

FitLine®



THE SECRET OF THE PROS



Sport Catalogue 2021

Experience results.



Linda Johansson
SAFFS Female Player of the Year American
Football (Sweden)

FITLINE ATHLETES AROUND THE GLOBE



"Knowing that our hard work is paying off fills me with happiness, satisfaction, pride and humility. I am proud to know that our FitLine products are improving peoples' lives and helping support so many successful careers of top athletes worldwide."

Health and performance are two key pillars of living a happy and fulfilled life. Performance is key, especially for athletes. This means being able to access the performance you need at the right moment, as well as to recover quickly. Two keyways to influence the careers of top athletes is to protect their bodies and give them all the vital nutrients and minerals they need. These athletes compete under a strict regimen of anti-doping regulations - failing to observe these regulations could end their sports careers in an instant. In short: food is fuel for our bodies. But how can competitive athletes safely and reliably meet their needs for vital nutrients and minerals? That kind of nutrition takes a lot of time (time that takes away from their training). It also takes extensive knowledge about the human body and the latest research. This can be an almost impossible challenge, even for highly paid top athletes with a good support team. Our solution is called FitLine. With our FitLine products, we have developed a solution for fulfilling athletes' nutritional needs, offering best results, maximum safety and the highest quality.

Our products are built on the foundation of the latest scientific findings, backed by a team of experts that is the only one of its kind in the world. We offer one hundred percent security our athletes can trust - and we have done so for over 20 years.

This PM-International sports catalogue is unique. I don't know of any other company in the world with such a large portfolio of athletes who are fans of their products and willing to publicly endorse them in this way. And we are only able to include a fraction of all of our FitLine athletes in this catalogue. I am proud to offer you this newest edition of the PM-International sports catalogue. For our athletes, it serves as confirmation that they have the right, reliable partner on their team. For our distribution partners, it is motivation and a tool for inspiring even more athletes and sports fans to try our products.

I want to wish all of our FitLine athletes a successful 2021!

Rolf Sorg
Founder and CEO
of PM-International AG

THE SECRET OF THE PROS

FitLine premium nutritional supplements have been trusted by top athletes for over 20 years!



Torsten Weber
Economist
Director of Sports Marketing

“Well over 1,000 top athletes from more than 60 disciplines and 30 nations trust in FitLine nutritional supplements and FitLine is the official supplier of numerous sports associations and national teams. Within the framework of a unique sports marketing concept, there are cooperation's with the German, Austrian, Polish and Canadian Ski Associations (DSV, ÖSV, PZN, ACA), the German Ice Hockey Federation (DEB), the Federation of German Cyclists (BDR), the German Athletics Association (DLV), the Olympic base Hamburg/Schleswig-Holstein (OSP), the Swiss Sliding Association (including bobsleigh), the Swiss and Luxembourg Handball Federations (SHV, FLH) and the FLBB - Luxembourg Basketball Federation, among others.”

Torsten Weber

Be part of the success with FitLine

FitLine is official supplier for e.g.:



Bursaspor Football Club - Turkey Super League

Table of contents

- 6/7 Nutritional supplements for athletes – A key success factor!
- 8/9 Quality – NTC®/Cologne List®
- 26/27 Optimal-Set/PowerCocktail
- 34/35 Activize Oxyplus – “Prepare” – More power and concentration
- 42/43 Fitness Drink – “Perform” – For endurance
- 50/51 Restorate – “Recover” – For regeneration
- 58/61 Supplements – “Strength/Power – Get in Shape”
- 68/69 Medal counts
- 70/72 Recommended use for FitLine products
- 74/75 Maximizing sports performance – Study
- 76/79 Product quality and anti-doping security – Premium right from the start
- 80/81 Business information – sports and economic gain with FitLine

Sport disciplines

American Football	55	Handball	17,20,36,47	Ski Cross	10,11,13,57
Baseball	66	Ice Hockey	15	Ski Jump	10,11,12,29
Basketball	17,21	Ice Speed Skating	45	Snowboard	37
Beach Soccer	53	Judo	52	Soccer	32,37,41,49,75
Biathlon	10,11,28	Karate	55,66	Squash	23,28
Bikini Fitness	29	Kick Boxing	57	Swimming	31
Bob	14,32	Motor Sports	45,53,62	Taekwondo	38,54
Bowling	46	Mountain Climbing	30,48,67	Tennis	33,65
Boxing	36	Natural Bodybuilding	64	Track and Field	16,40,52,63
Cycling	23,33	Nordic Combination	10,11,13	Trail Running	56
Dragon Boat	38	Nordic Walking	22	Triathlon	33,44,64,72
Duathlon	49	Para Cycling	32,65	Volleyball	17,48
Extreme Sports	54	Pole Sports	62	Weightlifting	39
Figure Skating	30,56	Riding	41	Wrestling	19
Freestyle Ski	67	Rowing	19,22	Wushu	47
Golf	46	Shooting	31		
Gymnastics	39,44	Ski Alpine	10,11,13,40		

OPTIMIZED ATHLETIC NUTRITION

A KEY SUCCESS FACTOR !



Increased nutritional needs for general and competitive athletes

Scientific studies frequently show nutritional deficiencies among athletes. Often, they receive inadequate supplies of vitamins and minerals, for instance (too little fruit, vegetables, greens, and whole grain products). In addition, athletes can suffer due to individual life circumstances such as a lack of time or travelling, smoking, consuming alcohol, or even training schedules and competitions for competitive athletes.

General athletes suffer nutritional deficiencies more frequently than top athletes, since their bodies are less well-adapted to the high levels of performance demanded of them. They can suffer increased electrolyte and fluid loss more quickly. Possible consequences include: poorer performance and less energy, greater susceptibility to injuries, more fatigue, slower recovery times after athletic endeavours or a weakened immune system.

OPTIMIZED NUTRITION WITH FITLINE

More fitness,
better
performance,
and quicker
recovery

Optimized nutrition must be custom-tailored to the individual athlete. Personal requirements for energy, vitamins and minerals depend on age and sex, as well as the duration, type of sport and intensity of physical and mental strain. Ensuring a sufficient supply of vital substances (carbohydrates, protein, fat, vitamins, minerals, fibre, bioactive substances, water) through an individual's basic nutritional intake is key to ensuring performance and fitness.

FitLine
supplements:
Supplying
increased
nutritional needs

FitLine responds to the increased nutritional needs of athletes - from weekend warriors to professionals - with a range of supplements that can be combined individually to create optimised sports nutrition for each individual. FitLine Protein Bar or FitLine ProShape® Amino, for instance, deliver the proteins and amino acids that are so key to building and retaining muscle mass.



The FitLine Optimal-Set, consisting of the PowerCocktail for energy metabolism* and Restorate for recovery**, to optimise your basic nutritional regimen.

FitLine Generation 50+ is the additive to FitLine PowerCocktail for People over 50.

How do top athletes rate FitLine?*

- Good product safety (included on the Cologne List®, for instance)
- Optimal effectiveness
- Easy to tolerate
- Good taste
- Extensive product portfolio
- Authenticity, thanks to references from other top athletes

* internal survey of over 200 top athletes

Recommendations for using FitLine products for both general and professional athletes are provided on pages 70-72.



Right time, right place!

The Nutrient Transport Concept (NTC®) delivers the nutrients exactly when they are needed and where they are needed - to the cellular level, from inside and out.

NTC®

Nutrient Transport Concept

PM-International AG is the first and only company to have developed the nutrient transport concept (NTC®) to improve the bioavailability of nutrients and make them available to your body quicker and more effectively. We utilise potential synergy effects of individual nutrients, combining them with excellent bioavailability for perfect interaction and astounding, mutually reinforcing effects.

We are the first company to use our exclusive microSolve® technology, which optimally integrates fat-soluble substances into water-based solutions. We have continued to develop this process over time, allowing us to eliminate all chemical preservatives.



"An international team of experts from multiple fields - physicians, nutritional scientists, biologists, biochemists, physiologists, and others are part of the scientific board that developed our unique nutrient transport concept. We have been developing the NTC® for 20 years, continuing to optimise it over the years".

Dr. Tobias Kühne
Scientific Director



Renato Marni
Multiple World Champion Taekwondo (Switzerland)



All FitLine nutritional supplement products are on the Cologne List®

More safety through tested products

All the FitLine nutritional supplement products are on the Cologne List®. That list publishes products that have been tested by one of the World's leading laboratories for analyzing nutritional supplements for doping substances. The Cologne List® provides athletes and companies an independent service platform for publishing information in a transparent way, increasing security for both sides.

Further information is available at: www.koelnerliste.com

Many top athletes who use FitLine emphasise the importance of the Cologne List® and highlight it as one reason they choose FitLine products. Tested, effective nutritional supplements for top performance with FitLine!



Rivaldo
Ballon d'Or Winner



From left: Marlene Schmotz (Alpine Skiing), Denise Herrmann (Biathlon), Florian Wilmsmann (Ski Cross)



Julian Eberhard (Biathlon), Max Franz (Alpine skiing), Eva Pinkelnig (Ski jumping), Miriam Puchner (Alpine skiing), Bernhard Gruber (Nordic combination)

Official supplier of the German National Ski Teams



Wolfgang Maier

Chief Sports Officer of Ski Alpin, Skicross and Freeski of the German Ski Federation (DSV)



"Both for our athletes and for us as a federation, it is extremely important that the products do not contain any contaminants. FitLine has always ensured quality controlling and the purity of its products, without exception. Because of this, FitLine products have never been challenged.

They are included in the Cologne List®, a key criteria for the DSV and its athletes. In addition, the company's products are highly popular among our athletes. They are used extensively during both training and competitions".

We have been using FitLine products since October 2009, and regularly use FitLine PowerCocktail, Activize Oxyplus, Restorate, Fitness-Drink, Basen Plus, Q10 Plus and all of the ProShapes and bars.

Major DSV successes over the last 5 years

2014/2018 Winter Games
15 x Gold medals
12 x Silver medals
8 x Bronze medals

World Championships
30 x Gold medals
20 x Silver medals
13 x Bronze medals



Toni Giger

Sports Director of the Austrian Ski Federation (ÖSV)



"The unique thing about FitLine is that its products are on the Cologne List®. The purity of these products guarantees athletes can take them safely without violating anti-doping regulations. The Austrian Ski Federation wants a clean competition, which was definitely one key reason we decided to partner with FitLine. The ÖSV has physicians and nutritional consultants who determine which products will be individually suited to which athletes, they choose FitLine products again and again. The product range is very broad, allowing us to serve our entire team.

The quantities of products our athletes order is proof of how much they prefer FitLine products. They taste good and are easy to digest. Our athletes love FitLine products".

We have been using FitLine products since November 2009, and regularly use FitLine Basics, PowerCocktail, Activize Oxyplus, Restorate, Fitness-Drink, Joint-Health and all of the bars.

Major ÖSV successes over the last 5 years

2014/2018 Winter Games
8 x Gold medals
9 x Silver medals
10 x Bronze medals

World Championships
17 x Gold medals
23 x Silver medals
20 x Bronze medals



From left: Jakub Wolny, Stefan Hula, Maciej Kot, Piotr Żyła, Dawid Kubacki, Kamil Stoch (Ski jumping)



OSP Team



Marek Siderek

Sports Director of the Polish Ski Federation (PZN)



"All of the national teams and training groups in both classic and alpine disciplines in the Polish Ski Federation (PZN), as well as snowboard and ski cross, have been using FitLine products officially since May 2010. The right, balanced nutrition with safe nutritional supplement product lines is an integral component of comprehensive training for the PZN today. FitLine products are a good way to supplement our athletes' increased needs for vitamins and minerals, without any other unnecessary additives. In ski jumping, which is currently the most important discipline for our Federation, athletes sometimes need to be able to concentrate and perform for hours at a time. The Fitness-Drink, combined with Activize Oxyplus, has proven to be an excellent combination. It is also extremely important for ski jumpers to keep their body fat percentages down. FitLine products are a great way to do that. The Polish Ski Federation and all of our national teams are very happy about our collaboration with PM-International and with FitLine products".

We have been using FitLine products since May 2010, and regularly use FitLine Basics, Activize Oxyplus, Restorate, Feel Good Yoghurt-Drink, Protein, Fruit bars and Fitness-Drink.

We receive support from the PM-International Sp.z.o.o. FitLine team (Poland).

Our major sporting successes:

Winter Games
5 x Gold medals
5 x Silver medals
5 x Bronze medals

World Championships
12 x Gold medals
6 x Silver medals
7 x Bronze medals



Phil McNichol

High performance Director of the alpine Canadian Ski Team (ACA)



"Nutrition is very important to our athletes. We at Canadian ski team of alpine Canada are excited to partner with FitLine nutritional sport products. Our athletes train hard on and off the snow. They push their limits and FitLine helps with their digestive health, their energy, nutrient intake, metabolism and their recovery. Product safety is paramount and FitLine products are clean and effective for sport.

We have been using the FitLine products since April 2020 and regularly use FitLine Activize Oxyplus, Basics and Restorate.

Our FitLine advisor is PM-International Canada.

Our last greatest sporting successes:

Alpine:
9 World Cup podium; Ski Cross: 14 World Cup podiums, 3 World Championship medals, Crystal Globe (Erik Guay)

Para Alpine:
98 World Cup podiums, 10 Crystal Globe (Mac Marcoux, Mollie Jepsen), 10 par

Ski Cross:
53 World Cup podiums, winner Nations Cup, Crystal Globe (KevenDrury, Marielle Thompson), FIS Rookie of the Year (Courtney

Hoffos); 2 medals at Winter Games (Brady Leman, Mariell Thompson, Brittany Phelan, FIS Rookie of the Year (India Sherret, Brittany Phelan);4 X-Games podiums



SWISSE
sliding



Sepp Kubli

President of Swiss Sliding



“With 34 medals at the Winter Games, Swiss Sliding is the most successful Swiss winter sports federation. We began rebuilding our squad around three years ago, and now have a strong group of up-and-coming athletes. These young athletes are our primary focus. Their health and their well-being are a priority. This includes balanced nutrition with first-class products. That is why we decided in 2012 to provide a long-term supply of FitLine products to all of Swiss Sliding’s athletes. The company’s broad product range supports optimal nutritional intake, improves recovery times, and reduces the risk of injuries. In addition, the products are easy to digest. Swiss Sliding would like to thank FitLine for our great partnership, and we look forward to good continued collaboration”.

We have been using FitLine products since January 2012, and regularly use FitLine Basics, PowerCocktail, Activize Oxyplus, Restorate, Fitness-Drink, Joint-Health and all of the bars.

Our FitLine advisor is PM-International AG (Switzerland).

