

UNIVERSAL



Universal. We've been in this business a long time, manufacturing quality supplements for champion bodybuilders the world over. We've seen history unfold and we've made some history too. We've witnessed the ebb and flow of the sport, seen the greats come and go. When we started, bodybuilding was still in the Golden Age. We were supporting the sport when the first

Sandow was awarded to the Olympia champion. How is it that we've been here for so long? Because our business is more than just business. Anything worth doing means doing it right, the old-fashioned way. Above all else, you need to have a genuine passion for what you do. For well over three decades, our passion has not cooled. The fire is still hot. This is Universal. Since 1977.

Supplement Facts

Serving Size 3 Scoops (~99g)
Servings Per Container 15

Amount Per Serving		%DV
Calories	302	
Calories from Fat	14	
Total Fat	1.5g	2%*
Saturated Fat	1g	6%*
Total Carbohydrate	52g	17%*
Sugars	26g	**
Protein	20g	40%
Calcium	112mg	11%
Sodium	127mg	5%*
Potassium	192mg	6%
Torrent Proprietary Blend		
Anti-Catabolic Leucine Complex	8000mg	
L-Leucine		**
Leucine Alpha Ketoglutarate (AKG)		**
Leucine Ethyl Ester		**
N-Acetyl Leucine		**
Volubolic Amino Blend	7000mg	
Taurine		**
Glutamine Alpha Ketoglutarate (AKG)		**
L-Phenylalanine		**
Citrulline Malate		**
Creabolic Complex	3000mg	
Creatine Monohydrate		**
Creatine Ethyl Ester (CEE)		**
Magnesium Creatine Chelate™ (MCC)		**
Tri-Methyl Glycine (TMG)		**

** No Daily Value established
* Percent Daily Value based on a 2000 calorie diet.

OTHER INGREDIENTS: Osmosulin Matrix™ (D-glucose, waxy maize, maltodextrin), partially hydrolyzed whey protein concentrate (milk), (providing di-, tri-, oligo- and polypeptides), malic acid, artificial flavor, citric acid, sodium chloride, magnesium phosphate, potassium phosphate, sucralose, acesulfame potassium, FD&C Yellow #5 and FD&C Blue #1.

INGREDIENT NOTES: Creatine MagnaPower™ is a registered trademark of Albion Laboratories, Inc., and is covered by U.S. Patent 6,114,379 and patents pending.

DOSAGE: For use as a dietary supplement, take one serving of Torrent™ within 30 minutes of your workout. Mix 3 heaping scoops along 20-25 oz. of your beverage of choice. For best results, consume Torrent™ after each training session.

WARNINGS: Keep out of reach of children. Before beginning any program, consult your health care practitioner.

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

Why choose Universal Torrent™?

IT WORKS: Torrent™ works quickly and efficiently by supplying your muscles with a powerful cascade of critical nutrients, all in a matter of moments. After a hard workout your muscles are torn down, glycogen is depleted and your body enters a damaging catabolic state. When consumed immediately post-training, Torrent's™ proprietary blend of muscle mass activators rush to bring your body back into anabolic "green light" status, quickly repairing damaged muscle fibers while triggering fresh growth. With its superior delivery system, Torrent™ is an anabolic force mother nature never intended. Blow your plateaus away with Torrent™.

IT IS SUPPORTED: In addition to real world feedback and results, Torrent™ use is also supported by the current body of scientific research out there. Both the International Society of Sports Nutrition (ISSN) and the National Strength and Conditioning Association (NSCA) recommend the use of protein and carbohydrates following resistance training to help enhance performance and to promote lean body mass. "Nutrient timing," or nutrition delivered pre-, intra- and post-workout is a growing body of science. The ISSN, for example, outlines a minimum of 20g of protein and 50g of carbohydrates post-workout, along with creatine. The combination, along with resistance training can help in the "development of lean mass and overall improvements in body fat %." Torrent™ contains 20g of protein and 52g of carbs, respectively. In another study, researchers found that, post-workout, 20g of protein was all the was needed to spark anabolism. With Torrent™, you not only get 20g of protein, but you get 20g of super-fast protein in the form of WPH. Plus, you get an extra 8,000mg of free form leucines. Regarding carbohydrates, you want something that absorbs quickly and efficiently. Both complex and simple carbs are in Torrent™ to help facilitate this.

IT IS LOADED: Torrent™ is loaded with high quality hydrolyzed whey protein, which consists of small whey peptides that can be quickly digested and absorbed. Hydrolyzed protein is the quickest digesting protein available. As for carbs, Torrent™ contains a specialized Osmosulin Matrix™ that allows for quick glycogen replenishment and the fastest possible absorption of muscle-nourishing nutrients. This blend is packed with an optimal ratio of complex carbs from innovative, highly prized waxy maize starch, along with maltodextrin and dextrose. This blend allows for a dramatic boost of anabolic insulin via simple sugars coupled with the nutrient-drawing effects of "high molecular weight" carbohydrates. In addition to the protein, Torrent™ is spiked with 18 grams of a key proprietary blend of advanced aminos and creatines. This special "anabolic matrix" helps put your muscles in post-workout recovery overdrive. When consumed immediately after intense training this potent blend can induce a powerful anabolic surge that shuttles nutrients into your starved muscle cells.

Specifications

FORM:	Flavored Powder
SERVING:	3 Scoops (~99g)
SERVINGS PER:	15 - 28
BOTTLE SIZE:	3.28 - 6.1 lb
ITEM #:	4814 Cherry Berry Blast (3.28 lb) 4815 Cherry Berry Blast (6.1 lb) 4816 Green Apple Avalanche (3.28 lb) 4817 Green Apple Avalanche (6.1 lb)

Stacking Tip: The "AWO Stack"

Torrent™ makes up 1/3 of the "nutrient-timing" equation, what we call the "Anabolic Window of Opportunity" Stack, or AWO Stack for short. The AWO Stack covers all the key bases: pre-workout, intra-workout and post-workout nutrition. This period of time is crucial for fostering new gains. In order to take full advantage of this window, you should feed your body appropriately, with the right nutrients at the right time. The AWO Stack is available at select retailers.

Dosing suggestions:

- 1. Shock Therapy®**
Take one serving 30-45 minutes prior to lifting for powerful pumps and increased strength.
- 2. Intra-Aid™**
Take one serving during the workout to help fight catabolism, enhance performance, spark recovery, and ensure proper hydration.
- 3. Torrent™**
Follow it all up by taking this within 30 minutes of finishing up the lifting to aid in the recovery of your muscles, promote anabolism, and enhance protein synthesis.

