



OUR MISSION

FortisGO is a brand for the active.
For those seeking ambitious challenges.
For those pursuing their dreams.

Join us! Become a member of the FortisGO® family and fulfill your dreams. We are waiting for you.

A GOOD START

In achieving goals, everyone who teaches, motivates, and supports us is important. Thanks to them, we become stronger.

It is our loved ones who teach us proper nutritional habits from childhood and convince us that movement and physical activity are indispensable complements guaranteeing harmonious development.

REACH A HIGHER LEVEL AND WIN

FortisGO® is for everyone, regardless of age or gender. For those who dream of reaching the highest level in professional sports, but also for those outside of competitive sports who wish to traverse their life's paths in good condition and health.

FortisGO will be a support in crossing subsequent boundaries of our capabilities so that we can become even stronger and achieve the dream goal – to taste victory.

TOGETHER FOR SUCCESS

From an early age, time spent together actively outdoors allows us to be close to one another, derive joy from it, and mutually motivate and appreciate each other.

We grow up supported by our closest ones and take on increasingly bold challenges. We develop our passions, including sports, which often become a way of life.

IN HARMONY WITH YOURSELF AND THE SURROUNDINGS

Together with FortisGO®, let's do what is right, not what is easy. By realizing our ambitions, let's pay attention to the other person, and we will be true winners.

FortisGO® means living with taste for people aware of their purpose, living in harmony with themselves and their surroundings.



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The striving for perfection and the competence of our technological team allow us to pass on unique products to consumers. Using the example of our flagship product – protein supplements – I can say that thanks to refining the recipe, we have created a protein that has no foreign aftertastes, with a lack of "raw water" sensation, is sugar-free, dissolves quickly without a foaming effect, and its taste is full from the beginning to the very end.

Our offer of liposomal supplements is currently the highest form of bioavailability and support for health. Suffice it to say that currently, the entire pharmaceutical industry is doing a lot to "enclose" drugs in liposomal forms.

We are constantly expanding our assortment with subsequent product groups to the delight of loyal clients, but I count on us constantly acquiring new, conscious recipients as well.

We invite all of You to cooperate, simultaneously encouraging you to try our products. As practice shows, during sports events and tasting meetings, a sincere smile of satisfaction always appears on consumers' faces after tasting our products.

We hope that You too, Dear Sirs and Madams, will join the group of sympathizers of "healthy energy" under the FortisGO banner.

With cordiality and sporting regards,

Mariusz Henzel

Founder of the FortisGo brand, President of the Management Board of ARGEMA Poland Sp. z o.o.



Ladies and Gentlemen

On behalf of the Polish brand FortisGO, we invite both individual consumers and distribution partners looking for products with unique consumer qualities to cooperate with us and reach for our products.

Our products are created mainly based on natural ingredients, which means that we will not find artificial flavors or colors in any of them. Additionally, we do not use ingredients with a "bad reputation," about which the world of science might have reservations or doubts from the point of view of health safety.

The awareness that consumers of FortisGO products entrust us with their health compels us to seek and use only proven and the best raw materials. We create products according to the best knowledge and recipes in our production facilities and based on the highest quality standards like BRC, IFS, ISO22000, etc. In the final stage and before the market premiere, finished products are subject to demanding quality assessment, also by accredited laboratories.

Although our products, due to their technological advancement and "noble" composition – and thus higher production cost – often place us in a more difficult market position in the context of competitive pricing, we believe that this is the right and only just path, because our client deserves more. It is worth doing what is right, not what is easy.

We treat business as a long-term perspective involving education and building consumer awareness. Only such a combination and the choice of the best products guarantee us, the consumers, good health and condition for years. We must remember that through our choices today, we are working on the state of our health in a few or more years.

Business is also a tool for us to realize higher goals. With this very conviction, we engage in help and support for young talents, new initiatives, and social undertakings. This is how we understand corporate social responsibility, and along with the development of our brand, we intend to realize this goal to a greater extent.

WHY IS PROTEIN A KEY MACRONUTRIENT IN OUR DIET?

- PROTEIN IS A SUPPORT FOR PEOPLE WITH DIABETES AND INSULIN RESISTANCE.
- PROTEIN IN THE FORM OF A SUPPLEMENT IS A QUICK SNACK, THE POSSIBILITY OF MAKING AN INSTANT DRINK, OR A HEALTHY ADDITION TO OATMEAL OR DESSERTS.
- PROTEIN WITH NO ADDED SUGAR IS A HEALTHY ALTERNATIVE FOR SWEETS LOVERS.

- One should pay attention to the proper protein intake in the diet.
- Let's consume protein in a dose of at least 1.0–1.2 g/kg of body weight.
- Physically active people should consume at least 1.5 g protein/kg of body weight.
- People after injuries and during convalescence should consume protein in the amount of 2.0–2.5g/kg of body weight.

Calculate your individual protein demand and check how much protein you provide to your body in meals daily. No worries! FortisGO protein supplement will fill your deficiencies!

FortisGO products are a great and convenient supplement to your daily diet.





