



VICTUS

BY STAMEVSKI

PROTEIN **ISOLATE** BARS



CONTENTS

WHY VICTUS	4.
WHITE ALMOND	6.
CHOCO HAZELNUT	8.
PEANUT BUTTER	10.
AMINO ACIDS	12.
AMINO ACID PROFILE OF THE PROTEIN USED IN VICTUS BARS	14.



WHY **V**ICTUS

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NO ADDED SUGAR

ADAPTED FOR SPECIAL DIETARY REGIMES, VICTUS PROTEIN BARS ARE WITH NO ADDED SUGAR. ALSO, EVERY INGREDIENT FROM WHICH THE BARS ARE MADE DOES NOT CONTAIN SACCHAROSE.

WHEY PROTEIN ISOLATE

WHEY PROTEIN ISOLATE (WPI) IS THE PUREST FORM OF WHEY PROTEIN AND HAS A HIGHER PROTEIN CONCENTRATION THAN OTHER SUPPLEMENTS. IT IS ABSORBED MORE QUICKLY AND IS A COMPLETE PROTEIN, WHICH MEANS THAT IT CONTAINS ALL 9 ESSENTIAL AMINO ACIDS (MORE ON PAGE 14.) AND THUS ENABLES A BETTER RECOVERY AND GROWTH OF MUSCLE MASS. ALSO, WPI HAS A VERY LOW FAT AND CARBOHYDRATE CONTENT.

QUALITY THROUGH SIMPLICITY

EACH VICTUS PROTEIN BAR CONTAINS ONLY 6 INGREDIENTS, WHICH ARE WHEY PROTEIN ISOLATE, BUTTERS MADE FROM 100% NUTS, NUT BITS, CHOCOLATE WITH NO ADDED SUGAR, WATER AND GLYCERIN. THIS WAY, EVERY INGREDIENT HAS A HIGH COMPOSITION PERCENTAGE IN THE BAR, WHICH ENABLES THE AUTHENTIC TASTES TO COME TO THE FORE.



VICTUS
BY STAMEVSKI

WHITE ALMOND
PROTEIN ISOLATE BAR

NO ADDED SUGAR — 21G OF PROTEIN

WHITE ALMOND

55g

PER 100G:

ENERGY: 1984 kJ / 475 kcal

FAT: 27.9 g

OF WHICH SATURATES: 7.1 g

CARBOHYDRATE: 17.3 g

OF WHICH SUGAR: 3.82 g

PROTEIN: 38.7 g

SALT: 0.6 g

PER 55G:

ENERGY: 1091 kJ / 261 kcal

FAT: 15.3 g

OF WHICH SATURATES: 3.9 g

CARBOHYDRATE: 9.5 g

OF WHICH SUGAR: 2.1 g

PROTEIN: 21.3 g

SALT: 0.33 g

ALMOND BUTTER
(15%)

WHITE CHOCOLATE
WITH NO ADDED SUGAR

ALMOND BITS
(14%)



VICTUS

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CHOCO HAZELNUT
PROTEIN ISOLATE BAR

NO ADDED SUGAR — 20G OF PROTEIN

CHOCO HAZELNUT

55g

PER 100G:

ENERGY: 1944 kJ / 465 kcal

FAT: 26.4 g

OF WHICH SATURATES: 5.4 g

CARBOHYDRATE: 19.4 g

OF WHICH SUGAR: 3.85 g

PROTEIN: 37.5 g

SALT: 0.9 g

PER 55G:

ENERGY: 1069 kJ / 256 kcal

FAT: 14.5 g

OF WHICH SATURATES: 3 g

CARBOHYDRATE: 10.7 g

OF WHICH SUGAR: 2.12 g

PROTEIN: 20.6 g

SALT: 0.5 g

HAZELNUT BUTTER
(15%)

MILK CHOCOLATE
WITH NO ADDED SUGAR

HAZELNUT BITS
(14%)



VICTUS

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PEANUT BUTTER
PROTEIN ISOLATE BAR

NO ADDED SUGAR — 20G OF PROTEIN

PEANUT BUTTER

55g

PER 100G:

ENERGY: 1801 kJ / 430 kcal

FAT: 20.2 g

OF WHICH SATURATES: 3.9 g

CARBOHYDRATE: 25.7 g

OF WHICH SUGAR: 4.15 g

PROTEIN: 36.3 g

SALT: 0.9 g

PER 55G:

ENERGY: 991 kJ / 237 kcal

FAT: 11.1 g

OF WHICH SATURATES: 2.1 g

CARBOHYDRATE: 14.1 g

OF WHICH SUGAR: 2.3 g

PROTEIN: 20 g

SALT: 0.5 g

PEANUT BUTTER
(15%)

DARK CHOCOLATE
WITH NO ADDED SUGAR

PEANUT BITS
(14%)

AMINO ACIDS

AMINO ACIDS (AAs) ARE COMPOUNDS WHICH ARE USED TO BUILD PROTEIN.

THE HUMAN BODY NEEDS 20 AMINO ACIDS IN ORDER TO FUNCTION PROPERLY.

OF THOSE 20, OUR ORGANISM CANNOT SYNTHESIZE 9 AAs, SO WE HAVE TO INGEST THEM THROUGH FOOD.

THEY ARE CALLED **ESSENTIAL** AND THIS GROUP CONTAINS HISTIDINE, ISOLEUCINE, LEUCINE, LYSINE, METHIONINE, PHENYLALANINE, THREONINE, TRYPTOPHAN, AND VALINE.

