

## Vanilla 80 % Whey Protein

1KG = 40 Servings

2.5KG = 100 Servings

### Directions for use:

Add one large scoop (25g) to 150ml of water in your blender bottle, shake and consume immediately. Use less liquid for a thicker and stronger tasting shake. Use milk for a creamier tasting shake. Adjust to taste. We recommend 2-5 servings daily to increase your protein intake.

Nutritional Information		
	Per 100g	Per Serving
Energy KJ	1589Kj	397KJ
Energy KCAL	380KCAL	95KCAL
Protein (Dry Basis) (g)	78.7g	19.7g
Protein (as is) (g)	75.2g	18.8g
Fat (g)	5.6g	1.4g
Of which saturates	4.4g	1.1g
Carbohydrates (g)	6.5g	1.6g
Of which are sugars (g)	6.5g	1.6g
Sodium	0.37g	0.09g

### Ingredients:

Whey Protein Concentrate, Natural Flavouring, Sweetener (Sucralose), Instantising Agent (**Soy** Lecithin).

### Allergen:

For allergens please see ingredients in **bold**.

Manufactured in a factory that handles **Dairy, Eggs, Gluten, Nuts, Soy** and **Yeast**.

## Chocolate 80 % Whey Protein

1KG = 40 Servings

2.5KG = 100 Servings

### Directions for use:

Add one large scoop (25g) to 150ml of water in your blender bottle, shake and consume immediately. Use less liquid for a thicker and stronger tasting shake. Use milk for a creamier tasting shake. Adjust to taste. We recommend 2-5 servings daily to increase your protein intake.

Nutritional Information		
	Per 100g	Per Serving
Energy KJ	1581Kj	395KJ
Energy KCAL	378KCAL	95KCAL
Protein (Dry Basis) (g)	77.5g	19.4g
Protein (as is) (g)	74g	18.5g
Fat (g)	6g	1.5g
Of which saturates	4.6g	1.1g
Carbohydrates (g)	6 g	1.5g
Of which are sugars (g)	5g	1.3g
Sodium	0.36g	0.09g

### Ingredients:

**Whey** Protein Concentrate, Cocoa Powder, Natural Flavouring, Sweetener (Sucralose), Instantising Agent (**Soy** Lecithin).

### Allergen:

For allergens please see ingredients in **bold**.

Manufactured in a factory that handles **Dairy, Eggs, Gluten, Nuts, Soy** and **Yeast**.

## Strawberry 80 % Whey Protein

1KG = 40 Servings

2.5KG = 100 Servings

### Directions for use:

Add one large scoop (25g) to 150ml of water in your blender bottle, shake and consume immediately. Use less liquid for a thicker and stronger tasting shake. Use milk for a creamier tasting shake. Adjust to taste. We recommend 2-5 servings daily to increase your protein intake.

Nutritional Information		
	Per 100g	Per Serving
Energy KJ	1592Kj	398KJ
Energy KCAL	381KCAL	95KCAL
Protein (Dry Basis) (g)	78.4g	19.6g
Protein (as is) (g)	74.9g	18.7g
Fat (g)	5.6g	1.4g
Of which saturates	4.3g	1.1g
Carbohydrates (g)	6.8g	1.7g
Of which are sugars (g)	6.8g	1.7g
Sodium	0.36g	0.09g

### Ingredients:

**Whey** Protein Concentrate, Natural Flavouring, Natural Colour, (Beetroot Red), Sweetener (Sucralose), Instantising Agent (**Soy** Lecithin).

### Allergen:

For allergens please see ingredients in **bold**.

Manufactured in a factory that handles **Dairy, Eggs, Gluten, Nuts, Soy** and **Yeast**.

## Vanilla 90 % Whey Protein

**1KG = 40 Servings**

**2.5KG = 100 Servings**

### Directions for use:

Add one large scoop (25g) to 150ml of water in your blender bottle, shake and consume immediately. Use less liquid for a thicker and stronger tasting shake. Use milk for a creamier tasting shake. Adjust to taste. We recommend 2-5 servings daily to increase your protein intake.

Nutritional Information		
	Per 100g	Per Serving
Energy KJ	1576Kj	394KJ
Energy KCAL	364KCAL	91KCAL
Protein (Dry Basis) (g)	89.9g	22.5g
Protein (as is) (g)	86.5g	21.6g
Fat (g)	1g	0.2g
Of which saturates	0.4g	0.1g
Carbohydrates (g)	3.7g	0.9g
Of which are sugars (g)	3.7g	0.9g
Sodium	0.29g	0.07g

### Ingredients:

Whey Protein Isolate, Natural Flavouring, Sweetener (Sucralose), Instantising Agent (**Soy** Lecithin).

