

weight loss

SUPPLEMENTARY SCHEDULE

PRODUCT	A.M.	10.A.M.	NOON	2.P.M.	P.M.
VITAMIN MULTI-PACK	1	1
LIPOTROPIC (FAT RELEASER) FORMULA	2	...	2	...	2
ENERGY ENDURANCE FORMULA	1	...	1	...	1
VITAMIN C	1	...	1	...	1
CALCIUM/MAGNESIUM	1	...	1	...	1
WEIGHT LOSS POWDER	1	1

This supplementary schedule is designed for the individual engaged in a diet and exercise routine for the purpose of weight loss. This schedule is not intended to be diagnostic, prescriptive, or implemented as a food substitute.

FEATURING:

- **LIPOTROPIC** amino acid formula to promote lean muscle and assimilation of fat.
- **ENERGY/ENDURANCE** amino acid capsules to promote consistent energy levels and stamina during workouts.
- **WEIGHT LOSS POWDER** to assist in the development of lean muscle and strengthening of connective tissue.

weight gain

SUPPLEMENTARY SCHEDULE

PRODUCT	A.M.	10.A.M.	NOON	2.P.M.	P.M.
VITAMIN MULTI-PACK	1	1
GOLD'S 1200 AMINO ACID TABLETS	3	2	3	2	3
BRANCHED CHAIN FORMULA	...	2	...	2	...
VITAMIN C	1	...	1	...	1
DESICCATED LIVER	2	...	2	...	2
WEIGHT GAIN POWDER	...	1	...	1	...

This supplementary schedule is designed for the individual engaged in a diet and exercise routine for the purpose of weight gain. This schedule is not intended to be diagnostic, prescriptive, or implemented as a food substitute.

FEATURING:

- **GOLD'S 1200** amino acid tablets to promote the increase of muscle mass.
- **BRANCHED CHAIN** amino acid formula to promote the development of defined muscle mass, strengthening of connective muscle and protein replenishment.
- **WEIGHT GAIN POWDER** to assist in the development of muscle mass, strengthening of connective tissue and increase of caloric intake.

pro-male athlete

SUPPLEMENTARY SCHEDULE

PRODUCT	A.M.	10.A.M.	NOON	2.P.M.	P.M.
ANABOLIC MEGA MULTI-PACK	1	1
BRANCHED CHAIN FORMULA	...	2	...	2	...
LIPOTROPIC (FAT RELEASER) FORMULA	2	...	2	...	2
GOLD'S 1200 AMINO ACID TABLETS	1	2	1	2	4
VITAMIN C	1	1
ZINC PICOLINATE	...	1	...	1	...
DESICCATED LIVER	2	...	2	...	2
MUCOPOLY SACCHARIDE COMPLEX	...	1	...	1	...
MUSCLE BUILDER POWDER	1	...	1	...	1

This schedule is designed to supplement the diet and exercise routine of the professional and male athlete. This schedule is not intended to be diagnostic, prescriptive, or implemented as a food substitute.

FEATURING:

- **ANABOLIC MEGA MULTIPACK** to promote muscle growth and the development of defined muscle mass.
- **BRANCHED CHAIN** amino acid formula to promote the development of defined muscle mass, strengthening of connective muscle and protein replenishment.
- **LIPOTROPIC** amino acid formula to promote defined muscle mass and assimilation of fat.
- **ZINC PICOLINATE** formula to promote resilient connective tissue, bones and skin.
- **MUCOPOLYSACCHARIDE COMPLEX** formula to assist in the development of connective tissue, the strengthening of these tissues for resiliency, growth and repair.
- **MUSCLE BUILDER POWDER** to provide protein for muscle mass development and definition.

pro-female athlete

SUPPLEMENTARY SCHEDULE

PRODUCT	A.M.	10.A.M.	NOON	2.P.M.	P.M.
ANABOLIC MEGA MULTI-PACK	1	1
BRANCHED CHAIN FORMULA	...	2	...	2	...
LIPOTROPIC (FAT RELEASER) FORMULA	2	...	2	...	2
GOLD'S 1200 AMINO ACID TABLETS	1	2	1	2	4
VITAMIN C	1	1
ZINC PICOLINATE	...	1	...	1	...
CALCIUM/MAGNESIUM	...	1	...	1	...
MUSCLE BUILDER POWDER	1	...	1	...	1

This schedule is designed to supplement the diet and exercise routine of the professional female athlete. This schedule is not intended to be diagnostic, prescriptive, or implemented as a food substitute.

