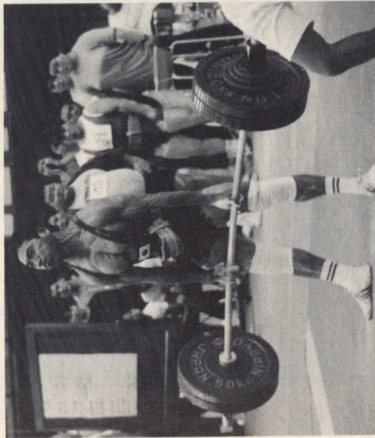


# Performance Plus

## NUTRITIONAL PRODUCTS



**HIDEAKI INABA — 13 Time World Powerlifting Champion** "By using these products, I continue to make dramatic improvements in my lifting. I urge anyone looking for success in their training to give Performance Plus a try. These products will definitely continue to be a part of my training program."

### EXCEL Anabolic/Metabolic Formula

This unique blend of ingredients will create a more efficient and ideal metabolism for you in order to achieve maximum results. Gain size, strength and endurance like never before. If you're not making the progress in your training you would like, let EXCEL's Blended Chain Amino Acids and Tri Peptides, Medium Chain Triglycerides, Metabolic Glucose Polymers, Vitamins and Minerals. Don't miss your chance to EXCEL.

### BODY PLUS Protein/Carbohydrate Mix

A completely balanced, superior blend of proteins, and carbohydrates. Also includes Vitamins, Minerals, Trace Elements, Glanuloids, Digestive Enzymes and Fiber. Create tremendous gains in size and strength. Best tasting protein powder on the market today.

### MUSCLE BUILDER Protein Powder

An excellent source of pure protein which contains no fats, sugars or preservatives. Protein sources include: Milk Casein, Whey, and Egg Whites. P.E.R. rating 3.5. Mixes easily and TASTES GREAT.

### 100% EGG PROTEIN FOOD

Derived from 100% Egg Whites. P.E.R. Rating of 3.9 or higher.

### CARBO PLUS

Natural source of complex carbohydrates for instant glycogen storing.

### LIVER PLUS (1000 mg. tablets)

Each 1000 mg. tablet of pharmaceutical grade Argentine calvee liver is an excellent source of protein. The "OLD RELIABLE" for strength and endurance.

### INOSINE (500 mg. capsules)

Greatly improves strength and energy levels.

### GAMMA ORYZANOL (100 mg. capsules)

Natural and powerful steroid alternative that will develop lean muscle mass and tremendous strength gains.

2.2 lb. can  
\$17.00

4 lb. can  
\$18.95

1.2 lb. can  
\$7.90

2.2 lb. can  
\$28.00

2.2 lb. can  
\$9.95

500 tablets  
\$13.75

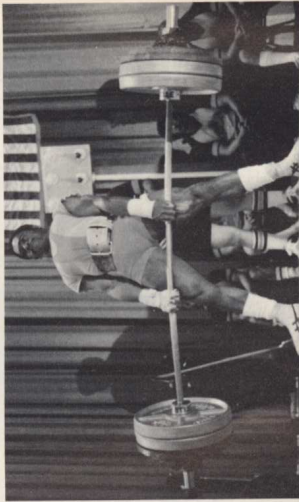
90 capsules  
\$13.75

100 capsules  
\$11.00

# Plus



**NEIL ZINGG — Teenage Mr. U.S.A.** "I can thank hard work and Performance Plus Nutritional products for my rapid success in bodybuilding. You can see the results obtained by using these products. Quite simply, THEY ARE THE BEST."



**DAN AUSTIN — 3 Time World Powerlifting Champion** "Since I started using Performance Plus products, my strength has greatly improved. I'm able to recover from my powerlifting workouts much faster. My bodyfat percentage has steadily dropped while my strength continues to increase, which is very critical for a powerlifter trying to make weight. You can't miss with these products."

**AMINO PLUS (1000 mg. tablets)**  
THE CHOICE OF CHAMPIONS  
Pharmaceutical Grade L-Form Free and Peptide Bond Amino Acid Formula.

**AMINO 3 (G.H. Releaser)**  
Each Tablet Contains: L-Arginine 500 mg.  
L-Ornithine 250 mg.  
L-Lysine 50 mg.

**ULTIMATE PAK (Training pack for Men)**  
One of the most complete training packs available. Designed to provide you with high potency, sustained release vitamins, minerals and super glandulars required during peak output and recovery.

**ULTIMATE PAK (Training pack for Women)**  
Specially formulated for active women who require a complete and well balanced training pack. Each pack provides sustained release vitamins, A & D, B Complex, Vitamins C & E, Minerals, Digestive Enzymes and Super Glandulars.

**DAILY PAK**  
Vitamins and minerals designed to cover your basic nutritional requirements without using mega doses. All tablets are continuous release for maximum utilization by the body.

250 tablets  
\$11.95

180 tablets  
\$22.50

30 day supply  
\$17.90

30 day supply  
\$17.90

30 day supply  
\$10.75

Product Total Amount \$

Shipping & Handling + 2.00

Amount Enclosed

Visa & MIC Accepted or Shipped C.O.D.

