



PRODUCT CATALOG

THE GRANITE SUPPLEMENTS STORY



THE MAN

To know the Granite Supplements story is to understand the life of its humble founder, John Meadows. John's life story is one of overcoming challenges and always pursuing one's potential.

John was raised by his grandmother. He never knew his father, and his mother died at a young age. They didn't have much, but they had each other. It's a testament to his grandmother that John grew to be a man who was revered as a coach, father-figure, inspiration and mentor for many. John always made it clear that what he cherished the most was family, his wife Mary and his two sons: Alexander and Jonathan.

John became involved in sports at a young age. He trained with his sports teams learning how to lift weights and added his own gym time to further improve his strength and endurance. At age 13 he entered his first bodybuilding contest and was hooked. He competed on and off for the next 32 years, finally winning his IFBB Pro Card in 2015 at the age of 43. In an interview he said, *"It was very emotional—lots of people that have been with me through the years were there—and they were crying. After 16 years of trying for the card, it was an unbelievable feeling that will be really hard to beat."* John loved coaching football, he coached more than one team at a time at some points and was able to coach his sons as well.

Over the years, John also worked in the banking field running some of the largest projects at Chase Bank as a VP in project management. He earned a BA in Health and Fitness Management from Capital University, and accreditations as a Certified Strength and Conditioning Specialist (CSCS) and Certified Sports Nutritionist from the International Society of Sports Nutrition (CISSN). He also survived a rare vascular disease that resulted in the removal of his entire colon in 2005.

Throughout his bodybuilding career John shared techniques, answered questions, provided nutritional advice, and sprinkled in life lessons. His *"MountainDog1"* YouTube channel features hundreds of training and nutrition videos and has amassed a global following of over 565K subscribers. He also developed the *"Meadows Row"* a specific training exercise for growing back muscles that is now an industry staple. He genuinely wanted the best for people and shared his knowledge freely. John loved coaching fitness athletes, bodybuilders in particular and had clients that won Olympia titles or placed highly at the Olympia.

THE COMPANY

John's unique understanding of the human physique, nutrition, his own health experiences, and practical financial know-how led him to become an entrepreneur. He launched Granite Supplements in 2017 with the mission to provide scientifically formulated supplements to support athletes in all phases of their fitness journey.

His philosophy was simple, *"Granite Supplements was developed to bring athletes better formulas, ingredients and outcomes. People should know exactly what they're taking, so we dedicate ourselves to producing quality products and delivering them with transparency."*

THE FUTURE

We lost John in August 2021. He died in his sleep of a pulmonary embolism. Overcoming hardship, leading with excellence, and running his businesses with integrity, John Meadows remains an iconic figure and inspiration to many. He was a strong proponent for a culture of science-backed training and nutrition in the fitness industry.

Fully embraced by the bodybuilding community, Granite Supplements is now a staple for professional athletes across the globe, and has a loyal following with fitness enthusiasts—proving John's theory: the best ingredients scientifically formulated will result in better outcomes for all stages of the fitness journey.

Prior to his sudden death, John had many projects in development and a larger vision for the company he founded. Granite Supplements is dedicated to his vision and will continue to develop products with the same high standards and transparency that are the hallmarks of the Granite Supplements brand.

PROPERTY OF
EST  2016
GRANITE

COACH | MENTOR | INSPIRATION

JOHN FEELEY'S

GX PRE-WORKOUT

EXPLOSIVE ENERGY, MAXIMUM PERFORMANCE



SOUR POWER



TANGERINE BLAST



WATERMELON CANDY

SUGGESTED USE: Mix one scoop into 12-16 ounces of water and shake or stir. Consume 15-30 minutes prior to training. As always, for stronger and sweeter flavor use less water and for milder flavor use more water. Adjust to the way you like & enjoy!

Supplement Facts

Serving Size: 1 scoop approximate (20g/0.71oz) Servings Per Container: 20

	Amount Per Serving	%Daily Value
Calories	5	
Total Fat	0g	0%
Total Carbohydrates	1g	1%
Protein	0g	
Vitamin C (as Ascorbic Acid)	250mg	277%
Vitamin B ₁₂ (as Methylcobalamin)	125mcg	5208%
Sodium (as Sodium Gluconate & Sodium Chloride)	105mg	5%
L-Citrulline Complex (4,000mg L-Citrulline, 2,000mg L-Citrulline DL-Malate 2:1)	6000mg	†
Betaine Nitrate (as NO ₃ -T [®])	2000mg	†
Theacrine (as Teacrine [®])	100mg	†
AlphaSize [®] A-GPC 50% (alpha-glycerylphosphorylcholine)	300mg	†
Betaine Anhydrous	1180mg	†
Creatine Monohydrate	3000mg	†
L-Taurine	1000mg	†
Lion's Mane (<i>Hericum erinaceus</i>) Mushroom Extract	500mg	†
L-Theanine	200mg	†
Huperzine A (from <i>Huperzia serrata</i> extract) (aerial)	50mcg	†
Caffeine	200mg	†
Carnosyn [®] Beta-alanine	1800mg	†
Theobromine	60mg	†
N-Acetyl L-Tyrosine	650mg	†

Percentage Daily Values are based on a 2,000 calorie diet

†Daily Value not established

Other Ingredients: Natural and Artificial Flavours, Silicon Dioxide, Sucralose, Acesulfame-K, Red Beet Color.

WHO NEEDS GX PRE-WORKOUT?

This is a pre-workout for serious training. Created for bodybuilders, it's been embraced by athletes around the world as they train and prep for their sport. GX Pre-Workout primes you physiologically and psychologically with branded ingredients that boost focus, power, performance, pump, and energy.

