





# ABOUT US

Muscle Mountain is a new product line from the house of Koshika wellness. With more than 25 years of experience and a revenue of 100 crores plus, Muscle Mountain is backed by the combination of experience and expertise in the wellness segment. Product innovation has been the key focus of the team since its inception. After putting together years of research and development, studies on the needs of the fitness enthusiasts and the latest trends, Muscle Mountain was created with the aim of giving a new dimension to the Indian fitness industry. Our raw materials are sourced from across the globe to give our clients nothing short of the best products available as per the international standards.

All our products are lab tested for quality and standard. We ensure we deliver what we promise. With an entire range of products that supplement a healthy lifestyle, we at Muscle Mountain are your partners for your complete nutritional requirements.



## CERTIFICATIONS





# COMPLETE RANGE OF WORLD CLASS SPORTS SUPPLEMENTS





- 25gms Protein per serving
- Super Fast digesting and absorption
- 100 % Sugar-free, Gluten-free and Soy-free
- Available in Exquisite Belgian Chocolate and Rich Vanilla flavour

**ENRICHED WITH BCAAs & EAAs**

**HEALTHY WEIGHT LOSS**

**HIGH PROTEIN CONTENT**

**PROVEN RESULTS FOR BETTER PERFORMANCE**

- Provides more protein – 25 gm protein per 30 gm per scoop
- More BCAA and EAA – 6 gm BCAA and 12 gm EAAs per scoop (30 gm)
- 100% sugar-free, gluten-free, and soy-free
- Digestive enzymes to relieve bloating and discomfort  
*(Lactase, Protease, Amylase, Lipase, Cellulase)*

LOW IN CARBS AND FAT

ESSENTIAL NUTRIENTS

BUILDS LEAN MUSCLE MASS

FAST DIGESTING AND ABSORBING

PROVEN RESULTS FOR BETTER PERFORMANCE







- 100% sugar-free, gluten-free & soy-free
- The highest amount of protein, fortified with 10 natural testosterone boosters
- Provides 30 gm protein per 35 gm of the scoop
- Exquisite Café Mocha flavour

HELPS IN BUILDING LEAN MUSCLE MASS

ENHANCES THE RELEASE OF ANABOLIC HORMONES, i.e., the hormones responsible for maintaining more muscle mass

KEEPS FULLER FOR LONGER

HELPS IN WEIGHT MANAGEMENT

AIDS QUICK MUSCLE RECOVERY

ENRICHED WITH BCAAs & EAAs AND TESTOSTERONE BOOSTERS

- Provides 18 gm protein per scoop of 25 gm.

- Added collagen helps your skin glow and prevents ageing.

- Added Calcium and Iron which helps in keeping the bones healthy and increasing the RBC production.

- Delectable chocolate flavour.



**STRONG AND SMOOTH HAIR**

**HEALTHY AND GROWING SKIN**

**RICH IN MICRO NUTRIENTS:**  
vitamin D,C and E with added  
Iron and Calcium

**18 GRAMS OF PROTEIN PER  
SERVING**



- Each serving of Muscle Mountain mass gainer provides 710 calories, best for those who are on a calorie surplus diet.
- The rich supply of 42 gm Proteins and 120 gm Complex carbs in 1:3 ratio in a day helps enhance muscle mass development
- Provides EAAs, BCAAs and digestive enzymes to support heavy weight training
- With added vitamins and minerals for boosting energy levels and reducing fatigue

**BALANCED FORMULATION**

**ESSENTIAL NUTRIENTS**

**FUELS YOUR WORKOUT**

**POWERHOUSE OF GOOD FATS**

**NUTRITION WITH NOTHING TO HIDE**



- Provides more than 90% of pure complex carbs – 70 gm complex carbs per 75 gm of the scoop
- Comes With 70 gm Carbs and 280 k Cal in each serving
- Zero Fat Content
- Exquisite Tangy Orange Flavour



- Developed to aid in quick recovery of muscles and to balance blood glucose levels
- Pre-Workout: If the duration of your workout is less than 2 hours, Complex Carbs can be used for optimal carb-loading
- During Workout: If the duration of your workout is for more than 2 hours, Complex Carbs can be used to fuel your body on the go
- Post-Workout: After an intense workout, Complex Carbs can be used to support muscle recovery





- Helps increase amino acid absorption by 50%
- Helps increase Amino Acid absorption by 50%
- Probiotic with 20 billion CFUs per serving
- Good source of fibre
- Increases the good bacteria in your gut
- Refreshing Tropical Orange flavour

**DIGESTIVE SUPPORT**

**BOOST UP THE IMMUNE**

**HELPS IN WEIGHT MANAGEMENT**

**HELPS ENHANCE MUSCLE GROWTH**

**ENHANCE AMINO ACID ABSORPTION**

- 100% sugar free, gluten free and soy free
- Provides higher strength of Leucine i.e. 3500 mg per serving
- With added electrolytes for replenishing salts and preventing dehydration
- Instant formula for energy and muscle recovery
- Delectable Watermelon flavour







- Higher leucine content with 5.6g of leucine per serving
- Sodium and potassium maintain the vital electrolytes in the body and prevent the onset of fatigue
- Keeps the body hydrated during strenuous workouts
- Contains a high ratio of 8:1:1 ratio of BCAAs with 5.6g of Leucine and 0.7g each of isoleucine and valine respectively
- Reduces muscle soreness and enhances athletic performance