Our major sporting successes:

Winter Games
11 x Gold medals
10 x Silver medals
13 x Bronze medals



Franz Reindl

President of the German Ice Hockey Federation (DEB)



“Our players and FitLine make a good team. We have been working together for over 20 years. Our players really enjoy taking FitLine products. The PowerCocktail, Activize, Restorate and Fitness-Drink are especially popular. Personally, I have also been a user of FitLine products for many years. I am still very active, play a little hockey, go mountain climbing and hiking, and especially mountain biking. I use the PowerCocktail every morning, occasionally Activize and Restorate in the evenings. I feel fit and healthy, and I am glad to be a FitLine partner. I look forward to our continued collaboration”.

Our athletes’ favorite product: FitLine Fitness-Drink.

We have been using FitLine products since September 1998, and regularly use FitLine Basics, Activize Oxyplus, Restorate, Fitness-Drink, Basen Plus, Protein and Fruit Bars.

Our major sporting successes:

Winter Games
1 x Silver medal
2 x Bronze medals

World Championships
2 x Silver medals

European Championships
2 x Gold medals
3 x Silver medals



Idriss Gonschinska

Chief Sports Director
at the German Athletics
Association (DLV)



"The partnership between the German Athletics Federation (DLV) and FitLine is characterized by a high level of trust in product safety with regard to doping-relevant ingredients. The entry in the Cologne list® has a great relevance. The products of FitLine have a very high acceptance among our athletes and are characterized above all by a very good compatibility. FitLine's entire product portfolio meets the diverse needs of athletics and its diverse disciplines. We have received extensive feedback from athletes and the support staff following major international sporting events. There was positive feedback regarding effect, tolerability and taste.

Since 2017, DLV athletes have regularly used the following products: FitLine Activize Oxyplus, PowerCocktail, Restorate and Fitness Drink. In the Olympic year 2021, the DLV and its athletes are also counting on the cooperation with FitLine."

We have been using FitLine products since July 2017, and regularly use FitLine Activize Oxyplus, PowerCocktail, Restorate, Fitness-Drink and Protein.

Our FitLine advisor is PM-International Speyer.



Ingrid Unkelbach

Head of the Olympic Base
Hamburg/Schleswig-Holstein



"With the FitLine products we can meet our special duty of care towards the athletes, since all FitLine products are on the Cologne List®. The athletes supported by the Olympic Training Center Hamburg/Schleswig-Holstein are members of the national teams of their sport. They belong to the absolute top, represent Germany in international competitions and championships and pursue the great goal of participating in the Olympic and Paralympic Games. Special emphasis is placed on the sports of badminton, beach volleyball, handball, field hockey, rowing, swimming, sailing and the Paralympic sport of wheelchair basketball.

For the start of the partnership we will primarily use the FitLine products ProShape® (Amino), Protein, Whey and ProShape 2 Go. We are looking forward to adding further products to our support in this long-term partnership".

We have been using the FitLine products since September 2020 and regularly use FitLine PowerCocktail, Restorate, ProShape® (Amino), Protein, Whey and ProShape 2 Go.

Our FitLine advisor is PM-International Speyer.



Ingo Meckes

Sports Director of the Swiss Handball Federation (SHV)



“For these athletes, playing on the national team is a heavy workload in addition to their normal league schedules. Lots of games are held over a short period of time, and the team needs to train intensively for them. They are subject to extremely high physical and mental strain during these periods.

Optimal nutrition is a key foundation for achieving our athletic goals and improving our performance through targeted training. To do so, we need a flexible and competent partner, we are glad that flexible products provide such perfect support, with outstanding anti-doping security”.

Our athletes' favorite product: ProShape 2 go White Choco Slim. We have been using FitLine products since October 2012, and regularly use FitLine Basics, PowerCocktail, Activize Oxyplus, Restorate, Fitness-Drink, ProShape 2 go White Choco Slim, Protein and Fruit bars.

We receive support from the PM-International AG FitLine team (Switzerland).

Our major sporting successes

6 participations in the World Handball Championship

10 participations in the European / World Championship for young players since 2010

2004 European championship: 12th place,

European Championship qualification 2020, 16th place

1996 Summer Games: 7th place



SangWon Lee

Executive director of Korea Wrestling Federation (KWF)



“We are pleased to sign a partnership agreement with high-quality, German nutritional supplement product company. High performance level and product safety of FitLine were considered as essential aspects of this partnership deal. We look forward to our wrestlers having their best performance on the mat with FitLine products in the future.”

We have been using FitLine products since autumn 2020 and regularly use FitLine PowerCocktail, Restorate, Activize Oxyplus and Munogen.

Our FitLine advisor is PM-International Korea.

Our major sporting successes:

Summer Games 1964 - 2016

11 Gold medals,
11 Silver medals
14 Bronze medals



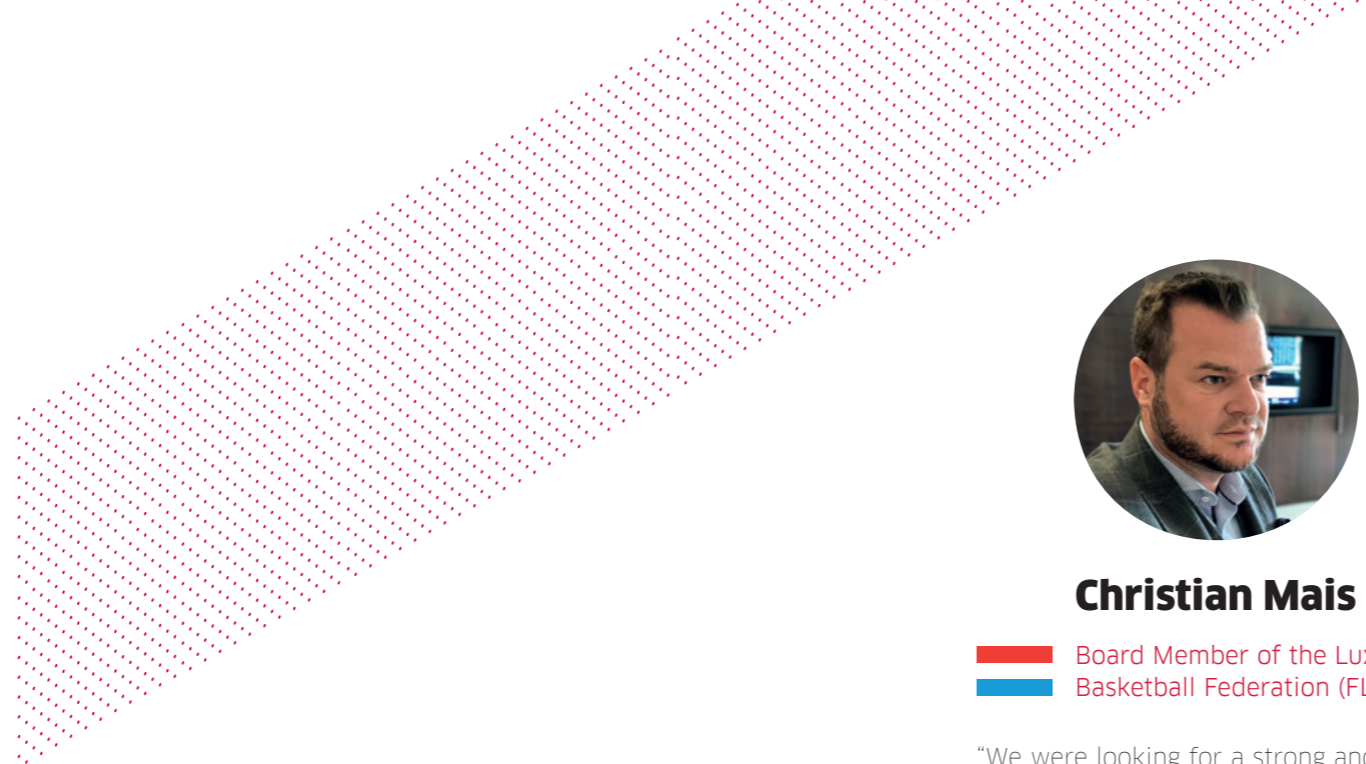
Thierry Wagner

Vice President of the Luxembourg Handball Federation (FLH)

“FitLine offers our team the opportunity to continue developing themselves, not just by improving specific handball techniques, but also by enjoying healthy nutrition from excellent products. Making sure you are prepared every day to perform at a high athletic level isn't just about training; it's also about what you give your body for preparation and recovery. FitLine also offers specialized products, which are important to provide our national team with all-around preparation. Our decision to enter into this partnership was an easy one, and we are glad we made it. As a former player, I have also used FitLine products. Having the right products for daily preparation is important to our players. This helps them feel better and more natural. This is important for getting good results on the playing field”.

We have been using FitLine products since summer of 2018, and regularly use FitLine PowerCocktail, Activize Oxyplus, Restorate, Fitness-Drink and ProShape 2 go bars.

Our FitLine advisor is Raul Gabellini.



Oliver Roggisch

Sports Director of Rhine-Neckar Lions Handball (RNL)

“I used FitLine products while I was active with the Rhine-Neckar Lions, and have been a huge fan ever since that time. As the Sports Director for the Lions, I see how popular FitLine products are among our players, and what a positive impact they have! We use the products to meet players' individual needs and circumstances. FitLine products are very easy to digest, offer maximum product safety, and support us very well in playing the fast-paced, difficult sport of handball. We primarily use the Fitness-Drink during and after training and competitions, as well as Activize for more power and energy. The protein bars and fruit bars are a good snack throughout the day, and a great addition to our nutritional regime”.

We regularly use FitLine Activize Oxyplus, Restorate, Fitness-Drink, Protein and Fruit bars.



Christian Mais

Board Member of the Luxembourg Basketball Federation (FLBB)

“We were looking for a strong and serious partner that could help us move forward in the nutritional supplements area. During our search, we came across FitLine - a company that is already very well-established and respected in athletics across Europe. Nutrition plays a key role in general preparation for games, training, etc. When the squads are together, we pay close attention to ensuring their nutrition supports their athletic performance. One key factor is that this nutrition needs to be adapted to training and performance to help them get fitter, recover more quickly and enjoy more power. Our players perform better and have better recovery times. On doping: Everyone knows FitLine products do not pose any concerns. They also taste very good and are very popular among our players: They are always asking for more!”

Our athletes' favorite product: FitLine Activize Oxyplus.

We have been using FitLine products since August 2015, and regularly use FitLine PowerCocktail, Activize Oxyplus, Restorate, Fitness-Drink, Q10 Plus, Protein and ProShape 2 go Choco-Slim bars.

Our FitLine advisors are Claude and Fabien Simon.



Reyer Venezia

National Champion Basketball

“We all use FitLine products and feel better. FitLine Restorate helps us after training and games. We also have much more energy than we used to if we've used FitLine Activize”.

We have been using FitLine products since September 2016, and regularly use FitLine PowerCocktail, Basics, Activize Oxyplus and Restorate.

Our FitLine advisors are Antonello Riva and Renzo Colombini.





Andreas Wilhelm

 President and Training Manager of the German Nordic Walking Association (DNV)

"I am a sports instructor by trade, and I have been dealing with prevention as part of my job for over 25 years. Movement, nutrition and personal development are all a part of prevention for me. In my position as President and Training Manager for the German and International Nordic Walking and Prevention Association, it is important to me to get people moving and show our trained instructors how to become independent. For me, the body (movement and healthy nutrition) and mind (mental training) are inseparable. My immune system has also become much more stable, and I am fitter and perform better".

I have been using FitLine products daily since summer of 2004, and regularly use FitLine PowerCocktail, Activize Oxyplus, Restorate, Antioxy (Zellschutz), Fitness-Drink, Omega 3+E, Q10 Plus, ProShapes All-in 1 and Joint-Health.



Jeannine Böhm

 Managing Director of the Swiss Nordic Fitness Organization (SNO)

"I am a former professional athlete in heptathlon and have been the Managing Director of the Swiss Nordic Fitness Organization since 2011. As a professional organization for Nordic walking in Switzerland, we work to deliver the best possible quality in all areas of nutrition, movement and recovery. SNO's partnership with PM-International provides us with optimal support and has allowed us to teach many instructors and ALFA Coaches about FitLine products. Personally, I have been taking the company's products since fall of 2005, and I feel more balanced and energized in my everyday life".

I regularly use the products PowerCocktail, Activize Oxyplus, Restorate, Q10, Omega 3, Antioxy (Zellschutz), Feel Good Yoghurt-Drink and Fitness-Drink.



Patrick Moster

 Sports Director for the German Cycling Federation (BDR)

"At BDR, we have been working with FitLine for over 20 years. We have five Olympic discipline groups, and all of them use FitLine products. We have had a very positive experience with the composition of the Fitness-Drink, and we know it's included on the Cologne List®. We tend to use Activize for short-term performance. When it comes to recovery, the 200km distance requires five to six hours of performance, and you have to make sure you can recover well overnight. We support long competition days with tasty bars, Protein, and fruit bars".

We have been using FitLine products since November 1997, and regularly use FitLine Basics, Activize Oxyplus, Restorate, Fitness-Drink, Antioxy (Zellschutz), Q10 Plus, ProShapes All-in 1 and Fruit bars.



Ernst Roth

 President of the Board of directors for SWISS SQUASH

"The Swiss Squash Federation, founded in 1973, organizes and promotes the sport of squash in Switzerland. In addition, Swiss Squash is responsible for the area of youth and sports in squash and manages the inter-club championship and national singles championships. Product safety, quality, results, taste and ease of digestion were key factors that led the Board of Directors to choose FitLine products and recommend them to their members".

Our athletes use FitLine Basics, PowerCocktail, Activize Oxyplus, Restorate, Fitness-Drink, ProShape 2 go and Protein.

Our FitLine advisors are Lutz Lorenz and Patrick Kohler.



Mag. Gernot Uhlir

Managing Director of Österreichische Sporthilfe
(ÖSH - Austrian Sport Aid Foundation)

sporthilfe

"Austrian Sport Aid Foundation is a point of contact for Austria's top athletes and young talents with and without disabilities, offering them a professional environment to help boost their efficiency. The Sport Aid Foundation counts on our strong partnership with FitLine and provides FitLine product lines to Sport Aid Foundation athletes. Thanks to the broad range of FitLine products available, our athletes can address their own specific needs in a targeted fashion, covering all of their requirements for added minerals and nutrients. Of course, excellent product safety and regular quality and anti-doping controls are essential as well. Austrian Sport Aid Foundation serves as a platform for supplying our athletes with top quality products from FitLine, providing them the best possible support as they work to be the best in the world".

We receive support from the PM-International Austria FitLine team and Claude Simon.



