

VIKING STRENGTH NUTRITION FEED YOUR INNER UIKING.



-Why us?

The creation of VSN came from the lack of available products on the market to fit our needs.

We have been involved in the fitness and supplement industry for a number of years and understand the poor quality of so many products that currently exist.

With dairy and lactose allergies becoming a more common issue, we decided it was time to create the products so many people are looking for. etc.

How do we create superior products?



High quality, organic ingredients

Fresh product
Minimal time between ingredient acquisition and finished product on the shelf

2 Every ingredient has a purpose (aka no fillers)

We Listen

To the valuable feedback from our customers



HOW CAN UIKING STRENGTH NUTRITION BENEFIT YOU?

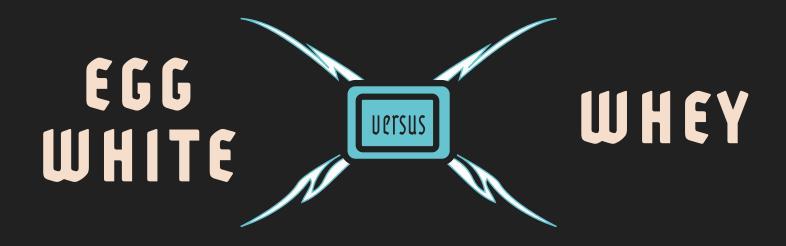


According to the FDA the majority of Americans eat within the daily recommended value for protein (50g/day.)*

This daily value is based on the average individual, not the individual who is actively working to build lean muscle mass.

According to ACSM**, "To increase muscle mass in combination with physical activity, it is recommended that a person that lifts weights regularly or is training for a running or cycling event eat a range of 1.2-1.7 grams of protein per kilogram of body weight per day, or 0.5 to 0.8 grams per pound of body weight."***

With supplements that are created from whole, nutritious, organic foods, anyone who chooses to use VSN will benefit from our chemistry-based formulas.



COMPARING 2 POPULAR PROTEIN SUPPLEMENTS





Tends to have higher purity percentage

Tends to have more filler content (aka more ingredients).

Less bloating and faster absorption

More bloadting, but more variations available (isolate & casein).

Carries a complete amino acid profile (contains all essential amino acids).

Also carries a complete amino acid profile.

Dairy and lactose free. Only allergen is eggs. egg free, but contains dairy and lactose.



EGG WHITE PROTEIN



Egg White is high in Protein but low in fat, carbs, cholesterol & is dairy Free. It has the highest bio-availability of any other kind of protein supplement on the market. Ours is Locally sourced from free range chickens.

No fillers. Over 90% Pure.

4 ingredients that make Stormbreaker an awesome base for any protein shake. Easily add other ingredients to beef up the nutrient profile (adding fruits and veggies, fats, carbs, etc).

> 36g Og PROTEIN SUGAR



STORMER



PRE-WORKOUT



MOCKUP

- •Made from Oat Flour (a medium digesting carb), organic fruit, and sunflower lecithin
- Multiple flavor options. Both available with and without stimulants (just caffeine)
- •Can also be used as a Post-Workout when combined with Stormbreaker Protein and healthy fats to get in more calories.



OATMEAL CARB-BASED PRE-WORKOUT





Vanilla Superfood Protein Parfait

Macros for Uanilla Protein Parfait 64g protein 35g carbs 12g fat

Ingredients:

- -1 cup of Low Fat Greek Yogurt
- -40g French Uanilla Stormbreaker
- -20g rolled oats tossed in cinnamon, nutmeg
- -40g blueberries
- -Topped with chia seeds

Directions:

- -Measure 1 cup of greek yogurt into a mixing bowl and add 40g of French Vanilla
- Stormbreaker. Whip with a small whisk or fork until fluffy and well-mixed.
- -In a separate bowl, toss 20g of oats with cinnamon and nutmeg
- -Layer all ingredients together in a bowl or mason jar

Chocolate Protein Dream Parfait

Macros for Chocolate Protein Parfait 65g protein 57g carbs 19g fat

Ingredients:

- -1 cup of Low Fat Greek Yogurt
- 40g Chocolate Stormbreaker
- -20g rolled oats mixed into yogurt
- -1/2 a banana sliced and layered over yogurt
- -1 tbsp of peanut butter layered over bananas
- -Topped with 1 tbsp of mini chocolate chips

Directions:

- -Measure 1 cup of greek yogurt into a mixing bowl and add 40g of Chocolate
- Stormbreaker. Whip with a small whisk or fork until fluffy and well-mixed.
- -fold 20g of oats into yogurt & protein mixture
- -Layer all ingredients together in a bowl or mason jar







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CITATIONS



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