ABOUT GX PRE-WORKOUT

GX Pre-Workout is **THE INDUSTRY-LEADING** workout formulation. This product is a new and improved version of the Pre-Mium Pre-Workout. We took the ingredients in Pre-Mium and upgraded to provide you with the best of the best to fully prepare mentally and physically for their workout. It combines trademarked ingredients backed by multiple scientific studies. We've worked hard to create a smooth, well-rounded supplement that doesn't give you a crazy surge followed by a massive crash and aching stomach. GX Pre-Workout primes you physically, but also psychologically to get the very best out of your workout, training, sport, fitness regimen, etc.

SCIENCE-BACKED PRODUCT

- ▶ **Power and Performance:** Carnosyn[®] Beta alanine, Creatine Monohydrate, Betaine, AlphaSize[®] A-GPC
- ▶ **Incredible Pump:** L-Citrulline Complex (L-Citrulline and Citrulline Malate), Betaine Nitrate (NO₃-T[®]) (480mg nitrate)
- ▶ **Explosive Energy:** Caffeine, Teacrine[®] Theacrine, Theobromine
- ▶ **Laser Focus:** L-Theanine, Huperzine A, Lion's Mane Mushroom Ext (*Hericum erinaceus*), N-Acetyl L-Tyrosine

EXPLOSIVE ENERGY. MAXIMUM PERFORMANCE. GX Pre-Workout primes you physiologically and psychologically to perform at your best—generating the mental fortitude to blast you through any barriers that stand in the way of your training goals. GX takes an unprecedented approach to prepare you for superhuman efforts combining superior ingredients for superior performance. We will always strive to bring you the best ingredients based on proven research and testing.



@GraniteSupplements

VASO BLAST

MAXIMUM PUMP

WHO NEEDS VASO BLAST?

Vaso Blast is stimulant free pre-workout that focuses on the vascular system. It is 100% about the pump—the cellular hydration of the muscles. More blood to the muscles equals more oxygen to the muscles which equals a more intense workout. It's also a great alternative for men and women who are sensitive to caffeine or other stimulants, or who prefer to work out at night.

ABOUT VASO BLAST

MAXIMUM VASCULARITY = MAXIMUM PUMP.

The science behind a VasoBlast Non-Stim Pre focuses on the vascular system instead of the central nervous system. In other words, we focus on maximizing blood flow to deliver oxygen and nutrients to your muscles.

SCIENCE-BACKED PRODUCT

STEP 1 - OPEN THE PIPES

- ▶ **Grapeseed Extract** – Relaxes blood vessels which leads to increased diameter or width of the vessels, which mean more blood flow. GSE has also been shown to help “protect” the NO and the eNOS enzyme from shutting down due to oxidative stress metabolites that can accumulate.

STEP 2 - PUMP UP THE NITRIC OXIDE

- ▶ **Arginine Nitrate** – Older NO products never really panned out because the delivery system wasn't optimal. Arginine nitrate solves that problem by also providing a vehicle to deliver nitrate, which itself is enzymatically reduced or converted to nitrite and then finally to actual NO! We deliver arginine in a way such that it is converted to Nitric Oxide with two distinct precursors, and not degraded before it does its job.
- ▶ **Citrulline** – We add time-tested Citrulline to compliment the Arginine Nitrate. These two together will leave no doubt that the “pump is primed” and process of vasodilation is maxed out!

STEP 3 - KEEP THE PIPES OPEN

- ▶ **VasoDrive-AP®** - Granite Supplements® was first to bring this novel ingredient to the industry years ago. Your body produces a chemical (Angiotensin II) that will cause vasoconstriction as a means to get everything back to “normal”. We aren't ready for normal yet though. VasoDrive-AP® acts as an ACE inhibitor which prevents that Angiotensin II chemical from building up and “closing the pipes”. VasoDrive-AP® has side-benefits for augmenting insulin sensitivity and muscle recovery from training stressors. The result is longer lasting and more sustained pump!



BLOOD ORANGE



CHERRY LIME



RAINBOW CANDY

SUGGESTED USE: Mix one-two scoops into 8-16 ounces of water and shake or stir. Consume 15-30 minutes prior to training. As always, for stronger and sweeter flavor use less water and for milder flavor use more water. Adjust to the way you like and enjoy!

Supplement Facts

Serving Size: 1 scoop (7.25 g) or 2 scoops (14.5 g) Servings Per Container: 20 (40 scoops)

	1 Scoop	%DV	2 Scoops	%DV
Calories	5		5	
Total Carbohydrates	1 g	< 1%	1 g	< 1%
Vitamin C (as Ascorbic Acid)	125 mg	139%	250 mg	278%
Niacin (as Nicotinic Acid)	12.5 mg	78%	25 mg	156%
Iron	0.5 mg	3%	1 mg	6%
Sodium	105 mg	5%	210 mg	9%
L-Citrulline	3000 mg	↑	6000 mg	↑
VasoDrive-AP® (providing Lactotripeptides as Valine-Proline-Proline and Isoleucine-Proline-Proline)	127 mg	↑	254 mg	↑
Arginine Nitrate (NO3-T®)	1000 mg	↑	2000 mg	↑
Taurine	1000 mg	↑	2000 mg	↑
Grape Seed Extract (Vitis vinifera L.) (std. to 90% proanthocyanidins)	200 mg	↑	400 mg	↑

Percentage Daily Values are based on a 2,000 calorie diet
†Daily Value not established

Other Ingredients: Natural and Artificial Flavors, Malic Acid, Salt, Acesulfame Potassium, Silicon Dioxide, Sucralose.



@GraniteSupplements



NEURO-STIM

BRAIN BOOSTING FORMULA WITH SUSTAINED ENERGY



BLOOD ORANGE



WHITE PEACH

SUGGESTED USE: Add 1 scoop into 4-6 oz water or favorite drink.