Carolin Schäfer
Vice World Champion
Heptathlon



**GET READY
TO BE READY
FOR SPORT**



BASIS FOR THE IMMUNE SYSTEM & ENERGY

PowerCocktail

DAILY USE

An optimized nutrient supply and cultivated intestinal flora are important for more energy and performance. A stable immune system offers protection against challenges in sports, at work and in everyday life. The new PowerCocktail is a 2-in-1 solution: it provides energy and concentration and simultaneously supports the normal function of the immune system.

- The exclusive nutrient transport concept (NTC®) supports optimum nutrient absorption
- The best extracts from high-quality berries and fruits, vegetables, herbs and spices provide a blend of polyphenols and vitamins
- Rich in Vitamin C - contributes to a normal functioning immune system. Vitamin C increases iron absorption and contributes to a reduction in tiredness and fatigue
- Rich in Vitamin B6 - contributes to normal energy metabolism. With Vitamin B2 (riboflavin) and B3 (niacin) - contributes to a reduction in tiredness and fatigue
- Contains soluble and insoluble fibres from fruit, vegetables and grains including live lactic acid bacteria (*L. reuteri*, *L. acidophilus*)
- A unique combination of biological micronutrients, such as vitamins, trace elements and highly bioavailable curcumin

»» The perfect basis for all those fitness-conscious and physically active people.



Anastasija Kuzmina

 Multi-gold medal winner at the Winter Games - Biathlon (Slovakia)

“After the birth of my second child in 2015, I decided to continue my athletic career. I knew my body was going to have to handle extreme stress, and needed to find the right product to help me handle that strain”.

I have been using FitLine products since 2015, and regularly use FitLine PowerCocktail, Restorate, Joint-Health + ActiveGel, Omega3 and Q10.

My FitLine advisors are Bea and Lazi Kollar.



Simon Rösner

 Gold Medal World Games Squash (Germany)

“In general, I feel more recovered and fresher for my games, whether during training or competition. I have had very positive experiences with the PowerCocktail, the Fitness-Drink, and Restorate in particular. I am completely impressed by FitLine products. Especially in a sport like squash, that demands total commitment every day, it is important to support your body in handling stress and recovery. I am glad to have FitLine as a partner I can trust in completely, that can help me achieve the goals I set for myself”.

I have been using FitLine products since July 2018, and regularly use FitLine PowerCocktail, Restorate, Fitness-Drink and Basen Plus.

My FitLine advisor is Patrick Kohler.



Severin Freund

 Gold Medal Winter Games Ski jump (Germany)

With Basics I simply feel fitter and my immune system is more stable. That's very important for us, especially in winter, when it's cold, the constant change between warm and cold, and when you do sweat a little, it's very important that you're in good shape. With FitLine I simply have the feeling that I am more stable. The ProShape is easy to use when you are somewhere in a hotel in winter and you get a simple meal that is not quite as good as the one you are used to. My favorite product is actually the Basics, because it is simply the daily product where I can say that a complete area is covered.”

I have been using the FitLine products since 2009 and regularly use FitLine Basics, Restorate, ProShape All-in 1 Vanille, Fruit bar.

My FitLine advisor is PM-International Speyer.



Camilla Gennel Rosén

 Swedish 'Bikini Fitness' Champion Bodybuilding (Sweden)

“I have used vitamins and minerals from many different manufacturers over the years, but I have never felt so awake and alert as I have since I started taking FitLine products. The biggest and most noticeable difference is that I am stronger and have better endurance. I can work out much longer. After my last competition, I was able to hold my weight, and I don't want sugar anymore”.

I have been using FitLine products since October 2016, and regularly use FitLine Basics, Activize Oxyplus, Restorate, Heart Duo, Fitness-Drink and ProShape® (Amino).

My FitLine advisor is Katarina Engelin.



Romana Kaiser

 Multiple-time Liechtenstein Champion Figure Skating (Liechtenstein)

"I have been using FitLine for several years and have tried various products. I have had very good experiences with this, and I feel full of energy for my sport and my studies. I fully trust FitLine. Depending on the need and training workload, I adapt the intake to my daily program, but certain products have their fixed place in my daily routine. In order to start the day well, the Basics must not be missing in the morning. So that I am supplied with enough energy before the sport, I take the Activize powder. If a particularly demanding or long workout is imminent, I also use the Fitness-Drink. If I am on the road and don't have time to prepare a meal, I replace it with a shake or meal replacement bar. After training or in between, a protein bar or a fruit bar is very good. For recreation in the evening as well as to compensate the acid-base household I take the Restorate / Basen Plus. As an energy booster, meal replacement, balancing the acid-base household or much more, FitLine has a solution".

I have been using FitLine products since 2016, and regularly use FitLine Basics, Restorate, Protein and ProShape 2 go.

My FitLine advisor is Rinaldo Manferdini.



Daniel Akerman

 Mount Everest Extreme mountain climbing (USA)

"Mountain climbing has been my passion for many years, and it's brought me to some of the world's highest peaks. It demands a huge amount of physical and mental strength. But with the help of FitLine products, I have increased my oxygen intake and significantly reduced my risk of altitude sickness. FitLine products have not only contributed to my climbing success, they have also made a major contribution to my well-being. FitLine products have definitely played a key role, and will continue to do so as I pursue my goal to climb the world's highest mountains".

I have been using FitLine products since August 2013, and regularly use FitLine PowerCocktail, Basics, Restorate, Activize Oxyplus, ProShape® (Amino) and Munogen.

My FitLine advisor is Vanessa Akerman.



Jan Lochbihler

 Vice European Champion in Shooting (Switzerland)

"I have been using FitLine products for several years. After two years, I lost my sensitivity to acidic fruits, and now I am glad to be able to eat everything again. I also recover much more quickly. My quality of life has improved, directly thanks to FitLine. For me, ensuring I have the best nutrition during international competitions is a major concern. FitLine helps me get that nutrition in a safe way, by taking very easy steps. My performance, concentration and awareness has improved significantly, which is very important in my sport".

I have been using FitLine products since November 2012 and regularly use FitLine PowerCocktail, Restorate Exotic, Activize Oxyplus, Munogen, Lutein, Heart-Duo, Fitness Drink, Fruit bar, Protein and Whey.

My FitLine advisor is Nicolas Rouiller.



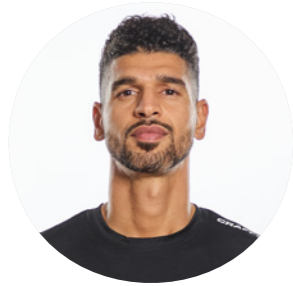
Angela Maurer

 Vice European Champion 25km - Swimming (Germany)

"The many hours of training and the external conditions of water and weather at competitions expose me to very different physical strain. During normal training weeks I swim around 10km (6.2 miles) a day and have around 2-3 additional hours of training for fitness and coordination. Using the doping tested FitLine products, I quickly noticed that my regeneration times became shorter and better, my immune system improved, and my training program became 'easier' to manage. Especially during long competitions over 10 km (6.2 miles), or 25 km (15.53 miles), my concentration is considerably better, which is great because in these races, you swim tactically. After the results at the Summer Games in Beijing I decided to extend my career and I am looking forward to the coming years accompanied by FitLine."

I have been using FitLine products since May 2008 and regularly use FitLine PowerCocktail, Basics, Activize Oxyplus, Restorate, Basen Plus, Fitness-Drink, Q10, ProShape 2 Go Choco Slim and Protein.

My FitLine advisors are Christian and Ina Klatt.



Enis Hajri

 Professional Soccer Player (Germany)


"I chose FitLine for a number of different reasons. For me as a professional soccer player it is important to have a quick regeneration phase, to live healthily and for all my supplements to be doping free which is the case with FitLine. My favorite FitLine product is Activize. I take it every morning along with Basics because both have no side effects and they give me a good start to the day. As a soccer player I like to snack and the solution for this issue is the Chocolate Slim bar. You can even use it as a meal between meals. My immune system has improved since I started using the FitLine products and as an athlete, I notice that when I am totally worn out and use the products then I am able to give my all again the next day."

I have been using FitLine products since June 2012 and regularly use FitLine PowerCocktail, Activize Oxyplus, Basics, Restorate, Fitness-Drink, ProShape 2 Go Choco Slim and White Choco Slim.

My FitLine advisor is PM-International Speyer.



Beat Hefti

 Gold Medal, Winter Games 2-man Bobsleigh (Switzerland)

"FitLine products provide me with optimal daily support. Faster recovery times and increased performance are especially important to us as endurance athletes and is key in bobsleigh. I have seen a general improvement in my well-being, allowing me to perform at my peak longer during training and competition. Thanks to FitLine products, I have been able to overcome cartilage problems in my knees - today I am pain-free!"

I have been using FitLine products since 2006, and regularly use PowerCocktail, Restorate Citrus & Exotic, Antioxy (Zellschutz), Joint-Health, Heart Duo and Protein bars.

My FitLine advisor is Daniel Hayoz.



Ivan Dodig

 French Open Champion Doubles Tennis (Croatia)

"I take all of my FitLine products daily, and I can tell my body appreciates it. The PowerCocktail gives me more energy and endurance during training and hard matches. I feel more focused and more balanced. FitLine products really help me recharge my batteries".

I have been using FitLine products since April 2015, and regularly use FitLine PowerCocktail, Activize Oxyplus, Fitness-Drink, ProShape 2 go White Choco Slim, Protein, ProShape® (Amino), Antioxy (Zellschutz), Basen Plus and Restorate.

My FitLine advisors are Patrick Kohler and Lutz Lorenz.



Sarah Tan

 Gold Medal 12.3 km Paracycling/Triathlon (Singapore)

"I am a triathlete and member of the cycling and paracycling national team. The products taste good and are water-soluble, so your body can absorb them easily. My favourite products are Q10, Omega 3 and Activize Oxyplus. This trio works great together and keeps me fit and awake. I always take them before my races to get a quick boost of energy, since many races involve sprinting".

I have been using FitLine products since June 2017, and regularly use FitLine Basics, Activize Oxyplus, Restorate, Q10 and Omega 3.

My FitLine advisor is Ng Chee Yeng.



ENERGY



MORE POWER AND CONCENTRATION

Activize Oxyplus

BEFORE

DURING SPORTS



Activize Oxyplus exactly provides the active ingredients that the body needs, in order to generate energy - for more energy, more power, more performance and oxygen absorption, right into the last capillaries and cells!

- NTC® supports optimum nutrient intake
- According to an internal study, it enhances the absorption capacity (VO2Max¹)
- Together with vitamin B2 (Riboflavin), B3 (Niacin), B5 (Pantothenic acid), B6 (Pyridoxine), B12 (Cobalamin), and Folate (B9), it contributes to reduce tiredness and fatigue;
- It is rich in vitamin B6 and vitamin C and helps to normalise the energy metabolism and also normalize the concentration and the level of performance;
- It stimulates, vitalizes and refreshes.

¹Maximum oxygen absorption capacity



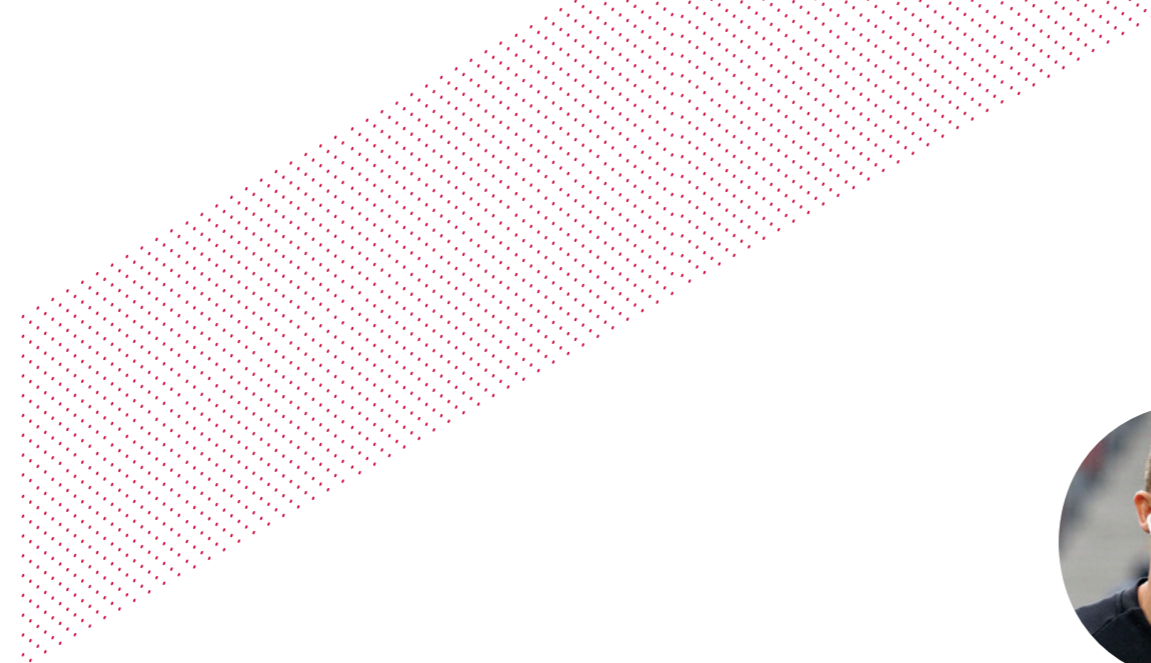
Leon Bauer

 Junior World Champion
Boxing Super Middleweight
(Germany)

"Without these products, I would be under an extreme amount of stress and wouldn't have any power. Active Oxyplus gives me more power in training and fights. After 10-15 minutes, I feel ready to perform at peak level once again. FitLine helps me supply my body, my immune system, and my muscles to maintain my level of performance. This helps me enjoy optimal improvement from training to training, fight to fight and preparation to preparation, and get the most out of my body. FitLine has been a trusted friend for years and is the perfect preparation so I can give my best performance".

I have been using FitLine products since October 2015, and regularly use FitLine Activize Oxyplus, Restorate, Protein and ProShape 2 go Choco Slim.

My FitLine advisor is Dirk Theobald.



Dominique Heintz

 Professional Soccer Player
(Germany)

"FitLine products give me a feeling of greater well-being. I feel more relaxed and fitter after taking the products. Taking Activize Oxyplus gives me a lot more energy, whether while I am training or during a game. It increases my concentration and power. It is important for me to feel fit again and to recover quickly".

I have been using FitLine products since 2018, and regularly use FitLine Basics, Activize Oxyplus, Restorate, Munogen, Fitness-Drink and ProShape® (Amino).

My FitLine advisor is Dirk Theobald.



