

INNERMOST

Targeted nutrition
for body and mind



INNERMOST



WHO
WE
ARE

TARGETED NUTRITION

We use the power of nutrition to create targeted solutions for your individual health and fitness needs.

FOR BODY AND MIND

Natural ingredients, nootropics and adaptogens. Combined to help you think, feel and perform your best.

BOLD BRIGHT DIFFERENT

Embrace your individuality and live a more inspired life. Why fit in when you can stand out?

THE MUSCLE RANGE



THE STRONG PROTEIN

Whey protein blend for muscle. Maximise muscle gains, strength and power output.

Protein: A blend of dairy-based whey concentrate and isolate for repair, recovery and lean muscle development.

Casein: Slow-digesting protein to encourage optimal protein uptake and absorption.

Creatine Monohydrate: Found naturally in muscle cells where it supports power and strength.

Montmorency Cherries: Variety of sour cherry with anti-inflammatory properties to help reduce damage from intensive exercise.

Bilberries: Dark berry that assists with inflammation-fighting. Rich in antioxidants and resveratrol for cardiovascular health.

Magnesium: Mineral that plays an important role in energy, recovery, cardiac function, and bone and muscle health.

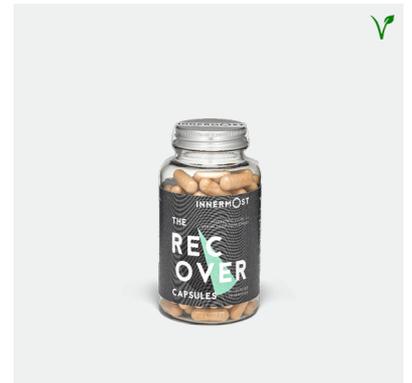


THE POWER BOOSTER

Pure creatine monohydrate powder. Boost power and endurance. Perfect for high-intensity training.

Creatine Monohydrate: One of the most researched sport supplements on the market. Recommended for athletes and recreational gym goers undertaking high-intensity exercise.

Creatine is stored within muscle and plays a crucial role in the production of energy during high-intensity exercise such as sprinting or weightlifting.



THE RECOVER CAPSULES

Nootropic complex for recovery. Support recovery, hormone activity and promote energy.

Maca: Peruvian herb to help reduce stress while boosting energy, performance and libido.

ZMA: Optimal balance of zinc, magnesium and vitamin B6 for energy, hormone activity and recovery.

Chocamine: Cocoa extract that helps reduce inflammation, and regulate metabolism and muscle growth.

Ubiquinone CoQ10: Vitamin-like compound made in the body and used by cells to produce energy for growth and repair.

Selenium: Essential mineral for brain function, as well as playing a key role in male and female fertility.

Vitamin D: The sunshine vitamin for healthy bone, teeth and muscle health.

STRONG. *Adjective.* Powerful and noticeable.
POWER. *Noun.* Authority and control.
RECOVER. *Verb.* Give fresh life or strength to.

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THE PERFORMANCE RANGE



THE FIT PROTEIN

Whey protein blend for performance. Improve performance, vitality and support lean muscle development.

Protein: A blend of dairy-based whey concentrate and isolate for repair, recovery and lean muscle development.

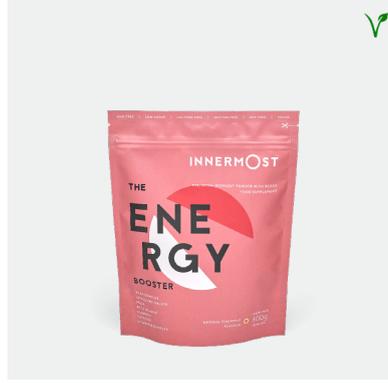
Cocomineral: Powdered coconut water packed with potassium to rehydrate and ensure optimal function of body and mind.

Maca: Peruvian herb to help reduce stress while boosting energy, performance and libido.

Magnesium: Mineral that plays an important role in energy, recovery, cardiac function, and bone and muscle health.