Supplement Facts		
Serving Size: 1 Scoop (3.4g / 0.12oz) Servings Per Container: 60 Scoops		
	Amount Per Serving	%DV
Vitamin B12 (methylcobalamin)	100 mcg	4167%
Coffeeberry® Polyphenols (Coffea arabica fruit extract) (providing chlorogenic acids and 5-caffeoylquinic acid)	50 mg	†
Theacrine as Teacrine®	31.25 mg	†
AlphaSize® Alpha-GPC 50%	25 mg	†
L-Tyrosine	250 mg	†
L-Theanine	100 mg	†
L-Taurine	500 mg	†
Inositol	187.5 mg	†
Caffeine	175 mg	†
Theobromine	50 mg	†
Huperzine A (Huperzia serrata leaf extract)	25 mcg	†
Dextrose	1000 mg	†

†Percent Daily Values are based on a 2,000 calorie diet.
†Daily Value not established.

Other Ingredients: Citric Acid, Natural and Artificial Flavors, Malic Acid, Sucralose, Tartaric Acid, Silica, Sodium Chloride, Acesulfame Potassium, Purple Corn Juice Powder, Paprika Color, Stevia Leaf Extract.



Gluten Free

Soy Free

WHO NEEDS NEURO-STIM™?

NeuroStim is created to give you a mental and physical boost of energy. It's packed with nootropic ingredients proven to support cognitive function, mental clarity, and focus. We've also added science-backed ingredients to support performance and to supply both immediate and sustained energy without the crash.

NeuroStim is a high potency, high energy booster for your mind and body. Take it whenever you need to feel energized and alert. Available in White Peach and Blood Orange flavors, we suggest you add a scoop to 4-6 oz of water or your favorite drink. We've included 60 servings (scoops) per package to help you power through your day with clarity, focus, and energy.

ABOUT NEURO-STIM™

Granite Supplements' NeuroStim contains time-tested Caffeine, AlphaSize® A-GPC, Coffeeberry®, Theobromine and Huperzine A, L-Taurine, L-Theanine, along with cutting edge Theacrine as Teacrine®. Together, they synergistically stimulate central nervous system arousal and enhance mental clarity and mood.

We've added a one-two punch with 100 mcg of Vitamin B12 to boost red blood cell formation and combat anemia, fatigue, and muscle weakness along with AlphaSize® to enhance muscle performance in athletes. Coffeeberry® Polyphenols are rich in chlorogenic acid, which has been studied for its ability to promote weight loss and boost fat burning—especially paired with Caffeine.

SCIENCE-BACKED PRODUCT

- ▶ **AlphaSize®** - learning, memory, concentration, recall, and focus, and in physical functions—power, force, strength, and agility.
- ▶ **Theacrine as Teacrine®** - improves mood, focus, subjective feelings of energy, and motivation to exercise, and may actually decrease anxiety.
- ▶ **Coffeeberry® Polyphenols** - a key neuroprotein involved in overall brain health.
- ▶ **Theobromine** - long history of positive mood and alertness influence.
- ▶ **Huperzine A** - improves memory and mental function.
- ▶ **Vitamin B12** - plays an essential role in red blood cell formation, cell metabolism, and the production of DNA
- ▶ **Caffeine (175 mg)** - wide variety of ergogenic effects and is both thermogenic, and lipolytic, making it a viable staple for any fat loss regimen.



@GraniteSupplements

RECOVERY

REFUEL & REBUILD

WHO NEEDS RECOVERY?

This is the most universal product that Granite Supplements® has ever created for one simple reason: if you work out, your body needs to recover. Period. Our Recovery supplement replenishes and restores your body so you can rally and repeat your activity tomorrow without feeling sluggish.

The only aspect of fitness more important than training effort is attention to adequate recovery. Recovering from your workout begins the moment it ends and is vital for making progress.

ABOUT RECOVERY

Granite Supplements® Recovery is a precise combination of Electrolytes, Carbohydrates including Cluster Dextrin®, Essential Amino Acids (EAAs), and Sensoril® Ashwagandha. These key ingredients protect, preserve and replenish precious muscle glycogen and help you get an anabolic / anti-catabolic jump-start on recovering from your workouts. Another great benefit: it won't upset your stomach (unlike so many other formulas). Sip Recovery throughout your workout for best results.

SCIENCE-BACKED PRODUCT

- ▶ Recovery contains highly branched cyclic dextrin (as 15 grams of Cluster Dextrin®) to enhance gastric emptying and minimize gastrointestinal discomfort during exercise. By rapidly ushering glucose from the stomach to the small intestine and blood stream, Cluster Dextrin® can improve performance, and maintain higher glycogen levels, giving you a head start on recovering for your next workout.
- ▶ To ensure sustained blood glucose during your workout, we've also included 5 grams of Isomaltulose (as Palatinose®), a disaccharide that produces steady blood glucose, much lower than even table sugar.
- ▶ N-Acetyl-L-Tyrosine is Recovery's soluble source of L-Tyrosine, a precursor for catecholamine synthesis (e.g., noradrenaline and dopamine), thus supporting brain neurotransmitter levels and cognitive performance.
- ▶ We included the Essential Amino Acids (EAAs) because it's the dietarily essential amino acids that trigger muscle protein synthesis. Leucine (3g) sits atop this EAA stack because of its primacy in triggering protein anabolism. We were sure to focus on the other branched-chain aminos (BCAAs; Isoleucine and Valine at 1.5g each) as well because the BCAAs are known to reduce muscle breakdown and post-exercise soreness and damage.



FRUIT BLAST

BLUE CRUSH

RAINBOW
CANDY

WATERMELON

SUGGESTED USE: Mix one scoop into 12 to 16 ounces of water and shake or stir. For best results, begin consuming five to ten minutes prior to training and continue to consume during training. Can also be consumed after training.