Konstantin Schad

 Vice President Sport Snowboard
Germany (SNBGER)

"I saw very positive effects from FitLine products after just a few weeks, and I have been impressed ever since. After many years in endurance sports, I saw up to a 10 percent increase in performance in almost every area in my first season preparing with FitLine. That's not normal".

I have been using FitLine products since May 2013, and regularly use FitLine Activize Oxyplus, PowerCocktail, ProShape® (Amino), Restorate, Basen Plus and Fitness-Drink.

My FitLine advisor is Martin Majhenic.



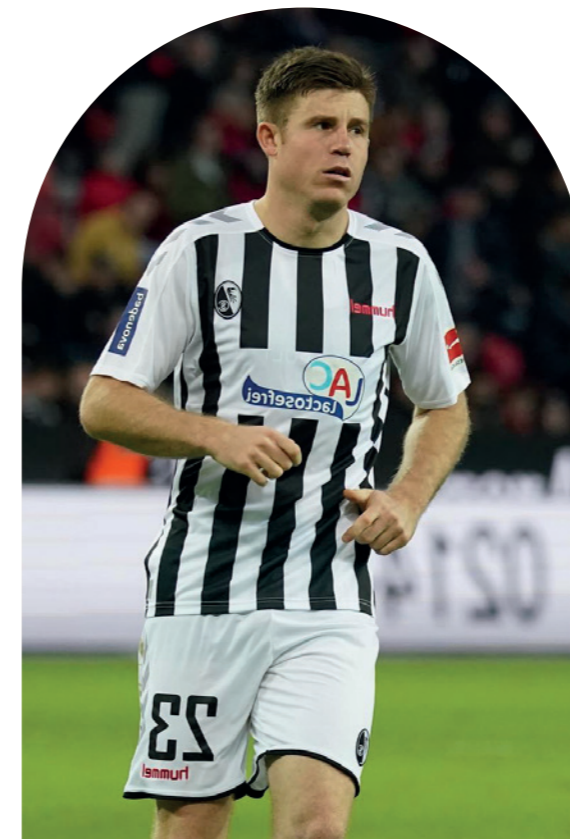
Melvyn Richardson

 World Champion U19
Handball (France)

"Since I am still very young, I am always expected to perform at a top level as a professional athlete. The products are an outstanding way to support my personal performance capabilities. I am very satisfied with FitLine products from an athletic standpoint, as well as in terms of my personal well-being".

I have been using FitLine products since June 2015, and regularly use FitLine Activize Oxyplus, Basics and Restorate.

My FitLine advisor is Adrien Rincheval.





Michael Parchment

 Multiple TAGB World Champion in Sparring - Taekwondo (Norway)

"I expect that the products I use and recommend offer the highest quality and the best results. I train at a high level of intensity, and that means that any tool I can use to improve my cardiovascular system is a bonus in helping me achieve my goals. The products I use regularly are Basics, Activate, Restore, Heart Duo and Munogen. Personally, I find this combination offers me outstanding results, helping me to train harder and improving my cardiovascular system and endurance".

I have been using FitLine products since October 2016, and regularly use FitLine Basics, Activate Oxyplus, Restore, Heart Duo and Munogen.

My FitLine advisor is Alexandra Vik.



Marzena Wadzynska

 Multiple World Champion Dragon Boat (USA)

"My name is Marzena Wadzynska, and I am a dragon boat paddler. I have been using FitLine products since 2014. As an athlete on the national team, the right nutrition and good nutritional supplements play a key role in every aspect of my training. FitLine has significantly improved my overall performance level. I am stronger at the gym and faster in the water. I also recover more quickly after taking FitLine products. I recommend the products not only to World Champion athletes, but to anyone interested in improving their general well-being".

I have been using FitLine products since 2014, and regularly use FitLine Activate Oxyplus, Restore, Fitness-Drink, ProShape® (Amino), Heart Duo and Munogen.

My FitLine advisor is Marzena Jonak.



Francesca Santi

 Bronze Medal World Cup Jump Gymnastics (Chile)

"Since I started my sports career, I wanted a premium supplement that would balance my wear and tear versus my regeneration. The FitLine products give me a lot of security, excellent results and they taste great. Since I consume them, I have not had the typical injuries of training, I recover much better and emotionally I remain stable. My routine biochemical tests are at perfect levels since I consume the FitLine products."

I have been using the FitLine products since February 2019 and regularly use FitLine Activate Oxyplus, Basics, Restore and ProShape All-in 1.

My FitLine advisor is PM-International Chile.



Tomasz Kowal

 Tomasz Kowal European Champion Strongman (Poland)

"When I discovered FitLine products, I had a very positive impression after just 3 weeks of use. The first result I saw was that my body was more efficient during weight training. I was also surprised by how fast and how well I could recover after training".

I have been using FitLine products since 2012, and regularly use FitLine Activate Oxyplus, Restore, Fitness-Drink, ProShape® (Amino), Joint- Health, Omega 3+E and Whey.

My FitLine advisor is PM-International - DSC Warsaw.



Brodie Seger

 **Nor-Am Cup Super G overall title Alpine Skiing (Canada)**

"As an alpine athlete it is very important to eat properly and to regenerate, which can be a challenge if you are constantly on the move during the competition season. The FitLine products have helped me feel more energetic, regenerate faster, regulate my digestion and strengthen my immune system. I am very pleased to be working with FitLine because I know that their products are safe for athletes and stand for high performance."

I have been using the FitLine products since April 2020 and regularly use FitLine Basics, Activize Oxyplus, Restorate and Fitness-Drink

My FitLine advisor is PM-International Canada



Yuliya Olishevskaya

 **European Champion 4 x 400m relay Track and Field (Ukraine)**

"Currently I am in the maternity leave, I recover and want to get in good shape to get back. For around 1 month I use the FitLine products: Activize, Basics and Restorate. What I want to mention - during the month I have been following all the rules how to take the products. I didn't take anything except of these products, because I wanted to experience them in the right way and get to know the complete effect of these products. I want to mention that my productivity has increased. Morning training used to be very difficult for me. It took time for me to wake up, and I needed to do some speed work. During almost the whole month I was able to do this, and I think it is because of the FitLine products. I began to recover very well. And, I can mention a very good effect for me - after a morning glass of FitLine Activize and Basics I didn't want to eat for a long time. I was full and until lunch I could not eat anything else. So, I can recommend the products to everyone, I like them very much and I will keep restoring and show high results together with FitLine."

I have been using the FitLine products since June 2020 and regularly use FitLine Activize Oxyplus, Basics and Restorate

My FitLine advisor is PM-International Ukraine



Tom Schnell

 **Luxembourgian Champion and Cup winner Soccer (Luxembourg)**

"It is about mental, I always want more, therefore I get prepared to be always the best of myself. It is my motivation to be better every day. I am taking the products for more than a year and I see the difference. I feel better, I am less tired so overall it is beneficial for me. I use PowerCocktail and Activize in the morning and these two are my favorite drinks. After training and before I go to bed, I use Restorate daily and it helps a lot."

I have been using the FitLine products since 2018 and regularly use FitLine PowerCocktail, Activize Oxyplus and Restorate.

My FitLine advisor is Raul Gabellini.



Wenke Kraus

 **Vice federal champion Dressage (Germany)**

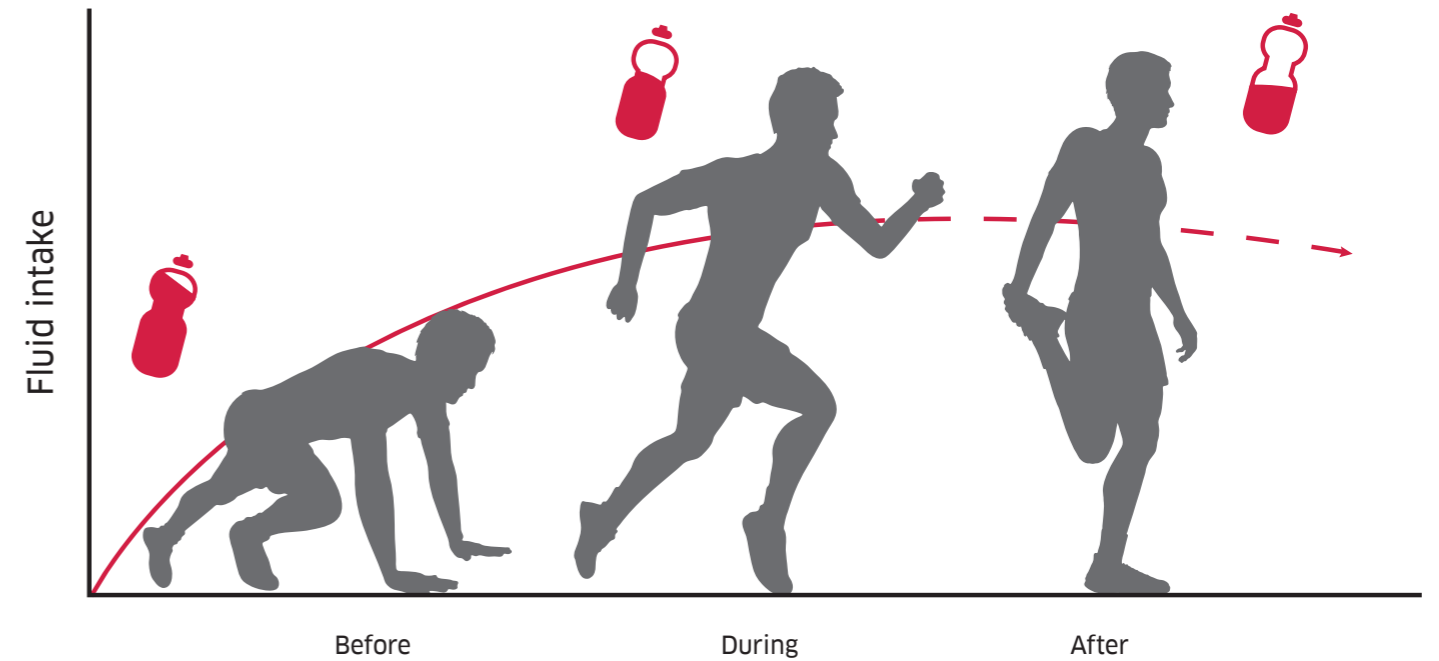
"I got to know the FitLine products in June 2020, today I don't want to cut them out of my day, with the PowerCocktail and the Activize I start fit in daytime. I was able to increase my daily load even more, but still feel fitter than before that time. I have a longer concentration phase, which improves my performance considerably, muscle cramps, high tournament load and stress are largely absent. I have regained my quality of life through the products."

I have been using the FitLine products since June 2020 and regularly use FitLine PowerCocktail, Activize Oxyplus, Restorate, Fitness-Drink and ProShape® (Amino)

My FitLine advisor is Henning Müller.



ENDURANCE



The FitLine Fitness-Drink is a great choice for any phase of your workout.

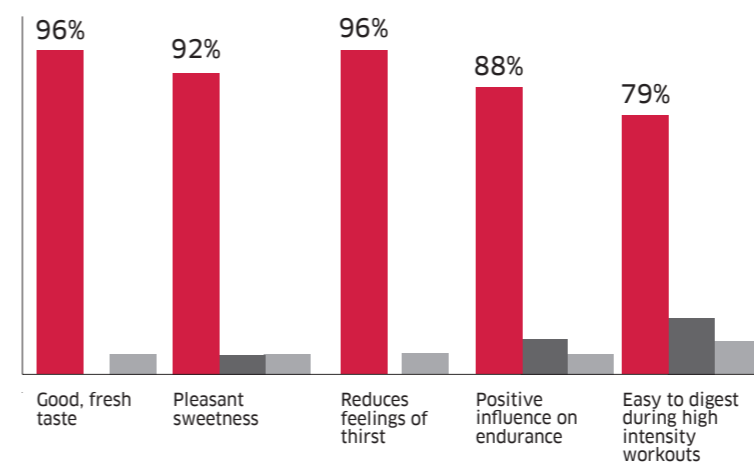
Fitness-Drink



Carbohydrates are of great significance in sporting activities where endurance is called for, as these must be available for the gaining of energy and working with the muscles. The sports-people-optimized isotone carbohydrate electrolyte solution of Fitness-Drink contributes to maintain capacity performance over longer time periods of training where endurance is important.

- NTC® supports optimum nutrient intake
- A 3-stage concept (before - during - and after sporting activities)
- Carbohydrates before, during and after sporting activities
- Mineral substances before and after sporting activities
- Magnesium supports the functions of the muscular tissues and contributes to reduce tiredness and fatigue
- Greater stomach tolerability even under conditions of high-performance capacities

■ Agree ■ Neutral ■ Do not agree



A user study showed exclusively positive results





Felix Tan


 Top 5% of global Ironman athletes Triathlon (Malaysia)

“Thanks to FitLine products, I not only enjoy good health - they are also a great support for my everyday training. The FitLine Optimal-Set, and the Fitness-Drink in particular improve my energy production, concentration and endurance during long training sessions”.

I have been using FitLine products since 2011, and regularly use FitLine Fitness-Drink, Activize Oxyplus, PowerCocktail, Restorate, Omega 3+E and Q10 Plus. My FitLine advisor is PM-International Malaysia.



Selina Kickinger

 Austrian Youth Champion Gymnastics (Austria)

“I recover much quicker and I am ready to go when I get up in the morning. I can retain my concentration longer, and my muscles don't get fatigue so quickly. I need less sleep, but still feel awake. In addition, I heal from infections more quickly”.

I have been using FitLine products since March 2019, and regularly use FitLine Activize Oxyplus, Restorate, Fitness-Drink, PowerCocktail and PowerMeal.

My FitLine advisor is Andreas Ziegelwanger.



Domenico Solombrino

 Multiple class winner VLN endurance Championship Motorsport (Germany)

“I am absolutely enthusiastic about the FitLine products! Especially on the long training days and race weekends on racetracks I notice a significant performance plus - which in the end can mean the decisive tenths of a second between victory and defeat. The FitLine products are part of everyday life, on training days or on race weekends. Maintaining concentration, avoiding cramps and, above all, the regeneration is the absolute key point for me. With FitLine, I feel more powerful and more concentrated over a significantly longer period of time”.

I have been using the FitLine products since April 2018 and regularly use FitLine PowerCocktail, Restorate, Activize Oxyplus, Antioxy (Zellschutz) and Fitness-Drink.

My FitLine advisor is Christine Schrage.



Oliver Grob

 Swiss Champion Speed Skating (Switzerland)

“FitLine products help me generate strength and power. I have been drinking the PowerCocktail with Omega 3 drops every morning since March of 2012. In the evenings, I enjoy a Restorate Exotic with Joint-Health. They give me an optimal supply of vitamins and minerals, as well as plenty of power and endurance. My favorite product is the Fitness-Drink, which I use before, during and after training”.