WHAT DISTINGUISHES FORTISGO PROTEIN PRODUCTS

FULLNESS OF TASTE WITHOUT THE "RAW WATER" SENSATION

Distinct start of the taste, "unflattened" middle, and harmonious, full flavor finish, plus without the sensation of raw water, which is the domain of the highest quality products.

SHORT INGREDIENT LIST AND NATURAL INGREDIENTS OF HIGH PURITY

There are no ballast ingredients in the composition of our products, and the short list of ingredients testifies to their highest quality – only essential components. We use natural flavors and natural colorings; we do not use acesulfame potassium or aspartame.

NO FOREIGN AFTERTASTES

No foreign, chemical, or metallic aftertastes. Effect – pure declared taste.

INSTANT SOLUBILITY WITHOUT FOAMING OR LUMPS

3-4 shakes of the shaker and it's ready. Even when mixing with a spoon, the effect will be similar. Instant solubility without any defects is one of the features distinguishing our products from other products available on the market.

"LIGHT STOMACH" EFFECT WITHOUT GASTRIC PROBLEMS

You will notice the difference after the first use of the supplement. This is the effect of selecting pure ingredients that do not burden the stomach and are quickly absorbed.

CONVENIENT SACHETS

A handy sachet (portion), fits in a pocket, backpack, or handbag. An ideal and convenient solution for training, a trip, or a mountain expedition.

Whey Protein | CHOCOLATE

Whey Protein FortisGO with a dark chocolate flavor is a protein supplement in convenient sachets, providing 23g of high-quality whey protein per serving.

It contains carefully selected cocoa with antioxidant properties.

It supports building immunity, the proper functioning of the hormonal system, and is helpful in reduction diets, serving as an alternative to sweets.

It does not contain sugar. The package contains 15 sachets, and when mixed with water, it creates a smooth, creamy shake.



INGREDIENTS: Soy protein isolate (soy lecithin), cocoa, rice protein concentrate, natural chocolate flavor, salt, sweetener: sucralose.

Wartość odżywcza Nutritional value	1 saszetka / 35 g per serving 35 g	
Wartość energetyczna Energy value	536 kJ / 127 kcal	
Tłuszcz / Fats, w tym kwasy tłuszczone nasycone: including saturated fatty acids	2,0 g 1,2 g	
Węglowodany, w tym cukry: Carbohydrates of which: sugars	4,0 g 1,8 g	
Białko Protein	23 g	
Sól Salt	0,37 g	
Zawartość w zalecanej porcji dziennej Content in recommended daily dose	2 saszetki 2 sachets	3 saszetki 3 sachets
Białko Protein	46 g	69 g



Whey Protein | LYCHEE & POMEGRANATE

A ready-to-consume protein drink with lychee and pomegranate flavor, created based on high-quality whey protein. Obtained in the process of ultra- and microfiltration, the protein is pure and does not cause stomach discomfort.

Clients confirm that after consuming our products, there are no allergic reactions that occurred after consuming other products.

The product is intended for physically active people and all those who approach the issue of healthy nutrition consciously and responsibly. It supports regeneration, helps in building muscle mass or reducing adipose tissue.

It provides key essential amino acids, supporting metabolism and immunity. The drink dissolves quickly to a "smoothie" consistency, contains no sucrose, and is available in packages containing 17 convenient sachets.



INGREDIENTS: Instant whey protein concentrate from milk, natural lychee and pomegranate flavors, thickener: xanthan gum, acidity regulator: citric acid, salt, natural colorings: carmines, anthocyanins, sweetener: sucralose.

Wartość odżywcza Nutritional value	1 saszetka / 30 g per serving 30 g	
Wartość energetyczna Energy value	478 kJ / 113 kcal	
Tłuszcz / Fats, w tym kwasy tłuszczone nasycone: including saturated fatty acids	1,3 g 0,8 g	
Węglowodany, w tym cukry: Carbohydrates of which: sugars	4,0 g 1,1 g	
Białko Protein	21 g	
Sól Salt	0,52 g	
Zawartość w zalecanej porcji dziennej Content in recommended daily dose	2 saszetki 2 sachets	3 saszetki 3 sachets
Białko Protein	42 g	63 g



Whey Protein | VANILLA

FORTISGO with a vanilla flavor is high-quality whey protein in sachets, which supports regeneration and the building of muscle mass as well as the reduction of adipose tissue.

It is a key dietary ingredient for physically active people.

Regular protein supplementation after training is essential to prevent muscle breakdown and keep them in good condition.

The product does not contain sugar (sucrose), and the package contains 17 convenient sachets that will easily fit in a training bag.



INGREDIENTS: Whey protein concentrate from milk, thickener: xanthan gum, natural flavors, salt, coloring: carotenes, sweetener: sucralose.

Wartość odżywcza Nutritional value	1 saszetka / 30 g per serving 30 g	
Wartość energetyczna Energy value	480 kJ / 113 kcal	
Tłuszcz / Fats, w tym kwasy tłuszczone nasycone: including saturated fatty acids	1,6 g 1,0 g	
Węglowodany, w tym cukry: Carbohydrates of which: sugars	3,0 g 1,3 g	
Białko Protein	21 g	
Sól Salt	0,67 g	
Zawartość w zalecanej porcji dziennej Content in recommended daily dose	2 saszetki 2 sachets	3 saszetki 3 sachets
Białko Protein	42 g	63 g



VEGAN

Whey Protein | CHOCOLATE

Our vegan chocolate-flavored supplement, created based on complete plant protein, provides as much as 24g of protein in a single sachet.

