SUPPORT

Introducing Mammoth L-Carnitine. A great tasting, caffeine-free and sugar-free workout supplement used to promote energy metabolism, muscle recovery & repair, and provide antioxidant support!

Boosts Natural Energy and Muscular Recovery!

- ✓ Promotes energy metabolism and vitality.
- ✓ Optimizes training results.
- ✓ Assists in muscle recovery & repair while following a resistance training regimen.
- ✓ Caffeine-free, sugar-free, amazing taste.

-  ENERGY METABOLISM
-  MUSCLE RECOVERY & REPAIR
-  ANTIOXIDANT SUPPORT

SUGAR FREE
SANS SUCRE
0g

Supplement Facts Faits sur les suppléments

Serving size 1 tablespoon (15 mL)

Portion : 1 cuillerée à soupe (15 mL)

Servings per container: 32 / Portions par contenant: 32

	Amount per Serving / Quantité par portion	%DV
L-Carnitine / L-carnitine	1500 mg	**
Pantothenic Acid / Acide pantothénique	10 mg	200%

*Percent Daily Values are based on a 2,000 calorie diet.

*Les valeurs quotidiennes en pourcentage sont basées sur un régime alimentaire de 2000 calories.

x2
FLAVOURS

32
SERVE

Blue
Razz
Slushie

Rainbow
Candy



FLAVOURS AVAILABLE: ///

CAFFEINE FREE





VEGETARIAN

GLUTEN FREE

MAMMOTH MULTI

MORE ABSORPTION. MORE PERFORMANCE.

Research has proven that hard training athletes lose many critical vitamins and minerals during training as they put higher demands on their bodies. **MAMMOTH MULTI** ensures that you replenish those critical micronutrients your body needs to achieve your goals.

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



**MORE ABSORPTION.
MORE PERFORMANCE.**

Medicinal Ingredients Ingrédients médicinaux:

Serving size 2 tablets / Portion: 2 tablettes

Servings per container: 30 / Portions par contenant: 30

Vitamin C (ascorbic acid / acide ascorbique)	300 mg	333%
Calcium (calcium citrate/comme citrate de calcium)	150 mg	12%
Thiamine (vitamin B1) (thiamine mononitrate / mononitrate de thiamine)	50 mg	4167%
Riboflavin (vitamin B2)	50 mg	3846%
Vitamin B6 (pyridoxine hydrochloride / chlorhydrate de pyridoxine)	50 mg	2941%
Niacinamide	50 mg	313%
Magnesium / Magnésium (magnesium aspartate / aspartate de magnésium)	40 mg	10%
Zinc (zinc citrate / citrate de zinc)	15 mg	136%
Copper / Cuivre (copper gluconate / gluconate de cuivre)	2 mg	222%
Manganese / Manganèse (as manganese citrate/comme citrate de manganèse)	2 mg	87%
Folic acid / Acide folique	400 mcg	100%
Iodine / Iode (potassium iodide / iodure de potassium)	150 mcg	100%
Chromium/Chrome (chromium picolinate / picolinate de chrome)	120 mcg	343%
Vitamin B12 (methylcobalamin / méthylcobalamine)	75 mcg	3125%
Molybdenum/Molybdène (molybdenum amino acid chelate / chélate d'acide aminé de molybdène)	75 mcg	167%
Selenium/Sélénium (L-selenomethionine / L-sélenométhionine)	70 mcg	127%
Vitamin K2 (menaquinone-7 / ménaquinone-7)	45 mcg	38%
Vitamin A (vitamin A acetate and beta-carotene / acétate de vitamine A et bêta-carotène)	747 mcg RAE vitamin A acetate and 125 mcg RAE beta-carotene	5000 IU/UI 97%
Vitamin D3 (cholecalciferol / cholecalciférol) 25 mcg	1000 IU/UI	125%
Vitamin E (dl-alpha tocopheryl acetate / acétate de dl-alpha tocophéryle) 13.5 mg AT	30 IU/UI	90%
Men's Vitality Complex / Complexe Vitalité masculine		
Tribulus terrestris 10:1	110 mg	*
Nettle / ortie 4:1	25 mg	*
Saw palmetto / Palmier nain (Serenoa repens)	25 mg	*
Pygeum bark extract / extrait 8:1 (2.5% phytosterols / de phytostéroïdes)	25 mg	*
Lycopene/Lycopène	5 mg	*
Boron (boron citrate / citrate de bore)	500 mcg	*
Antioxidant/Adaptogen System / Système antioxydant/adaptogène		
Rhodiola rosea extract / extrait 6.5:1 (3% rosavins and 1% salidroside / 3% de rosavines et 1% de salidroside)	100 mg	*
American ginseng / Ginseng américain 2:1 (Panax quinquefolium)	100 mg	*
Siberian ginseng/Ginseng sibérien 5:1 (Eleutherococcus senticosus)	50 mg	*
Pomegranate / Grenade	25 mg	*
Acai / Baie d'acai	25 mg	*
Blueberry / Bleuets	25 mg	*
Green tea leaf extract / extrait 17.5:1 (Camellia sinensis) (75% catechins/catéchines, 3% caffeine)	25 mg	*
Coenzyme Q10	10 mg	*
Liver Support System / Système Soutien du foie		
N-Acetyl-Cysteine / N-acétyl-cystéine	100 mg	*
Choline/Choline (choline bitartrate/bitartrate de choline)	27.5 mg	*
Milk thistle / Chardon Marie	25 mg	*
Setria® L-Glutathione / L-glutathion	25 mg	*
Digestive Enzymes / Enzymes digestives		
Bromelain/Bromélaïne 6000 FCC PU/PU FCC	10 mg	*
Amylase/Amylase 25 FCC Alpha Amylase DU/DU d'alpha-amylase	10 mg	*
Lactase/Lactase 5 FCC ALU/ALU FCC	10 mg	*