Rhodiola Root: Flowering plant that can help reduce fatigue, increase serotonin levels and improve mental function.

Pink Himalayan Sea Salt: Rock salt from the Punjab region of India, contains 84 trace minerals and elements to rehydrate the body.



THE ENERGY BOOSTER

Pre-workout blend with BCAAs. Raise energy levels, stamina and preserve lean muscle.

BCAA Complex: The key essential amino acids (leucine, valine and isoleucine) in an optimal ratio to aid muscle growth and recovery.

Citrulline Malate: Amino acid combined with organic salt to improve aerobic energy production in muscle tissues.

Maca: Peruvian herb to help reduce stress while boosting energy, performance and libido.

Beta Alanine: Naturally occurring amino acid that can reduce effects of fatigue and delay onset of lactic acid in the muscles.

Guarana: Seeds of an Amazonian plant regarded as the elixir of long life. Improves alertness, memory and performance.

Caffeine: Derived from the coffee bean, improves alertness, performance and endurance.

Vitamin B Complex: All eight B vitamins that assist the body's metabolic and energy processes.



THE FOCUS CAPSULES

Nootropic complex for concentration. Increase focus under pressure and boost mental performance.

Siberian Ginseng: Plant used in herbal medicine to increase energy and alertness, and reduce mental and physical fatigue.

L-Tyrosine: An amino acid that can help reduce stress, and can help to prevent stress-induced memory and attention deficits.

Bacopa Monnieri: A nootropic herb shown to improve cognition, by reducing anxiety, and improving memory formation.

CDP-Choline: Compound that works to improve attention, focus and mental performance.

Rhodiola Rosea: Flowering plant that helps boost mental processing, learning, attention span, mood and work capacity.

FIT. *Adjective.* Move faster, jump higher, go longer.
ENERGY. *Noun.* Needed for sustained activity.
FOCUS. *Verb.* Ability to understand clearly.

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THE WEIGHT -LOSS

RANGE



THE LEAN PROTEIN

Whey protein blend for weight-loss. Encourage healthy fat-loss and support lean muscle development.

Protein: A blend of dairy-based whey concentrate and isolate for repair, recovery and lean muscle development.

Inulin: Prebiotic fibre to encourage growth of good gut bacteria, linked to lower levels of fat.

Acetyl L-Carnitine: Amino acid with non-stimulant fat-loss properties, associated with encouraging the body to metabolise fat for energy.

Pomegranates: Distinctive red fruit that encourages growth of good gut bacteria that are linked to lower levels of fat.

Yerba Mate: Dried leaves of an evergreen holly tree native to South America. Boosts metabolism and delays fat absorption.

Bilberries: Dark berry that assists with inflammation-fighting. Rich in antioxidants and resveratrol for cardiovascular health.



THE DEFINE BOOSTER

Pure acetyl L-carnitine powder. Metabolise fat, support energy and improve definition.

Acetyl L-Carnitine: One of the most popular non-stimulant fat-loss supplements on the market. A non-essential amino acid found naturally in the human body, necessary for transporting fat to the body's power-generating mitochondria for use as energy during physical activity.

Without carnitine, we wouldn't be able to use fat effectively as a source of energy, which could result in the body having to break down muscle instead.

The key benefit of the acetyl form of carnitine is that it can cross the blood brain barrier to improve mood, learning and memory as well.



THE TONE CAPSULES

Nootropic complex for fat-loss. Raise metabolism and support sustainable fat-loss.

Matcha Green Tea: Specially grown green tea leaves bursting with compounds that offer multiple health benefits.

Yerba Mate: Dried leaves of a South American evergreen holly tree. Boosts metabolism and delays fat absorption.

Alpha Lipoic Acid: Naturally occurring compound with antioxidant properties that also assists with fat metabolism.

Capsicum: From red peppers, contains compounds that raise metabolism and reduce appetite.

L-Theanine: Amino acid that can reduce stress hormone cortisol, which can lead to weight-gain.