FEATURING:

- **ANABOLIC MEGA MULTI-PACK** to promote muscle growth and the development of lean muscle mass.
- **BRANCHED CHAIN** amino acid formula to promote the development of lean muscle mass, strengthening of connective muscle and protein replenishment.
- **LIPOTROPIC** amino acid formula to promote lean muscle and assimilation of fat.
- **ZINC PICOLINATE** formula to promote resilient connective tissue, bones and skin.
- **MUSCLE BUILDER POWDER** to provide protein for muscle mass development and definition.

intermediate athlete

SUPPLEMENTARY SCHEDULE

PRODUCT	A.M.	10.A.M.	NOON	2.P.M.	P.M.
BODY BUILDER MULTI-PACK	1	1
BRANCHED CHAIN FORMULA	...	2	...	2	...
LIPOTROPIC (FAT RELEASER) FORMULA	2	...	2	...	2
VITAMIN C	1	1
MUCOPOLYSACCHARIDE COMPLEX	...	1	...	1	...
DESICCATED LIVER	...	2	...	2	...
PROTEIN POWDER	1	...	1	...	1

This schedule is designed to supplement the diet and exercise routine of the intermediate athlete. This schedule is not intended to be diagnostic, prescriptive, or implemented as a food substitute.

FEATURING:

- **BODYBUILDER MULTI-PACK** to promote the development of lean muscle mass.
- **BRANCHED CHAIN** amino acid formula to promote the development of lean muscle mass, strengthening of connective muscle and protein replenishment.
- **LIPOTROPIC** amino acid formula to promote lean muscle and assimilation of fat.
- **MUCOPOLYSACCHARIDE COMPLEX** formula to assist in the development of connective tissue, and the strengthening of these tissues for resiliency, growth and repair.
- **PROTEIN POWDER** to provide protein for body development.

energy/endurance athlete

SUPPLEMENTARY SCHEDULE

PRODUCT	A.M.	10.A.M.	NOON	2.P.M.	P.M.
ENERGY/ENDURANCE MULTI-PACK	1	1
LIPOTROPIC (FAT RELEASER) FORMULA	2	...	2	...	2
BRANCHED CHAIN FORMULA	...	2	...	2	...
VITAMIN C	1	...	1	...	1
MUCOPOLYSACCHARIDE COMPLEX	...	2	...	2	...
COMPLEX CARBOHYDRATE POWDER	1	...	1	...	1

This is designed to supplement the diet and exercise routine of the energy and endurance athlete. This schedule is not intended to be diagnostic, prescriptive, or implemented as a food substitute.

FEATURING:

- **LIPOTROPIC** amino acid formula to promote lean muscle and assimilation of fat.
- **BRANCHED CHAIN** amino acid formula to promote the development of lean muscle mass, strengthening of connective muscle and protein replenishment.
- **MUCOPOLYSACCHARIDE COMPLEX** formula to assist in the development of connective tissue, and the strengthening of these tissues for resiliency, growth and repair.
- **98% COMPLEX CARBOHYDRATE ENERGY POWDER** to promote prolonged energy release during workouts and throughout the day.

general health/stress (male)

SUPPLEMENTARY SCHEDULE

PRODUCT	A.M.	10.A.M.	NOON	2.P.M.	P.M.
VITAMIN MULTI-PACK	1	1
LIPOTROPIC (FAT RELEASER) FORMULA	...	2	...	2	...
VITAMIN C	1	1
CALCIUM/MAGNESIUM	...	1	...	1	...
PROTEIN POWDER	1	...	1	...	1

This supplementary schedule is designed for the individual engaged in a diet and exercise routine for the purpose of maintaining good general health. This schedule is not intended to be diagnostic, prescriptive, or implemented as a food substitute.

FEATURING:

- **VITAMIN MULTI-PACK** to provide nutrients essential for the maintenance of general health.
- **LIPOTROPIC** amino acid formula to promote lean muscle and assimilation of fat.
- **PROTEIN POWDER** to provide protein for body development.

general health/stress (female)

SUPPLEMENTARY SCHEDULE

PRODUCT	A.M.	10.A.M.	NOON	2.P.M.	P.M.
WOMEN'S MULTI-PACK	1	1
LIPOTROPIC (FAT RELEASER) FORMULA	...	2	...	2	...
VITAMIN C	1	...	1	...	1
CALCIUM/MAGNESIUM	...	1	...	1	...
ZINC PICOLINATE	1
PROTEIN POWDER	1	...	1	...	1

This supplementary schedule is designed for the individual engaged in a diet and exercise routine for the purpose of maintaining good general health. This schedule is not intended to be diagnostic, prescriptive, or implemented as a food substitute.

FEATURING:

- **WOMEN'S MULTI-PACK** to provide nutrients essential to a women's health maintenance.
- **LIPOTROPIC** amino acid formula to promote lean muscle and assimilation of fat.
- **ZINC PICOLINATE** formula to promote resilient connective tissue, bones and skin.
- **PROTEIN POWDER** to provide protein for body development.

WHY GOLD'S PRO-LINE?

WHAT WAS OUR OBJECTIVE IN DEVELOPING GOLD'S PRO-LINE?

