



**GO
ON** *NUTRITION*

Sante - knowledge and experience

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

Expert in nutrition

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

GO ON! Nutrition - PREMIUM brand

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



OPTIMUM SUPPLEMENTATION

RELIABLE COMPANY

REASONABLE DIET

PROVEN INGREDIENTS

EFFECTIVE TRAINING

TOP-QUALITY RAW MATERIALS



Optimum supplementation

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

Reasonable diet

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

Effective training

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

Reliable company

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

Secure ingredients

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

Top-quality raw materials

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



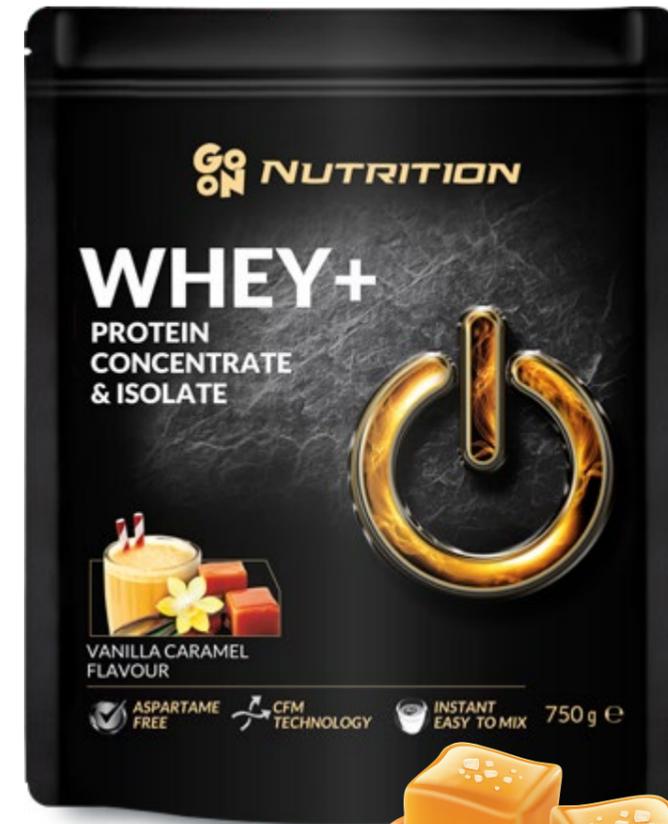
WHEY DIETARY SUPPLEMENT

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

- High contents of branched-chain amino acids (BCAA).
- Top-quality raw materials and ingredients.
- exquisite, creamy flavour.
- INSTANT protein – dissolves ideally and does not froth.
- WPC & WPI combination.



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



WEIGHT:



750 g – 25 SERVINGS



30 g – 1 SERVING

*Nutrition facts for the Vanilla Caramel flavour.



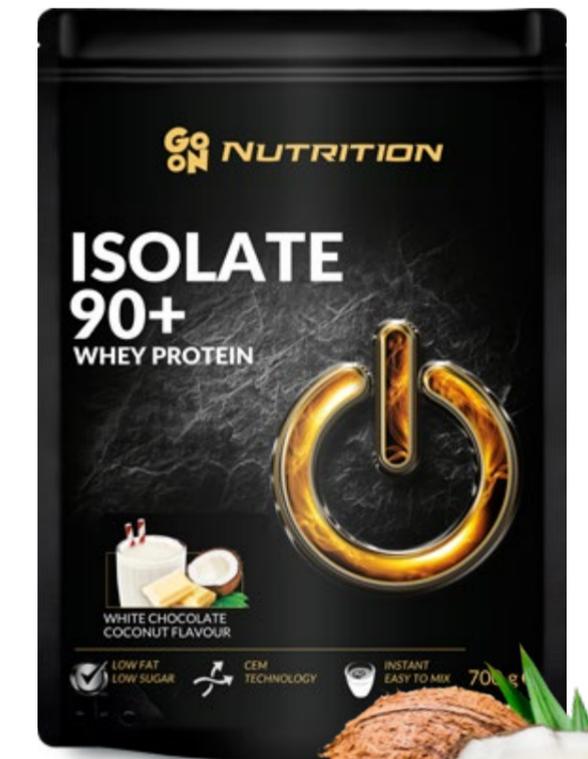
ISOLATE 90+ DIETARY SUPPLEMENT

WPI whey protein isolate is a high-quality high-protein supplement recommended for high-performance athletes and for individuals playing recreational sports. High-quality whey protein (no other proteins added) offers high assimilability and an excellent amino acid profile. Protein contributes to muscle mass gain and helps keep bones healthy.