I have been using FitLine products since March of 2012, and regularly use FitLine Fitness-Drink, PowerCocktail Activize Oxyplus, Restorate, Omega 3+E and ProShape All-in 1.

My FitLine advisor is Dr. Monica Bernhart.



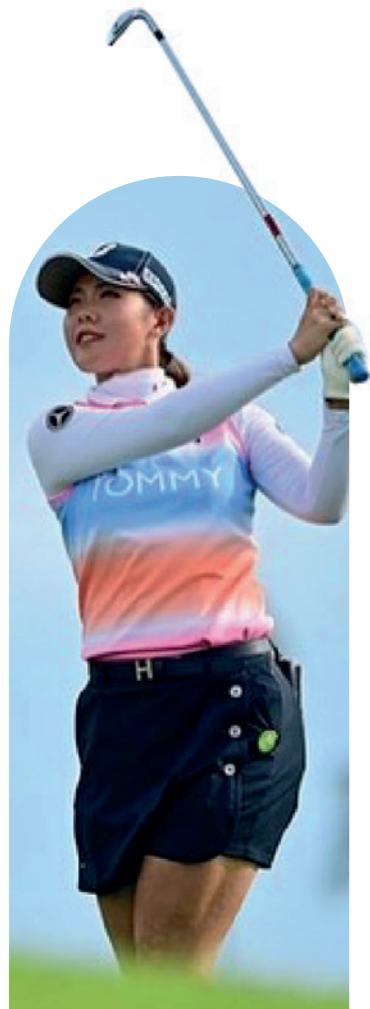
Yuri Yoshida

 4th place World Ladies Championship Salonpas - Golf - (Taiwan)

"I am having the Fitness-Drink when playing Golf and it shows by greatly contributing to my performance."

I have been using the FitLine products since 2020 and regularly use FitLine PowerCocktail, Activize Oxyplus, ProShape® (Amino), Antioxy (Zellschutz), Beauty, Joint-Health.

My FitLine advisor is PM-International Taiwan.



Yvonne Ruch

 Multiple World Champion Bowling (Germany)

"I became familiar with FitLine products in June of 2015. Even after taking them for just a short time, I realized I felt much better. I perform much better despite maintaining the same training load and feel a lot more energy and power. My concentration during competitions has improved significantly, and my performance is more consistent and better, especially thanks to the Fitness-Drink, which I use before, during and after training or competitions".

I have been using FitLine products since June 2015, and regularly use FitLine Fitness-Drink, PowerCocktail, Restorate, Antioxy (Zellschutz), Activize Oxyplus, Joint-Health and ProShape® (Amino).

My FitLine advisor is Christian Reuter.



Christian Schwarzer

 World Champion Handball (Germany)

"FitLine helps me perform better and improves my immune defenses. FitLine Activize, and the Fitness-Drink in particular, have helped me a lot in my run for the title and my active career. I still use FitLine Basics, Activize, Fitness-Drink, Joint-Health and Restorate every day".

I have been using FitLine products since October 1998, and regularly use FitLine Fitness-Drink, PowerCocktail, Activize Oxyplus, Restorate, Joint-Health, ProShape® (Amino), Antioxy (Zellschutz), Fruit Bars, Protein and Generation 50+.

My FitLine advisor team is Detlev Hebel and Klaus Christiani.



Fu Fang Zyun

 Gold Medal NanGun Men's Wushu (Malaysia)

"Before I started taking FitLine products, I felt tired very quickly after just two and a half hours of training. The FitLine Fitness-Drink improved my endurance while shortening my recovery time from five to three minutes after a training session".

I have been using FitLine products since March 2016, and regularly use FitLine Fitness-Drink, Activize Oxyplus, Basics and Restorate.

My FitLine advisor is Master Ro Bin, Ho.



Wong Wai Kin

 Mount Everest and Mount Lhotse summiteer - Mountaineer & Adventure Sports (Hongkong)

"Being a Mount Everest 8,848m and Mount Lhotse 8,516m summiteer, and an international endurance athlete, I need to push my body and mind to the farthest possible limit. FitLine nutritional supplement products give me energy and good condition to make difficult things really possible".

I have been using the FitLine products since May 2019 and regularly use Activize Oxyplus, Basics and Fitness-Drink.

My FitLine advisor is Michelle Cheng.



Hanna Orthmann

 Winner Challenge Cup Volleyball (Italy)

"I started using the optimal set some time ago. I like the taste a lot especially the PowerCocktail mixed with some Activize. It gives me energy in the morning. After a lot of practice and workout I like to take Restorate in the evening for a better recovery. Optimal set combined with other products like Munogen and the Fitness Drink are helping me to improve my performance as an athlete and to recover faster".

I have been using FitLine products since December 2018 and regularly use FitLine PowerCocktail, Activize Oxyplus, Restorate, Fitness-Drink, ProShape® (Amino) and Munogen.

My FitLine advisor is Emilio Scuteri.



Rivaldo Vitor Borba Ferreira

 World Champion & World soccer player - Soccer (Brazil)

"I got to know the FitLine nutritional supplements through a personal contact and was immediately convinced of the results. I also appreciate the quality, the tolerability and the commitment to a clean sport. Even after my professional career I would like to stay fit and the FitLine products help me to achieve this".

I have been using FitLine products since 2020 and regularly use FitLine PowerCocktail, Activize Oxyplus and Restorate.

My FitLine advisor is PM-International Americas.



Mariana Mohammad

 TRI-Factor Asian Championship Series - Duathlon (Malaysia)

"As a sport person, it is important that all the supplements that I consume are safe and doping free. I chose FitLine supplements (Optimal set and Fitness Drink) because the products are easily digested, taste reasonably good and it came in easy packaging or sachets enable me to carry it wherever I go. FitLine Activize works tremendously by boosting my energy level and I am able to race confidently while FitLine Restorate works really well. I definitely recommend FitLine products to other athletes".

I have been using FitLine products since April 2013 and regularly use FitLine Basics, Activize Oxyplus, Restorate und Fitness-Drink.

My FitLine advisor is Paul Yung.



SUPPLY OF MINERALS & TRACE ELEMENTS.



Restorate

DAILY

AFTER SPORT




Regular recuperation intervals are just as important for sportspeople, as a correctly dosed loading, as training adjustments take place during the recuperation and regeneration-time period. FitLine Restorate contains the optimum combination of minerals substances.

- NTC® supports optimum nutrient intake
- Supply of mineral substances
- Rich in magnesium - contributes to ensure a normal functioning of the nervous system and a normal functioning of the muscle tissue
- With Zinc contributes to the maintenance of normal hair, nails and skin
- Iron, copper, selenium, zinc and vitamin D contribute to a normal functioning of the immune system
- Contains natural herbal aromas



YeBin Yang

 National 400m record holder Women's Track and field (South Korea)

"There are two main reasons that I chose FitLine products: safety of products and optimal formula of nutrients. All of FitLine nutrition products are listed on Cologne List®, and the fact that the exclusive Nutrient Transport Concept (NTC®) delivers the nutrients exactly when they are needed and where they are needed, were the greatest appealing points for me. Currently, Restorate, Activize, and Munogen are my main products and I can clearly say that FitLine is a big part of my routine.

I take Power Cocktail immediately, when I wake up in the morning, and I take Activize and Munogen 30 minutes to 1 hour before my training sessions. Moreover, I consume Restorate right after my training session, and before I go to bed. Among these products, Activize is definitely my favorite product. In my sport of short distance running, explosiveness is one of the most important aspects of the sport.

Whenever I take Activize before my competition and training session, I definitely feel more explosiveness within my leg muscles, which ultimately leads to better performance. Not only that, the fact that the product tastes good, makes it a super supplement for me. I will make sure to payback all the love and support with great results in world-class competitions with FitLine!"

I have been using FitLine products since September 2019, and regularly use FitLine Power Cocktail, Activize Oxyplus, Restorate, Munogen, and Joint-Health.

My FitLine advisor is GwangMo Seo.



Joni Berg

 Finish Champion Judo (Finland)

"The rise of results is better and faster than before. I can train better. Oxygen uptake and concentration are also better. My health level is also better.

Before I had muscle cramps in my feet. Now I don't have those at all. In the morning I am not stiff anymore. Before I sweat a lot, now it has leveled. I am very satisfied with the FitLine products."

I have been using FitLine products since November 2016 and regularly use FitLine Basics, Activize Oxyplus, Restorate, Fitness-Drink and ProShape® (Amino).

My FitLine advisor is Anne Tapio.



Bernd Schneider

 5 times DTM record champion Motorsport (Germany) 2x winner 24hrs Nürburgring, 2x winner 24hrs Spa, winner 12hrs Bathurst, winner 24hrs Dubai and FIA GT world champion

"When I started taking the FitLine products in January 2007, I did not really expect much. This is probably the best prerequisite to feel any results at all. In any event, my recuperation and regeneration are much better. When I take Restorate in the evening, the day after is much better and I can then equal my performance of the day before. I feel much fitter since taking the FitLine products."

I have been using the FitLine products since January 2007 and regularly take: FitLine Restorate, Basics, PowerCocktail, Activize Oxyplus, Fitness-Drink, Basen Plus, Q10 Plus, Omega 3+E, Antioxy (Zellschutz), Activize® PowerDrink and Protein.

My FitLine service team is formed by Günther Beck, Toni Mathis and Hans-Jürgen Mattheis.



Ryuga Higashi

 National Champion Beach Soccer (Japan)

"I am using FitLine products in a variety of ways, depending on the situation. Before I started using them, I was in a spot where my strength coach was shaken by how my condition changed from day to day, almost as if I was a different person each time. I had a really hard time maintaining my fitness, but with FitLine products coming into my life, I finally found my fitness beginning to stabilize.

This connected to the necessary improvements in my practice routine and my condition in games began reflecting a level of body control that allowed me to do the things I want to do at the time I want to do them. I am really grateful to have encountered FitLine products. I still want to keep on reaching higher stages from here on. And I want to build my own legend and history. In this sense the FitLine products will be part on the path I must take to climb those stairs. I am grateful for the encounter thank you very much."

I have been using the FitLine products since 2020 and regularly use FitLine Basics, Activize Oxyplus, PowerCocktail and Restorate.

My FitLine advisor is PM-International Japan.



Achim Heukemes

 10x Ironman M55 World Champion - Vice World Champion 24h time trials and duathlon (Masters) - 6 World Championships in 5 years / 5 medals - Extreme sports (Germany)

"FitLine products have been the right choice for me in my extreme races and competitions for over 20 years. Especially in my sport, where competitions can last for days, weeks or months, I have always been able to trust FitLine products thanks to their unique action on the cellular level, their quick availability for endurance sports. Without Activize, Basics, Restorate, Antioxy (Zellschutz) and Fitness-Drink, I would not have been able to maintain this level of performance."

I have been using FitLine products since February of 2001, and regularly use FitLine Restorate, PowerCocktail, Activize Oxyplus, Fitness-Drink, Omega3+E, Q10 Plus, Antioxy (Zellschutz), ProShape® (Amino), Protein, Joint-Health, Beauty and Generation 50+.

My FitLine advisor is PM-International Speyer.



Renato Marni

 Multiple World Champion Taekwondo (Switzerland)

"I believe that sports and physical well-being are two key pillars of my life. To maintain these, you need a strong mental structure and good, healthy daily workouts. Products by FitLine provide excellent support in developing my performance."

I have been using FitLine products since December of 2007, and regularly use FitLine Restorate, Basics, Activize Oxyplus, Activize Sensitive, Q10 Plus, Omega 3+E, Fitness-Drink, Antioxy (Zellschutz) and ProShape 2 go White Choco.

My FitLine advisor team is Sandra Camenisch and Kathrin Meisser.



Kalvis Kalnins

 European Champion Karate (Latvia)

"FitLine products are highly recommended by the Latvian sports committee, since these products are highly effective in promoting recovery and take a comprehensive approach to nutrition before, during and after the training process. They are also safe and do not violate anti-doping regulations, while supporting the body's daily metabolism!"

I have been using FitLine products since 2016, and regularly use FitLine Activize Oxyplus, Basics and Restorate Exotic.

My FitLine advisors are the Latvian committee, Maris Brieze, Adis Liepins.



Linda Johansson

 SAFFs Female Player of the Year American Football (Sweden)

"FitLine gives me the best foundation to be successful. My sport demands explosive performance, and I have to be able to activate many different muscle groups at the same time. My body is exposed to extreme physical stress, and only has a short time for recovery and regeneration during the season. I also generally, feel much better overall".

I have been using FitLine products since February 2017, and regularly use FitLine Restorate, Activize Oxyplus, Basics, Fitness-Drink, Heart Duo and ProShape® (Amino).

My FitLine advisor is Catarina Lindberg.





SeoYoung Wi

 Junior World Champion Women's Figure Skating (South Korea)

"By consuming FitLine products, I was able to feel their significance. Figure Skating is a sport which requires lot of attributes, such as endurance, strength, and strong core muscles. Restorate is one of my favorite FitLine products, which greatly helps me on my muscle regeneration after high intensity training. Not only that, it also contributes to my reduction of muscle tensions and stress. This factor smoothly translates to my improved condition the next day, which enables me to train as hard as I can, no matter how tough the training was the day before. I strongly recommend FitLine products to all the athletes in the world out there. I am confident in the fact that I will exhibit much more beautiful and complete performance with these FitLine products. FitLine Forever!"

I have been using the FitLine products since August 2020, and regularly use FitLine Power Cocktail, Activize Oxyplus, Restorate, Munogen and Whey.

My FitLine advisor is YoungRok Lee.



Michela Crispino

 1st place Sydney Trail Series 10 km AK - Trail running - Italy / Australia

"After my sponsor introduced me to FitLine products I've seen quick results in my energy levels. I completely eliminated my daily habit of having 4 -5 double espresso shots and I don't feel lethargic anymore. I'm also using FitLine in my preparations for my sporting events as they are natural and doping tested."

I have been using the FitLine products since 2016 and regularly use FitLine PowerCocktail, Activize Oxyplus, Restorate, ProShape All-in 1, ProShape® (Amino), Fitness-Drink, Joint-Health, Active Gel, Munogen and Herbaslim Tea.

My FitLine advisor is Giulia Romanelli.



Michela Crispino
1st place Sydney Trail Series 10 km AK - Trail running - Italy / Australia



Claudio Quintana Spider

 Sonda World Champion in World cup Brazil of Kung fu - MMA / Kickboxing (Chile)

"During my sports career I had never supplemented because of the risk of being tested positive for doping before a fight. With FitLine products I found the perfect supplementation for my sports career, the maximum security it gives me, the excellent and fast results; plus, the flavors are really natural."

