



SUPPLEMENT GUIDE



Why Our PRODUCTS?



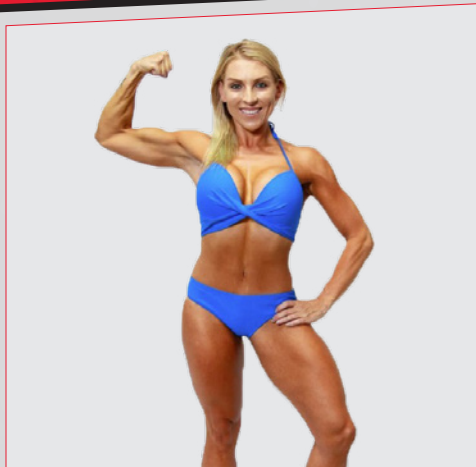
"Although supplements are not required, they greatly help our members in reaching their goals easier and faster."

- Alejandra Font

Co-Founder of The Camp and MyoFX

- T** We created our own supplement line to ensure quality standards and our highest of brand standards.
- T** We are able to control exactly how our products are made, and what goes into them by refining our ingredients.
- T** Our supplements are designed to pair perfectly with our meal plans and exercise programs.

Before & After TRANSFORMATION!



“These are some of the best supplements on the market today. Not to mention they are made with the highest quality ingredients! I am very happy with the results I have had from taking Myo supplements. My fitness level and physique speak for themselves. It is truly night and day compared to how I looked and felt before I started using Myo supplements.”

- Camp Member



PROTEIN POWDER

WHAT AM I?

- Helps feed your muscles after a workout and increases your strength and stamina during the workout
- Cleanest non-hormonal whey isolate available
- Non-GMO
- Low calories
- Zero sugar
- Lactose and gluten free

WHY ME?

- Helps maintain a healthy and balanced body
- Essential for muscle growth
- Makes you feel fuller for longer

TIPS

- Perfect snack or post-workout meal replacement
- Great for baking healthy treats

Core Flavors:

Chocolate, Vanilla, Chocolate Peanut Butter



Cost: \$1.56/serving

Servings: 32

Calories: 100

Fat: 1g

Carbs: 1g

Sugar: <1g

Protein: 25g

CLEAR PROTEIN POWDER

WHAT AM I?

- Helps feed your muscles after a workout
- Cleanest non-hormonal whey isolate available
- 19g of protein per serving
- Low calories
- Gluten Free

WHY ME?

- Helps maintain a healthy and balanced body
- Essential for muscle growth
- Makes you feel fuller for longer
- Very light and easy to drink, not heavy like other protein options

TIPS

- Excellent over ice or frozen!
- Allow 2-3 mins to sit after shaking

Core Flavors:

Cherry Cooler and Raspberry Lemonade



Cost: \$1.51/serving

Servings: 39

Calories: 80

Fat: 0g

Carbs: 1g

Sugar: 0g

Protein: 19g

BCAA “BRANCHED CHAIN AMINO ACIDS”

WHAT AM I?

- Packed with 7g of Branched Chain Amino Acids
- 2.5g of L-Glutamine per serving
- Electrolytes (to help with dehydration)
- Contains potassium (without sacrificing calories)

WHY ME?

- Critical for repairing muscle to maximize recovery
- Used to increase your lean muscle mass
- Decreases muscle fatigue
- A great intra-workout drink to help your muscles power through your exercises

TIPS

- Drink before, during or after your workout
- Mix with your water throughout the day to help increase your water intake

Core Flavors:

Mango Orange, Watermelon, Blue Ice

Cost: \$1.18/serving
Servings: 33
Calories: 0
Sugar: 0g



GLUTAMINE

WHAT AM I?

- A building block of protein
- A critical part of the immune system
- Non-flavored powder that can be mixed in your protein or BCAAs

WHY ME?

- Provides additional boost of recovery
- Helps aid in muscle soreness
- Build and maintain your muscle mass (more muscle = more calories burned!)
- Improves athletic performance
- Quicker recovery will provide more effective workouts
- Supports healthy blood sugar levels
- Curbs cravings for sugar and alcohol

TIPS

- Mix 1-2 tbsp in your protein shakes
- Perfect for post-workout soreness

Cost: \$0.45/serving
Servings: 100
Calories: 0



PRE-WORKOUT

WHAT AM I?