*Daily value not established. Valeur quotidienne non établie.

Non Medicinal Ingredients: Microcrystalline cellulose, Croscarmellose sodium, Silicon dioxide, Stearic acid (vegetable source), Magnesium stearate (vegetable source), Hypromellose, Glycerin, Acesulfame-potassium. Ingrédients non médicinaux: Cellulose microcristalline, croscarmellose sodique, dioxyde de silicium, acide stéarique (source végétale), stéarate de magnésium (source végétale), hypromellose, glycérine, acésulfame-K.

30
SERVINGS

M A M M O T H

ENERGIZE

THE NEXT GENERATION OF EAA







Focus, Energy, Hydrate & Recover.

Welcome to the next generation of easy-mixing, thirst-quenching Performance EAAs.

Mammoth EAA ENERGIZE is scientifically formulated with novel, clinically-dosed ingredients to Optimize Energy, Sharpen Focus, Maximize Performance, Hydration & Muscle Recovery.

Don't let life's relentless demands hold you back. Conquer your professional tasks and daily chores, enjoy quality time with your loved ones and dominate your workouts.

EAA ENERGIZE offers a versatile range of benefits to help you excel in every aspect of your life!

- 
8,655 mg ESSENTIAL AMINO ACIDS - Our potent EAA formula, including 6,000 mg of BCAAs, helps to optimize exercise performance, muscle building, and accelerate muscle recovery.^[1]
- 
2500 mg BETAINE - An ergogenic powerhouse responsible for Boosting Athletic Performance, improving Muscle Mass & Cellular Hydration.^[2]
- 
100 mg CAFFEINE - Helps stimulate Physical & Mental Performance, reducing the perception of fatigue and allowing you to perform longer.^[3]
- 
HYDRATION COMPLEX - A combination of Coconut Water with Magnesium, Calcium, & Potassium to effectively Hydrate & Rehydrate during exercise. Not to mention the hydrating benefit of Betaine!
- 
NOOTROPIC COMPLEX - A combination of Alpha-GPC, Lion's Mane, Green Tea Extract & Huperzia Serrata for Razor-Sharp Focus, Mood Elevation, & Enhanced Cognitive Performance.^[4]
- 
ENERGY CO-FACTORS - B Vitamins such as Thiamine (B1), Niacin (B3), Vitamin B6 & B12 to support Healthy Metabolism & Natural Energy Production.^[5]

Medicinal Ingredients Ingrédients médicinaux:

Serving size 1 scoop (15 g) / Par portion individuelle (1 mesure / 15 g).
Servings per container: 30 / Portions par contenant: 30