Supplement Facts

Serving Size: 1 scoop approximate (34g/1.19oz) Servings Per Container: 20

	Amount Per Serving	%Daily Value
Calories	80	
Sodium	170 mg	7%
Total Carbohydrates	20 g	7%
Total Sugars	5 g	†
Includes 5g Added Sugars		10%
Calcium (from Calcium Citrate)	9 mg	0%
Magnesium (from Magnesium Aspartate)	25 mg	6%
Potassium (from Potassium Chloride)	270 mg	6%
Cluster Dextrin™ (Highly Branched Cyclic Dextrins)	15 g	†
Palatinose™ (Isomaltulose)	5 g	†
L-Leucine (as InstAminos™)	3 g	†
L-Isoleucine (as InstAminos™)	1.5 g	†
L-Valine (as InstAminos™)	1.5 g	†
L-Glycine	1.5 g	†
L-Glutamine	675 mg	†
N-Acetyl-L-Tyrosine	575 mg	†
L-Phenylalanine	450 mg	†
L-Lysine HCL	250 mg	†
L-Histidine	170 mg	†
Sensoril® Ashwagandha (withania somnifera) (root/leaf) (min. 10% withanolide glycoside conjugates, min. 32% oligosaccharides, max. 5% withaferin A)	125 mg	†
L-Tryptophan	100 mg	†
L-Threonine	75 mg	†
L-Methionine	50 mg	†

Percentage Daily Values are based on a 2,000 calorie diet
†Daily Value not established

Other Ingredients: Citric Acid, Salt, Malic Acid, Natural and Artificial Flavors, Sucralose, Silicon Dioxide, Acesulfame Potassium.



@GraniteSupplements



ESSENTIAL AMINOS

MOLECULAR REINFORCEMENT



SUGGESTED USE: Mix one scoop (14.5 g) into 6 to 12 ounces of water and shake or stir. Consume before, during, or after training.

Supplement Facts		
Serving Size: 1 scoop approximate (14.5g/0.51oz)		Servings Per Container: 30
	Amount Per Serving	%Daily Value
Calories	5	
Total Fat	0 g	0%
Total Carbohydrates	1 g	<1%
Protein	0 g	
Pantothenic Acid (from d-Calcium Pantothenate)	10 mg	198%
Calcium	58 mg	4%
Magnesium (from Magnesium Gluconate, Magnesium Citrate)	70 mg	18%
Sodium (from Sodium Citrate, Monopotassium Phosphate, Di-Sodium Phosphate, Sodium Chloride)	410 mg	18%
Potassium (from Monopotassium Phosphate, Potassium Chloride)	97 mg	2%
BCAA [Branched Chain Amino Acids, (2:1:1 L-Leucine, L-Isoleucine, L-Valine) as Instaminos®]	7,000 mg	†
L-Threonine	1,300 mg	†
L-Lysine HCl	1,100 mg	†
N-Acetyl L-Tyrosine	500 mg	†
L-Phenylalanine	400 mg	†
L-Histidine	100 mg	†
L-Tryptophan	75 mg	†
L-Methionine	50 mg	†
Percentage Daily Values are based on a 2,000 calorie diet		
†Daily Value not established		

Other Ingredients: Natural Flavors, Citric Acid, Calcium Silicate, Silicon Dioxide, Sucralose, Red Beet Color.



WHO NEEDS ESSENTIAL AMINO ACIDS?

Essential Amino Acids are critical molecular building blocks for muscle growth and sport stress recovery. EAAs must be consumed, they don't occur naturally in your body. The best sources of essential amino acids are animal proteins like meat, eggs and poultry. Granite Supplements® EAAs are 100% vegan, extremely low carb, and zero calories.

ABOUT ESSENTIAL AMINOS ACIDS

Essential Amino Acids (EAAs) are molecular reinforcement for your body in the structure and function of proteins and enzymes. There are 20 different amino acids, but only nine amino acids are classified as essential: histidine, isoleucine, leucine, lysine, methionine, phenylalanine, threonine, tryptophan, and valine. Of the nine Essential Amino Acids, three are "branched-chain" which refers to their chemical structure. These are: leucine, isoleucine and valine. These play critical roles in the building and preserving of muscle tissues.

SCIENCE-BACKED PRODUCT

- Granite Supplements® Essential Aminos provide a 10g / dose of all the Essential Amino Acids (EAAs) because it's the dietarily essential [not the non-essential amino acids that trigger muscle protein synthesis. Leucine (3.5g) sits atop this EAA blend because of its primacy in triggering protein anabolism. We were sure to focus on the other branched-chain aminos (BCAAs; Isoleucine and Valine at 1.75g each) as well because the BCAAs are known to reduce muscle breakdown and post-exercise soreness and damage.
- The amounts of the other EAAs blended in Essential Aminos are based on the anabolic EAA mixture used extensively in research; adjusted slightly to take advantage of the anabolic signaling and insulin-releasing effects of lysine and phenylalanine.
- This power-packed EAA supplement can be employed in conjunction with a small amount of carbohydrate (~35g; which could come from our Intra-Carb product) to enhance post-workout protein synthesis and gains in muscle mass. If you're stuck between a rock and a hard place with little to no good protein sources, EAAs can boost the protein-synthetic effect of an otherwise suboptimal protein source, e.g., one that is too small or otherwise dilute in protein content or lacking in EAAs, such as some plant protein sources.



@GraniteSupplements

INTRA-CARB

GRIT. GUTS. DISTANCE.

WHO NEEDS INTRA-CARB?

Carbs are an indispensable advantage to hard-training athletes who want to improve endurance, add size, or get lean. Intra-Carb levels up your performance, allowing you to train longer, with more energy and no crash. Unlike many other carb formulas, Intra-Carb does not upset your stomach, cause bloating or give you an insulin spike and crash. It's designed to provide a steady level of insulin release, which is great for managing muscle protein breakdown.