His is the most recognizable and famous name in Powerlifting, and it has been so for years. He won nine consecutive World Championship titles, making him the most successful competitor in the history of the heavier classes. He was one of the early entrepreneurs of the Powerlifting world, and remains a major player today, starting out by hauling suitcases, lifting suits, wraps, and other power paraphernalia to meet and progressing to a worldwide mail order business. He has been a prominent and active voice in various associations of the Powerlifting world, from the NPA of the early 1980s to the American Powerlifting Federation of today. He was once I.P.F. Vice President for North America. He has also been involved in anabolic steroids, both on a personal level and in the buying and selling of such. As we reported in the August 1987 edition of POWERLIFTING USA, Larry Pacifico entered a plea of guilty on June 15, 1987 to 2 felony counts of smuggling and distribution of steroids. The sentencing document, corresponding to those pleas, is contained in this article, along with the background of how Larry got involved with steroids and what happened to him as a result.

Larry states that he won his first four world championship titles without the use of steroids. At that point, he felt the gap between himself and his competition was closing. He also considered that perhaps much of this competition was built about us, as well, and so felt to do the remainder of his world championship victories "as though I thought of steroids as simply an 'add-on vitamin'" and was so involved in the field, who had traveled the world since it all and then told Larry to "take this" and take that. "The Russians were a special peev of Larry's. For years they had been 'thumping the Olympic lifter and Larry bristled at the advantages of their decades of 'sports medicine research'." Once he had the opportunity to go the Russia himself, and ironically noted that their Dianabol came the same as in the States, 5 milligrams at a time.

From rather innocent beginnings, the use and abuse of steroids began to snowball. In Larry's own life and steroid use really took off in the early 1980s, and at one point he estimates that 90% of the top Powerlifters, Bodybuilders, and Olympic lifters that he knew were using steroids to enhance performance. Currently, with the involvement of

### LARRY'S WORLD TITLES

1971	198	625	515	1800
1972	242	700	575	2005
1973	242	750	550	705
1974	220	705	567	678
1975	220	650	551	705
1976	198	688	407	704
1977	220	755	562	744
1978	220	766	496	749
1979	220	766	534	694

# PACIFICO

## The NINE TIME World Champ SPEAKS



**Larry Pacifico's Greatest Moment...** took place at the 1979 I.P.F. Worlds in Dayton where he placed 1st in the 100 lb. world title. His only regret was that for the first time in his life, he froze when he took the microphone moments later (right), wanting to thank so many people, he only managed to stutter and embarrass himself.

law enforcement and wider knowledge of the side effects of steroid use, he steadfastly maintains that he made no profit in these transactions, in which sometimes he and several of his friends pooled their funds to purchase large amounts of drugs on the black market. "When I had trouble getting them other friends got them. There were about 10 people involved. Since I sent some steroids through the mail, a package or two either leaked or broke open. This led to the investigation. Also, a well known top lifter called the Feds and told them of my involvement. This person did this because I refused to do business with him. He will go unnamed, but most everyone knows who he is."



**Larry's Worst Moment** came when he pinched his middle finger, rack trying to qualify for his 10th World title. He had been shockingly bombed out of the 1980 Seniors, when after not having his 1st and 2nd deadlift passes, he was told to pass. He had the minimum increase between his 1st two lifts. Later, when the new National Powerlifters Association was formed, and somehow both they and the USPF team received an invitation from the IPF to compete in the 1980 Worlds, Larry thought he had another chance to compete. Immediately after the accident, he was rushed to experts in microsurgery to reattach the finger, and it seemed to heal amazingly well, so he was able to lift well again after that night. "At the time, 'I would have traded almost anything for that 10th world title, but not now. I have come to appreciate good health. Back in those days I thought I would live forever, but only too soon, age creeps up on us all."



Regarding rumors that Larry was involved with some sort of "deal," providing information to authorities in exchange for leniency in his own situation, which led to the indictments of 34 on steroid charges last summer, he has this response. "I never had any deal with the authorities. They don't make deals. I was told that if I did cooperate, it would go better for me. I did provide them with information on a friend, because I felt his life was in danger. It turned out to be information they already had. I heard about 34 indictments, but I had nothing to do with them. My charges came after those indictments."

Larry feels that the Feds went after him harder, because of who he is. "In fact, I was told this," but believes his treatment was fair. As a result of recent law enforcement activity regarding steroids, Larry feels that dealing in steroids is down to 50% of what it was back in 1983-84, but he feels they will still be much harder on people who sell steroids in the future. "Soon we will see 2, 3, 5 or more years prison time for some very familiar lifters. Then and only then will the problem stop." Larry also feels that the development of new, natural products that may offer up to 80% of the effect of steroids without the side effects has much to do with the growing antipathy toward steroid use we see in lifting today.





UNIVERSITY  
LAWYERS  
REACT TO  
RECENT PAPER  
CUTTING

...the university's decision to cut the number of law school students from 100 to 75. The law school faculty and students are reacting with concern to the university's decision to cut the number of law school students from 100 to 75. The law school faculty and students are reacting with concern to the university's decision to cut the number of law school students from 100 to 75. The law school faculty and students are reacting with concern to the university's decision to cut the number of law school students from 100 to 75.