

SUPPLEMENTS ACTIVE INGREDIENTS LIST

PROTEINS

PEPTAN® (HYDROLYSED COLLAGEN)
WHEY PROTEIN ISOLATE
(ADDITIONAL)
WHEY PROTEIN CONCENTRATE
(ADDITIONAL)
WHEY HYDROLYSATE
RICE PROTEIN

CARBOHYDRATES

PALATINOSE®
VITARGO®
D-RIBOSE
MALTODEXTRIN
PREGELATINIZED RICE CARB

FATS & FATTY ACIDS

MCT OIL
MCT POWDER
CLA (60%)
EXOGENOUS KETONES (β-
HYDROXYBUTYRATE)

VITAMINS

METHYLFOLATE
VITAMIN A
VITAMIN B1 (THIAMINE)
VITAMIN B12
VITAMIN B2 (RIBOFLAVIN)
VITAMIN B3 (NICOTINAMIDE)
VITAMIN B6 (PYRIDOXINE)
VITAMIN C
VITAMIN D3 (CHOLECALCIFEROL)
VITAMIN E
VITAMIN K2 (MenaQ7)
* VITAMIN-B COMPLEX
VITAMIN B5 (CA-D-PANTOTHENATE)
VITAMIN B3 (NIACIN)
BIOTIN
* VITAMIN BLEND (100% NRV)

MINERALS

CHROMIUM A.A.C.
COPPER A.A.C.
IRON A.A.C.
MAGNESIUM CITRATE
(8.5% ELEMENT)
MAGNESIUM OROTATE
(6.7% ELEMENT)
MANGANESE A.A.C.
MOLYBDENUM A.A.C.
IODINE (POTASSIUM IODIDE)
SELENIUM A.A.C.
ZINC A.A.C.
CALCIUM (CALCIUM LACTATE)
* MINERAL BLEND
HYDRA 4G (ELECTROLYTES)

AMINO ACIDS

BCAA BLEND
L-ARGININE
L-GLUTAMINE
L-ISOLEUCINE
L-LEUCINE
L-TYROSINE
L-VALINE
TAURINE
L-ARGININE AKG
L-THEANINE
BETAINE
L-THREONINE
L-PHENYLALANINE
L-METHIONINE
L-LYSINE
L-HISTIDINE HCL
L-CARNITINE

OTHER NUTRIENTS

ALPHA LIPOIC ACID	MSM	FULVIC ACID POWDER
AMINOGEN®	N-ACETYL -L-CARNITINE	WELLMUNE®
BETA ALANINE	OAT BETA GLUCAN	L-GLUTATHIONE
BIOPERINE®	GINSENG (PANAX)	FOS (FRUCTO-OLIGOSACCHARIDES)
CAFFEINE	PHOSPHATIDYLSERINE	RHODIOLA ROSEA
CO-ENZYME Q10	POTASSIUM BICARBONATE	ASTRAGIN®
COLOSTRUM	PROBIOTIC BLEND	CHOLINE BITARTRATE
CREATINE MONOHYDRATE	PSYLLIUM HUSK	CALCIUM PYRUVATE
CURCUWIN®	RASPBERRY KETONES	INOSITOL
GABA	SODIUM BICARBONATE	CREATINE HCL
GLUCOSAMINE SULFATE	SPIRULINA	NUCLEOTIDES
GREEN COFFEE BEAN EXTRACT	TOLERASE	HMB (B-HYDROXY B-METHYLBUTYRATE)
GREEN TEA EXTRACT	FIBERSOL-2® (ADDITIONAL)	GRAPE SEED EXTRACT
L-CITRULLINE MALATE	DIM (BROCCOLI EXTRACT)	BOSWELLIA SERRATA (65% B.A.)
FIBREGUM B®	RESVERATROL	

SUPPLEMENT TYPE

ACTIVE INGREDIENTS ONLY

DRINK

SHAKE WHEY

SHAKE VEGAN

DRINK SWEETNER

STEVIA
SUCRALOSE
XYLITOL
ERYTHRITOL BLEND
FRUCTOSE

DRINK FLAVOUR

ISLANDER'S PINEAPPLE
PINA COLADA
TROPICAL MANGO AMD PINE
NAARTJIE
ORANGE
PASSION FRUIT
MIXED BERRY
RASPBERRY LOLLIPOP
GRAPE SODA-POP
CHERRY
WATERMELON
BLUE BERRY CRUSH
FLAVORANT FREE

CONSISTENCY

(for shakes only)

REGULAR
NON-THIKENED
DOUBLE THICK

SHAKE SWEETNER

STEVIA
STEVIA-REDUCED SWEETNESS
SUCRALOSE
SUCRALOSE-REDUCED SWEETNESS
XYLITOL
XYLITOL-REDUCED SWEETNESS
XYLITOL-EXTRA SWEET
ORGANIC COCONUT SUGAR
FRUCTOSE
FRUCTOSE-REDUCED SWEETNESS
FRUCTOSE-EXTRA SWEET

SHAKE FLAVOURS

DARK CHOCOLATE
STRAWBERRY SMOTHIE
VANILLA ICE CREAM
SALTED CARAMEL
FLAVOURANT FREE