- Take your body and workouts to the next level
- Powered with 120mg of the purest form of caffeine: Caffeine Anhydrous
- Over 1000mg of Beta Alanine to reduce lactic acid build up
- 1000mg of Creatine HCL to increase muscle volume

WHY ME?

- Increase energy levels and mental focus
- Increase strength and endurance
- Feel energized for your workouts

TIPS

- Mix with water 30 minutes before your workouts
- Perfect for early morning workouts or post-work workouts

Core Flavors:

Fruit Punch, Peach Pineapple, Green Apple

Cost: \$0.87/serving

Servings: 45

Calories: 0



EFA “ESSENTIAL FATTY ACIDS”

WHAT AM I?

- Polyunsaturated fatty acids that cannot be produced by the body – must be obtained through diet
- Considered “healthy” fat
- Increases metabolic rate
- Non-GMO
- Contains Omega 3-6-9
- Also contains EPA, DHA, CLA, and GLA

WHY ME?

- Decreases risk of vascular disease, clotting and strokes
- Decreases blood pressure
- Decreases inflammation and pain
- Increases brain function, mood and intelligence
- Great for your hair, skin and nails

TIPS

- Take 1-2 capsules with each meal

Cost: \$0.67/serving
Servings: 30
Calories: 10
Fat: 1g
Carbs: 0
Sugar: 0



LIPO AM FAT BURNER

WHAT AM I?

- 100mg of caffeine per serving
- Helps burn extra calories throughout the day
- Includes Green Tea Extract and Caffeine Anhydrous

WHY ME?

- Increases energy and boosts your metabolism
- Increases your focus, endurance and strength
- Cuts down on sugar cravings
- Burns calories and fat

TIPS

- Take 1 capsule with breakfast. You can work your way up to an additional capsule at lunch
- Can work your way to 2 at breakfast and 2 at lunch

Cost: \$1.31/serving
Servings: 45



LIPO PM FAT BURNER

WHAT AM I?

- Formulated to increase fat burning while you sleep
- Contains Glucomannan which promotes feeling of fullness
- Contains Valerian Root which aids in calming the nerves and relaxation of muscle for improved rest

WHY ME?

- Helps you reach a deeper REM sleep
- Will help increase mood and relaxation
- Helps regulate blood glucose levels

TIPS

- Take 1-2 capsules before bed
- Best results when taken with our MYO Lipo AM Fat Burner

Cost: \$0.87/serving
Servings: 45



21 DAY DETOX

WHAT AM I?

- A 21 day cleanse for your Kidneys, Liver, and Colon
- Packed with vitamins and nutrients

WHY ME?

- Provides digestive support
- Gentle herbal formula
- Aids the body with fiber intake, herbal digestive support, liver, and kidney support

TIPS

- Take 1 packet (3 capsules) per day with breakfast
- Perfect before large events or vacations
- Combine with proper diet and exercise to see max results (5-10lbs lost)

Cost: \$2.34/serving
Servings: 21



GET YOURS



START YOUR FITNESS JOURNEY TODAY!

Find your Myo supplements at your nearest Camp location!

Our staff can help guide you to find your perfect match
based on your fitness goals and needs.

MYOFX SPICE CAKE

DRY INGREDIENTS

- 1 Scoop MYO Chocolate Protein Powder
- 1 Cup ground old fashioned oats (4oz)
- 1 1/2 Tsp pumpkin pie spice
- 1/4 Tsp ground ginger
- 4 Packers of stevia
- 1 Tsp baking soda
- Pinch of salt

WET INGREDIENTS

- 2 Finely grated medium zucchinis (approx. 5oz)
- 2 Egg whites
- 1/2 Cup sugar free pancake syrup
- 8 Sprays of PAM oil

DIRECTIONS

1. In a medium bowl, mix all dry ingredients thoroughly until well combined.
2. Squeeze all the moisture from your grated zucchinis and place into a blender with the remaining wet ingredients. Blend until smooth.
3. Pour mixture into your bowl of dry ingredients and mix the batter thoroughly.
4. Allow batter to rest for 1 hour.
5. Preheat oven to 350 degrees.
6. Pour batter into 8" round cake pan or silicone pan and bake for 22-25 minutes.
7. Enjoy!





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*These statements have not been evaluated by the FDA.
These products are not intended to diagnose, treat, cure or prevent any disease