- 100% sugar-free, gluten-free and soy-free
- 2500mg Beta-alanine for improved strength
- 1000mg of added BCAAs for instant muscle recovery
- With added Citrulline Malate and L-Arginine for better performance
- Hydrates muscle cells and improves muscle growth

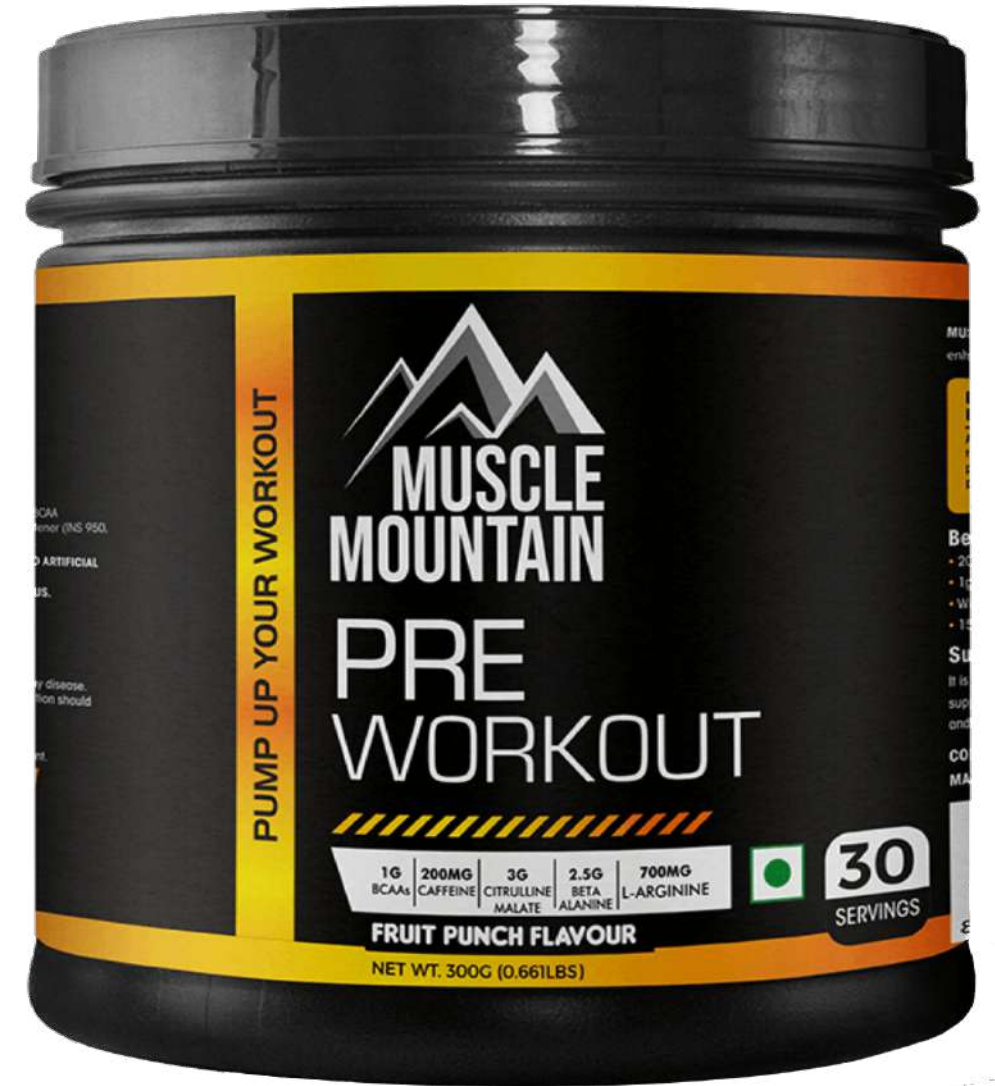
**ENHANCES ABSORPTION OF DIFFERENT NUTRIENTS, PROMOTES ALERTNESS**

**ENHANCES BLOOD CIRCULATION**

**MAINTAINS BODY STRENGTH**

**INCREASES WORKOUT CAPACITY**

**REDUCES MUSCLE BREAKDOWN DURING AND AFTER INTENSE WORKOUT**







- Increases strength and endurance
- 3 gms of the purest creatine per serving
- No compromise with freshness and quality
- Blends easily with any beverage or sports drink.

**HELPS IN MUSCLE GROWTH**

**MAINTAINS ENERGY AND FULFILLS ENERGY NEEDS FOR ALL KINDS OF WORKOUTS**

**REDUCES MUSCLE BREAKDOWN**

**ENHANCES THE COGNITIVE SUPPORT MECHANISM OF THE BODY**

- Best quality product containing 100% pharmaceutical grade Glutamine
- Zero fillers added
- 5 gm of purest L-Glutamine per serving

**FAST RECOVERY OF MUSCLE TISSUES FROM  
FATIGUE AND SOURNESS**

**BOOSTS THE IMMUNE SYSTEM**

**HELPS GAIN LEAN MUSCLES MASS BY MINIMISING  
THE MUSCLE BREAKDOWN**

**NATURALLY SOURCED AND HEALTHY**





Thank You