I have been using the FitLine products since November 2018 and regularly use Activize Oxyplus, PowerCocktail, Restorate, Q10 Plus, ProShape All-in 1, Munogen.

My FitLine advisor is Enzo Carvajal Nuñez.



Ippei Yoshigoe

 Japanese Champion - Ski Cross (Japan)

"I immediately noticed a change in my body when I used FitLine products for the first time. From there on I started drinking FitLine products every morning, evening and at training. The products are easy to drink and taste really good. I am really looking forward to the changes my body will undergo."

I have been using FitLine since 2020 and regularly use FitLine Basics, Activize Oxyplus, PowerCocktail und Restorate.

My FitLine advisor is PM-International Japan.

Antioxy (Zellschutz)*



Function of the immune system

- NTC® supports optimum nutrient intake
- With citrus extract, rich in natural organic flavonoids
- With Vitamin C and the trace element selenium, which contributes to protect the cells from oxidative stress
- Vitamin C contributes to a normal functioning of the immune system

**contains Selenium, Vitamin E, Vitamin C which contribute to the protection of cells from oxidative stress*

Basen Plus



Basen Plus was especially developed to provide the body with supplementary alkaline minerals**, which in conjunction with Restorate* regulate the acid- alkaline balance under conditions of particular stresses and strains

** Zinc contributes to normal acid-base metabolism
**Magnesium contributes to regulate the electrolytic balance of the body*

Q10 Plus



Coenzyme Q10 and vitamin E in its fluid form, the preparation serves an improved systematic bioavailability:

- NTC® supports optimum nutrient intake
- Vitamin E contributes to protect the cells from oxydative stress

Omega 3+E/Omega 3 vegan



Multi-processed essential unsaturated fatty acids have the effect of being 'fitness makers' for the brain and the circulatory system, and for a normal brain function*

- NTC® supports optimum nutrient intake
- *Contains DHA, which contribute to a normal brain function, from just 250mg

Vegan: first 100% plant-based Omega 3 from sustainable source, fishy taste free (with high EPA and DHA content)

Heart Duo/Heart Duo vegan



Omega 3 in conjunction with vitamin E and microSolve-Q10 contribute in stabilising the functions of the brain* and the heart**

- *Just 250mg of DHA / day help maintain normal brain function
- **Just 250mg of EPA and DHA / day help maintain normal cardiac function
- **Now also available in a vegan option with no fishy taste**



Ho Ro Bin, Malaysia, Wushu, World Wushu Championship Hanoi

Munogen



An exclusive, comprehensive combination of several natural ingredients with synergetic effects. To take also before intensive training sessions.

- Reduce fatigue (endurance sports, weight training, physical activity)
- With natural, high-quality green apple, grape and red spinach extracts, com bined with highly pure L-Arginin and L-Citrullin

**Vitamin B6, B12 and folic acid contribute to the reduction of tiredness and fatigue*

BEFORE SPORTS

Joint-Health



FitLine Joint-Health with glucosamin, chondroitin and vitamin C, which contributes to a normal collagen formation, thus enabling a normal function of the bones and cartilages.

- NTC® supports optimum nutrient intake
- Zinc contributes to the maintenance of normal bone tissue
- Copper contributes in maintain normal connective tissue.

It can also be combined with FitLine Restorate.

PowerMeal



Balanced total supply of a high-grade energy component, vitamins, mineral substances and high protein content. It should be taken with plenty of fluids. It is digested rapidly and well in cases of time-intensive stress. The robust bar for demanding activities (in training camps, mountain and cycle tours, expeditions, days in the office or on long car journeys, etc.)

BEFORE/DURING SPORTS

FOR MUSCLES

The body builds up muscle tissue during sporting activities and mobility and maintains these. For the purposes, the muscles need to be supplied with sufficient protein and/or essential amino acids.



BEFORE/AFTER SPORTS

ProShape® (Amino)

Rich in essential amino acids - to maintain and increase muscle mass*.

FitLine ProShape® (Amino) is a nutritional supplement designed specifically for athletes

**Proteins (amino acids) help maintain and increase muscle mass.*



BEFORE/AFTER SPORTS

Protein Max

An exclusive protein bar with 50% proteins. A product for athletes and everyone who want a protein snack to support their training. Take with plenty of liquid.

- It contributes to a growth in muscle mass
- With essential amino acids that contributes to growing and maintaining muscle mass*.

**High protein content, protein contributes to a growth in muscle mass.*



BEFORE/AFTER SPORTS

Protein

With a high protein content (30 %) - protein helps maintain and increase muscle mass. A delicious protein snack for anyone - and particularly for active athletes. Take with plenty of liquid.

- With all the essential amino acids that contribute to growing and maintaining muscle mass
- With calcium, to maintain normal bones



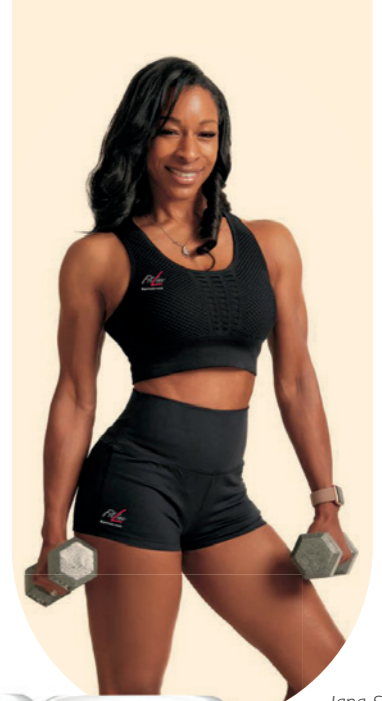
AFTER SPORTS

Whey

- For muscle building - proteins help increase and maintain muscle mass
- High-quality protein with a balanced amino acid profile
- Low fat, highly soluble in any (cold) drink, without added sugar

GET IN SHAPE

The topic of sports and bodyweight has many aspects. In top performance sports, there exists an optimum competitive bodyweight, or competitions within bodyweight classifications. During leisure time activities, bodyweight management is exercised through exercise and diet changes purposes, the muscles need to be supplied with sufficient protein and/or essential amino acids.



Jana Stewart
USA - Body/Fitness
Professional Athlete



ProShape All-in-1

NEW: vegan, lactose-free formula with 3 vegan sources of protein. For a practical weight management* solution and to achieve your personal target weight

- Green coffee bean extract
- Green Mate extract
- Stinging nettle extract

**Replacing two daily meals as part of a low-calorie diet involving meal substitutes can help you lose weight. Must be combined with additional measures. Ensure that other meals are prepared using low-fat, low-calorie methods. The product will only achieve its desired purpose as part of a low-calorie diet.*



ProShape 2 go

Full meals* with the patented ProShape All-in-1 recipe, for enjoying on the go

- 64g bars (Choco and White Choco Slim) for optimal satisfaction.
- 100% of the effective ingredients found in ProShape All-in-1
- Fast and easy meal replacement.



Go Green FitLine ProShape 2 go

- 62g bars Choco Crunch
- With a natural chocolate flavor
- 100 % Vegan meal replacement

** Substituting two daily meals of an energy restricted diet with meal replacements contributes to weight loss.*



Bruno Spengler

 DTM-Champion
Motorsports (Canada)

"I am impressed by FitLine products, since there is such a wide variety of products available. I mix the FitLine PowerCocktail with Q10 and Omega 3, which is a great way to start my day. The fruit bars give me a boost of energy throughout the day and are my absolute favorite bar."

I have been using FitLine products since January of 2007, and regularly use FitLine Basics, Activize Oxyplus, Restore, Fitness-Drink, Basen Plus, Omega 3+E, Q10 Plus, fruit bars and Protein.

My FitLine advisor team is Günther Beck, and PM-International Germany.



Yvonne Haug

 World Champion Pole Sport and
Pole Artistic - Pole Sport (Germany)

"In pole sports, athletes are expected to deliver four minutes of top performance. The training is extremely extensive and puts the body under every kind of stress. It primarily consists of weight and endurance training, as well as improving and maintaining flexibility, although cognitive performance also plays a major role. FitLine helped me improve my general well-being (concentration and body sensation) and balance out specific muscular imbalances very quickly".

I have been using FitLine products since September 2018, and regularly use FitLine Activize Oxyplus, PowerCocktail, Restore, Fitness-Drink, ProShape® (Amino) and Protein.

My FitLine advisor team is Christiane and Peter Sgolik.



Dmitriy Zhelyabin

 Vice European Champion
Pole vaulting (Russia)

"I chose FitLine products because they are reliable, simple and efficient. The products have helped me with my joint problems. That is why I use Joint-Health from FitLine regularly."

I have been using FitLine products since May 2018, and regularly use FitLine Joint-Health, Restore, Activize Oxyplus, Basics, Pro-Shape® (Amino).

My FitLine advisor is PM-International Russia.



Carolin Schäfer

 Vice-World Champion
Heptathlon (Germany)

"Heptathlon means to perform on two full days at the energy limit. I depend on a continuous basic care throughout the day. Fast and reliable energy between disciplines gives me the Activize Oxyplus."

I have been using FitLine products since May 2014, and regularly use Activize Oxyplus Sensitive, Restore, Fitness-Drink, Protein, PowerMeal, ProShape 2 go Choco and White Choco Slim.

My FitLine advisor is Rainer Scholtz.



Mario Zwingmann

 WFF Mr Universe Pro Sports Model Natural Bodybuilding (USA)

"I use Activize around 15 minutes before working out, or between my first two meals, alongside Munogen. Munogen is relatively new, and I totally love it. On non-workout days I drink Restorate an hour before going to bed. Another product I would recommend is Heart-Duo, which combines great-tasting and effective Omega 3 with Q10 to protect my cardiovascular system. It also has positive effects on my skin".

I have been using FitLine products since June 2016, and regularly use FitLine Activize Oxyplus, Basics, Restorate, ProShape®(Amino), Heart-Duo and Munogen.

My FitLine advisor is Marzena Jonak.



Markus Hörmann

 Ironman Barcelona 08:15:23h - Triathlon (Germany)

"FitLine provides extremely good support for my metabolism! With long distances, in particular, it is unbelievably important to ensure your body gets everything it needs. With FitLine, I can get everything my cells need to maintain a great acid-base balance and make me much more energetic. Of course, FitLine doesn't replace balanced nutrition. But FitLine is my absolute best "secret weapon" for balancing out the deficits caused by the denaturalization of our food supply".

I have been using FitLine products since July 2015, and regularly use FitLine PowerCocktail, Activize Oxyplus, Restorate, Heart-Duo Vegan, Joint-Health, Munogen and Feel Good Yoghurt Drink.

My FitLine advisor is Manfred Hohenleitner.



Philipp Kohlschreiber

 BMW Open Champion and Davis Cup Team - Tennis (Germany)

"For me as a professional athlete, good and balanced nutrition is essential. Of course, this includes high-quality nutritional supplements as well. As a professional tennis player, I am on the go almost all year round, and sometimes it can be tough to get balanced nutrition. But with products from FitLine I have just the supplement I need - even on the other side of the world."

I have been using FitLine products since December 2007, and regularly use FitLine Basics, Activize Oxyplus, Restorate, Fitness-Drink, Protein and ProShape 2 go Choco Slim.

My FitLine advisor is Claude Simon.



Hans-Peter Durst

 Multiple Gold Medal Winner Summer Games individual time trials/Road racing - Paracycling three-wheeled cycles (Germany)

"FitLine products have been a fied part of my intensive training months, training camps and paracycling championships for years. I am impressed by and excited about FitLine products. As a passionate professional athlete, these products are clearly structured, easy to integrate into my everyday training, and a great choice even for travelling to competitions and for training camp. My absolute favorite products are the White Choco Slim bars as a treat, fruit bars, which I keep in my back pocket during every training session. The Feel Good Yoghurt is just fantastic - a great way to rejuvenate your gut flora every day. FitLine - an ideal partner for me and my concept of "Konnichiwa Tokyo 2021- Machikirenai !!!" - on the road to Tokyo 2021".

I have been using FitLine products since December 2016, and regularly use Activize Oxyplus, Restorate, Joint-Health, Heart Duo, Feel Good Yoghurt & Yoghurt Drink, Basen Plus, ProShape 2 go Choco Slim and fruit bars.

My FitLine advisor is Team PM-International Germany.



JaeYoung Jang

 World Junior Baseball Championship Top 3 Ranker Men's Baseball (South Korea)


Professional Baseball is a sport which requires high level of strength, speed, and concentration. After ingesting FitLine products, I felt definite improvement with my conditioning, and also felt my attributes such as endurance and strength improving as well. Moreover, like many other sports, baseball is a sport, which involves a lot of different kinds of injuries. Obviously, some injuries are minor, and some injuries can be considered rather serious. However, after taking FitLine products, I definitely felt that I was recovering quicker from these minor injuries than before. However, after taking Restorate, frequency rate of these muscles cramps became substantially low, and made me able to go through my training sessions smoothly. I strongly recommend FitLine products to any athletes out there, and even to the general public, who wants to have a healthier lifestyle.

I have been using FitLine products since September 2020, and regularly use FitLine Power Cocktail, Activize Oxyplus, Restorate, Munogen, and Whey.

My FitLine advisor is Derek Kim.



Håkon Erlandsen Skog

 Highest (8848 metres) & coldest (-42 degrees centigrade) concert in the world Mountain Climbing (Norway)

"During my training and my expeditions my whole body is heavily used. There is a total wear and tear as one day on an expedition lasts up to 18 hours. And when this is repeated over time, the total burden is the challenge. I have previously used another product line and must honestly say that the FitLine products are easier to use and they work more efficiently! It also seems that FitLine products are clean, because they are produced on a high-quality level.

My favorite product is Munogen. Oxygen level in the body is a very important success factor that is crucial to the outcome of an expedition. With my use of Munogen, I climbed Mount Everest without problem and altitude sickness. As part of my expeditions, I play saxophone on top, which is extremely demanding for lung function in the thin air. So far, I have managed to do this."

I have been using the FitLine products since February 2019 and regularly use FitLine PowerCocktail, Activize Oxyplus, Restorate, Munogen, Protein and PowerMeal.

My FitLine advisor is PM-International Norway.



Stanislav Horuna

 European & World Games Champion Karate (Ukraine)

"I started using the FitLine products for my everyday training and the preparation before a competition. From everything I ever tried before the FitLine products suit me the most. In the morning I take FitLine Activize, Basics and Munogen. I use FitLine Restorate before I go to sleep. Altogether they improve my immune and digestive system as well as the energy level. I can feel the effect after using them immediately. They help me to stay energized and well during long periods. That is why I can recommend the products, because I think they are the" best supplements for professional athletes.