It is intended for active individuals and everyone who approaches the issue of healthy nutrition consciously and responsibly.

It supports regeneration, helps in building muscle mass, or reducing adipose tissue.

Its flavor comes from the addition of cocoa, which is a source of antioxidants.

The product contains no sugar, dissolves easily in water to create a creamy shake, and is available in handy packages of 17 sachets.



VEGAN

INGREDIENTS: Soy protein isolate (soy lecithin), cocoa, rice protein concentrate, natural chocolate flavor, salt, sweetener: sucralose.

Wartość odżywcza Nutritional value	1 saszetka / 30 g per serving 30 g	
Wartość energetyczna Energy value	469 kJ / 111 kcal	
Tłuszcz / Fats, w tym kwasy tłuszczone nasycone: including saturated fatty acids	0,9 g 0,5 g	
Węglowodany, w tym cukry: Carbohydrates of which: sugars	1,0 g 0,1 g	
Białko Protein	24 g	
Sól Salt	0,86 g	
Zawartość w zalecanej porcji dziennej Content in recommended daily dose	2 saszetki 2 sachets	3 saszetki 3 sachets
Białko Protein	48 g	72 g



VEGAN

Whey Protein | PISTACHIO

Hemp Protein Pistachio is a vegan protein supplement that provides as much as 22g of complete plant protein in 1 serving. Probably the largest portion of protein on the market!

It contains all essential amino acids and Omega-3 and Omega-6 acids, which support the functioning of the circulatory system, immunity, and proper blood clotting.

It is an ideal choice for people on a plant-based diet who want to supplement protein deficiencies.

FortisGO hemp protein also contains naturally occurring electrolytes: Na, K, Mg, and Ca. It is ideal for consumption after exercise, replenishing electrolyte deficiencies and regenerating muscles.

A large dose of calcium – as much as 1.5g per serving – will support the replenishment of its deficiencies and may contribute to the fight against osteoporosis.



VEGAN

INGREDIENTS: Powdered hulled hemp seed protein concentrate, natural pistachio flavor with other natural flavors, thickener: xanthan gum, salt, anti-caking agent: silicon dioxide, sweetener: sucralose.

Wartość odżywcza Nutritional value	1 porcja / 35 g per serving 35 g
Wartość energetyczna Energy value	506 kJ / 121 kcal
Tłuszcz / Fats, w tym kwasy tłuszczowe nasycone: including saturated fatty acids	2,5 g 0,25 g
Węglowodany, w tym cukry: Carbohydrates of which: sugars	0,9 g 0,9 g
Białko Protein	22 g
Błonnik Fiber	3,3 g
Sód Sodium	0,4 g
Magnez Magnesium	0,3 g
Potas Potassium	0,96 g
Wapń Calcium	1,5 g



Collagen 300 Da PURE

After the age of 25, collagen production in the body decreases. This causes the appearance of wrinkles and the weakening of joints. After the age of 40, we lose as much as 1% of it per year.

COLLAGEN 300 Da PURE FORTIS is a hydrolyzed, pure fish collagen with a neutral taste and exceptionally low molecular weight. Small peptides from COLLAGEN 300 Da PURE FORTIS are absorbed in their entirety directly into the bloodstream.

This is our advantage over preparations containing large molecules (1000-5000 Da), which are digested into individual amino acids in the digestive tract.

Thanks to the small peptides, COLLAGEN 300 Da PURE FORTIS has a dual action: it not only provides the "building blocks" necessary for reconstruction but also stimulates cells to resume and increase the production of their own collagen.



Collagen 300 Da PURE

Składniki Ingredients

Hydrolyzed fish collagen in the form of a dipeptide with a molecular weight of max 300 Da (0.3 kDa) and a neutral taste.

Zalecane spożycie Suggested use

It is recommended to consume 1 serving of the product daily, preferably during or immediately after a meal.

One serving is 10 g, which corresponds to 3 scoops. To prepare the drink, dissolve a serving in 200 ml of water (you will get a neutral taste) or, for variety, in 200-250 ml of juice. An ideal choice would be orange juice, as its standard serving (200 ml) contains about 60-80 mg of vitamin C, which is key for the proper synthesis and absorption of collagen.

