



Make sure you stop in pre and post workout to check out our full line of energy drinks and healthy snacks. We offer a wide variety of smoothies and recovery shakes. Make sure to add in supplements such as multi vitamin, protein, wheat, and other natural grains or try our custom designed recovery shakes to assist your body after a workout.

Before you leave for work, make sure you grab one of our freshly squeezed juices. Our combinations of fresh fruits and vegetables will refresh you when you're on the go.

When you need a quick snack, we offer an assortment of healthy wraps and salads. Stay and relax in our spacious dining area or take it home. We feature wraps such as tuna salad, Turkey, and Chicken Caesar. We also have fresh fruit salads and green salads.

So please visit the **Sky Club Café** to try our specially designed menu. Also we carry:

- Complete Line of Recovery Drinks
- Protein Shakes Made To Order
- Protein Bars and Protein Cookies
- XS Energy Drinks
- Snapple Products
- Volvic Flavored Waters
- Fresh Squeezed Juices – Fruits and Vegetable

### **The Sky Club is a distributor of PharmagenX Lifter Liquid**

Multivitamin and mineral supplements. These are perhaps the most important single supplement that can be consumed by bodybuilders and athletes. For the human body to perform at its maximum potential, it must be fed a vast and complex array of vital nutrients. Becoming deficient in just one of these essential vitamins or minerals breaks down the metabolic pathway that produces optimum efficiency and performance declines. Not good! Daily consumption of a high-potency multivitamin/multi-mineral formula may help ensure the presence of essential cofactors necessary for thousands of metabolic reactions. PharmagenX Lifter Liquid Multi is hardcore stuff for hardcore athletes.

### **Ingredient Details:**

Vitamin A (as palmitate) 200%, Vitamin C (ascorbic acid) 833%, Vitamin D3 150%, Vitamin E 267%, Vitamin B1 200%, Vitamin B2 200%, Vitamin B3 200%, Vitamin B6 200%, Folic acid 150%, Biotin 150%, Vitamin B5 200%, Calcium 2%, Iodine 10%, Magnesium 2%, Zinc 5%, Selenium 10%, Copper 5%, Manganese 10%, Chromium 10%, Molybdenum 10%.