NON-ESSENTIAL AAs ARE THE ONES WHICH OUR ORGANISM CAN SYNTHESIZE ITSELF, AND THIS GROUP CONTAINS ALANINE, ASPARAGINE, ASPARTIC ACID AND GLUTAMIC ACID.

THE THIRD GROUP OF AMINO ACIDS ARE **CONDITIONALLY ESSENTIAL**, WHICH ARE NOT NEEDED FOR EVERYDAY LIFE, BUT ARE IMPORTANT IN MOMENTS WHEN THE BODY IS EXPOSED TO BIGGER STRAINS. THIS GROUP CONTAINS ARGININE, CYSTEINE, GLUTAMINE, TYROSINE, GLYCINE, PROLINE AND SERINE.

BRANCHED-CHAIN AMINO ACIDS (BCAAs) ARE DIFFERENT FROM THE OTHER 17 AAs BECAUSE THEY ARE METABOLIZED PRIMARILY IN SKELETAL MUSCLES, WHILE THE OTHER 17 HAVE TO PASS THROUGH THE LIVER BEFORE THEY BECOME AVAILABLE TO THE MUSCLE TISSUE.

THIS MEANS THAT BCAAs ARE ABSORBED MORE QUICKLY AND THEREFORE, THE EFFECT THEY HAVE ON THE BODY HAPPENS MORE QUICKLY. THE AAs WHICH COMPRISE THIS GROUP ARE ISOLEUCINE, LEUCINE AND VALINE.

BCAAs ARE CONSIDERED ESPECIALLY USEFUL FOR ATHLETES AND PHYSICALLY ACTIVE PEOPLE BECAUSE THEY INCREASE THE BIOLOGICAL AVAILABILITY OF CARBOHYDRATES IN THE MUSCLES AND PREVENT THE BREAKDOWN OF MUSCLE PROTEINS DURING TRAINING. THEY ALSO STIMULATE THE SYNTHESIS (CREATION) OF MUSCLE MASS.



**AMINO ACID PROFILE
OF THE PROTEIN USED IN VICTUS BARS**

AMINO ACID	CATEGORY	ROLE IN THE BODY	RDA*	AA PROFILE OF THE PROTEIN IN ONE VICTUS BAR (55G)	THE PERCENTAGE OF RDA* WHICH THE PROTEIN IN ONE VICTUS BAR (55G) SATISFIES
L-LEUCINE	ESSENTIAL, BCAA	MUSCLE HEALTH, STIMULATES PROTEIN SYNTHESIS, DECREASES PROTEIN DEGRADATION (ESPECIALLY MUSCLE PROTEINS AFTER PHYSICAL TRAUMA)	3.36g	1.8g	53.57%
L-VALINE	ESSENTIAL, BCAA	MUSCLE GROWTH AND TISSUE RECOVERY, ENHANCES THE IMMUNE SYSTEM, HELPS WITH DAMAGE AND DECOMPOSITION OF MUSCLE TISSUE	1.92g	1.01g	52.6%
L-ISOLEUCINE	ESSENTIAL, BCAA	ENHANCES THE IMMUNE SYSTEM, PLAYS A KEY ROLE IN THE BUILDING OF HEMOGLOBIN AND RED BLOOD CELLS, REGULATES GLUCOSE IN THE BLOOD	1.52g	0.85g	55.92%
L-LYSINE	ESSENTIAL	HELPS WITH CALCIUM ABSORPTION, TRANSPORTS FATS THROUGH CELLS WITH THE GOAL OF BURNING THE FATS AND CREATING ENERGY	3.04g	1.55g	50.99%
L-HISTIDINE	ESSENTIAL	MEMORY AND COGNITIVE FUNCTIONS, IMPROVES BLOOD FLOW, HELPS WITH DIGESTION	1.12g	0.32g	28.57%
L-CYSTEINE	CONDITIONALLY ESSENTIAL	ANTIOXIDANT, A PART OF BETA-KERATIN (THE MAIN PROTEIN IN SKIN, HAIR AND NAILS)	1.52g	0.77g	50.66%
L-METHIONINE	ESSENTIAL	ANTIOXIDANT, STABILIZES THE STRUCTURE OF PROTEINS			
L-TYROSINE	CONDITIONALLY ESSENTIAL	FOCUS, PLAYS A KEY ROLE IN THE PRODUCTION OF NEUROTRANSMITTERS, PROVIDES ENERGY AND ENDURANCE DURING TRAINING	2.64g	1.13g	42.8%
L-PHENYLALANINE	ESSENTIAL	ESSENTIAL FOR THE SYNTHESIS OF DOPAMINE, THE BASE FOR TYROSINE PRODUCTION			
L-TRPTOFAN	ESSENTIAL	PLAYS A KEY ROLE IN THE FORMATION OF MELATONIN (SLEEP CYCLE CONTROL) AND SEROTONIN	0.4g	0.24g	60%
L-TREONIN	ESSENTIAL	SUBSTRATE FOR PROTEIN SYNTHESIS, AN ESSENTIAL PART OF COLLAGEN (COLLAGEN PROVIDES STRUCTURE AND STRENGTH TO THE BODY)	1.6g	1.21g	75.62%

*RDA - RECOMMENDED DAILY ALLOWANCE (FOR ADULTS WITH THE BODY WEIGHT OF 80KG)

TIME TO LEVEL UP



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