### Allergen:

For allergens please see ingredients in **bold**.

Manufactured in a factory that handles **Dairy, Eggs, Gluten, Nuts, Soy** and **Yeast**.

## Chocolate 90 % Whey Protein

1KG = 40 Servings

2.5KG = 100 Servings

### Directions for use:

Add one large scoop (25g) to 150ml of water in your blender bottle, shake and consume immediately. Use less liquid for a thicker and stronger tasting shake. Use milk for a creamier tasting shake. Adjust to taste. We recommend 2-5 servings daily to increase your protein intake.

Nutritional Information		
	Per 100g	Per Serving
Energy KJ	1568Kj	392KJ
Energy KCAL	363KCAL	91KCAL
Protein (Dry Basis) (g)	88.3g	22.1g
Protein (as is) (g)	85g	21.3g
Fat (g)	1.5g	0.4g
Of which saturates	0.7g	0.2g
Carbohydrates (g)	3.3g	0.8g
Of which are sugars (g)	2.3g	0.6g
Sodium	0.28g	0.07g

### Ingredients:

**Whey** Protein Isolate, Cocoa Powder, Natural Flavouring, Sweetener (Sucralose), Instantising Agent (**Soy** Lecithin).

### Allergen:

For allergens please see ingredients in **bold**.

Manufactured in a factory that handles **Dairy, Eggs, Gluten, Nuts, Soy** and **Yeast**.

## Strawberry 90 % Whey Protein

1KG = 40 Servings

2.5KG = 100 Servings

### Directions for use:

Add one large scoop (25g) to 150ml of water in your blender bottle, shake and consume immediately. Use less liquid for a thicker and stronger tasting shake. Use milk for a creamier tasting shake. Adjust to taste. We recommend 2-5 servings daily to increase your protein intake.

Nutritional Information		
	Per 100g	Per Serving
Energy KJ	1579Kj	395KJ
Energy KCAL	365KCAL	91KCAL
Protein (Dry Basis) (g)	89.5g	22.4g
Protein (as is) (g)	86.2g	21.5g
Fat (g)	1g	0.2g
Of which saturates	0.4g	0.1g
Carbohydrates (g)	4g	1g
Of which are sugars (g)	4g	1g
Sodium	0.28g	0.07g

### Ingredients:

Whey Protein Isolate, Natural Flavouring, Sweetener (Sucralose), Instantising Agent (**Soy** Lecithin).

### Allergen:

For allergens please see ingredients in **bold**.

Manufactured in a factory that handles **Dairy, Eggs, Gluten, Nuts, Soy** and **Yeast**.

## Unflavoured Creatine Monohydrate

0.5KG = 100 Servings

### Directions for use:

Add one and a half medium scoops (5g) to 100ml of water in your blender bottle, shake and consume immediately. We recommend 5g daily, best taken with your pre or post-workout shake

Nutritional Information		
	Per 100g	Per Serving
Energy KJ	-	-
Energy KCAL	-	-
Protein (Dry Basis) (g)	-	-
Protein (as is) (g)	-	-
Fat (g)	-	-
Of which saturates	-	-
Carbohydrates (g)	-	-
Of which are sugars (g)	-	-
Sodium	-	-

### Ingredients:

100% Creatine Monohydrate

### Allergen:

For allergens please see ingredients in **bold**.

Manufactured in a factory that handles **Dairy, Eggs, Gluten, Nuts, Soy** and **Yeast**.

## Cola Flavoured Creatine Monohydrate

0.5KG = 100 Servings

### Directions for use:

Add one and a half medium scoops (5g) to 100ml of water in your blender bottle, shake and

Nutritional Information	Per 100g	Per Serving
	Energy KJ	118KJ
Energy KCAL	28KCAL	2KCAL
Protein (Dry Basis) (g)	-	-
Protein (as is) (g)	-	-
Fat (g)	-	-
Of which saturates	-	-
Carbohydrates (g)	4.5g	0.2g
Of which are sugars (g)	4.5g	0.2g
Sodium	-	-

consume immediately. We recommend 5g daily, best taken with your pre or post-workout shake

### Ingredients:

Creatine Monohydrate, Natural flavour, Citric Acid, Natural colour (Caramel), Sweetener (Sucralose).

### Allergen:

For allergens please see ingredients in **bold**.

Manufactured in a factory that handles **Dairy, Eggs, Gluten, Nuts, Soy** and **Yeast**.



