

# FIRM-UP

Want to burn fat while increasing energy for longer workouts?

**\$76.00**

Arctic Berry 225g / Blue-Razz 225g

## WHAT IS FIRM-UP?

360 FIRM-UP is an advanced L-Carnitine formula that tastes good and encourages cells to burn fat, giving you more energy and stamina.

## HOW DOES FIRM-UP WORK?

L-Carnitine is a valuable fat burning supplement due to the role it plays in transferring long-chain fatty acids, such as triglycerides, into mitochondria (a cell's energy powerhouse) so they can be oxidised to produce energy.

The process of transforming fat into energy also combats fatigue, promotes muscle growth and development and reduces post-workout soreness.

L-Carnitine may also be beneficial in the treatment of some forms of cardiovascular disease.

L-Carnitine Tartrate supports cognitive function to improve mental performance.

## WHAT'S IN FIRM-UP?

The two key ingredients in 360 FIRM-UP are Acetyl L-Carnitine and L-Carnitine Tartrate, which are the forms of L-Carnitine that are most readily absorbed by the body.

Our unique flavouring system gives 360 FIRM-UP a great taste that is a radical improvement over the unpalatable formulas of some other brands.

## HOW DO I USE FIRM-UP?

Take 360 FIRM-UP before training to enhance fat burning, improve focus and increase the duration and intensity of your workout.

Take 360 FIRM-UP after training to reduce muscle soreness and encourage muscle growth.

