



**GO ON!** *NUTRITION*

## Sante - knowledge and experience

**Sante** is the expert in the healthy food market and has been supporting consumers in Poland and abroad since 1992. **Sante** offers top-quality food products, including functional foodstuffs with proven favourable impact on the body. **Sante** offers more than 250 products which constitute excellent support and supplementing for the diet of athletes and within general consumer awareness.

## Expert in nutrition

**Sante** experts in nutrition and food and food processing technology complete projects on the basis of the latest scientific research and current nutrition trends. **Sante** products are made of selected raw materials. Due to the state-of-the-art production technologies it helps to preserve the wealth of their nutrients. The entire production process (from raw materials, through product development, to packaging) is subject to rigorous quality standards and inspections. Consumers and experts have been appreciating **Sante** food products for many years, which is confirmed by numerous awards and commendations granted to the company. The dynamically increasing sales in Poland and abroad prove it as well.

## GO ON! Nutrition - PREMIUM brand

Long-term experience in the production of healthy food and development of innovative products with high nutrition value also led to the creation of the **GO ON! Nutrition** brand for athletes and sports enthusiasts, that is consumers with special nutrition needs. The combination of know-how and modern production technologies make the **GO ON! Nutrition** supplements and nutrients standing out not only because of their proven ingredients but also the unique taste.



**GO ON! NUTRITION**



**OPTIMUM SUPPLEMENTATION**

**RELIABLE COMPANY**

**REASONABLE DIET**

**PROVEN INGREDIENTS**

**EFFECTIVE TRAINING**

**TOP-QUALITY RAW MATERIALS**





### Optimum supplementation

– We create the **GO ON! Nutrition** supplements only from the best and proven raw materials, and their ingredients are perfectly balanced for athletes. With **GO ON! Nutrition** you can consciously combine healthy diet with professional supplementation.

### Reasonable diet

– **GO ON! Nutrition** supplements form an important element of properly balanced diet of every athlete. They are dedicated to all those who work their way to their dream figure. Thanks to their exceptional taste, you can add them to your favourite meals.

### Effective training

– The **GO ON! Nutrition** brand offers supplements that are perfect for professionals and those who want to be FIT. Optimised training, adapted to your needs, condition and possibilities, will ensure better results and well-being, even more so with the support of the **GO ON! Nutrition** supplements.

### Reliable company

– **GO ON! Nutrition** is a brand of the **Sante** company which has been an expert in healthy nutrition and promoter of healthy lifestyle for 25 years. We have created our supplements on the basis of long-term experience and knowledge about functional foodstuffs and influence of diet on people's health, in cooperation with experts, dieticians and athletes.

### Secure ingredients

– The list of ingredients in the **GO ON! Nutrition** supplements is short and clear, without unnecessary additives. It has been compiled by experts, and thus perfectly meets the expectations of even most demanding athletes. The nutrient content stated on the label meets their actual quantity in the product in 100%.

### Top-quality raw materials

– The **GO ON! Nutrition** supplements are made of selected raw materials originating from reliable and qualified suppliers. During the production process, we follow international safety standards, compliant with rigorous quality and certification standards. Every production stage is subject to control: from the raw materials, through product development, to packaging.





