

## PURE WHEY PROTEIN



## WHAT IT DOES

MyTrition Whey protein contains the purest protein available. MyTrition is instantized to mix easily and completely with just a few twirls of a spoon. With 24grams of protein in each 30gram scoop this product contains 80% protein.

MyTrition Pure Whey is an optimum blend of instantised, de-lactosed pure whey Isolate, concentrate and hydrolysed whey. This unique blend provides high levels of all Amino Acid fractions including L-Glutamine and BCAA's.

Pure Whey is a premium high protein product with minimal fat and carbohydrates.

## NUTRITION

Serving Size: 1 Scoop (30g)  
Servings per container: xx

	Per 30g	Per 100g
Energy	117kcal	389kcal
Protein	24g	80g
Fat	1.56g	5.2g
-of which saturates	0.7g	5.4g
Carbohydrates	1.65g	5.5g
-of which sugars	0.7g	2.4g
Sodium	37mg	148mg
Fibre	210mg	700mg

**INGREDIENTS:** Delactosed and instantised: Pure Whey Protein Concentrate, Pure Whey Protein Isolate, Hydrolysed Whey Protein. Natural and Natural Identical Flavouring, Natural Colourings, Stabilisers (Citric acid, Malic acid), Contains Sweetener: Sucralose®.

### SUGGESTED USE:

Mix 1 scoop (30g) with milk or water to taste, Take 2 servings per day ideally 1 before training and 1 after training (most important).

### STORAGE HINTS:

Store in a cool dry place, seal after use.

Please note, nutritional facts and ingredients may vary slightly between flavours.

## NUTRASPORT

Flavours: Strawberry, Chocolate, Vanilla

Size: 2.25Kg

Price: See Nutrasport Website

**PURCHASE**

## WAXY MAIZE



## NUTRASPORT

Flavours:	Orange
Size:	2.25Kg
Price:	See Nutrasport Website

**PURCHASE**

## WHAT IT DOES

Replenishes the body's glycogen stores much faster than a mix of maltodextrin or dextrose.

It Increases the absorption rates of many of your favorite supplements like creatine monohydrate, creatine ethyl ester, cell volumization and nitric oxide type supplements.

Waxy Maize bypasses the stomach, is absorbed by the intestines and immediately is assimilated

Waxy Maize Starch is an extremely fast acting carbohydrate. It has the lowest osmolality of any carbohydrate available on the market. Passing through the stomach and into the intestines extremely quickly.

Waxy Maize Starch is superior to other fast-acting carbohydrates such as dextrose because it can replenish glycogen levels much faster. Its low osmolality enables it to pass through the stomach up to 80% faster than dextrose and consequently restore muscle glycogen 70% faster!

Its fast action mechanism will shuttle these important nutrients to the muscles faster than any other carbohydrate resulting in improved growth and recovery!

## NUTRITION

Serving Size: 1 Scoop (70g)  
Servings per container: 75

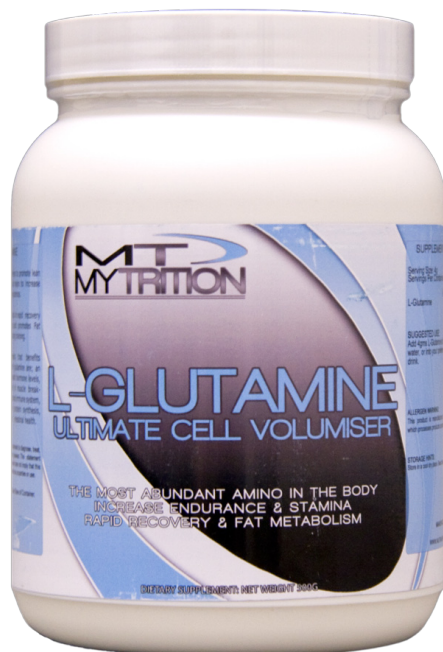
	PER 100g
Energy	370kcal
Carbohydrates	95.6g
Fat	0g

INGREDIENTS: Total Carbohydrates from Waxy Maize Starch, Maize and Cereal derivits. Natural and Natural Identical Flavouring, Natural Colourings, Stabilisers (Citric acid), Sweetener: Sucralose®.

SUGGESTED USE:  
Mix 1 scoop (70g) with water.

STORAGE HINTS:  
Store in a cool dry place, seal after use.

## L-GLUTAMINE



### NUTRASPORT

Flavours:	N/A
Size:	500g
Price:	See Nutrasport Website

**PURCHASE**

## WHAT IT DOES

Glutamine is highly in demand throughout the body. It is used in the gut and immune system extensively to maintain optimal performance.\* 60% of free-form amino acids floating in skeletal muscles is L-glutamine. L-glutamine plays a very important role in protein metabolism, and it appears to be a very important nutrient for body builders. When supplemented, it may help body builders reduce the amount of muscle deterioration that occurs because other tissues that need glutamine will not rob the glutamine stored in the muscle cells.

L-Glutamine helps to promote lean body mass and helps to increase endurance and stamina.

L-Glutamine aids in rapid recovery after training and promotes Fat metabolism during training.

Research reveals that benefits associated with glutamine are; an increase in growth hormone levels, the prevention of muscle breakdown, an improved immune system, an increase in protein synthesis, and improved intestinal health.

## NUTRITION

Serving Size: 4g  
Servings per container: 125

Per Serving:  
L-Glutamine 4g

INGREDIENTS: L-Glutamine

SUGGESTED USE:  
Add 4gms L-Glutamine to 300ml of water,  
or into your preferred cold drink.

STORAGE HINTS:  
Store in a cool dry place, seal after use.

## CREATINE MONOHYDRATE



### NUTRASPORT

Flavours:	N/A
Size:	500g
Price:	See Nutrasport Website

**PURCHASE**

## WHAT IT DOES

Creatine is bodybuilding's ultimate supplement, and for good reason. For one thing, creatine can significantly increase lean muscle mass in just two weeks. It is also responsible for improving performance in high-intensity exercise, increasing energy levels, and speeding up recovery rates. It's no wonder athletes who use it have such an edge over those who do not. Soon nearly every athlete who competes will use it. Creatine's ability to enhance energy reserves in muscles comes from its muscle protein synthesizing action, while minimizing protein breakdown. This occurs because creatine has the awesome effect of super-hydrating muscle cells with water. It enhances muscles' growth too-making muscle fibers bigger and stronger.

MyTrition100% Micronised Creatine Monohydrate is HPLC tested and analysed for purity & Dicyandiamide free (DCD) and is one of the best quality creatine products available.

Micronised Creatine may assist in the following:

- Increased Muscle Cell Volume
- Increased Explosive Power
- Increased Endurance
- More Rapid Recovery

## NUTRITION

Serving Size: 1 teaspoon (4g)  
Servings per container: 125

Per Serving:  
Creatine Monohydrate 4g

INGREDIENTS: L-Glutamine

**SUGGESTED USE:**  
Add 1 teaspoon (4g) with water, protein or a high carbohydrate drink and consume.

**STORAGE HINTS:**  
Store in a cool dry place, seal after use.