We focused on the individual needs of a variety of athletes and non-athletes alike to offer complete nutritional supplementation to address the areas of muscle mass and growth, fat decrease, energy release and general health maintenance.

WHERE DID PRO-LINE COME FROM?

More than three years of research, including human clinical studies, went into developing the highest quality nutritional program available.

WHO PERFORMED THE RESEARCH?

These revolutionary formulas are the result of research conducted by Michael G. Murray, N.M.D., M.D.E., Ph.D. Dr. Murray is an international authority on sports nutrition. A former Mr. America titleholder, Dr. Murray earned several prestigious degrees including a Ph.D. in Exercise Physiology, Clinical Nutrition, and a Masters Degree in Science. In addition to performing extensive research for private and governmental agencies, Dr. Murray is a contributing writer for **Muscle and Fitness**, **Let's Live**, **Muscle Training Illustrated**, **Iron Man**, and **Germany Sports Review (Germany)**. Dr. Murray is an international lecturer on the academic and mass media circuits.

WHY IS PRO-LINE SUPERIOR?

Pro-Line has the only formulas tested on worldclass athletes, amateur athletes, and non-athletes. Until now, these formulas were only available to professional athletes. Only 100% pure pharmaceutical grade, free form L-crystalline singular amino acids are used. Pro-Line vitamins and minerals are in forms most efficiently absorbed. Each amino acid and multi-pack formula is complete with the vitamins and minerals necessary to transport the amino acids efficiently.

WHY SHOULD I INVEST IN PRO-LINE?

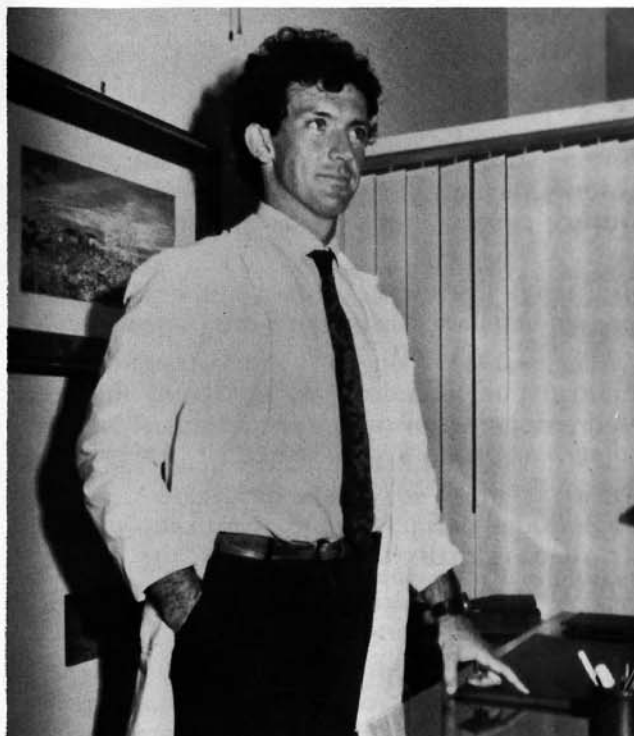
Pro-Line formulas are **complete**. You won't need to juggle several bottles of vitamins and minerals to accompany your chosen amino acid formula. Not only is Pro-Line accurate supplementation – it's also economical and convenient.

**A word from
PETE GRYMKOWSKI,
President of
GOLD'S GYM ENTERPRISES, INC.**

For years, our goal at Gold's Gym has been to provide the most advanced training techniques for professional and non-professional athletes alike. In achieving this goal, we've built a reputation of success through quality and hard work.

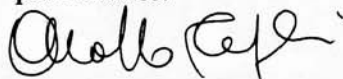
As a bodybuilder and former Mr. World title holder, I know the importance of nutrition in training. The right combination of amino acids, vitamins and minerals combined with dedicated training can mean the difference in an athlete's health, competitive potential, and overall outlook on life.

Gold's has put its **PRO-LINE** supplements to the test. Before a product can bear the name Gold's, we demand that the ingredients meet the highest standards of quality and purity, and that each formula is complete with everything the body needs to use these nutrients to its fullest advantage. Gold's Gym is proud to bring you the most unique and advanced nutritional products on the market today.



Dr. Adolfo Panfili, Founder and Director of the European Center for Physio-Pathology of Amino Acids, Rome, Italy, Medical Advisor to the Italian International Olympic Committee (CONI), Scientific Advisor to the Los Angeles Rams, and Medical Advisor to Italian Rugby Federation, in conjunction with Gold's Gym Enterprises, Inc., is working toward a natural solution to artificial stimulation. Dr. Panfili is presently working with a number of professional American ball clubs striving for a drug free society.

"Gold's Gym **Pro-Line** is the most advanced and complete nutritional supplement program for the maintenance of good general health and athletic performance."



Adolfo Panfili, M.D., O.S.



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