- Protein isolate – nearly 90% protein in the product composition.
- Low sugar content.
- Low fat content.
- Instant product – easy to prepare.
- Ultra-filtered isolate – CFM production technology.



Ingredients:	in 100g	per serving of 30g
Energy	1519 kJ / 358 kcal	486 kJ / 115 kcal
Fat	1 g	1,7 g
of which saturates	>0,5 g	1,2 g
Carbohydrate	1,2 g	2 g
of which sugars	1,2 g	2 g
Protein	86 g	22,8 g
Salt	0,78 g	0,4 g



WEIGHT:



750 g – 25 SERVINGS



30 g – 1 SERVING

*Nutrition facts for the White Chocolate & Coconut flavour.



CREATINE DIETARY SUPPLEMENT

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

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

- No artificial colouring.
- No aspartame.
- Perfect solubility.
- No additives and fillers.

Ingredients: 100% pure creatine monohydrate

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



WEIGHT:

 **500 g** – 100 SERVINGS

 **5 g** – 1 SERVING



BCAA DIETARY SUPPLEMENT

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

- BCAA consists of branched amino acids: L- leucin, L- valine and L-isoleucine in the most beneficial proportion 2:1:1.
- Citrulline along with glutamine have a positive impact on recovery processes and delay exhaustion of trained group of muscles.
- The product is enriched by Vitamin C that helps keeping the proper functionality of our immune system.
- Without artificial colorants.
- Without aspartam.
- Perfect solubility.



NO ASPARTAME



NO ARTIFICIAL FOOD COLOURING

Ingredients:	in 100g	per serving of 10g
Branched-chain amino acids (BCAA), including:	64 g	6,4 g
L-Leucine	32 g	3,2 g
L-Valine	16 g	1,6 g
L-Isoleucine	16 g	1,6 g
L-Glutamine	11 g	1,1 g
DL-L-Citrulline Malate	10 g	1,0 g
Vitamin C	120 mg (150%)	12 mg (15%)



WEIGHT:

 **400 g** – 40 SERVINGS

 **10 g** – 1 SERVING

* Nutrition facts for the Tropical Lemon flavour.



GLUTAMINE DIETARY SUPPLEMENT

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

- Supports regeneration processes in the body.
- Amino acid commonly used by athletes.
- Recommended for persons exposed to intensified physical activity.
- No additives and fillers.

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

Ingredients: 100% pure L-Glutamine



WEIGHT:

 **500 g** - 100 SERVINGS

 **5 g** - 1 SERVING

PEANUT BUTTER GO ON Nutrition

Peanut Butter Smooth and Crunchy by **Go On Nutrition** is a one-of-its-kind product made 100% from peanuts, with no additives.

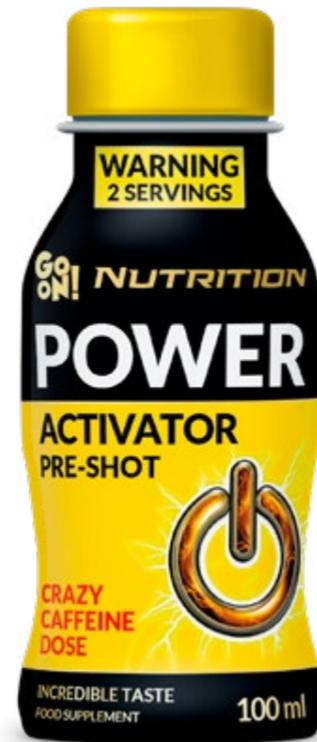
- 100% peanuts.
- 100% free of artificial additives.
- No palm oil.
- No salt added.
- No sugar added.
- A source of unsaturated fatty acids.
- Rich in proteins - 27%.
- High fibre content.
- Low glycaemic index.



POWER ACTIVATOR DIETARY SUPPLEMENT

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

- High caffeine dose.
- No aspartame.
- Exquisite fruit flavour.



Ingredients:	in 100 ml	per serving of 50 ml
Beta-Alanine	4000 mg	2000 mg
Taurine	2000 mg	1000 mg
L-Citrulline Malate	2000 mg	1000 mg
Caffeine	580 mg	290 mg

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

WEIGHT:



100 ml



DISPLAY **12 x 100 ml**

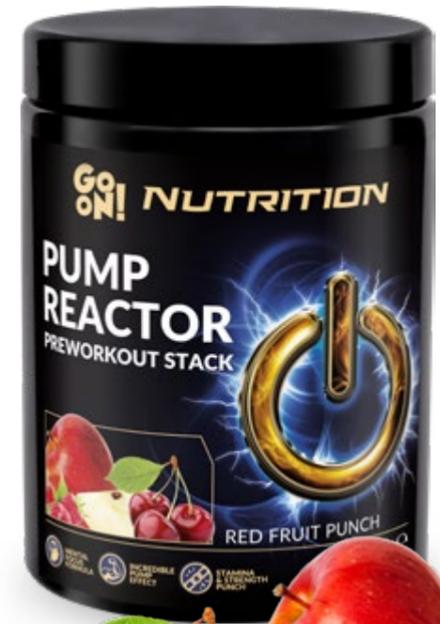
„true source
of power”