Opakowanie Packing

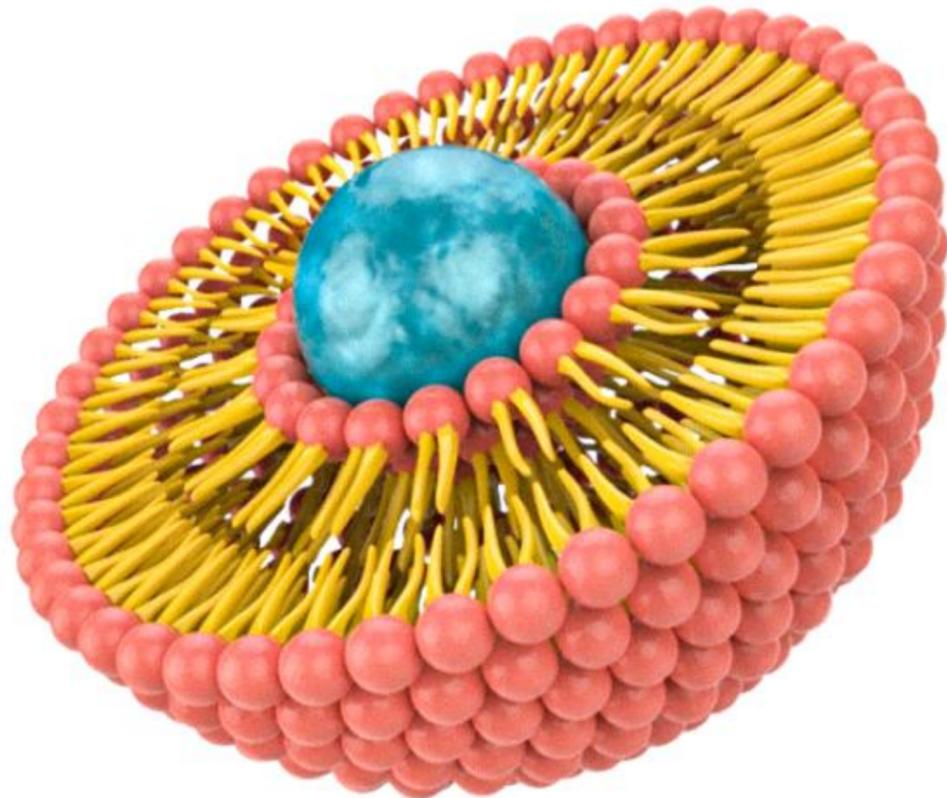
The jar contains 30 daily servings – 10 g each, measured with a scoop; the net weight is 300g.

WHAT ARE LIPOSOMES?

These are microscopic, spherical phospholipid vesicles stable in water and containing inside their structure a supplementary ingredient such as vitamin C, magnesium, glutathione, or omega-3.

A liposome in its structure consists of phosphatidylcholine and a supplementary substance placed inside a lipid envelope.

Image below – cross-section of a liposome: phosphatidylcholine **red color**; supplementary substance – **green color**.



WHY ARE LIPOSOMES THE BEST FORM OF SUPPLEMENTATION?



TWIN STRUCTURE FACILITATES CELLULAR ABSORPTION

A liposome in its structure is similar to many cells of the human body. Both the liposome envelope and human cell membranes are built from the same substance – phosphatidylcholine. After transport from the intestines to the cells, at the moment of contact, liposomal forms are treated by cells as twin and desirable forms. That is why they connect with each other so readily. Our cells accept liposomes and perfectly absorb their content.

REGENERATION OF CELL MEMBRANES AND THE LIVER

The liposome envelope regenerates damaged cell membranes. Excess phosphatidylcholine from the liposome is transported to the liver, and thanks to this, the liver can undergo regeneration as the organ responsible for the detoxification of our body. We have a 3-in-1 effect.

HIGH BIOAVAILABILITY, GREATER EFFECTIVENESS

The effect of supplementation depends directly on bioavailability, not on the size of the supplementary dose. The liposomal form ensures higher absorbability than other forms. In this case, less means better.

EFFECTIVENESS COMPARABLE TO INTRAVENOUS INFUSIONS

Supplementing with liposomal forms in terms of effectiveness is comparable to intravenous infusions and supplements several dozen times better than ordinary forms.

ANTI-ATHEROSCLEROTIC ACTION AND LOWERING CHOLESTEROL

Liposomes, thanks to phosphatidylcholine, lower cholesterol, have anti-atherosclerotic and antioxidant effects, and protect against ischemia.

FORTISGO: STABILITY AND PURE COMPOSITION

Liposomes from FortisGO are stable throughout the storage period, do not contain ballast ingredients, and were not created using alcohol or other chemicals; they do not contain preservatives.

LIPOSOMAL Magnesium

MAGNESIUM is an element essential for many vital functions of our body.

Physically active people, in particular, should ensure a high intake of magnesium, as it is responsible for nerve conduction and muscle contractions during training. As a result, during physical exercise, its significant loss occurs in the body.

Additionally, stress and constant contact with the blue light of screens trigger large magnesium deficiencies, which affects the decrease in sleep quality and regeneration.

Therefore, it is worth paying special attention to the high level of magnesium absorption from supplements. An advantage of the liposomal form from FortisGO is that it does not contain any ballast substances that could burden the liver or irritate the stomach.



LIPOSOMAL Magnesium

Składniki Ingredients

Magnesium citrate 300 mg (45 mg magnesium, 12% NRV*), phosphatidylcholine 275 mg (from sunflower lecithin), capsule (hydroxypropyl methylcellulose).

Zalecane spożycie Suggested use

Adults 2 capsules daily, i.e., 90 mg of magnesium (1 capsule is 45 mg of magnesium). It is best to take during a meal with water. The capsule can also be opened and the contents consumed by adding them to a meal or drink.