Amount per Serving / Quantité par portion	
Total EAAs / D'AAE	8655 mg
L-Leucine / L-leucine	3000 mg
Betaine / Bétaine	2500 mg
L-Valine / L-valine	1440 mg
L-Isoleucine / L-isoleucine	1434 mg
L-Lysine / L-lysine	1069 mg
L-Threonine / L-thréonine	751 mg
Cocos nucifera (Coconut water) / Eau de noix de coco (Cocos nucifera)	500 mg
L-Phenylalanine / L-phénylalanine	398 mg
L-alpha-Glycerophosphorylcholine (alpha-GPC / L-alpha-glycérophosphorylcholine)	300 mg
L-Methionine / L-méthionine	284 mg
L-Histidine / L-histidine	239 mg
Caffeine / Caféine	100 mg
Hericium erinaceus (Lion's mane extract / Crinière de lion) 20:1 equivalent to 2 g dried fruit / extrait 20:1 équivalent à 2 g de fruit séché. 30% polysaccharides / 30% de polysaccharides	100 mg
Niacinamide / Niacinamide	75 mg
Camellia sinensis (Green tea extract / Thé vert) 18:1 equivalent to 900 mg dried leaf / extrait 18:1 équivalent à 900 mg de feuille séchée. 45% EGCG, 1% caffeine / 45% d'EGCG, 1% de caféine.	50 mg
Thiamine / Thiamine (Vitamin B1 / vitamine B1)	50 mg
Vitamin B6 / Vitamine B6	50 mg
L-Tryptophan / L-tryptophane	40 mg
Magnesium / Magnésium	30 mg
Calcium / Calcium	20 mg
Potassium / Potassium	20 mg
Toothed club moss/Lycopode claviforme (Huperzia serrata extract 100:1 equivalent to 500 mg dried plant/extrait 100:1 équivalent à 500 mg de plante séchée) (50 mcg Huperzine A/50 mcg d'hyperzine A).	5 mg
Vitamin B12 / Vitamine B12	100 mcg

30
SERVE

X3
FLAVOURS



UNLEASH YOUR POTENTIAL

FLAVOURS AVAILABLE: Orangesicle, Paradise Punch, Cherry Slushie

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- [5] Hanna, M., Jaqua, E., Nguyen, V., & Clay, J. (2022). B vitamins: Functions and uses in medicine. The Permanente Journal, 26(2), 89-97. <https://doi.org/10.7812/APP/21.204>

PLANT⁴

The perfect plant protein doesn't exist...

It's time to rethink your protein powder, for good. Introducing the ALL-NEW **Mammoth PLANT Protein!** Our superior plant-based formula offers plant-packed nutrition unlike any other plant-based protein powder. **Mammoth PLANT** is formulated for individuals looking to elevate their protein powder game without compromising nutrition, quality, and flavour. **Mammoth PLANT** features an unparalleled ingredient profile, offering superior mixability and a pleasantly smooth mouthfeel in every scoop!

Our delicious and versatile flavours can be enjoyed anytime throughout the day and used for smoothies, baking, and even mixed in your favourite beverage.

**VANILLA
ICE CREAM**



Cold Brew Coffee



MAMMOTH PLANT

It's time to rethink your protein powder for good. Introducing the ALL-NEW Mammoth PLANT⁴ Protein! Our superior 100% plant-based formula offers plant-packed nutrition unlike any other protein powder.

Mammoth PLANT⁴ features an unparalleled ingredient profile, offering superior mixability and a pleasantly smooth mouthfeel in every scoop! Mammoth PLANT⁴ is formulated for individuals looking to elevate their protein powder game without compromising nutrition, quality, and flavour. Our delicious and versatile flavours can be enjoyed anytime throughout the day.

Mammoth PLANT⁴ can be used in smoothies, baking, and even mixed in your favourite beverage of choice. Return to your Mammoth roots. Feed on PLANT! Our delicious and versatile flavours can be enjoyed anytime throughout the day.

Mammoth Plant⁴ – A blend of 4 organic plant-based protein sources (pea, brown rice, pumpkin seed, and chia protein). Organic reds and greens antioxidant complex (broccoli, kale, lemon, and acai) with elderberry for immune support. Healthy MCT Oil to create a deliciously smooth mouthfeel experience in every scoop!

- ✔ 100% Plant Based.
- ✔ Gluten-Free.
- ✔ Sweetened naturally with stevia and monk fruit.
- ✔ No artificial flavours, colours, or dyes.
- ✔ No added sugars or preservatives.

Plant-Packed Nutrition!