# WHEY

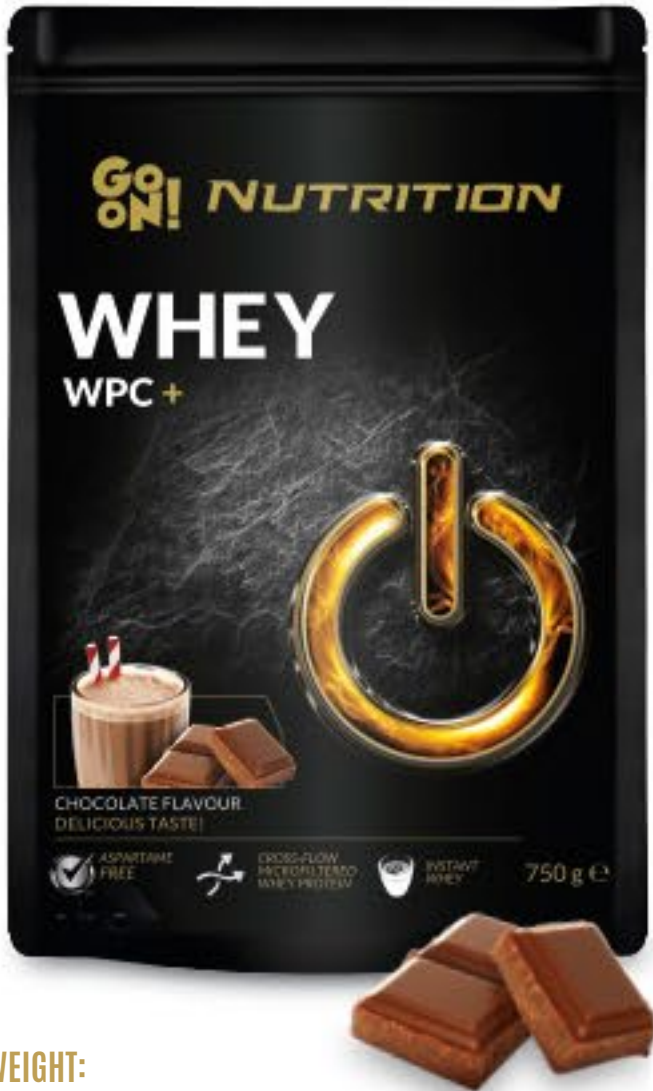
DIETARY SUPPLEMENT

The **GO ON! Nutrition** protein is a composition of high-quality whey protein concentrate (WPC) and whey protein isolate (WPI INSTANT). The **GO ON! Nutrition** WHEY product is recommended to persons who engage in sports professionally and recreationally in order to supplement balanced diet with high-quality protein. It can be dissolved in water, milk or plant-based beverage.

- high contents of branched-chain amino acids (BCAA)
- top-quality raw materials and ingredients
- exquisite, creamy flavour
- INSTANT protein – dissolves ideally and does not froth



Ingredients:	in 100g	per serving of 30g
Calories	1619 kJ / 383 kcal	486 kJ / 115 kcal
Fat	5,7 g	1,7 g
including saturated fats	4 g	1,2 g
Carbohydrates	6,8 g	2 g
including sugars	6,8 g	2 g
Protein	76 g	22,8 g
Salt	1,2 g	0,4 g



WEIGHT:



**750 g** – 25 SERVINGS



**30 g** – 1 SERVING

\* Nutrition facts for the Raspberry Yoghurt flavour.

# BCAA

DIETARY SUPPLEMENT

**GO ON! Nutrition BCAA** is a high-quality composition of amino acids and vitamins in Instant powder form. The **GO ON! Nutrition BCAA** product is recommended to persons engaged in sports professionally and recreationally in order to supplement balanced diet with essential amino acids.

- BCAA INSTANT amino acids
- contains branched-chain amino acids: L-Leucine, L-Valine and L-Isoleucine in the proportions of 2:1:1.
- product enriched with vitamin C\*, Citrulline Malate and L-Glutamine
- perfect solubility and great taste



Ingredients:	in 100g	per serving of 10g
Calories	1110 kJ / 261 kcal	111 kJ / 26 kcal
Fat	0,2 g	0 g
including saturated fats	0 g	0 g
Carbohydrates	2,5 g	0,3 g
including sugars	0,6 g	0,06 g
Fibre	0,7 g	0,07 g
Protein	62 g	6,2 g
Salt	3,1 g	0,31 g
Vitamin C	120 mg (150%)	12 mg (15%)
Branched-chain amino acids (BCAA), including:	63,2 g	6,3 g
L-Leucine	31,6 g	3,2 g
L-Valine	15,8 g	1,6 g
L-Isoleucine	15,8 g	1,6 g
L-Glutamine	12,3 g	1,2 g
DL-L-Citrulline Malate	10 g	1,0 g



WEIGHT:



**500 g** – 50 SERVINGS



**10 g** – 1 SERVING

\* Nutrition facts for the Tropical Lemon flavour

# CREATINE

## DIETARY SUPPLEMENT

Dietary supplement with pure creatine monohydrate in powder form. Creatine increases physical performance in successive short and intense physical activities\*.

Creatine is the world's most popular supplement among persons doing high-intensity exercises. Creatine naturally occurs in the human body in muscle tissue.

- no artificial colouring
- no aspartame
- perfect solubility
- no additives and fillers

**Ingredients: 100% pure creatine monohydrate**

\* Beneficial effects can be observed when taking 3 g of creatine per day. Recommended daily intake: 1 serving of 5 g of powder.



NO ARTIFICIAL FOOD  
COLOURING



NO ARTIFICIAL  
AROMAS

**WEIGHT:**



**500 g** – 100 SERVINGS



**5 g** – 1 SERVING



# GLUTAMINE

## DIETARY SUPPLEMENT

The **GO ON! Nutrition Glutamine** is high-quality pure L-Glutamine in powder form.

- supports regeneration processes in the body
- amino acid commonly used by athletes
- recommended for persons exposed to intensified physical activity
- no additives and fillers

The **GO ON! Nutrition Glutamine** product is recommended to persons engaged in sports professionally and recreationally in order to supplement balanced diet with L-Glutamine. It can be dissolved in water or juice.

**Ingredients: 100% pure L-Glutamine**



NO ARTIFICIAL FOOD  
COLOURING



NO ARTIFICIAL  
AROMAS

**WEIGHT:**



**500 g** – 100 SERVINGS



**5 g** – 1 SERVING





# POWER ACTIVATOR

DIETARY SUPPLEMENT

**POWER ACTIVATOR** is an unrivalled pre-training supplement in the form of a small beverage with extremely concentrated composition. Check out the effects of **POWER ACTIVATOR** regardless of the sports you practice.