Do not exceed the recommended daily portion during the day. Do not use in case of allergy to any ingredient of the supplement. A dietary supplement cannot be used as a substitute for a varied diet. Pregnant women should seek medical advice before using the supplement.

Opakowanie Packing

Amber glass jar, 60 capsules inside, net weight 40g.

LIPOSOMAL Vitamin C

Vitamin C supports the proper functioning of the immune system, also during and after intense physical exercise, and protects cells from oxidative stress.

It contributes to reducing the feeling of fatigue, maintaining proper energy metabolism, and supports the nervous system.

It is also key for collagen production, ensuring healthy blood vessels, bones, skin, and gums, and additionally increases iron absorption and helps in the regeneration of vitamin E.



LIPOSOMAL Vitamin C

Składniki Ingredients

L-ascorbic acid (vitamin C) 300 mg, phosphatidylcholine 130 mg (from sunflower lecithin), capsule (hydroxypropyl methylcellulose).

Zalecane spożycie Suggested use

Adults 2 capsules daily, total 600 mg of vit. C (1 capsule is 300 mg of vitamin C, 375% NRV*). It should be taken during a meal with water. The capsule can also be opened and the contents consumed by adding them to a meal or drink.

Do not exceed the recommended daily portion during the day. Do not use in case of allergy to any ingredient of the supplement. A dietary supplement cannot be used as a substitute for a varied diet. Pregnant women should seek medical advice before using the supplement.

Opakowanie Packing

Amber glass jar, 60 capsules inside, net weight 30g.

VEGAN

LIPOSOMAL Omega-3

OMEGA-3 fatty acids (EPA+DHA) are essential fats that play a key role in the body, contributing to the proper functioning of the heart, brain, and vision.

They have a strong anti-inflammatory effect, support immunity, and can alleviate symptoms of depression and improve cognitive functions.

Our body produces them in insufficient quantities, and the modern diet often leads to a harmful excess of Omega-6 acids.

This imbalance makes supplementation key for leveling deficiencies and fighting inflammatory states.



VEGAN

LIPOSOMAL Omega-3

Składniki Ingredients

Marine algae oil (EPA+DHA), tapioca dextrin, glazing agent hydroxypropyl methylcellulose, phospholipids (from sunflower lecithin), natural coloring: chlorophyllins.

Zalecane spożycie Suggested use

Adults 2 capsules daily, total 250 mg EPA+DHA (1 capsule is 125 mg EPA+DHA). It should be taken during a meal with water. The capsule can also be opened and the contents consumed by adding them to a meal or drink.

Do not exceed the recommended daily portion during the day. Do not use in case of allergy to any ingredient of the supplement. A dietary supplement cannot be used as a substitute for a varied diet. Pregnant women should seek medical advice before using the supplement.

Opakowanie Packing

Amber glass jar, 60 capsules inside, net weight 28g.

LIPOSOMAL L-Glutathione

L-Glutathione is the body's most important antioxidant, protecting cells from damage and oxidative stress, and slowing down the aging process.

It strengthens immunity by supporting lymphocytes and also plays a key role in detoxification.

Its anti-inflammatory and neuroprotective properties help protect against neurodegenerative diseases.

Furthermore, it supports regeneration and limits muscle fatigue in athletes, as well as improves skin elasticity, contributing to its youthful appearance.



LIPOSOMAL L-Glutathione

Składniki Ingredients

Ingredients Reduced glutathione, and in one capsule: 150 mg of L-glutathione, phosphatidylcholine 225 mg (from sunflower lecithin), capsule (hydroxypropyl methylcellulose).

Zalecane spożycie Suggested use

Suggested use Adults 2 capsules daily, total 300 mg of L-glutathione (1 capsule is 150 mg). Should be taken during a meal with water. The capsule can also be opened and the contents consumed by adding it to a meal or drink.

Do not exceed the recommended daily portion during the day. Do not use in case of allergy to any ingredient of the supplement. A dietary supplement cannot be used as a substitute for a varied diet. Pregnant women should consult a doctor before using the supplement.

Opakowanie Packing

Packing Amber dark glass jar, contains 60 capsules, net weight 27g.

Lactoferrin 95%

Lactoferrin is a key protein present in milk, constituting the body's first line of defense.

It possesses broad antibacterial and antifungal properties. It improves the iron supply in the body.

It also exhibits strong antiviral activity, blocking the entry of viruses, such as herpes viruses or COVID-19, into cells and inhibiting their replication.

As an immune system modulator, it regulates inflammatory states, protecting tissues.

Studies also indicate its anticancer potential.



Lactoferrin 95%

Składniki Ingredients

Ingredients Bovine lactoferrin 95% (from milk), glazing agent: hydroxypropyl methylcellulose (capsule).

Zalecane spożycie Suggested use

Suggested use The recommended daily portion for adults is one capsule (250 mg of lactoferrin).

Do not exceed the recommended portion, bearing in mind that a dietary supplement cannot replace a varied diet.

Do not consume the attached sachet with a moisture absorber.

Opakowanie Packing

Packing Package of 30 capsules and contains 30 daily portions.

Reco-Power

If you are looking for a product that will help you regenerate after intense physical effort, look no further - take RECO-POWER!