ABOUT INTRA-CARB

It's a simple, but powerful formula that combines the rapid actions of Dextrose with the smooth and sustained entry of glucose from Cyclic Dextrin® and Palatinose®, respectively, to give you the benefits and versatility of both slow and fast carbohydrates, all in one product.

SCIENCE-BACKED PRODUCT

Synergy of the three carbohydrate sources we've combined:

- ▶ Intra-Carb contains highly branched cyclic dextrin (as 10 grams of Cluster Dextrin®) to enhance gastric emptying and minimize gastrointestinal discomfort during exercise. By more rapidly ushering glucose from the stomach to the small intestine and blood stream, Cluster Dextrin® can improve performance, and maintain higher glycogen levels during exercise.
- ▶ To ensure a sustained, crash-free elevation of blood glucose during your workout or whenever you've consumed Intra-Carb, we've also included 5 grams of Isomaltulose (as Palatinose®) in Intra-Carb. Palatinose is a disaccharide that produces a steady rise in blood glucose.
- ▶ Lastly, we've included a small amount of Dextrose (glucose). Dextrose's rapid entry into the bloodstream will promote insulin release, so including a small amount in Intra-Carb favors the positive balance of skeletal muscle protein synthesis and breakdown we all seek, as long as you've been diligent enough to consume protein with your carbs.



FRUIT PUNCH



STRAWBERRY
LEMONADE

SUGGESTED USE: Mix one scoop (21.7 g) into 12 to 16 ounces of water and shake or stir. Consume before, during, or after training.

Supplement Facts

Serving Size: 1 scoop approximate (21.7g/0.76oz) Servings Per Container: 20

	Amount Per Serving	%Daily Value
Calories	80	4%
Total Fat	0 g	0%
Total Carbohydrates	20 g	7%
Total Sugars	9 g	†
Includes 9g Added Sugars		18%
Protein	0 g	
Sodium	0 mg	0%
Cluster Dextrin™ (Highly Branched Cyclic Dextrins)	10 g	†
Palatinose™ (Isomaltulose)	5 g	†
Dextrose	5 g	†

Percentage Daily Values are based on a 2,000 calorie diet

†Daily Value not established

Other Ingredients: Natural Flavors, Citric Acid, Malic Acid, Silicon Dioxide, Sucralose.



@GraniteSupplements



PROTEIN

MUSCLE FOOD!



SUGGESTED USE: Mix one scoop with eight ounces of water or the beverage of your choice in a shaker cup or blender. (For an amazing milkshake experience, try mixing with your favorite dairy, soy or nut milk!)

Nutrition Facts	
30 servings per container	
Serving size	
1 Scoop (31.4g)	
Amount Per Serving	
Calories	130
% Daily Value*	
Total Fat 2.5 g	3%
Saturated Fat 1 g	5%
Trans Fat 0 g	
Cholesterol 55 mg	18%
Sodium 135 mg	6%
Total Carbohydrate 4 g	1%
Dietary Fiber 0 g	0%
Total Sugars 2 g	
Includes 0 g Added Sugars	0%
Protein 23 g	
Vitamin D 0 mcg	0%
Calcium 138 mg	10%
Iron 0 mg	0%
Potassium 122 mg	2%
Percentage Daily Values are based on a 2,000 calorie diet	
†Daily Value not established	

Ingredients: Protein Matrix (Whey Protein Concentrate, Micellar Casein, Whey Protein Isolate, Beef Protein Isolate, Egg White Protein), Peanut Flour, Natural Flavors, Xanthan Gum, Sunflower Lecithin, Salt, Protease Enzymes, Sucralose.



WHO NEEDS PROTEIN?

Every pump, every muscle contraction, results in a breakdown of your muscle fibers. Once damaged, they are ready to be repaired. **THIS IS WHERE MUSCLE GROWTH OCCURS.** This is where your muscles need to be fed to achieve muscle hypertrophy—increasing the size of your muscle cells. Protein comes into play to accelerate gains in the endurance of your muscles (aerobic) and the strength of your muscles (anaerobic).

Numerous studies show that whey protein can help you increase strength, gain muscle, and lose body fat. It also has the highest bioavailability of any protein source. It does have small amounts of fat and lactose, which gives it a nice creamy texture and taste.

ABOUT PROTEIN

Granite Supplements® Protein is carefully engineered and balanced for athletes, active individuals, and anyone looking for a premium protein source in their diet. Unlike other products on the market, our Protein is easy on your system because we include protease enzymes for digestive support.

Granite Supplements® Protein formulation contains 23 grams of protein and ensures prolonged delivery of both fast and slow-digesting proteins to build lean muscle and recover after exercise.

SCIENCE-BACKED PRODUCT

- ▶ **Whey Concentrate and Isolate:** The proteins in whey are very high in quality. Both concentrate and isolate are excellent sources of protein and that's why they're both in the formulation! They both have high levels of BCAA since they come from the same source. The whey concentrate may also have more beneficial subfractions to enhance your immune system.
- ▶ **Micellar Casein** is a slow-digesting protein that contains all the essential amino acids your body needs. Micellar Casein reduces protein breakdown within the body due to its slow digestion rate and sustained supply of amino acids to muscle cells.
- ▶ **Grass Fed Beef** is included in our Protein for one simple reason: it is molecular food.
- ▶ **Egg White** contains a 9% concentration of Leucine, the major amino acid responsible for stimulating muscle protein synthesis. It also contains Arginine which stimulates the body's production of nitric oxide, which dilates blood vessels.



@GraniteSupplements

ORGANIC PLANT PROTEIN

PLANT-POWERED MUSCLE FOOD

WHO NEEDS ORGANIC PLANT PROTEIN?

Studies show many benefits to a vegan diet for athletes—most notably reducing cholesterol and lowering blood pressure. However, the biggest argument against it has been the difficulty to incorporate protein, the key ingredient for building muscle. We decided to tackle that issue head-on.

