



NEW RELEASES FOR  
**SEPTEMBER 8, 2023**

featuring:

**DISTENTION**  
**GROSS REALITY**  
**IRONFLAME**

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# DISTENTION

## *Nothing Comes From Death, CD*

**Street Date: August 11, 2023**



ARTIST: **DISTENTION**  
TITLE: *Nothing Comes From Death*  
LABEL: The Artisan Era  
CAT#: AE067-2  
FORMAT: CD  
GENRE: Death Metal  
BOX LOT: 30  
SRLP: \$14.98  
UPC: 123184006726  
EXPORT: No Restrictions

### TRACK LIST

1. Transparent Language
2. Manic Mental Failures
3. Toxic Speculations
4. Blight
5. ...of Disaster and Exile
6. Exit
7. Decaying
8. Nothing Changes

**ARTIST HOMETOWN:** Baltimore

**KEY MARKETS:** Chicago, Montreal, Los Angeles, Denver, Dallas, Portland, Baltimore, Philadelphia

**FOR FANS OF:** **DYING FETUS, INGESTED, VULVODYNIA**

Pennsylvania/Maryland-based **DISTENTION** brings their brand of no-frills slamming death metal with their debut *Nothing Comes From Death*. **DISTENTION** features members from **EQUIPOISE**, **THE LAST 10 SECONDS OF LIFE**, and ex-**THE KENNEDY VEIL**.

### MARKETING POINTS:

- Features Nick Padovani (**EQUIPOISE**) on guitar, Dylan Potts (**THE LAST 10 SECONDS OF LIFE**) on drums, and Darren Liwen (ex-**THE KENNEDY VEIL**) on vocals
- Mixed and mastered by Zach Ohren (**MACHINE HEAD, ABORTED, ALL SHALL PERISH**)
- Colorful vinyl pressings



Contact your sales rep:  
**Mike Beer - mike@ildistro.com**  
phone 414-672-9948  
[www.ildistro.com](http://www.ildistro.com)

# GROSS REALITY

## Return To Ruin, CD

Street Date: September 8, 2023



**ARTIST HOMETOWN:** Raleigh, NC

**KEY MARKETS:** Worldwide Metal Community

**FOR FANS OF:** **HAVOK, EXMORTUS, POWERMAD, EVILE, REVOCATION**

Reformed in 2009 after an initial early-'90s run that surprisingly yielded no recorded output (but saw the group sharing the stage with everyone from **BOLT THROWER** and **CANNIBAL CORPSE** to **CONFESSOR** and **TYPE O NEGATIVE**), Raleigh, NC thrash unit **GROSS REALITY** has returned once more with the long-awaited follow-up to 2017's *Escaping Gravity*. After spending the pandemic in a rehearsal studio, *Return to Ruin* promises to be the most aggressive and technical album of **GROSS REALITY**'s catalog.

Produced, mixed, and mastered by Jamie King Audio, the nine-song, 46-minute *Return to Ruin* finds the original trio of Daniel Powell (bass/vocals), Roland Arthur (guitars), and Jason Wheeler (drums) joined by new guitarist Dylan Glotzer to explore the continuing saga of two psychonaut travelers stretching through mind-bending dimensions. In search of a path home, they arrive upon a portal in time that leads them back to an Earth in ruins. With themes ranging from a nuclear war that has devastated the planet, to souls confined in continuous loops of human existence, the pair struggles to perceive if this desolation is true reality... or simply another psychonautic illusion?

Slated for release later this year through Divebomb Records, *Return to Ruin* is just the latest addition to an impressive **GROSS REALITY** discography that displays a tendency toward taut, high-energy riffing with undercurrents of melody and subtle, progressive technicality that never abandons the importance of well-crafted songs. Thus, the album will effortlessly appeal to generations of fans of both classic and contemporary thrash metal alike. Divebomb founder Matthew Rudzinski states, "**GROSS REALITY** have - yet again - delivered an out-of-this-world epic. Three albums in and they're still able to create supremely catchy material without losing sight of what makes thrash metal great: THE RIFFS!"

### MARKETING POINTS:

- Music video and hype videos to be serviced to all metal media outlets prior to release
- Recorded, mixed and mastered by Grammy nominated producer, Jamie King at Jamie King Audio
- Cover art by Par Olofsson (**THY ART IS MURDER, INFERI, IMMOLATION, EXODUS, JOB FOR A COWBOY, IMMORTAL**)
- Shared stages with **CANNIBAL CORPSE, DEICIDE, BOLT THROWER, UNLEASHED** and **CONFESSOR**
- Limited Edition CD

### ALSO AVAILABLE FROM ILD:

**GROSS REALITY**  
*Escaping Gravity, CD*  
DIVE149  
711576014925

**ARTIST:** **GROSS REALITY**  
**TITLE:** *Return To Ruin*  
**LABEL:** Divebomb Records  
**CAT#:** DIVE235-2  
**FORMAT:** CD  
**GENRE:** Thrash Metal  
**BOX LOT:** 30  
**SRLP:** \$14.98  
**UPC:** 711576023521  
**EXPORT:** No Restrictions