Our unique formula helps accelerate recovery and improve mitochondrial metabolism, so you can quickly return to your workouts.

Reco-Power also intensifies aerobic respiration, so you can feel the benefits both during and after training. The result - no muscle soreness the next day.

Reco-Power is especially appreciated by athletes in multi-day competitions and multi-stage challenges, where every day involves great effort and requires 100% readiness.

RECO-POWER can also be a support in improving the quality of life for people struggling with fibromyalgia.



Reco-Power

Składniki Ingredients

Ingredients Chicken egg white, lauric acid, silica, coenzyme Q10 (ubiquinone), Chia seed oil, calcium hydroxide, olive oil, inulin, orange extract (Citrus sinensis), D-alpha tocopherol (vitamin E).

Zalecane spożycie Suggested use

The recommended intake is 2 capsules per day (one in the morning and one in the evening), taken with water. On days of intense effort, the dose can be increased to a maximum of 4 capsules, taking 2 capsules 30-45 minutes before activity and 2 capsules after its completion.

Do not exceed the recommended daily portion. A dietary supplement cannot replace a varied diet and should not be used in case of allergy to any ingredient. Pregnant women should seek medical advice before using the product.

Opakowanie Packing

Packing Plastic jar intended for supplements, contains 60 capsules, net weight 33.4g.

BOOSTER 10000 | RASPBERRY-CRANBERRY / LEMON

BOOSTER 10000 is a pre-workout supplement with 6 active ingredients, providing essential support for high-performance training for both professional athletes and amateurs.

It is intended for individuals practicing strength, endurance, or strength-endurance sports. Created based on natural colors and flavors, it contains no ballast ingredients, and its taste is exceptional.

The supplement contains the maximum legal limit of active ingredients.



BOOSTER 10000 | RASPBERRY-CRANBERRY / LEMON

Składniki czynne Active Ingredients	1 porcja / 11 g Amount per serving 11 g
Jabłczan kreatyny / tri-creatine malate (TCM) w tym kreatyna / including creatine	4,0 g 3,0 g
L-cytrulina L-citruline	3,0 g
BCAA	1,6 g
Beta-alanina Betaalanine	800 mg
Tauryna Taurine	400 mg
Kofeina naturalna Caffeine natural	200 mg

Zalecane spożycie Suggested use

Use 1 portion daily. One portion is 11g of the product. Take 2 full scoops and dissolve in 200 ml of water. On training days, consume one portion directly before training; on non-training days, one portion in the morning after waking up.

If you prefer less sweet products, you can successfully increase the amount of water and dissolve in 300 ml of water or more at your discretion without the risk of losing flavor qualities.

CREATINE TCM 4000F/4000GF | CM 3000 RASPBERRY-CRANBERRY / LEMON / GRAPEFRUIT

CREATINE TCM 4000 FORTIS is a supplement in the form of stable tri-creatine malate, which activates upon reaching the muscles and is available in lemon and raspberry-cranberry flavors.

CREATINE MONO CM3000 is a red grapefruit-flavored creatine in the form of the popular monohydrate. Both products are based on natural flavors and colors, and the sweetness can be adjusted to individual preferences by optionally dissolving them in a larger amount of water.

Creatine, as an indispensable supplement, replenishes energy, increases muscle strength, performance, and endurance. However, its action goes beyond sports, as it also improves cognitive functions, reduces the risk of dementia, and supports the brain's energy capacity.



CREATINE TCM 4000F/4000GF | CM 3000
RASPBERRY-CRANBERRY / LEMON / GRAPEFRUIT

Zalecane spożycie
Suggested use

Use 1 portion daily. One portion is 4.5 g of the product. Take one scoop and dissolve it in 200 ml of water. On training days, consume one portion directly before training; on non-training days, one portion in the morning after waking up.

Do not exceed the recommended daily portion during the day. Do not use in case of allergy to any ingredient of the supplement. A dietary supplement cannot be used as a substitute for a varied diet. Pregnant women should consult a doctor before using the supplement.

CARBO | ORANGE / LEMON

CARBO FORTIS PRO is a high-carbohydrate powdered drink, available in refreshing lemon and orange flavors.

It is enriched with key electrolytes, including highly absorbable magnesium. Depending on the preparation, from one portion (2 scoops) we obtain an isotonic drink, and from half a portion (1 scoop) – a hypotonic one.

The product is intended for physically active adults, to be used during long (over 60 minutes) or very intense training sessions. 1 portion provides up to 70g of pure carbohydrates.

Thanks to an advanced blend of carbohydrates (dextrin, maltodextrin, glucose), the drink effectively restores glycogen stores, increases endurance, and accelerates recovery without straining the stomach. It has been formulated based on natural flavors and colors.



CARBO | ORANGE / LEMON

Zalecane spożycie Suggested use

Pour a measured portion of 75g (2 scoops) into a shaker or water bottle, add 500 ml of water. Mix until completely dissolved. The osmolality of the drink prepared in this way is equivalent to body fluids and has been determined for a 75g/500 ml portion at the level of 287 mOsm/kg H₂O. If your caloric needs are lower than what 1 portion provides, you can prepare a drink from half a portion, i.e., 1 scoop/500ml of water. CARBO can also be prepared in the form of a liquid gel – by dissolving 75g in 78-100 ml of water.