- ✔ 22 g of plant-based protein per serving!
- ✔ 15 g naturally occurring BCAAs/EAA's/Glutamine per serving.

Supplements Facts Valeur Nutritive

Serving Size: 1 Scoop (31 g) / Portion: 1 mesure (31 g)
Servings Per Container: 20 / Portions par contenant: 20

Calories / Calories	120
Fat / Lipides	2 g
Saturated / Saturés	1 g
Trans / Trans	0 g
Carbohydrates / Glucides	3 g
Fibre / Fibres	1 g
Sugar / Sucres	1 g
Protein / Protéines	22 g
Sodium / Sodium	390 mg
Potassium / Potassium	40 mg
Calcium / Calcium	50 mg
Iron / Fer	7 mg

Medicinal Ingredients (per scoop) Ingrédients médicinaux (par portion)

Organic pea protein/Protéine de pois biologique (Pisum sativum, seed/graine; providing 20 g protein/fournissant 20 g de protéine)	25 g
Organic pumpkin/Citrouille biologique (Cucurbita moschata, seed/graine)	500 mg
Organic brown rice protein concentrate/Concentré de protéine de riz brun biologique (Oryza sativa, seed/graine; providing 400 mg protein/fournissant 400 g de protéine)	500 mg
Organic chia protein/Protéine de chia biologique (Salvia hispanica, seed/graine Salvia hispanica)	50 mg
Organic acai/Açaï biologique (Euterpe oleracea, fruit flesh/chaîr de fruit)	10 mg
Organic Black elder/Sureau noir biologique (Sambucus nigra subsp.nigra, elderberry fruit/fruit de sureau)	10 mg
Organic broccoli/Brocoli biologique (Brassica oleracea var. italica, herb top /brassica oleracea var. italica, tête d'herbe).	10 mg
Organic kale/Chou frisé biologique (Brassica oleracea var. viridis, leaf/feuille)	10 mg
Organic lemon/Citron biologique (Citrus limon,fruit)	10 mg

Non Medicinal Ingredients: Natural flavour, MCT powder (medium chain triglycerides (from coconut), modified tapioca starch, gum arabic), Stevia (leaf extract, Salt, Guar gum, Monk fruit Extract.
Ingrédients non médicinaux: Arôme naturel, poudre de TCM (triglycérides à chaîne moyenne (de la noix de coco), féculé de manioc modifiée, gomme arabique), extrait de stévia (feuille), sel, gomme de guar, extrait de fruit des moines.

1.37 lb
620 g

X2
FLAVOURS



FLAVOURS AVAILABLE: Natural Vanilla Shake and Cold Brew Coffee.

"TASTE THE RUSH"

THE FASTEST WAY TO PROTEIN ABSORPTION



* Vanilla flavour

MAMMOTH ISO-RUSH is derived from 100% premium low-lactose whey protein isolate. This yields the purest form of complete protein, ensuring easy digestion and rapid absorption. ISO-RUSH literally rushes the protein into your system to optimize muscle growth and accelerate recovery. ISO-RUSH stands out as a top-tier protein supplement for athletic performance.

- 31 grams of 100% pure Whey Protein Isolate per scoop providing 28-29 g of protein**
- No added Aminos, fillers or additional lower grade protein blends - Only 100% Pure Whey Protein Isolate**
- Low in Fat, Low in Carbs, HIGH on Taste!**
- Sugar Free and Gluten Free!**
- rBGH and rBST Hormone Free!**