Granite Supplements' Organic Plant Protein packs 21 grams of protein derived from five organic plant protein sources: pea, pumpkin, chia seed, brown rice, and coconut milk. These have been uniquely formulated to provide a balanced and varied amino acid profile due to our formula containing five different plant sources. Our ultra-premium, organic sources are free from the grit or chalkiness often associated with plant-based powders. The addition of coconut milk gives a smooth and creamy texture. We've also added protease enzymes so it's easy to digest.

ABOUT ORGANIC PLANT-BASED PROTEIN

Plant-based protein is no longer the new kid on the block. Ample studies have shown it to be just as efficacious as non-vegan protein sources for muscle recovery and growth. In general, vegan diets in endurance athletes have shown to provide better cardiovascular protection by reducing plasma lipid levels, exercise-induced oxidative stress, inflammation, and blood pressure.

SCIENCE-BACKED PRODUCT

- ▶ **Peas** contain a surprising amount of protein along with Vitamins A, K, C, Thiamine, Folate, Manganese, Iron, and Phosphorus.
- ▶ **Pumpkin** is considered a superfood, rich in protein, Vitamins A, C, B2, E, Potassium, Copper, Manganese, Iron, and high in Beta-carotene.
- ▶ **Chia Seeds** are 14% protein, by weight. One ounce of chia seeds contains fiber, protein, Omega-3s, Calcium, Manganese, Magnesium, and Phosphorus.
- ▶ **Brown Rice** is whole rice with the inedible outermost husk layer removed. In addition to quality protein, brown rice is rich in branched-chain amino acids which are beneficial for repairing and building muscle fibers.
- ▶ **Coconut Milk** is made from the flesh of mature brown coconuts. It's grated and steeped in water to produce the rich, creamy "milk". High in calories from fats known as medium-chain triglycerides (MCTs), these are used for ketone or energy production, not fat storage.



CHOCOLATE



UNFLAVORED

SUGGESTED USE: Add into 8oz water or favorite non-dairy milk. Also great in smoothies or food of your choice.

Nutrition Facts

20 servings per container
Serving size

1 Scoop (41 g)

Amount Per Serving

Calories

170

	% Daily Value*
Total Fat 4 g	5%
Saturated Fat 2.5 g	13%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 300 mg	13%
Total Carbohydrate 13 g	5%
Dietary Fiber 5 g	18%
Total Sugars 1 g	
Includes 0 g Added Sugars	0%
Protein 21 g	
Vitamin D 0 mcg	0%
Calcium 108 mg	8%
Iron 4 mg	20%
Potassium 107 mg	2%

Percentage Daily Values are based on a 2,000 calorie diet

*Daily Value not established

Ingredients: Granite Organic Plant Protein Blend (Organic Pea Protein, Organic Coconut Milk, Organic Pumpkin Seed Protein, Organic Brown Rice Protein, Organic Chia Seed Protein), Organic Erythritol, Organic Cocoa, Organic Blue Agave Inulin, Natural Flavor, Sea Salt, Organic Stevia Leaf Extract, Organic Guar Gum, Protease Enzymes.



@GraniteSupplements



MULTI-COLLAGEN PEPTIDES

HAIR, SKIN, NAILS & JOINT SUPPORT



SUGGESTED USE: Add into 8oz water or try with coffee, smoothie or food of your choice.

Supplement Facts

Serving Size: 1 scoop approximate (10.1g/0.35oz)
Servings Per Container: 45

	1 Scoop	%Daily Value
Calories	40	2%
Protein	9 g	
Multi Collagen Complex [from Grass-Fed Pasture-Raised Bovine, Wild Caught Alaskan Pollack, Eggshell, Chicken providing Collagen Types I, II, III, V & X]	10.1 g	†

Percentage Daily Values are based on a 2,000 calorie diet
†Daily Value not established

Other Ingredients: None.



GLUTEN FREE

SOY FREE

DAIRY FREE

WHO NEEDS COLLAGEN?

Collagen is the most abundant protein in your body. It provides structure to your bones, connective tissues, muscles, hair, skin, nails, teeth, and organs. After the age of 25, the body's production of collagen slows. We can curb this natural decline by consuming hydrolyzed collagen and effectively restoring collagen levels in the body.

ABOUT COLLAGEN

Granite Supplements' Collagen is carefully engineered and balanced for athletes, active individuals, and anyone looking for a premium collagen source in their diet. There are multiple types of collagen, we've focused on 5 of them in our formulation from 4 sources: grass-fed, pasture-raised bovine, wild Alaskan pollack, chickens, and eggshell membrane. This four-origin land and sea approach brings the highest quality collagen types for full-spectrum effectiveness.

SCIENCE-BACKED PRODUCT

- ▶ **Type I Collagen** – The most investigated collagen type, Type I is fibrillar—a triple helix matrix organized in fibrils which is essential for structural competence. Type I accounts for 90% of the body's collagen. It is the key structural composition of all connective tissues and the interstitial membrane of skin, bones, tendons, and teeth.
- ▶ **Type II Collagen** – Type II collagen is what gives cartilage its tensile strength and elasticity, thereby enabling it to support the joints. It's found only in cartilage, which is critical for allowing tissue to bear mechanical stress, shock absorption, and connected bones to move without friction. Because cartilage is avascular, it's particularly prone to wear and tear.
- ▶ **Type III Collagen** – It is a major structural component in hollow organs such as blood vessels, gut, and uterus. Studies have suggested that its role is to act as a modifier of the fibril network composed of Type II Collagen together with other minor collagens during tissue healing.
- ▶ **Type V Collagen** – Type V collagen is required for other types of collagen to form, fibrillogenesis, and to form correctly in both structure and matrix.
- ▶ **Type X Collagen** – Type X collagen is a network-forming collagen, which is critical to bone density. It is considered a reliable marker for new bone formation.



