



VIKING STRENGTH NUTRITION

FEED YOUR INNER VIKING.



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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?




1 High quality,
organic ingredients


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

2 Every ingredient
has a purpose
(aka no fillers)

4 We Listen
To the valuable
feedback from our
customers



HOW CAN USING 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.

EGG WHITE

versus

WHEY

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 bloating, 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).

36 g 0 g
PROTEIN SUGAR



STORMBREAKER

EGG WHITE PROTEIN



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.

RAGNARÖK

OATMEAL CARB-BASED PRE-WORKOUT



Double Chocolate Protein Brownie
Gluten Free



Double Chocolate Protein Cookie
Gluten Free

Vanilla Superfood Protein Parfait

Macros for Vanilla Protein Parfait

64g protein 35g carbs 12g fat

Ingredients:

- 1 cup of Low Fat Greek Yogurt
- 40g French Vanilla 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

Enjoy!



USN JOGGERS
S-2XL
MSAP \$25

USN BRONZE SHAKER CUP
MSAP \$20

USN TEES
S-2XL
MSAP \$25





 @_vikingstrengthnutrition

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