I have been using FitLine products since January 2020 and regularly use FitLine Basics, Activize Oxyplus, Restorate and Munogen.

My FitLine advisor is PM-International Ukraine.



Anton Saeten

 Silver Medal Free Ski Cup West Norway - Freestyle Skiing (Norway)

In 2015 I was introduced to FitLine and I have stayed strong and healthy ever since. Now I do Free Skiing. FitLine gives me the focus I need when I hit the biggest jumps and it helps me stay injury free and well recovered. I love the products and it is part of my everyday habit like brushing my teeth. I take the Optimal-Set, ProShape® (Amino), Heart-Duo and Munogen. Protein and PowerMeal are perfect "fast-food" in my backpack when I am skiing.

I have been using FitLine products since Spring 2015 and regularly use FitLine Basics, Activize Oxyplus, Restorate, ProShape® (Amino), Heart-Duo, Fitness-Drink, Protein, PowerMeal and Munogen.

My FitLine advisor is Berit Saeten.

MEDALS AT THE 2016 SUMMER GAMES

FitLine congratulates all athletes on their world class performance!

Kristina Vogel (BDR)	Cycling Track / sprint
Pepo Puch (ÖSH)	Riding / Dressage - Single
Franziska Weber / Tina Dietze	Canoe / 500m two-man kayak
Franziska Weber / Tina Dietze / Sabrina Hering / Steffi Kriegerstein	Canoe / 500m four-man kayak
Martina Willing	Handicap track and field / javelin
Pepo Puch (ÖSH)	Riding / Dressage freestyle
Walter Ablinger (ÖSH)	Hand bike / individual time trials
Thomas Frühwirth (ÖSH)	Hand bike / individual time trials
Mendy Swoboda (ÖSH)	Handicap canoe / 200m sprint
Kristina Vogel / Miriam Welte (BDR)	Road cycling / sprint
Yvonne Frank	Hockey
Andreas Onea (ÖSH)	Handicap swimming / 100m breast stroke
Günther Matzinger (ÖSH)	Handicap track and field / 400m sprint
Krisztian Gardos (ÖSH)	Handicap table tennis / singles
Natalija Eder (ÖSH)	Handicap track and field / javelin

A strict selection process takes place to qualify for participation in the Summer and Winter Games. From the many tens of thousands who applied, only 7,000 athletes from 159 countries managed to qualify for the Winter Games. Around 10,000 athletes made it to the Summer Games. And in the end only the best of the best received a medal. A total of just 900 medals (Summer Games 2016) and 500 medals (Winter Games 2018) were available for distribution and FitLine was able to congratulate a total of 85 medal winners.

FitLine is the official supplier for nutritional supplements to the following sports federations: 'DSV' (German Ski Federation), 'ÖESV' (Austrian Ski Federation), PZN (Polish Ski Federation), Swiss Sliding and 'BDR' (German Cyclists Federation). The quality of the FitLine sports nutritional supplements and their exemplary support work for top performance sports have caused the 'OeSH'-Austrian Sports' Aid to recommend the FitLine products to its 500 athletes.

The entire FitLine team congratulates all the athletes, because it is wonderful to be able to compete in Winter and Summer Games. Winning a medal is dream for any world-class sportsperson. We wish all athletes continued success and wins.



MEDALS AT THE 2018 WINTER GAMES

FitLine congratulates all athletes on their world class performance!

Andreas Wellinger (DSV)	Ski jumping (normal hill)
Arnd Peiffer (DSV)	Biathlon Sprint (10km)
David Gleirscher (ÖSH)	Sledging 2 seat
Eric Frenzel (DSV)	Nordic combination normal hill - cross-country skiing
Eric Frenzel / Johannes Rydzek / Fabian Rießle / Vinzenz Geiger (DSV)	Nordic combination - team
Johannes Rydzek (DSV)	Nordic combination large hill - cross-country skiing
Kamil Stoch (PZN)	Ski jumping (large hill)
Laura Dahlmeier (DSV)	Biathlon Sprint (7.5km)
Laura Dahlmeier (DSV)	Biathlon pursuit (10km)
Marcel Hirscher (ÖSV)	Alpine Skiing Super Combination
Matthias Mayer (ÖSV)	Alpine skiing super-G
Andreas Wellinger (DSV)	Ski jumping (large hill)
Anna Veith (ÖSV)	Alpine skiing super-G
German national ice hockey team (DEB - 25 players)	Ice hockey
Fabian Rießle (DSV)	Nordic combination large hill - cross-country skiing
Karl Geiger / Stephan Leyhe / Richard Freitag / Andreas Wellinger (DSV)	Ski jumping (team jumping)
Katharina Althaus (DSV)	Ski jumping (normal hill)
Katharina Liensberger / Katharina Gallhuber / Michael Matt / Marco Schwarz / Stephanie Brunner / Manuel Feller (ÖSV)	Alpine skiing team event mixed
Peter Penz / Georg Fischler (Rowing Austria/ÖSH)	Sledging Two Seat
Simon Schempp (DSV)	Biathlon mass start
Benedikt Doll (DSV)	Biathlon Pursuit (12,5 km)
Dominik Landertinger (ÖSV)	Biathlon Single (20 km)
Eric Frenzel (DSV)	Nordic combination large hill - cross-country skiing
Erik Lesser / Benedikt Doll / Arnd Peiffer / Simon Schempp (DSV)	Biathlon relay
Kamil Stoch / Maciej Kot / Dawid Kubacki / Stefan Hula (PZN)	Ski jumping (team jumping)
Katharina Gallhuber (ÖSV)	Alpine skiing slalom
Laura Dahlmeier (DSV)	Biathlon single (15km)
Lukas Klapfer (ÖSV)	Nordic combination normal hill - cross-country skiing
Madeleine Egle / David Gleirscher / Peter Penz / Georg Fischler (Rodel Austria / ÖSH)	Sledging team competition
Michael Matt (ÖSV)	Alpine skiing slalom
Wilhelm Denifl / Lukas Klapfer / Bernhard Gruber / Mario Seidl (ÖSV)	Nordic combination team large hill

DAILY ESSENTIALS

THE BASIS FOR ACTIVE PEOPLE



MORNING

Tip:

Should a training session or competitive activity be engaged upon within 2 hours of breakfast, generating a maximum pulse rate of 80 % during the initial time period of taking the product, it can alternatively be consumed after the conclusion of an intensive activity.

N.B.: These are only recommendations, which have proved themselves excellent with many elite athletes in practise. But essentially such recommendations should be tried out in training and adjusted to suit personal requirements. The recommendations can of course vary depending on the loading intensity, bodyweight and age, as well as according to the type of sport.

Mornings (the basic dosage)

PowerCocktail 1 portion sachet or Basics 1 portion sachet
 Activize Oxyplus 1 measuring spoon (or Activize Sensitive as per dosing instructions)

Preparation

Mix all products in 250 to 400 ml still cold water without carbon dioxide (or with a water-fruit juice mixture, dependent on taste).

Consumption recommendation

Before or during breakfast



MIDDAY (the basic dosage)

Activize Oxyplus - 1 measuring spoon (or Activize Sensitive according to dosing instructions).

Preparation

Mix in 200 to 300 ml still cold water.

Consumption recommendation

before a midday meal and/or early in the afternoon.

MIDDAY

Tip:

FitLine Antioxy¹ (Zellschutz) can also be added at any time to the drink in the mornings, midday or evenings. Add a dosage of Antioxy¹ (Zellschutz) to the Fitness-Drink as well.



EVENINGS (dosage)

Restorate 1 portion sachet and/or 1-3 level measuring spoons (initially or during the first week, start with 1-2 measuring spoons, and then increase the dose.

Preparation

Mix in 200-400 ml of still water and wait until the fizzing stops. Drink immediately after the liquid stops fizzing (important for maximum resorption). The dosage ratio can be increased (water portion) according to taste and tolerability.

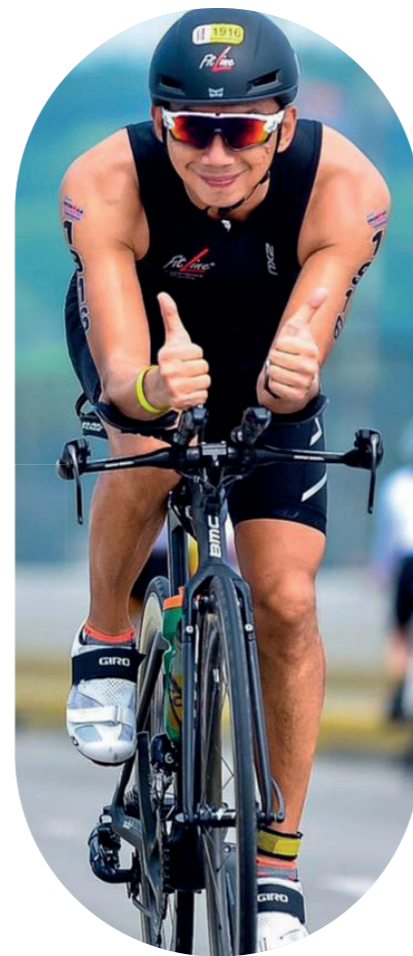
Consumption recommendation

Sip the mixture slowly half an hour, or one hour before bedtime over a period of 10 minutes. For people with delicate stomachs, take one measuring spoon of Restorate to begin with, and sip slowly.

EVENINGS

Tip:

Restorate should not be consumed immediately after intensive activity, but 30 minutes thereafter. After an intensive activity loading, a second portion according to the consumption instructions should be taken. Restorate should not be taken together with Basics or PowerCocktail, because the fibers will interfere with the absorption of the minerals.



Felix Tan
 Top 5% of global Ironman athletes Triathlon (Malaysia)

N.B.: These are only recommendations, which have proved themselves excellent with many elite athletes in practise. But essentially such recommendations should be tried out in training and adjusted to suit personal requirements. The recommendations can of course vary depending on the loading intensity, bodyweight and age, as well as according to the type of sport.

¹contains Selenium, Vitamin E, Vitamin C which contribute to the protection of cells from oxidative stress

PERFORMANCE SUPPLY

The 'on top' for sporting competitive activities



Training and competitive activities

(performance dosages before, during and after intensive sporting activities with loading)

MUNOGEN

Take 2 capsules 60 minutes before sporting activities or training with a lot of fluid.

FITNESS-DRINK

1 portion sachet

Preparation

For activity loadings of up to 90 minutes, mix 1 portion sachet in 500-700 ml still water without carbon dioxide and fill into a drinking bottle. For more intensive and long-lasting activity loading, use 2 portion sachets of Fitness-Drink and fill into a drinking bottle of 1 to 1.5 litres.

Consumption recommendation

Take the fluid in small mouthful portions (for high performance sportspeople, dependent on type of activity, duration and fluid intake requirement), according to the aforementioned preparation, and consume during training and complete activities.

RESTORATE

Begin with 1 portion sachet or 1-3 level measuring spoons dissolved in 200 to 400 ml still water (initially, begin in the first week with 1-2).

N.B.: Prepare Restorate as described before and then sip over a period of 10 minutes, commencing 1 hour after the conclusion of the intensive loading sporting activity. Measuring spoons and gradually increase the dosage.

Tip:

If additional liquids are required, drink a fruit juice and mineral water blend (e.g. 1 part apple juice to 3 parts mineral water) or fruit teas.



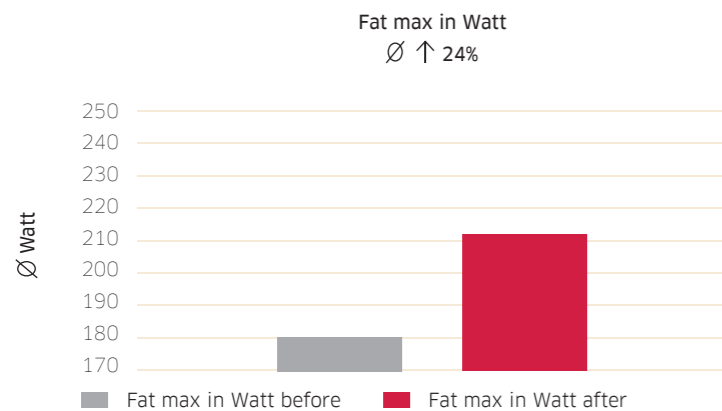
N.B.: These are only recommendations, which have proved themselves excellent with many elite athletes in practise. But essentially such recommendations should be tried out in training and adjusted to suit personal requirements. The recommendations can of course vary depending on the loading intensity, bodyweight and age, as well as according to the type of sport.

USER STUDY

with FitLine Munogen and Activize

Increased fat burning

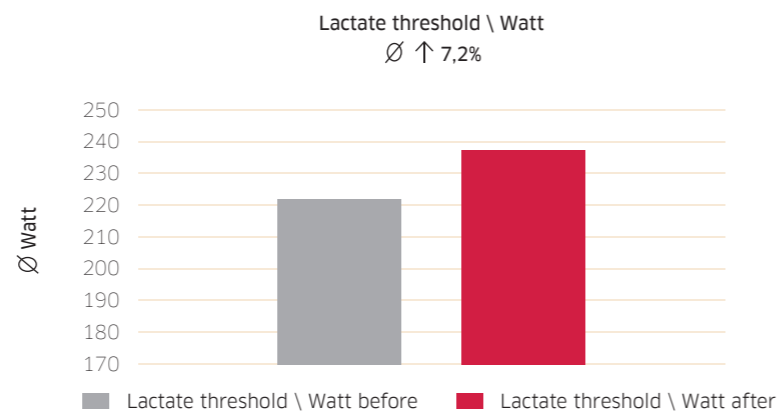
When you start playing sports, you need your body to deliver energy right away. Carbohydrates you eat or carbohydrates stored in your body provide the quickest energy availability. Only after consuming its carbohydrates does your body mobilise its fat reserves, which it needs for longer-term endurance activities. Burning fat serves as a primary source of energy, since fat stores much more energy than carbohydrates. The advantage of maximizing fat burning is that you have more energy for athletic activities for a longer period of time. One way to encourage fat burning is intensive endurance training, although this training should not be too strenuous.



Graphic: 24% average improvement in maximum fat burning.

Increasing your lactate threshold

The lactate threshold is an indicator of an athlete's endurance level. Up to this threshold, lactate is produced and broken down in equal amounts. It is difficult to train for very long above this threshold, as muscles "over acidify". If a person has a high lactate threshold, they will be able to run marathons faster, for instance. The only way to increase your threshold is through slow and targeted increases in training capacity.



Graphic: 7.2% average increase in lactate threshold.