@GraniteSupplements

PRISTINE OMEGA

SUSTAINABLY SOURCED

WHO NEEDS PRISTINE OMEGA?

Already known for heart, brain, and eye health, fish oil is making big waves in the sports nutrition world based on a recent study by the American Society for Nutrition. The study reported "consistent effects for fish oil supplements on reaction time, mood, cardiovascular dynamics, skeletal muscle recovery, the pro-inflammatory cytokine TNF-a, and post-exercise NO (nitric oxide) responses."

ABOUT PRISTINE OMEGA

Pristine Omega is extracted from "fatty" fish sustainably sourced and wild caught in the cold waters of Norway. It is then molecularly distilled for pristine purity and tested to be free of potentially harmful levels of contaminants such as mercury, heavy metals, PCBs and dioxins. Granite Supplements' formulation has optimized ratios of EPA and DHA. We've also added orange oil to fend off "fish burp".

Why Did We Name Our Marine Omega-3 Supplement "Pristine Omega"?

Because it's the purest omega-3 source on the market.

- ▶ **Pristine:** for the way it is sourced in the cold waters of Norway and distilled for purity.
- ▶ **Omega:** for the high quality of marine omega-3s, rich in EPA and DHA.

SCIENCE-BACKED PRODUCT

- ▶ Marine omega-3 essential fatty acids are comprised of long-chain Eicosapentaenoic acid (EPA) and Docosahexaenoic acid (DHA) which can only be derived from diet, they cannot be synthesized by your body.
- ▶ EPA and DHA are important for brain function.
- ▶ EPA produces signaling molecules called eicosanoids, which are key mediators and regulators of inflammation and immunity.
- ▶ DHA reduces blood triglycerides and LDL cholesterol particles, boosting heart health.
- ▶ Omega-3s in combination with exercise is more effective at reducing body fat than exercise alone.
- ▶ Omega-3s are recommended supplements by optometrists for eye health.



SUGGESTED USE: Take 2 softgels daily.

Supplement Facts		
Serving Size: 2 Softgels		Servings Per Container: 30
	Amount Per Serving	%DV
Calories	20	
Total Fat	2.0 g	3%**
Polyunsaturated Fat	2.0 g	↑
Cholesterol	5 mg	2%
Protein	0.5 mg	1%**
Norwegian Fish Oil Concentrate	2,000 mg	↑
EPA (Eicosapentaenoic Acid)	720 mg	↑
DHA (Docosahexaenoic Acid)	480 mg	↑
**Percent Daily Values are based on a 2,000 calorie diet. †Daily Value not established.		

Other Ingredients: Gelatin, glycerin, water, natural citrus flavor.



Gluten Free

Soy Free

@GraniteSupplements



THERMO BURN

THERMO-METOBOLIC ENHANCER



SUGGESTED USE: Take 1 capsule daily. After assessing your tolerance you may take up to 2 capsules daily.

Supplement Facts

Serving Size: 2 Capsules Serving Per Container: 30

	Amount Per Serving	%DV
Chocamine® (Cocoa Low Fat Powder Extract, Theobromine)	275 mg	†
Theacrine (as TeaCrine™)	125 mg	†
AlphaSize® (AlphaSize® 50% Alpha-Glycerol Phosphoryl Choline)	100 mg	†
Caffeine Anhydrous	100 mg	†
Rhodiola rosea [Root] (Standardized to 3% Salidroside)	65 mg	†
Capsimax® (Capsicum annum) [Fruit] Extract (Standardized to 2% Capsaicinoids)	50 mg	†
Dicaffeine Malate (as Infinergy™)	34 mg	†
BioPerine® Black Pepper (Piper nigrum) [Fruit] (Standardized to 95% Piperine)	2.5 mg	†

†Daily Value not established

Other Ingredients: Hypromellose, Chocamine® Blend [Tapioca Starch, Natural Flavors, Spices (Ginger, Allspice, Cinnamon)] Magnesium Stearate, and Silica.



WHO NEEDS THERMO BURN?

Thermo Burn is designed to annihilate fat. It contains key ingredients that work together to control appetite, enhance mood, and increase metabolism.

ABOUT THERMO BURN

Thermo Burn is a cutting-edge thermogenic fat burner designed to promote an anabolic environment, boosting muscle growth and reducing fat. We take a three-fold approach to turbo-charge your efforts to demolish body fat:

- ▶ **Appetite Control:** Theacrine, Chocamine®/Cocoa, AlphaSize® A-GPC, and Rhodiola
- ▶ **Energy:** Caffeine, Infinergy™, Theacrine/Tearine®, and Theobromine
- ▶ **Thermogenesis:** Cayenne Pepper Fruit Extract & BioPerine®

SCIENCE-BACKED PRODUCT

- ▶ **Appetite Control & Mood** - The Appetite Control blend focuses on improving mood, controlling your appetite, and bolstering your energy levels over the long haul of your fat-loss diet. Thermo Burn contains what may be the “cleanest” over-the-counter “stimulant” of them all: Theacrine (as 125mg of Teacrine® per dose). Theacrine improves mood, focus, subjective feelings of energy, and motivation to exercise, but decreases anxiety.
- ▶ **Energy Elevation** - Naturally, we've included perhaps the world's most popular energy booster in the form of caffeine [caffeine anhydrous (100 mg) and dicaffeine malate (as Infinergy™; 34 mg)]. Caffeine has a wide variety of ergogenic effects and is both thermogenic, and lipolytic, making it a viable staple for any fat loss regimen.
- ▶ **Thermogenesis** - To spice up your metabolism in a way you may never have, we've included cayenne pepper (Capsicum Annum) fruit extract (as 50mg Capsimax® per dose). The capsaicinoids in Capsimax® act via receptors in the brain to fire up the sympathetic nervous system. This elevates metabolic rate via thermogenesis and may even promote the development of new brown fat cells, a form of energy dissipating adipose tissue that exists in humans.