Energy accumulation:

Drink 1-2 portions during the day between meals for 2-3 days before the competition.
Each portion dissolved in 500 ml of water.

Training/team competitions:

Dissolve 1 portion in 500 ml of water.
For many hours of exertion, use one portion per 1 hour.

Team sports:

Drink 1 portion the day before the match.
During the exertion, mix 1 portion of 75g in 500 ml of water and drink during the competition.

Recovery after training/competitions:

Dissolve 1 portion in 500 ml of water. Drink to replenish deficiencies after exertion.

BECOME A FORTISGO PARTNER TODAY!

Grow your business with a premium supplement brand trusted by athletes and trainers all over Poland.

Our offer is aimed at health-conscious individuals, active people, and professional athletes.

For them, we have created dietary supplements with high bioavailability, effectiveness, and exceptional sensory qualities.

**WE INVITE YOU
TO COOPERATE**



**GYMS
AND FITNESS CLUBS**



PERSONAL TRAINERS



HEALTH FOOD STORES



PHARMACIES



**SUPPLEMENT
DISTRIBUTORS**

**Operating solo or as a company?
We will tailor the terms to you! →**





WHAT DO YOU GAIN?

PRODUCTS THAT SELL

Polish premium quality, proven formulas, confirmed effectiveness, a brand recognizable among active clients.

COMPETITIVE MARGINS

Attractive discount system for regular orders.

TRAINING AND EXPERT SUPPORT

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Free samples, POS materials.

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We are open to every form of cooperation.



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OUR AMBASSADORS

FortisGO is a tasty protein supplement portioned in convenient sachets, which we can take with us everywhere, for training or a mountain expedition.

I chose protein from FortisGO because of the unique taste, convenience of storage, and above all, the quality of these proteins!

I recommend it to everyone, both professional athletes and those who want to comprehensively take care of their diet.

dr RÓŻA GUMIENNA

MMA Fighter

Protein from FortisGO, in terms of composition and unique taste, is the best I have ever had the opportunity to supplement.

In addition, everything is divided and packed into smaller portions.

A sachet of protein is a great proposition for people who want to take it to work as an alternative to a traditional lunch and prepare a healthy and light meal in a simple, fast way.

FortisGO is not just supplements. These are also great people who put their whole hearts into providing you with the best product on the market!

JAKUB ROSIŃSKI

Triathlete, Personal trainer

OUR AMBASSADORS



PRZEMYSŁAW SALETA

Athlete, Coach, Trainer

FortisGO are the best protein supplements I have ever had the opportunity to consume, both in terms of supplementation effects and amazing taste.

It is an ideal alternative to sweets that I cannot consume. My attention was also drawn to the exceptionally beneficial composition of the product, without any chemical additives and without white sugar – sucrose.

I heartily recommend it to everyone who wants to take care of providing their body with high-quality protein.

FortisGO products accompany me during training and competitions.

Protein supplements and Reco-Power accelerate my recovery.

During a long and intense cycling session, Booster 10000 works great. I always choose products of the highest quality, **and FortisGO products guarantee that for me.**



ŁUKASZ KALASZCZYŃSKI

Triathlete

OUR AMBASSADORS

We liked FortisGO protein right away – excellent composition, no chemical enhancers, and great flavors.

Its big advantage is high solubility, thanks to which no lumps are formed. Individual packages are a great solution! You can easily take a portion with you for training or competitions.

We also tested the RECO-POWER recovery product. Initially quite skeptical about the subject, it turned out to be a very pleasant surprise. 2 capsules before the run, 2 after the run – the effect was truly excellent; we didn't feel any pain or muscle soreness.

For several months, we have also been taking liposomal supplements with magnesium and vitamin C. Thanks to them, we support our immunity and feel healthy, full of energy. Paweł from our team also decided on BOOSTER, which is a stimulus for him for higher training intensity. With its help, he improved his records on the running route to Ślęza and in the so-called "speed" on the OCRGym obstacle track and won OCR competitions.



WATAHA

Obstacle Course Racing Team (OCR)

WE SUPPORT & HELP



HUBERT JABŁOŃSKI (2006)

Speedway rider, Unia Leszno



KAROLINA GOŁDA (2006)

Tennis player

7

TRICKS
ON HOW
TO EASILY
START
TAKING
CARE OF
HEALTHY
HABITS



PROTEIN

FortisGO protein supplements, made from natural ingredients, are highly absorbable.

The immune system requires proper nutrients, and high-quality protein supports lymphocytes in producing antibodies.

Protein is essential for recovery; during convalescence, intake of up to 2g per kg of body weight is recommended. To effectively fight threats and injuries, the body needs a protein-rich diet.

Proper protein supports your health. FortisGO – let's GO!



2

PLANNING

Determine a time during the day when you will perform a few simple exercises such as squats or bends.

If you can, take short breaks from your duties.

The more often you exercise, the faster it will become a habit.



3

MOVEMENT

If you have a sedentary job, it is worth getting up every now and then to take a walk or stretch.