## Berry Blast Pre Workout

0.5KG = 100 Servings

### Directions for use:

Intermediate Does: Add four medium scoops (12.5g) to 100ml of water in your blender bottle, shake and consume immediately. Experienced Dose: Add eight medium scoops (25g) to 150ml of water in

Nutritional Information		
	Per 100g	Per Serving
Energy KJ	200KJ	50KJ
Energy KCAL	48KCAL	12KCAL
Protein (Dry Basis) (g)	-	-
Protein (as is) (g)	-	-
Fat (g)	-	-
Of which saturates	-	-
Carbohydrates (g)	12g	3g
Of which are sugars (g)	12g	3g
Sodium	-	-

your blender bottle, shake and consume immediately. Use less liquid for a stronger tasting drink. We recommend one serving daily approximately 30 minutes before workout.

### Ingredients:

Creatine Monohydrate (Creapure<sup>®</sup>), Arginine Alpha Ketoglutarate, Tyrosine, Dextrose, Taurine, Beta Alanine, Citrulline Malate, Natural flavour, Natural colour (Beetroot Red), L Carnitine, Glucuronolactone, Gurana Extract (22% Caffeine), Yerba Mate (8% Caffeine), Caffeine Anhydrous, Sweetener (Sucralose), Vitamin B6.

### Allergen:

For allergens please see ingredients in **bold**.

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## Chocolate Weight Gainer

2.5KG = 21 Servings

### Directions for use:

Nutritional Information	Per 100g	Per Serving
	Energy KJ	1637Kj
Energy KCAL	391KCAL	450KCAL
Protein (Dry Basis) (g)	38.6g	44.41g
Protein (as is) (g)	37.4g	43g
Fat (g)	8g	9.2g
Of which saturates	4.8g	5.5g
Carbohydrates (g)	41.4g	47.6g
Of which are sugars (g)	24.8g	28.5g
Sodium	0.19g	0.22g

Add three large scoops (115g) to 600ml of water in your blender bottle, shake and consume immediately. Use less liquid for a thicker and stronger tasting shake. Use milk for a creamier tasting shake. Adjust to taste. We recommend 1-3 servings daily to add high quality calories to your diet.

### Ingredients:

Protein Blend (**Whey Protein Concentrate 80% [23.5%], Micellar Casein [10.5%], Egg White Albumen [2%]**), Carbohydrate Blend (Pure Fine Oats [20%], Maltodextrin [20%], Waxy Mazie Starch [44%]), L Glutamine, Flax Seed Powder, Cocoa Powder, Medium Chain Triglycerides, Natural Flavouring, Sweetener (Sucralose), Instantising Agent (**Soy Lecithin**). Actives per 115g serving: L Glutamine: 5g, Flax Seed: 5g, Medium Chain Triglyceride's: 4.5g.

### Allergen:

For allergens please see ingredients in **bold**.

Manufactured in a factory that handles **Dairy, Eggs, Gluten, Nuts, Soy** and **Yeast**.

## Chocolate Diet Whey

2.5KG = 17 Servings

### Directions for use:

Add two large scoops (58g) to 300ml of water in your blender bottle, shake and consume

Nutritional Information		
	Per 100g	Per Serving
Energy KJ	1637Kj	188KJ
Energy KCAL	391KCAL	450KCAL
Protein (Dry Basis) (g)	38.6g	44.41g
Protein (as is) (g)	37.4g	43g
Fat (g)	8g	9.2g
Of which saturates	4.8g	5.5g
Carbohydrates (g)	41.4g	47.6g
Of which are sugars (g)	24.8g	28.5g
Sodium	0.19g	0.22g

immediately. Use less liquid for a thicker and stronger tasting shake. Use milk for a creamier tasting shake. Adjust to taste. We recommend 1-2 servings daily. One in morning and the other after exercise or in between meals.

### Ingredients:

**Whey Protein Concentrate 80% (45.9%), Whey Protein Isolate 90 (15%) Micellar Casein 85 (15%),** Pure Fine Oats (8%), Flax Seed Powder, Whole Psyllium Husks, Cocoa Powder, Natural Flavouring, Acetyl L Carnitine, Vitamin and Mineral Blend (Magnesium Oxide, Ascorbic Acid, Ferrous Fumerate, DL-Alpha Tocopheryl, Nicotinamide, Vitamin A Acetate, Zinc Oxide, Pyridoxine HCl, Vitmin D3, Thiamine HCl, Ribflavin, Vitamin B12, Folic Acid, Potassium Iodide), Green Tea Extract, Sweetener (Sucralose), Instantising Agent (**Soy Lecithin**).

### Allergen:

For allergens please see ingredients in **bold**.

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