PUMP REACTOR DIETARY SUPPLEMENT

PUMP REACTOR – concentrated **mix destined before training for everyone** who is not afraid of a killer training! Optimized combination: **caffeine, L-arginine, beta-alanine and citrulline will prepare your muscles for a full body workout.** This composition is strengthened precisely by well-selected five-flavor berry and salvia **extracts that improve adaptation to workout discipline and concentration.**

- Alfa – ketoglutarate, arginine AAKG- contribute to nitrogen oxide synthesis in the organism that translates into so-called “muscular pump” sensation during training.
- Citrulline along with beta-alanine have a positive impact on recovery process and delay exhaustion of trained group of muscles.
- Caffeine has a stimulating impact on central nervous system (CNS), it also strengthens muscle contraction in the final phase of concentric motion.

Ingredients:*	in 100g	per serving of 12g
PUMP EFFECT FORMULA		
Alfa-ketoglutarate, L-arginine	29155 mg	3500 mg
Citrulline malate	12495 mg	1500 mg
Caffeine	1666 mg	200 mg
STAMINA & STRENGTH PUNCH		
Beta-alanine	19992 mg	2400 mg
Creatine malate TCM	14161 mg	1700 mg
L-Tyrosine	8330 mg	1000 mg
MENTAL FOCUS FORMULA		
Five-flavor berry extract (Schizanda Chinensis)	833 mg	100 mg
Salvia officinalis	833 mg	100 mg
Vitamins B1, B6, B12	124,95 mg	15 mg



WEIGHT:



360 g – 30 SERVINGS



12 g – 1 SERVING



PROTEIN 33% PREMIUM WHEY BAR

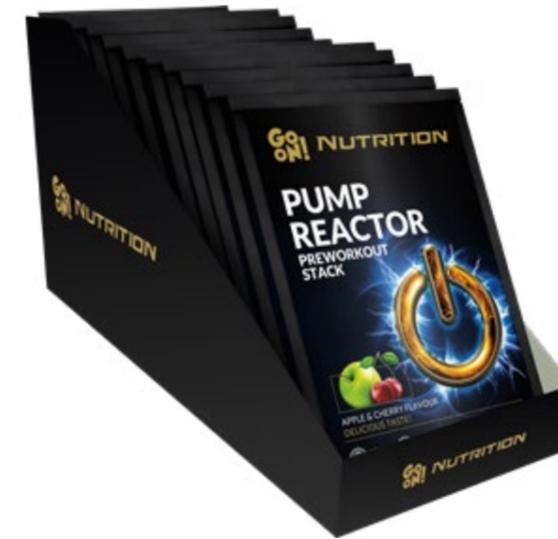
PROTEIN 33% is a high-protein bar without sugar, enriched with fibre. Perfectly selected composition of proteins and creamy icing make the bar exquisitely crisp, and its consistency delicate. The desserts come in three great flavours, **Vanilla - Raspberry**, **Salt Caramel** and **Chocolate**, which makes them excellent protein diet supplement after training and delicious snack between the meals.

- MPI milk protein isolates.
- Concentrate of WPC 80 whey proteins.
- High content: vitamin C, niacin, vitamin E, pantothenic acid, vitamin B6, thiamine and vitamin B12.
- High magnesium content.
- High fiber content.
- No added sugar (contains naturally occurring sugars).



„delicious protein dose”

SINGLE SERVING SACHETS 25 PCS IN DISPLAY



Nutritious value of the product*	in 100g	per serving of 50g
Calories	1610 kJ / 386 kcal	805 kJ / 193 kcal
Fat	18 g	10,8 g
including saturated fats	9,4 g	4,7 g
Carbohydrates	23 g	11,5 g
including sugars	2,6 g	1,3 g
Protein	33 g	16,5 g
Salt	0,65 g	0,33 g

WEIGHT:

 BAR **50 g**

 DISPLAY **25 x 50 g**

*Nutrition facts for the Chocolate flavour

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



Awards and commendations:



Certificates:

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



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



**Sante A. Kowalski Sp. j.
ul. Jagiellońska 55a, 03-301 Warszawa
TEL: +48 691 601 779**

**sklep@goonnutrition.pl
www.goonnutrition.pl**