These don't have to be complicated exercises; it's enough to stretch thoroughly or do a few bends.

This stimulates circulation and protects muscles from becoming stiff.

A sedentary lifestyle promotes weight gain, so it's worth stepping away from the desk sometimes.

4



EXERCISES

Consider which sport you like and test your strength in it. Dancing, cycling, climbing? All of them provide a solid dose of movement and keep us in good shape and well-being. Choose a discipline that will give you the most pleasure and practice it for at least a few minutes a day.

Movement is always your ally. Therefore, start with simple things. On the way to/ from work, get off one stop earlier, and cover the rest of the route with a walk or a faster march. After a short time, you will see how small things can give a large and measurable effect for your health.

5



REGULAR EATING

In the fast pace of life, instead of unhealthy snacks, fast foods, or bars that can lead to obesity and diabetes, a better alternative is fruit or healthy FortisGO protein supplements.

Preparing a nutritious cocktail is as fast as buying a bar – just add water and mix.

Such a FortisGO cocktail not only provides energy and a feeling of satiety but also effectively hydrates the body.

A close-up photograph of a woman with dark hair drinking water from a clear plastic bottle. The background is a clear blue sky. A white circle with the number 6 is in the top left corner.

6

HYDRATION

An adult should drink 30 ml of water daily for every kilogram of body weight. Proper hydration is essential in cellular processes, i.e., maintaining health and proper fitness.

Limit sugary drinks, which provide you with at least 20–25g of sugar in a 250 ml drink. Instead, choose a healthy and tasty alternative.

A protein shake prepared with water using FortisGO supplement hydrates just as well, and at the same time, you can be sure that its excellent taste is backed by natural ingredients without excess sugar.

A photograph of two people jogging outdoors. On the left is a man with grey hair wearing sunglasses and a white tank top. On the right is a woman with blonde hair wearing sunglasses and a light blue tank top. They are both smiling and looking forward. The background is a clear blue sky. A white circle with the number 7 is in the top right corner.

7

HEALTHY HABITS

Every great athlete once started with simple exercises. No one expects us to run a marathon at the beginning of our adventure with physical activity. During this period, when greater effort is a problem for us, a few hundred meters of walking or alternating walking and running is enough.

Daily exercise quickly becomes a habit. After all, every great sporting challenge begins with the first step. And mistakes? Who doesn't make them! The key is to draw conclusions and do your thing. The results will come on their own – improved fitness and health, as well as more strength for every day – literally and figuratively.

Yogurt with FortisGO Vanilla protein supplement, oatmeal, and strawberries

1 serving contains:

300 kcal, 26.5 g protein, 7 g fat, 32.5 g carbohydrates

Ingredients:

- 20 g of FORTISGO vanilla protein supplement
- 150 g of natural yogurt
- 3 tablespoons of oat flakes
- 100 g of strawberries

Preparation:

Cut the strawberries into halves or small cubes. Mix the flakes in a bowl with 5 tablespoons of boiling water and set aside for 5 minutes. Mix the yogurt with the protein supplement – with a spoon or a blender.

In a glass, layer the flakes and yogurt with strawberries alternately.





Chocolate Tofu Mousse with FortisGO Chocolate Protein Powder and Chia Seeds

1 serving contains:

400 kcal, 39 g protein, 15.5 g fat, 23 g carbohydrates

Ingredients:

- 30 g FortisGO chocolate protein powder (whey or vegan)
- 100 g 1.5% milk (can be replaced with plant-based milk for a vegan version)
- 90 g natural tofu
- 3 squares of dark chocolate
- 2 teaspoons chia seeds
- 1 teaspoon xylitol
- A few blackberries or other fruits (e.g., blueberries, raspberries, strawberries)

Preparation:

Mix half of the milk with the chia seeds and xylitol. Place the resulting mixture at the bottom of a glass. Heat 50 ml of milk with the chocolate. When the chocolate melts, remove from the heat and blend with the tofu and protein powder. Place the resulting chocolate mixture in the glass on top of the chia mixture. Decorate the top with fruit.

Oatmeal with FortisGO Lychee & Pomegranate Protein Powder, Fruit, and Cashews

1 serving contains:

400 kcal, 25.5 g protein, 8.5 g fat, 51 g carbohydrates

Ingredients:

- 20 g FORTISGO Lychee & Pomegranate protein supplement
- 5 tablespoons of oat flakes
- ½ kiwi
- 100 g fresh or frozen berries (e.g., strawberries, blueberries)
- 10 g cashew nuts

Preparation:

Mix dry oat flakes with FORTISGO supplement in a bowl.

Pour about 0.5 cup of water and set aside for a few minutes. Decorate everything with fruit and sprinkle with nuts





Vanilla Protein Shake with Milk and Strawberries Based on FortisGO Vanilla Protein Powder

1 serving contains:

250 kcal, 34 g protein, 4,5 g fat, 19 g carbohydrates

Ingredients:

- 30 g FortisGO vanilla flavored protein powder
- 250 ml 1.5% milk (can be replaced with plant-based milk)
- 100 g strawberries

Preparation:

Combine all ingredients in a blender and mix until smooth. Ready in one minute!



ORDER NOW

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