120 / 130
CALORIES

28g / 29g
PROTEIN

0g
SUGAR



Chocolate Milkshake



Vanilla Milkshake



Supplement Facts Faits de suppléments	
Serving Size: 1 Scoop (33 g) / Portion: 1 mesure (33 g) Servings per Container: 69 / Portions par contenant: 69	
Calories / Calories	120 %DV / VQ*
Fat / Lipides	0.5 g 1%
Saturated / Saturés	0 g 0%
Trans / Trans	0 g
Carbohydrates / Glucides	1 g
Fibre / Fibres	0 g 0%
Sugar / Sucres	0 g 0%
Protein / Protéines	28 g
Cholesterol	0 mg
Sodium / Sodium	80 mg 3%
Potassium / Potassium	175 mg 5%
Calcium / Calcium	125 mg 10%
Iron / Fer	0 mg 0%
Medicinal Ingredients (per scoop) Ingrédients médicinaux (par portion)	
Whey protein isolate (Bos taurus, milk) providing 28 g protein Isolat de protéine de lactosérum (Bos taurus, lait) fournissant 28 g de protéine	31.2 g
Non-medicinal ingredients: Natural and artificial flavours, Soy lecithin, MCT powder (Medium chain triglycerides, Nonfat dry milk, Disodium phosphate, Silicon dioxide), Salt, Sucralose, Acesulfame potassium. Ingrédients non médicinaux : Arômes naturels et artificiels, lécithine de soya, poudre de TCM (triglycérides à chaîne moyenne, lait écrémé en poudre, phosphate disodique, dioxyde de silicium), sel, sucralose, acésulfame-K.	
*% Daily Value: 5% or less is a little, 15% or more is a lot. *% Valeur quotidienne : 5% ou moins c'est peu, 15% ou plus c'est beaucoup.	

5 lb
2.27 Kg

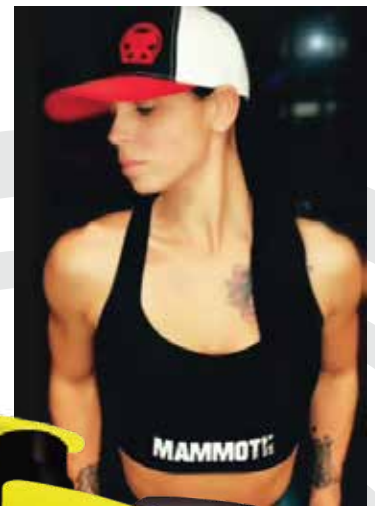


FLAVOURS AVAILABLE:

#GETMAMMOTH!

SWAG The MOST Swagalicious Gear!

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



#GETMAMMOTH

SOCIAL MEDIA INCREASED DIGITAL PRESENCE

// PRODUCT EVOLUTION AD

getmammoth • Follow

BOY A LOT HAS CHANGED OVER THE YEARS

TO THE NEXT 10 AND BEYOND

1,528 likes

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

// MOST COMMENTED AD

getmammoth Toronto, Ontario

Liked by bbh28, mriley_mammoth and 739 others

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

// MOST LIKED AD

getmammoth Elite Performance Center (EPC)

Liked by bbh28, mriley_mammoth and 756 others

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

// PRODUCT ANNOUNCEMENTS

getmammoth Toronto, Ontario

mammothsupplements . Introducing: ⚡ Mammoth SHOCK ⚡ The NEW standard in EXTREME Intensity. MAXIMUM Dose Pre-Workout!

Available at a @truenorthnutrition supplied retailer store near you

#SHOCK #shockpreworkout #mammothshock #extremeintensity #focus #trainbetter #maximumdose #mammothpreworkout #feeltheshock #nextgeneration #preworkout #ittime



Ads promoting new products, product releases & new flavours

COMING SOON



MAMMOTH

**NEW
FLAVOUR**

High Protein-Low Sugar!

PROTEIN
PER SERVING
25g
PROTEIN
PER SERVING

Mammoth Protein

Mammoth Taste, Low Sugar!

Nutrition Facts Valeur nutritive

Per 1 bar (75 g) / 1 barre (75 g)

Calories 300

Fat / Lipides 13 g 17%
Saturated / saturés 12 g 60%
+Trans / trans 0 g

Carbohydrates / Glucides 25 g
Fibre / Fibres 1 g 4%
Sugars / Sucres 3 g 3%
Sugar Alcohol / 21 g
Alcool sucre

Protein / Protéines 25 g

Cholesterol / Cholestérol 5 mg

Sodium 240 mg 10%

Potassium 150 mg 4%

Calcium 200 mg 15%

Iron / Fer 1 mg 6%

*5% is a little 15% or more is a lot.
*5% ou moins c'est peu, 15% ou plus c'est beaucoup

Looking for that perfect snack to satisfy your hunger?

The Mammoth Protein Bar is just what you need!

The Mammoth Protein bar is a delicious quadruple layer high protein bar packed with 25 grams of Protein!

Amazing taste with only 3 grams of sugar!



**WHITE CHOCOLATE
SALTED CARAMEL**

PROTEIN
25g

LOW SUGAR
3g

GLUTEN
FREE

Mammoth hunger? Get Mammoth satisfaction!

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#GETMAMMOTH



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