

MFIT SUPPS: Straight-Shooting Supplements with Guy Cisternino

written by Mike Roberto | June 20, 2019



If you follow PricePLOW's Instagram feed, you know there's a hot new brand whose workout supplements we've fallen in love with:

MFIT SUPPS.

Run by manufacturing expert **Nick Karalekas** (@nick.karalekas), *MFIT SUPPS* made a monster splash in the industry when they signed 6X IFBB Champion **Guy Cisternino** (@GuyCisternino). They launched this year at the Arnold Sports Festival and have been growing leaps and bounds since.

The story is below, but it may be best to hear it from Nick and Guy themselves, with this interview by PricePLOW Co-Host Ben Kane:

You can also sign up for our MFIT news alerts so you get notified with upcoming giveaways, product reviews, and new products:

MFIT SUPPS – Deals and Price Drop Alerts

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Now for the written side of the story:



MFIT SUPPS approaches their products from a common-sense point of view: they give you *what you want, when you need it*. The formulas are well-dosed, but *precise* and hard-hitting. These are supplements that get right to the point formulas – which perfectly embody the personalities *behind* the brand.

There's no one-upmanship here, and no using ingredients for the sake of using them, or having a "pre / intra / post" stack with all kinds of wasteful overlap. Just the necessary get-it-done ingredients, at just the right time, in just the right product – with **no artificial colors ever added**.

Owned by the Manufacturer, A&Z Pharmaceutical

Most brands on the market don't produce their own supplements. MFIT is not one of them.

Run and owned by *A&Z Pharmaceutical*, **MFIT SUPPS** may be new on the scene, but the team *behind* the scenes is certainly not. They bring 23 years of manufacturing experience with them, so you know exactly where your product is made each and every time. This is a rare occurrence in the industry anymore, with countless pop-up brands relying on contract manufacturers... some of which who don't have very long track records!

They didn't need Guy to pack boxes. They needed him to kick ass.

A&Z manufacturers a *tremendous* amount of products, and has industry-leading positions in several international markets who rely on American expertise to get the job done right.

They decided to take their skills and bring them back home, with MFIT. But it was time to put some personality onto the brand, and that's where Guy comes in.

A successful launch at the 2019 Arnold



Guy and Nick rep their wares. It's the HAVOC pre workout that hooked Guy for good!

With Guy on board, the American launch at the 2019 Arnold was downright insane. Nick explained that the line would *not* go down, and people waited forever to try Guy and his latest favorite pre workout (discussed below). Things got so crazy they even had to steal some extra barriers to make sure the line stayed under control!

It was the right show, with the right people, with the right products, at the right time.

Strength from strong people and strong relationships

Nick makes it very clear that the brand's relationship with Guy is a *two way street*, different than most. Guy represents MFIT, but MFIT represents Guy as well. They surround themselves with strong people, and that yields group strength.

Enter the HAVOC

It took one important thing to get Guy on board: a little bit of **HAVOC**.

Guy has been with two other brands in his career, leaving them both on his own accord when the direction got in the way of his principles. He had many offers on the table, but needed to be an *athlete* first.

MFIT is a "startup", so he made it very clear that his job is to *train, compete, and represent the brand* the best way he could – and that's through his athleticism. What Guy didn't realize, he explains, is that MFIT

I've taken HAVOC more than any other pre workout combined from

isn't just any startup – it's one that's funded by a top-notch manufacturer.

They didn't need Guy to pack boxes. They needed him to kick ass.

And that's exactly what he's doing.

More specifically, he's doing it with **HAVOC**, the full-spectrum pre workout supplement that Guy literally can't put down – and his Instagram proves it!

With Nick at the helm and Guy on the front, this tag-team duo has made major waves in just a few months, and there's more on the way:

The rest of the MFIT lineup

Outside of the HAVOC pre workout, what else is there?

*any other sponsor
I've been with.
That's how much I
enjoy taking HAVOC.–
Guy Cisternino*



MFIT HAVOC is the performance pre workout that Guy hasn't been able to put down since joining forces with the brand. But don't sleep on TRIGGER!

You can sign up for our MFIT SUPPS news alerts to get notified when new products come out (as Guy mentions, the fat burner is formulated and on its way), but they've so far launched with the following supplements, which will be discussed in a future video:

- **Trigger** – A high-stimulant pre workout supplement *without* the pump ingredients. This has been Mike's favorite on high-volume leg days and intense

cardio workouts.

- **Iso Whey** – A pure whey protein isolate with 28g protein per scoop.
- **Menace** – An intra workout “energy amino” supplement with 100mg caffeine on top of some added BCAAs and beta alanine.
- **Mass Advantage** – A weight gainer with 28g whey protein isolate and 43g carbohydrates, and 5g creatine monohydrate per scoop – no whey concentrates here! For fat, you get uber-healthy MCT oil.
- **Carb10** – The carbohydrate supplement, using Compound Solutions Carb10, which utilizes a super low glycemic pea starch that *really* works according to Mike’s blood sugar testing.
- **BCAA Intra-Workout** – The brand’s core BCAA supplement in a 2:1:1 ratio.

Since this post was written, *far* more has come out, so check out PricePLOW’s MFIT SUPPS news page and sign up for alerts below – we’ll have *much* more coming from Guy and the team at MFIT SUPPS!

MFIT SUPPS Havoc – Deals and Price Drop Alerts

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All Blog Posts about MFIT

- MFIT Peak Force: Testosterone, Strength, Power, and Brass... Posted on: November 18, 2019
- MFIT SUPPS Stress-66: CDB-Powered Serenity! Posted on: November 7, 2019
- MFIT CBSleep: CBD-Powered Sleep Aid by a Trusted Manufacturer Posted on: October 28, 2019
- HydroMax Strikes Back: An Ultra-Stable, Glycerol-Powered Pump Catalyst! Posted on: October 7, 2019

- **MFIT Victus: A Hunger-Defeating, Comprehensive MRP!** Posted on: September 24, 2019
- **MFIT SUPPS: 2019 Supplement Brand Rookie of the Year!** Posted on: September 10, 2019
- **Best Pre Workout Supplement Guide for 2020: PricePlow's Top 10** Posted on: August 8, 2019
- **NaturalBodyInc's 2019 Block Party in NYC a Massive Success!** Posted on: August 6, 2019
- **MFIT SUPPS HAVOC: Lay Waste to Your Training Obstacles!** Posted on: July 30, 2019
- **Catching Up with Ben | Episode #022** Posted on: July 23, 2019
- **MFIT SUPPS: Straight-Shooting Supplements with Guy Cisternino** Posted on: June 20, 2019