

LEAN GAIN



NUTRASPORT

Flavours:	Strawberry, Chocolate, Vanilla
Size:	2Kg
Price:	See Nutrasport Website

PURCHASE

WHAT IT DOES

Our Lean Gain range of shakes contain a carefully-developed mix of protein formula, Creapure® (99.99% pure creatine monohydrate), carbohydrates and the digestive enzyme Aminogen® to help you build body mass and lean muscle tissue.

Available in strawberry, vanilla and chocolate varieties, with no artificial colours or flavours used, Kinetica Lean Gain has been developed by leading sports scientists to help you achieve your desired muscle mass in a controlled fashion.

Contains 32g of Biotein™ Xtreme whey protein formula per serving for muscle growth and repair.

Whey protein concentrate enriched with organic virgin coconut oil for improved energy storage and stamina

- Creapure® supplies the body with physical and mental energy during exercise, improving performance in by 15% - 30%
- Aminogen® boosts lean muscle growth by increasing amino acid levels before and after exercise and improving nitrogen retention

Also encourages comfortable protein digestion

- Supplemented with L-Glutamine to ensure that the body's natural resources are replenished after exercise, aiding muscle repair and maintenance

- Tri-carb formula promotes phased energy release
- Maltodextrin boosts energy levels in the short-term and helps deliver amino acids to the muscles quickly, helping growth and recovery

Low-GI Palatinose™ and oats provide energy over a longer period of time, helping weight management and keeping energy levels

NUTRITION

Serving Size: 1 scoop (28g)

	Per 100g
Energy	402kcal/1682kJ
Total Protein	35.2g
Total Carbohydrates	44.1g
of which sugars	18.4g
Total Fat	9.4g
of which saturates	7.4g
Dietary Fibre	1.2g
Sodium	0.12g
L-Glutamine	6.7g
Creapure®	3.3g
Aminogen®	222.2mg

Carbohydrate Blend (Maltodextrin, Palatinose™ (Isomaltulose*), Oat Flour), BIOTEIN™ XTREME (Ultra Filtered Whey Protein Concentrate enriched with Organic Virgin Coconut Oil), L-Glutamine, Creapure® (Creatine Monohydrate), Natural Flavouring, Vitamin Blend (Ascorbic Acid (C), Nicotinamide (B3), Tocopherol Acetate (E), Pantothenic Acid (B5), Riboflavin (B2), Pyridoxine (B6), Thiamine (B1), Retinol (A), Folic Acid, Phytomenadion (K), Biotin (B7), Cholecalciferol (D3), Cyanocobalamin (B12)), Stabiliser (Carboxymethylcellulose), Digestive Enzyme (AMINOGEN® (a Registered Trademark of Triarco Industries and protected by U.S. Patent No. 5,387,422.)), Sweetener (Sucralose).

* Isomaltulose is a source of glucose and fructose.

COMPLETE



NUTRASPORT

Flavours:	Strawberry, Chocolate
Size:	2Kg
Price:	See Nutrasport Website

PURCHASE

WHAT IT DOES

Combining the key features of our Whey Protein, Lean Gain and 100% Recovery products, Kinetica Complete offers a convenient balance between muscle repair and recovery, muscle development and strength-building.

Containing high-quality whey protein enriched with organic virgin coconut oil, Creapure® (99.99% pure creatine monohydrate), a high- and low-GI carbohydrate blend and the digestive enzyme Aminogen®, Kinetica Complete is absorbed quickly into the system, leaving you with just one simple, balanced supplement to cover all your needs.

- 35g of Biotin™ Xtreme blend per serving, with three forms of protein for muscle growth and repair
 - whey protein concentrate rich in branched chain amino acids (BCAAs)
 - whey protein isolate – the purest form of protein, virtually free of fat and lactose
 - hydrolysed [link to 'The impact of science' section] whey protein concentrate for quick absorption
 - whey protein concentrate enriched with organic virgin coconut oil for improved energy storage and stamina
- Added amino acids to help every aspect of muscle development
 - L-Glutamine to replenish your body's natural supplies – this in-demand amino acid encourages protein synthesis
 - L-Leucine, which cannot be produced by the body, preserves lean muscle mass and helps you get the maximum benefit from your protein
 - Taurine draws water and additional nutrients into the muscle cells to help growth, and also reduces muscle cramp
- Tri-carb formula promotes continuous energy release
 - Maltodextrin increases insulin levels and help deliver amino acids to the muscles quickly, aiding muscle repair, growth and maintenance
 - Low-GI Palatinose™ and oat flour provide energy over a longer period of time, helping weight management and keeping energy levels up
- Aminogen® boosts lean muscle growth by increasing amino acid levels before and after exercise and improving nitrogen retention
 - Also encourages comfortable protein digestion
- Creapure® supplies the body with physical and mental energy during exercise, improving performance in by 15% - 30%