- high caffeine dose
- no aspartame
- exquisite currant flavour

Ingredients:	in 100ml	per serving of 30ml
Calories	0 kJ / 0 kcal	0 kJ / 0 kcal
Fat including saturated fats	0 g 0 g	0 g 0 g
Carbohydrates including sugars	0 g 0 g	0 g 0 g
Fibre	0 g	0 g
Protein	0 g	0 g
Salt	0 g	0 g
Beta-Alanine	5000 mg	1500 mg
Taurine	3333 ml	1000 ml
Caffeine	967 mg	290 mg
L-Citrulline Malate	3333 mg	1000 mg

**NOTE!** A bottle contains 2 servings. In the beginning, we recommend to take 1 serving of the supplement!

„true source  
of power”



WEIGHT:



60 ml – 2 SERVINGS



DISPLAY 12 x 60 ml

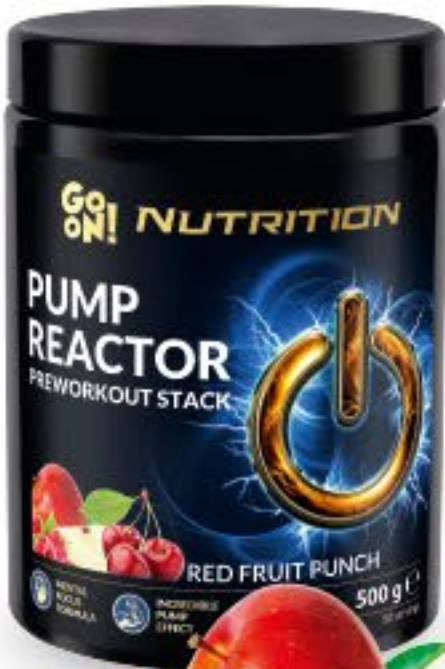


# PUMP REACTOR

DIETARY SUPPLEMENT

Super-concentrated pre-training formula for those who are not afraid of murderous training! **PUMP REACTOR** is an optimum combination of such ingredients as caffeine, L-Arginine and Beta-Alanine. Its effects are additionally reinforced by carefully selected plant extracts from Chinese magnolia-vine and sage. Even one serving will move your training into a whole new dimension.

Ingredients:*	in 100g	per serving of 12g
PUMP EFFECT FORMULA		
L-Arginine Alpha-Ketoglutarate	29155 mg	3500 mg
Citrulline Malate	12495 mg	1500 mg
Caffeine	1666 mg	200 mg
STAMINA & STRENGTH PUNCH		
Beta-Alanine	19992 mg	2400 mg
TCM Creatine Malate	14161 mg	1700 mg
L-Tyrosine	8330 mg	1000 mg
MENTAL FOCUS FORMULA		
Extract from Chinese magnolia-vine (Schizanda Chinensis)	833 mg	100 mg
Extract from common sage (Salvia officinalis)	833 mg	100 mg
Vitamins B1, B6 and B12	124,95 mg	15 mg



WEIGHT:



360 g – 30 SERVINGS



12 g – 1 SERVING





# PRO-WHEY HIGH PROTEIN BAR 33%

**PRO-WHEY** is a high-protein bar without sugar, enriched with fibre. Perfectly selected composition of proteins and creamy icing make the bar exquisitely crisp, and its consistency delicate. The desserts come in two great flavours, **Raspberry Yoghurt** and **Apricot Cream**, which makes them excellent protein diet supplement after training and delicious snack between the meals.

- milk protein isolates (MPI)
- whey protein concentrate (WPC) 80 (from milk)
- soluble fibre
- almonds
- vegetable fats
- freeze-dried fruit



„delicious protein dose”

Nutritious value of the product*	in 100g	per serving of 60g
Calories	1610 kJ / 387 kcal	966 kJ / 232 kcal
Fat	18 g	10,8 g
including saturated fats	7,2 g	4,3 g
Carbohydrates	17 g	10,2 g
including sugars	4,1 g	2,5 g
Protein	33 g	19,8 g
Salt	0,45 g	0,27 g

WEIGHT:



BAR **60 g**



DISPLAY **25 x 60 g**

\*Nutrition facts for the Raspberry Yoghurt flavour



Sante - a global company. We export our products to more than 50 countries all over the world.

Sante

Awards and commendations:



Certificates:

**Sante** has implemented the following food quality and safety procedures: **Quality Management System** compliant with the Global Standard on Food Safety with the highest level of compliance approval, **HACCP Food Safety Assurance System** and **Quality Management System compliant with the ISO 9001:2000 standard, HACCP Food Safety Assurance System.**





**25 years of experience in the production of healthy and functional foodstuffs.**



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