### TRACK LIST

1. Carbon Shadows
2. Soul Substance
3. Prison Planet
4. Mind At Large
5. Time Portals
6. Nightmare Hall
7. Dark The Sun
8. Return To Ruin
9. Solitary Hypnosis



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# IRONFLAME

## Compendium, CD

Street Date: September 8, 2023



**ARTIST HOMETOWN:** Pittsburgh, PA

**KEY MARKETS:** Worldwide Metal Community

**FOR FANS OF:** **AMBUSH, ENFORCER, AIR RAID, ETERNAL CHAMPION, RIOT CITY**

Hailing from eastern Ohio and western Pennsylvania, **IRONFLAME** is a modern heavy metal outfit with traditionally-based ideals. Their fist-banging anthems hearken back to the sounds of such venerable acts as **DIO, OMEN, RIOT, IRON MAIDEN** and **FIFTH ANGEL**. Multi-instrumentalist Andrew D'Cagna formed **IRONFLAME** in late-2016 as a solo project, but the group soon became a formidable live unit - performing at high-profile festivals such as Legions of Metal in the U.S. and Keep it True in Germany; alongside metal heavyweights such as **ARMORED SAINT, GRIM REAPER, FLOTSAM & JETSAM, VENON** and **LOUDNESS**.

Since the band's inception, **IRONFLAME** has recorded a number of tracks for exclusive bonus content, compilations, splits, etc. Some have even remained unreleased... until now! The 10-song Compendium CD compiles tunes from the European vinyl pressings of *Lightning Strikes the Crown* and *Tales of Splendor and Sorrow*, the split 7" with **COMANIAC**, the 10-year anniversary *Storm Crusher* LP, unreleased cuts from the *Blood Red Victory* sessions, and an unreleased acoustic take of "Marching On."

As fans first and foremost, Divebomb Records is excited to repackage these **IRONFLAME** rarities on one handy disc, preventing true heavy metal diehards from missing out on must-hear ragers suitable for their collections!

#### MARKETING POINTS:

- Hype videos to be serviced to all metal media outlets prior to release
- First time collection of highly sought after vinyl and compilation tracks
- European tour Summer 2023
- Performing at Headbanger's Open Air festival in Germany
- Performed at prestigious German festival, KEEP IT TRUE
- Appeared at Legions Of Metal Festival, USA
- Shared stages locally with **ARMORED SAINT, GRIM REAPER, FLOTSAM & JETSAM, VENON** and **LOUDNESS**.
- One of the leaders of the New Wave Of Traditional Heavy Metal scene
- Localized U.S. touring to continue, expanding outwards after album release
- Limited Edition CD

#### ALSO AVAILABLE FROM ILD:

**IRONFLAME**  
*Lightning Strikes the Crown, CD*  
DIVE150  
711576015021

**IRONFLAME**  
*Blood Red Victory, CD*  
DIVE193  
711576019326

**IRONFLAME**  
*Tales Of Splendor And Sorrow, CD*  
DIVE170  
711576017025

**ARTIST:** IRONFLAME  
**TITLE:** *Compendium*  
**LABEL:** Divebomb Records  
**CAT#:** DIVE236-2  
**FORMAT:** CD  
**GENRE:** Heavy Metal  
**BOX LOT:** 30  
**SRLP:** \$14.98  
**UPC:** 711576023620  
**EXPORT:** No Restrictions

#### TRACK LIST

1. Vision In Flames
2. Temple Of Sorrow
3. Masters And Slaves
4. Across The Seas Of Time
5. Queen Of Thorns
6. Wolfen
7. Equinox
8. Storm Crusher
9. Midnight Falls
10. Marching On (Acoustic Version)



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**STREET DATE: SEPTEMBER 8th, 2023**  
Get in touch with your ILD sales rep to place an order

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phone 414-672-9948 www.ildistro.com

ARTIST	FORMAT	LABEL	UPC	SRLP/BOXLOT	ORDER QTY
<b>DISTENTION</b> <i>Nothing Comes From Death</i> Death Metal	CD	The Artisan Era AEO67-2	123184006726	\$14.98 30	
<b>GROSS REALITY</b> <i>Return To Ruin</i> Thrash Metal	CD	Divebomb Records DIVE235-2	711576023521	\$14.98 30	
<b>IRONFLAME</b> <i>Compendium</i> Heavy Metal	CD	Divebomb Records DIVE236-2	711576023620	\$14.98 30	

ACCOUNT CONTACT: \_\_\_\_\_

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ADDRESS: \_\_\_\_\_

PHONE: \_\_\_\_\_ FAX: \_\_\_\_\_