NUTRITION

Nutritional Information	Per 100g	per 75g serving
Energy	399kcal/1669kJ	299kcal/1251kJ
Total Protein	47g	35.2g
Total Carbohydrates	32.1g	24.1g
of which sugars	26g	19.5g
Total Fat	9.2g	6.9g
of which saturates	7.6g	5.7g
of which MCTs	3.3g	2.5g
Dietary Fibre	0.4g	0.3g
Sodium	0.07g	0.05g
L-Glutamine	6.7g	5g

INGREDIENTS: Biotin™ xtreme protein blend (ultra filtered whey protein concentrate enriched with organic virgin coconut oil, cross-flow-micro-filtered whey protein isolate, hydrolysed whey protein concentrate), carbohydrate blend (palatinose™ (isomaltulose*), maltodextrin, oat flour), amino acids (l-glutamine, l-leucine, taurine), cocoa powder, creapure® (creatine monohydrate) natural flavouring, vitamin blend (ascorbic acid (c), nicotinamide (b3), tocopherol acetate (e), pantothenic acid (b5), riboflavin (b2), pyridoxine (b6), thiamine (b1), retinol (a), folic acid, phytomenadion (k), biotin (b7), cholecalciferol (d3), cyanocobalamin (b12)), emulsifier (soya lecithin), digestive enzyme (aminogen® (a registered trademark of triarco industries and is protected by u.s. patent no. 5,387,422.)), sweetener (sucralose).

WHEY PROTEIN



NUTRASPORT

Flavours:	Strawberry, Chocolate, Vanilla
Size:	2.27Kg
Price:	See Nutrasport Website

PURCHASE

WHAT IT DOES

Combining high-quality whey protein, essential peptides and amino acids, and the digestive enzyme Aminogen®, our whey protein supplements have been precisely developed to replenish your body's amino acid levels and support lean muscle growth and recovery.

And because it's absorbed quickly by the body, Kinetica Whey Protein lets you achieve the maximum effect in as short a time as possible.

Made with our unique Biotein™ protein blend to help muscle recovery and development

“ Whey protein concentrate rich in branched chain amino acids (BCAAs)
 whey protein isolate – the purest form of protein, virtually free of fat and lactose
 hydrolysed whey protein for quick absorption“

23g of protein in every serving

Aminogen® boosts lean muscle growth by increasing amino acid levels before and after exercise and improving nitrogen retention also encourages comfortable protein digestion

3 delicious shake varieties, natural flavours and colours only – just add low-fat milk or water

Aspartame-free

NUTRITION

Serving Size: 1 scoop (28g)

Kinetica Whey Protein – Strawberry		
Nutritional Information	Per 100g	Per 30g serving
Energy	407kcal/1703kJ	122kcal/511kJ
Total Protein	76g	23g
Total Carbohydrates	7.2g	2.2g
of which sugars	5.5g	1.7g
Total Fat	8.2g	2.5g
of which saturates	6g	1.8g
Dietary Fibre	0.19g	0.06g
Sodium	0.17g	0.05g
Aminogen®	333.3mg	100mg

INGREDIENTS: biotein™protein blend (ultra filtered whey protein concentrate, cross-flow-micro-filtered whey protein isolate, hydrolysed whey protein concentrate), natural flavouring, emulsifier (soya lecithin), digestive enzyme (aminogen® (a registered trademark of triarco industries and is protected by u.s. patent no. 5,387,422.)), stabiliser (carboxymethylcellulose), sweetener (sucralose) natural colouring (carmine).

WHEY PROTEIN

WHAT IT DOES

NUTRITION

Kinetica Milkpro Bars offer a super-convenient way for you to get high quality proteins including hydrolysed whey proteins into the diet.

Our high-protein bars offer a super-convenient way for you to get high quality proteins including hydrolysed whey protein to your muscles quickly – before or after exercise. And with a choice of Orange or Toffee flavours, they're tasty too. Perfect for the office, the home or on the go, Kinetica Bars help grow and repair lean muscle.

Energy	342kcal/1434KJ	205kcal/860KJ
Total Protein	33.3g	20.0g
Total Carbohydrate	32.0g	19.2g
of which sugars	9.0g	5.4g
of which polyols	22.6g	13.5g
Total Fat	2.9g	7.7g
of which saturates	7.8g	4.7g
Dietary Fibre	7.4g	4.4g
Sodium	0.05g	0.03g

INGREDIENTS: Milk Proteins 40% (Milk Protein Isolate, Whey Protein Concentrate, Hydrolysed Whey Protein Concentrate), Glycerol, Dark Chocolate (sugar, cocoa mass, cocoa butter, emulsifier (soya lecithin)), Maltitol Syrup, Oligofructose, Palm Oil, Natural Flavouring, Emulsifier (Soya Lecithin), Colours (Natural Carotene, Carmine), Sweetener (Sucralose).



NUTRASPORT

Flavours: Toffee, Chocolate orange

Size: 20 Bars

Price: See Nutrasport Website

PURCHASE