@GraniteSupplements

JOINT CARE

MULTI-FACETED JOINT CARE FORMULA

WHO NEEDS JOINT CARE?

All athletes, at all ages and stages of their fitness activity, know that if your joints aren't properly taken care of, no amount of training or muscle growth will be truly effective. The wear and tear that athletes put on joints results in the destruction of cartilage, loss of lubrication, and inflammation.

Granite Supplements® Joint Care formulation is designed to nourish your joints from the inside—to relieve joint pain quickly and effectively by reducing discomforts from swelling and stiffness, while improving overall joint health.

ABOUT JOINT CARE

Granite Supplements® Joint Care is a special product. It's the world's first joint care formulation created for athletes. Many of the ingredients are stand-alone supplements in their own right. We've blended these superior ingredients for efficacy, bioavailability, and symbiotic potency.

SCIENCE-BACKED PRODUCT

- ▶ **UC-II® Undenatured Type II Collagen**, is backed by a ton of clinical studies to significantly increase joint comfort and function. We added the recommended 40mg serving for maximum effectiveness.
- ▶ **Curcumin C3 Complex® Turmeric Root Extract**, is the foremost clinically studied natural anti-inflammatory and antioxidant. We've insured the finest ingredients by choosing a Curcumin C3 Complex® that contains a minimum 95% curcuminoids.
- ▶ **Boswellia Serrata Extract with AKBA**, maintains healthy 5-lipoxygenase (5-LO) activity and inhibits leukotriene biosynthesis. AKBA helps preserve the structural integrity of joint cartilage.
- ▶ **Hyaluronic Acid** binds to water producing a viscous, jelly-like consistency that acts as a shock absorber within the joint. It promotes the growth of new cells and tissues, and reduces inflammation.
- ▶ **Ginger**, when combined with curcumin and boswellia is a perfect trifecta of natural anti-inflammatory herbal extracts.
- ▶ **Black Pepper**, the piperine in black pepper has a significant benefit in its ability to boost the absorption of curcumin in turmeric — by up to 2,000%.



SUGGESTED USE: Take 2 capsules daily on an empty stomach.

Supplement Facts		
Serving Size: 2 Capsules		Serving Per Container: 30
	Amount Per Serving	%DV
Sodium	35 mg	2%
UC-II® Standardized Cartilage with Undenatured Type II Collagen (providing 10 mg total collagen)	40 mg	†
Curcumin C3 Complex® Turmeric Root Extract (<i>Curcuma longa</i>) (standardized to 95% curcuminoids)	500 mg	†
Boswellia Serrata Extract (resin) (as Boswellin® Super) [standardized to 75% boswellic acids, providing 30% AKBA (Acetyl-11-keto-β-boswellic acid)]	100 mg	†
Ginger Root Extract (<i>Zingiber officinale</i>) (standardized to 5% gingerols)	100 mg	†
Hyaluronic Acid (sodium hyaluronate)	50 mg	†
Boron (boron glycinate)	2.5 mg	†
Bioperine® Black Pepper Fruit Extract (<i>Piper nigrum</i>) (standardized to 95% piperine)	10 mg	†
†Daily Value not established		

Other Ingredients: Veggie Capsule (Hyppromellose), Cellulose, Silica, Magnesium Stearate.



@GraniteSupplements



PROTEIN BARS

COMPLETE PROTEIN SNACK

WHO NEEDS GRANITE SUPPLEMENTS PROTEIN BARS?

Loaded with 17grams of protein, Granite Supplements' peanut butter-based Protein Bar is an on-the-go healthy bar for athletes, fitness enthusiasts, and bodybuilders. Packed with flavor, our Protein Bar is versatile and checks many boxes:

- ▶ As a pre-workout snack, it provides a boost of energy.
- ▶ As a post-workout snack, it aids in muscle repair.
- ▶ It's a high protein food to curb cravings and aid in weight management.

ABOUT GRANITE SUPPLEMENTS PROTEIN BARS?

Peanut Butter

Peanut butter is essentially nutrient-dense fuel for high performance bodies. Rich in protein, fats, and fiber, peanut butter gives that feeling of fullness, and long-lasting energy. Because peanut butter has heart-healthy monounsaturated & polyunsaturated fats and is low in carbohydrates, it can support inflammation, blood lipid profiles, and help manage weight. Peanut butter is recommended by both the American Heart Association and the American Diabetes Association.

SCIENCE-BACKED PRODUCT

Chocolate

For athletes, studies show chocolate boosts oxygen availability by enhancing the release of nitric oxide during workouts. It's much-studied antioxidant properties lower levels of inflammation during recovery.

Whey Protein Concentrate & Isolate

Whey protein contains essential amino acids and has the highest bioavailability of any protein source. The high quality of whey proteins can help increase strength, gain muscle, and lose body fat.

Honey

Honey possesses antioxidant, antimicrobial, and anti-inflammatory properties. Honey is a simple sugar that breaks down quickly as an immediate source of energy. It also ranks lower on the glycemic index than refined sugars.

COMPLETE PROTEIN SNACK

Keep a bar in your gym bag, purse, or backpack. It's perfect for any time of day when you need a delicious and satisfying protein-packed boost.



@GraniteSupplements







#GRANITENATION



Granite Supplements was developed to bring athletes better ingredients, formulas and outcomes. People should know exactly what they're taking, so we dedicate ourselves to producing quality products and delivering them with transparency.

– JOHN MEADOWS, FOUNDER & PARTNER

GraniteSupplements.com

30 Waterworks Way, Irvine CA 92618 • (657) 331-227 • CustomerService@granitesupplements.com •    @GraniteSupplements