

# Q1<sup>ST-STEP</sup> QUICKNESS NUTRITION

ADVANCED ATHLETIC TRAINING

## RIVALUS<sup>®</sup>

OWN YOUR PERFORMANCE

For years athletes have not had dietary supplements that they or their coaches could feel comfortable using; no company whose products had been adequately tested on athletes and proven to be safe and effective.

The solution was RIVALUS: With his well-equipped laboratory and team of leading experts, Dr. Burke had everything he needed to research, develop and test the type of dietary supplements that these truly discerning athletes and their coaches demanded, but had been unable to find. So RIVALUS was created and with it a new code of industry standards and ethics was born.

Certified SAEF<sup>®</sup> (Safe and Effective First<sup>™</sup>). Each RIVALUS product is clinically tested on athletes to confirm that it maintains normal physiological function (Safe) while improving performance (Effective). Each product contains no substance banned by national college sports associations (NCAA, NAIA or NJCAA), International Olympic Committee (IOC) or World Anti-Doping Agency (WADA).

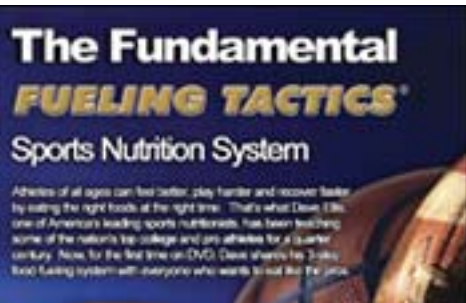


**ENCHARGE**  
Athletes Creatine  
\$69.99

**MPOWER**  
Athletes Energy  
\$69.99



**PROMASIL**  
Athletes Protein  
\$69.99



The Revolutionary NEW System for Sports Nutrition!  
A Food First Approach to Good Eating Practices for Optimal Performance

This unique system used by professional athletes takes less than an hour to learn and you don't need to be a sports nutritionist to do it. Each athlete gets a FuelingTactics poster and DVD.

No guess work. Just the right foods, in the right amounts, at the right time and specifically for ATHLETES NATION's athletes.

\$25 for Poster & DVD

Only available at ATHLETES NATION,  
located at #107, 125 Carleton Drive  
in St. Albert, AB.



### Athletes Nation Services include:

- Complete Strength and Conditioning for any level of experience
- Indoor Turf-Surfaced Speed and Tempo Track
- Turf-Surfaced Fieldhouse for year-round training
- State-of-the-art testing to keep athletes in top form
- Year-round facility rentals to meet your every training need

**ATHLETES NATION**  
athletes-nation.com

1-780-458-3700