Vitamin C: Aids absorption of green tea compounds.

Vitamin B6 and B12: For efficient use of energy, and improved mood and brain health.

LEAN. *Adjective.* Efficient and healthy function.

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

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

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THE WELL BEING RANGE



THE HEALTH PROTEIN

Vegan protein blend for wellbeing. Enhance health and wellbeing, and support lean muscle development.

Vegan Protein: A blend of plant-based pea and brown rice for repair, recovery and lean muscle development.

Glutamine: One of the most abundant amino acids found in the body. Acts as the fuel of the immune system.

Shiitake, Maitake, Reishi + Cordyceps: Japanese medicinal mushrooms used for their antiviral, antioxidant and antibacterial properties.

Bilberries: Dark berry that assists with inflammation-fighting. Rich in antioxidants and resveratrol for cardiovascular health.

Camu Camu: Amazonian berry packed with nutrients; the richest natural source of vitamin C.

Acai Berries: Nutrient-dense purple berry native to Central and South America that offers brain health and anti-ageing benefits.



THE DETOX BOOSTER

Vegan superfood blend for better health. Promote wellbeing and immunity. A natural detox and cleanse.

Maca: Peruvian herb to help reduce stress while boosting energy, performance and libido.

Matcha Green Tea: Green tea leaves bursting with compounds that offer multiple health benefits.

Camu Camu: Amazonian berry packed with nutrients; the richest natural source of vitamin C.

Spirulina: Blue-green algae with potent anti-inflammatory effects.

Peppermint: Plant with distinctive tasting leaves that help calm the mind and aid digestion.

Wheatgrass: Freshly sprouted leaves of the wheat plant with a rich vitamin and mineral profile.

Cocoa: Helps regulate metabolism, mood and energy.

Chlorella: Green algae packed with nutrients and minerals.

Kelp: Large brown algae that helps detox and protect the body.

Turmeric: Anti-inflammatory properties, supporting immunity.



THE DIGEST CAPSULES

Daily capsules for improved gut health. Improve digestion, reduce bloating and support your gut microbiome.

Acacia Fibre: A powerful prebiotic sourced from the sap of the Acacia tree that feeds the good bacteria in your gut helping build a stronger and more diverse microbiome.

Ginger Root: A plant with a long history of being used for its anti-inflammatory, antibacterial and antiviral properties. It's also shown to improve digestive processes and help increase movement through the digestive tract.

Lactospore®: Probiotic bacteria from Bacillus coagulans. These are good bacteria that improve gut health and digestion, enhancing the absorption of nutrients and fighting inflammation in the body.

Digezyme®: A blend of 5 digestive enzymes (amylase, lactase, cellulose, lipase and protease) that assist in the breaking down and absorption of nutrients, helping reduce constipation, bloating and indigestion.

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

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

DIGEST. *Verb.* To break down and absorb.

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THE LIFE STYLE RANGE



THE RELAX CAPSULES

Nootropic complex for stress reduction.

Improve clarity, reduce stress and promote relaxation.

Lion's Mane Mushroom: Medicinal mushroom that supports brain health, new learning and improved mood.

L-Glycine: Amino acid that helps increase serotonin levels to reduce symptoms of insomnia and restore healthy sleep patterns.

Ashwagandha: An adaptogenic herbs known for its rejuvenating benefits. Used to help the body cope with stresses such as anxiety and insomnia.

Valerian Root: Medicinal herbal used to reduce symptoms of anxiety and for better sleep.

5-HTP (Griffonia Seed Extract): An amino acid derived from the seed of the Griffonia plant that improves mood and regulate sleep cycles.

L-Theanine: Amino acid linked to a reduction in the stress hormone cortisol.

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

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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**

WEIGHT-LOSS

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 DIGEST CAPSULES | **V**

Nootropic complex gut health. Improve digestion, reduce bloating and support a healthier gut.

PRICE: **\$43.00**

LIFESTYLE

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.