Increase performance with FitLine Munogen and Activize

A user study of FitLine Munogen and FitLine Activize Oxyplus has clearly demonstrated the key role nutrition plays as a compliment to the right training regimen. 14 endurance cyclists took Munogen 30min before training and Activize in the morning and before training, over a period of 4 weeks. The athletes were good or very good recreational athletes, primarily male and between 40 and 55 years of age.

The results: On average, participants saw a **24 percent improvement in maximum fat burning** and an average **lactate threshold increase** of 7.2 percent. This means that the period during which their bodies were delivering energy from fat was extended, allowing them to maintain a higher level of performance for longer.

Conclusion:

The right nutrients can be used to support and improve targeted energy delivery. FitLine Munogen and Activize Oxyplus deliver significant results.

ALLOWING YOU TO TRAIN HARDER, LONGER, AND MORE INTENSIVELY!



Jens Roth

Vice European Champion
Cross-Triathlon

"In December of last year, I took part in a study, which involved a test designed to improve my cycling performance. My trainer Marc Pschebizin and Dr. Tobias Kühne served as advisers on the study. I used FitLine Activize each morning and before key training sessions for one month. In addition, I took 2 capsules of Munogen each morning. The initial study period was one month. After this time, I repeated the performance test on the ergometer with my trainer, and my performance data/values were much better than a month before. Then I maintained the ritual for myself and integrated FitLine Activize and Munogen into my everyday routine, on trips and in my training".





Carolin Schäfer, Vice-World Champion Heptathlon (Germany)

PREMIUM RIGHT FROM THE START!

Research and development

PM-International has been collaborating for a long time in research and development with several universities and institutions, such as the Fraunhofer Institute in Europe. Since 2016, a strategic collaboration exists with 'LIST' - Luxembourg Institute of Science and Technology, in order to push ahead considerably with research and development work, with the aim of developing innovative organic-based nutritional supplements for health, wellness and beauty product lines. The Scientific Advisory Board of experienced experts from various disciplines, a variety of research and development areas, beginning with the recipes, right through to production. The research and development of innovative product concepts and the onward development of the exclusive NTC® - Nutrition Transport Concept are of course of primary importance.

Product Quality

The manufacture of the FitLine products is subjected to the strictest international quality and purity controls, as well as to the greatest possible transparency.

'GMP' - Good Manufacturing Practice

There are directives for the ensuring of quality control of the manufacturing processes and environment, for example for the manufacture of medication and effective ingredient substances. The raw materials (and each raw material batch), as well as the finished products, are subjected to microbiological, chemical, organoleptic and physical controls, to ensure the best possible purity and security for the consumer. A durable shelf life and the creation of reference and retention samples are of course taken into consideration. The traceability of the products is ensured for at least three months beyond the expiry date.

DIN ISO 9001

There also exists a quality control management standard, of which customers can be convinced when inspecting the premises of the suppliers. Thus, a transparent quality control system is ensured in this case.



**Testing Concept
of the German
Federal State
Testing Station
TÜV SÜD ELAB**

TÜV SÜD ELAB GmbH (German Federal State Testing Station TÜV SÜD ELAB) is a well known and respected state services provider for laboratory analyses, with over 40 year experience of testing foodstuffs, drinking water as well as providing ecological environmental analyses and toxicological testing.

The 'IFS' International Featured Standard is applied.

There is also a uniform standard for the testing of foodstuff safety and the quality level of suppliers, which ensure a special product and service standards for all products.

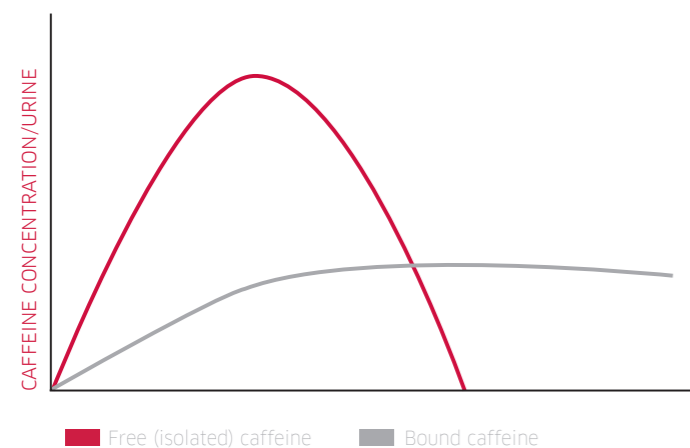


For us, premium means transparency and quality. Because of this, we regularly have the quality of our products tested by TÜV SÜD ELAB. TÜV SÜD ELAB serves as a global, independent partner with 24,000 employees and 800 branches to complete analyses of FitLine products. Samples are taken at random directly from the central PM-International warehouse. This ensures the integrity of test samples and the independence of testing results. Analyses of select quality parameters completed regularly and independently by TÜV SÜD ELAB supplement our own product controls and help us improve our product quality even more. Selected FitLine products have a web link (QR code) applied to the product label linking to detailed information on the testing plan (testing parameters and frequencies) on the independent TÜV SÜD ELAB website.

PRODUCT SAFETY

Coffeine = Doping? No!

PM-International has ascertained, through its many contacts throughout the world of top-performance sport, that there exists ambiguity over the active ingredient substance of 'caf- feine', in regard to anti-doping aspects. The 'WADA' - World Anti-Doping Agency passed a resolution in September 2003 to the effect that caffeine is no longer on the list of forbidden substances, as of 01 April 2004. The 'WADA' decision has been legally recognised as binding in 193 countries by signing the 'Copenhagen Declaration'.



Why do the FitLine products: PowerCocktail, Activize Oxyplus, Sensitive and Activize® Power Drink, contain 'caffeine'?

The forementioned FitLine products contain natural caffeine physiologically bound to the tannins in Guarana, which is very well tolerable, because it stimulates lipometabolism and maintains the glycogen muscle reserves against repletion where intensive sporting activities are pursued. The bound form of the substance thus reduces any maximum increase of caffeine concentration, in contrast to free caffeine found in black tea, coffee and other soft-drink beverages.

Caffeine content concentration per drink

(information purposes only)

Coffee	60-150 mg per cup
Tee	40-75 mg per cup
Chocolate	20-30 mg per 100 g
Cola beverages	150 mg per litre
RB Energy Drink Austria	532 mg per litre
RB Energy Drink Germany	320 mg per litre
Activize Sensitive	30 mg per daily ration
Activize Oxyplus	30 mg per daily ration
Fitness-Drink	0 mg per daily ration
Activize® Power Drink	250 mg per daily ration
PowerCocktail	30 mg per daily ration

Anti-Doping Controls

In 2020, as in previous years, over 1,000 anti-doping inspections were conducted on the elite sportspeople who regularly take the FitLine products. In none of these athletes were positive findings ascertained as a result of the use of FitLine products.



Greater safety as a result of tested products

All the FitLine nutritional supplement products are on the 'Cologne List®'. That list publishes products that have been tested by one of the World's leading laboratories for analyzing nutritional supplements for doping substances. More information can be found under: www.koelnerliste.com

Rivaldo Vitor Borba Ferreira
World Champion & World soccer player
Soccer (Brazil)



THE PROFESSIONALS' SECRET

To be or not to be – a champion

In national and international sporting activities and events, the competitive intensity and the performance levels are constantly on the increase. When sportspeople seek to become elite athletes, they need to address as far as possible even greater and more extreme demands. As soon as they succeed in approximating more and more to the level of factors such as talent, training intensity and competitive performance, they find that other factors govern wins and defeats, such as the nutrition situation and recuperative and regenerative capabilities.

Optimal nutritional supply as key factor

For many elite sportspeople and their coaches, an enhanced nutrition has proved to be the key factor for performance capacity:

- A greater performance level
- Greater competitive creativity
- Greater performance will
- Improved immune system
- Greater fortification against stresses and strains
- Greater recuperative and regenerative capabilities
- Significantly greater resilience

The sportspeople or the officials of their clubs, associations or federations should ask themselves: what about seeking to improve the chances for sporting successes by way of an optimised nutrition with high-grade vital substances?



Hanna Orthmann
Winner Challenge Cup
Volleyball (Italy)

The persistent intake of FitLine products can achieve a supplementary increase in performance of some 2-5 %*, even in cases of the best-coached professional athletes.

*internal survey of athletes, teams, coaches, physiotherapists and service personnel.

Capital investment in the sporting successes of the athletes

Professional athletes are dependent for their income on prizes or the contributions of sponsors to finance their expenditure. Financial success is thus only accompanied by sporting success. The FitLine product range is a success-promising capital investment for personal success, from a sporting as well as from an economic perspective.

A capital investment of € 100 to € 200 will assist in best supporting a maximum of performance capacity, to achieve greater and more sporting successes, and thus secure an economic existence in the long term. At the same time, the athlete protects his or her own body, and thus gains significantly greater quality of life.

This involves also a capital investment in the economic success of a club, team, association or federation

For the officials responsible for athletes, teams, clubs, associations or federations, entrepreneurial thinking and acting should be essential. In the end, the team has to display sporting successes in order to be marketed as the best possible, and therefore to be able to post the necessarily required income to the accounts.

Produced by professionals for professionals

The FitLine products and all additional information on the use and application of the products are obtainable from PM-International distributors. This direct method of distribution ensures that interested parties obtain the high-grade products together with the requisite advisories, which are necessary for that decisive edge on the competition. PM-International distributors can also help in advising on the refinancing of the initial capital investment or on additional available budgets.

For all special queries or suggestions, please contact

Tel: +49 (0) 6232 296 462
Fax: +49 (0) 6232 296 331
Email: spm@pm-international.de

Sportly yours



Markus Babbel

Soccer European Champion
(Germany)

"My professional goal at PM is to build a team again, to form a team, to have fun and to be successful together.
The FitLine products have convinced me so much that I can imagine getting fully involved."



A point of approach here is presented by the FitLine product range. With a capital investment volume of some € 100 to € 200 per athlete per month, the overall economic results can be significantly improved in the short and long term, independent of the type of sport pursued and the interest of the media. Even on the basis of an increase in performance of only 2 %, the first positive improvement in results will become noticeable within a short time, with which a 'plus' in income will be generated. Such a return on investment can then be reinvested in training possibilities, the acquisition of new sponsors or the furtherance of trainees and junior staff.



Torsten Weber

Economist,
Director of Sports Marketing

Torsten Weber



Christian Schwarzer

Handball World Champion

Christian Schwarzer

“HEALTH BUTTONS”: IMPORTANT INFORMATION ON OUR FITLINE PRODUCTS

The buttons show you at a glance whether a FitLine product is gluten-free or vegan, lactose-free or suitable for better concentration. The table allows you to check quickly which feature applies to which product.

	ACIDBASE METABOLISM ¹	LACTOSE FREE	GLUTEN-FREE	VEGAN ²	WITHOUT PRESERVATIVES	VEGETARIAN ³	SUGAR-FREE	CONCENTRATION ⁴	HIGH PROTEIN ⁵	ENDURANCE ⁶	SOURCE OF FIBER	COMPLETE MEAL	NATURAL FLAVOUR
Optimal supply													
FitLine Optimal-Set	x	x	x		x	x		x			x		x
FitLine PowerCocktail		x	x	x	x	x		x			x		x
FitLine Basics		x	x	x	x	x					x		x
FitLine Activize Oxyplus		x	x	x	x	x		x					x
FitLine Restorate	x	x	x		x	x							x
Sports products													
FitLine Fitness-Drink		x	x	x	x	x		x		x			x
FitLine Munogen		x	x	x	x	x	x	x					x
FitLine ProShape® (Amino)		x	x	x	x	x	x		x				x
FitLine Protein Max					x	x		x			x		
FitLine Protein					x	x		x					x
FitLine Whey			x		x	x		x					x
FitLine Joint-Health		x	x		x								x
FitLine Power Meal					x	x		x	x		x	x	x

¹Rich in zinc - contributes to a normal acid-base balance. | ²We accept the following in our vegan products: lactic acid cultures from plant-based agar containing no animal ingredients; products from fungal and bacterial cultures. | ³Ingredients from plant-based sources, milk and dairy products, lactic acid cultures, products from fungal and bacterial cultures, honey, etc. conforms to EVU regulations. | ⁴Vitamin B6 (Pyridoxin), Vitamin B12 (Cobalamin) and Vitamin C support normal mental function | ⁵High protein content - protein helps maintain muscle mass. | ⁶Carbohydrate-electrolyte solutions help maintain stamina during long-term endurance training.



Håkon Erlandsen Skog
Highest (8848 metres) & coldest (-42 degrees centigrade) concert in the world
Mountain Climbing (Norway)

	ACIDBASE METABOLISM ¹	LACTOSE FREE	GLUTEN-FREE	VEGAN ²	WITHOUT PRESERVATIVES	VEGETARIAN ³	SUGAR-FREE	CONCENTRATION ⁴	HIGH PROTEIN ⁵	ENDURANCE ⁶	SOURCE OF FIBER	COMPLETE MEAL	NATURAL FLAVOUR
Weight Management													
FitLine ProShape All-in-1			x	x	x	x		x	x		x	x	x
FitLine ProShape All-in-1 Cappuccino		x	x		x	x		x	x		x	x	x
FitLine ProShape All-in-1 Chocolate													
FitLine ProShape 2 go					x	x		x	x		x	x	x
FitLine ProShape 2 go Choco Crunch				x	x	x		x	x		x	x	x
Supplements													
FitLine Omega 3+E		x	x		x		x						x
FitLine Omega 3 Vegan		x	x	x	x	x	x						x
FitLine HeartDuo		x	x		x		x						x
FitLine HeartDuo Vegan		x	x	x	x	x	x						x
FitLine Q10 Plus		x	x	x	x	x	x						x
FitLine Antioxy		x	x	x	x	x							x
FitLine Basen Plus		x	x	x	x	x							x

¹Rich in zinc - contributes to a normal acid-base balance. | ²We accept the following in our vegan products: lactic acid cultures from plant-based agar containing no animal ingredients; products from fungal and bacterial cultures. | ³Ingredients from plant-based sources, milk and dairy products, lactic acid cultures, products from fungal and bacterial cultures, honey, etc. conforms to EVU regulations. | ⁴Vitamin B6 (Pyridoxin), Vitamin B12 (Cobalamin) and Vitamin C support normal mental function | ⁵High protein content - protein helps maintain muscle mass. | ⁶Carbohydrate-electrolyte solutions help maintain stamina during long-term endurance training.



PM-International AG

An der Hofweide 17 · D-67346 Speyer, Germany
Art. no. 0201090II © 2021 by PM-International AG 0201090II0320P4
E&OE
Issue 01/2021
www.fitline.com

EUROPE

AMERICA

ASIA

AUSTRALIA