

HOMMES ACTIVE – FAST FACTS

Hommes Actif – Advanced Protein Smoothie for Male Vitality & Performance

Hommes Actif is a high-performance, low-carb, protein-packed smoothie powder engineered for **active men** who want to build strength, support hormonal health, boost mental performance, and maintain vitality. This functional formula delivers not just complete proteins, but also **natural testosterone boosters, muscle recovery nutrients, adaptogens, nootropics, digestive aids**, and a **full-spectrum vitamin and mineral complex** to promote **total body optimization**.



How Hommes Actif Works – Ingredient Contributions



Protein Matrix & Energy Base

- **Whey Protein** – A complete, fast-digesting protein for building lean muscle mass, speeding recovery, and supporting fat loss.
- **Rice Protein** – Complements whey for a broader amino acid profile, including higher arginine levels for blood flow and tissue repair.
- **Malt + Rice Starch** – Complex carbs that replenish glycogen and support energy without extreme insulin spikes.
- **Isomaltulose** – A low-glycemic carbohydrate that provides **sustained energy** and supports fat oxidation during workouts.



Muscle, Strength & Performance Enhancers

- **Creatine** – Supports ATP regeneration, boosting **strength, endurance, and muscle volume**.
- **L-Citrulline** – Increases nitric oxide, promoting **vascularity, oxygen delivery, and stamina**.
- **D-Aspartic Acid** – Stimulates luteinizing hormone, promoting **natural testosterone production** in men.
- **Ursolic Acid** – Encourages **muscle growth and fat reduction**, and supports hormone balance.
- **MSM (Methylsulfonylmethane)** – Reduces muscle soreness, inflammation, and supports **joint health**.



Hormonal & Cognitive Adaptogens

- **Ashwagandha Extract** – Improves resilience to stress, balances cortisol, and enhances **testosterone and strength**.
- **Sceletium tortuosum** – A nootropic adaptogen that supports **mood, cognitive clarity, and stress reduction**.
- **Boron** – Promotes free testosterone levels and **bone density**; improves cognitive sharpness.

Electrolytes & Mineral Balancers

- **Calcium Lactate** – Supports **muscle contraction**, bone strength, and pH regulation.
- **Magnesium Citrate** – Relieves muscle cramps, supports sleep, testosterone production, and heart health.
- **Potassium Chloride** – Regulates fluid balance, blood pressure, and muscular and nerve function.
- **Sodium Chloride** – Replenishes salt lost during exercise; critical for hydration and nerve impulses.

Digestive Health & Nutrient Absorption

- **Bacillus Coagulans (MTCC 5856)** – A probiotic strain that supports **gut health**, nutrient absorption, and immunity.
- **Digestive Enzymes** – Enhance **protein, fat, and carb breakdown**, maximizing nutrient uptake and reducing bloating.
- **Guar Gum & Xanthan Gum** – Fibre-based thickeners that support **satiety and gut motility**.

Vitamins – Energy, Immunity & Hormonal Support

- **Vitamin A** – Crucial for immune function, reproductive health, and vision.
- **Vitamin B1 (Thiamin)** – Supports energy metabolism, nervous system, and muscular function.
- **Vitamin B2 (Riboflavin)** – Involved in energy production and **redox balance**.
- **Vitamin B3 (Niacin)** – Improves blood circulation, cholesterol balance, and **mitochondrial function**.
- **Vitamin B5 (Pantothenic Acid)** – Supports adrenal function and **testosterone synthesis**.

- **Vitamin B6 (Pyridoxine)** – Critical for **neurotransmitter production**, hormonal metabolism, and energy.
- **Vitamin B9 (Folic Acid)** – Important for cell renewal and **mood regulation**.
- **Vitamin B12 (Cobalamin)** – Boosts **energy, red blood cell formation**, and nerve function.
- **Vitamin C (Ascorbic Acid)** – Antioxidant and immune booster; supports **testosterone and cortisol control**.
- **Vitamin D3** – Vital for bone strength, testosterone production, and immune regulation.
- **Vitamin E** – Antioxidant that protects cells from oxidative damage; supports cardiovascular health.
- **Biotin** – Supports metabolism of fats/proteins and enhances **hair, skin, and nail health**.

Trace Elements & Cofactors

- **Zinc Citrate** – Required for testosterone production, immune strength, and DNA repair.
- **Selenium** – Protects against oxidative stress and supports **thyroid function and sperm health**.
- **Copper** – Works with iron to form red blood cells; also supports heart health and immunity.
- **Iodine** – Essential for healthy **thyroid hormone synthesis**, metabolism, and energy balance.

Sweeteners & Flavouring

- **Xylitol** – Natural sugar alcohol with low glycemic impact; adds mild sweetness.
- **Sucralose** – Non-caloric sweetener that enhances taste without affecting blood sugar.
- **Natural Flavours** – Carefully selected for **palatability and sensory appeal** in daily use.

What Hommes Actif Does

Category	Benefits
Muscle Growth	Complete protein, creatine, and BCAAs support muscle synthesis and repair.
Hormonal Balance	D-Aspartic Acid, Ashwagandha, Boron, and Zinc support natural testosterone production.
Mental Focus	Sceletium, B-vitamins, and magnesium boost mood and reduce brain fog.
Energy Metabolism	Isomaltulose, Malt, and B-complex vitamins promote sustained, clean energy.
Gut & Absorption	Probiotics and enzymes enhance digestion and reduce post-meal bloating.
Recovery & Inflammation	MSM, magnesium, and antioxidants help reduce soreness and enhance recovery.