

# TIRUPATI SPORTS NUTRITION



# SPORTS





INITIATES  
FASTER  
ONSET OF ACTION

BCAA

Pack : 400g Powder



EAA



Pack : 250 g Powder

Energy Drink



Pack : 1 kg Powder

Fat Burner



Pack : 450 ml Liquid

Mass gainer



Pack : 1 kg Powder

# TIRUPATI

## SPORTS NUTRITION



Sr No.	Product Category	Dosage Form	Composition
1	BCAA		Nutritional Information (approx.) Per serving (13g) Energy 2.17 Kcal Protein 0g Carbohydrate 0.54g Total Sugars 0.50g Added Sugars 0.00g Total Fat 0.00g Sodium 220mg Vitamin B6(as Pyridoxine Hydrochloride) 1.12mg Mineral (Potassium) 200mg Other L-Leucine 2500mg L-Isoleucine 1250mg L-Valine 1250mg L-Glutamine 4363mg Electrolyte Blend (Sodium citrate, Potassium Phosphate, Sodium Chloride) 1131.60mg Citrulline Malate (2:1) 1000mg
2	BCAA		Nutritional Information (approx.) Per serving (8.7g) Energy 3 Kcal Protein 0g Carbohydrate 0.73g Total Sugars 0.03g Added Sugars 0.00g Total Fat 0.01g Sodium 119.65g BCAA (2:1:1) 4200.85mg L-Leucine 2100.43mg L-Isoleucine 1050.21mg L-Valine 1050.21mg L-Glutamine 2170.00mg L-Citrulline 610mg
3	BCAA		Nutritional information (approx.) Per serving (6g) Energy 12.98 kcal Protein 2.90 g Total Carbohydrate 0.345 g (Sugar as Sucrose) 0.00 g Total Fat 0.00 g L-Leucine 2.5 g L-Isoleucine 1.25 g L-Valine 1.25 g
4	BCAA		Nutritional information (approx.) Amount Per serving (11.10g) Energy 43.50kcal Protein 8.34 g Carbohydrate 2.56 g (Sugar as Sucrose) 0.00 g Fat 0.26 g L-Leucine 3.50 g L-Glutamine 2.50 g L-Isoleucine 1.25g L-Valine 1.25g L-Citrulline 1.00 g Taurine 500 mg Potassium 180 mg Sodium 78.68 mg Vitis vinifera Extract 60 mg Piper nigrum Extract 5 mg Vitamin B6 640 mcg
5	BCAA		Nutritional information (approx.) Per serving (6 g) Energy 12.98 kcal Protein 2.90 g Total Carbohydrate 0.345 g (Sugar as Sucrose 0.00 g) Total Fat 0.00 g L-Leucine 2.5 g L-Isoleucine 1.25 g L-Valine 1.25 g
6	EAA		Nutritional Information Per serving (7g) Energy* 1.90Kcal Protein 0.40 g Carbohydrate 0.076g Total Sugars 0.034g Added Sugars* 0 g Fat* 0g Sodium* 0g Amount Per Serving 0.00 Taurine 682.5 mg L- Glutamine 673.5mg L- Arginine 500mg L- Leucine 138 mg Beta – Alanine 191 mg L- Citrulline 2000 mg L- Isoleucine 66mg L- Valine 35.5mg L- Tyrosine 112mg L- Histidine 232.5 mg L- Lysine 8 mg L- Phenylalanine 112.5 mg L- Threonine 84.5 mg DL- Methionine 490 mg Caffeine 100 mg Camellia sinensis Leaf Extract 50 mg Coffea Arabica Bean Extract 50 mg
7	Energy Drink		Nutritional information (approx.) Per serving (30 g) Energy 113.61 kcal Protein 0.57 g Carbohydrates 27.00 g
8	Energy Drink		(Sugar) 13.30 g Fat 0.37 g L- Glutamine 250 mg L- Leucine 125 mg L- Isoleucine 62.5 mg L- Valine 62.5 mg Beta alanine 30 mg Essential Minerals Sodium 135 mg Magnesium 75 mg Calcium 60 mg Potassium 35 mg Phosphorus 30 mg Essential Vitamins Vitamin C 40 mg Vitamin B3 3 mg Vitamin B5* 1 mg Vitamin B6 0.5 mg Vitamin B2 0.3 mg Vitamin B12 0.5 mcg BCAA Nutritional Information (approx.) Per serving (13g) Energy 2.17 Kcal Protein 0g Carbohydrate 0.54g Total Sugars 0.50g Added Sugars 0.00g Total Fat 0.00g Sodium 220mg Vitamin B6(as Pyridoxine Hydrochloride) 1.12mg Mineral (Potassium) 200mg Other L-Leucine 2500mg L-Isoleucine 1250mg L-Valine 1250mg L-Glutamine 4363mg Electrolyte Blend (Sodium citrate, Potassium Phosphate, Sodium Chloride) 1131.60mg Citrulline Malate (2:1) 1000mg
9	Fat Burner L- Carnitine Liquid		Nutritional information (approx.) Per serving (15 ml) Energy 8.24 kcal Protein 1.58 g Carbohydrates 0.48 g (Sugar) 0.00 g Fat 0 g Sodium 4.97 g L- Carnitine 3000 mg
10	Mass Gainer		Nutritional Information (approx.) Per serving (100 g) Energy 391.07 kcal Protein 15 g Carbohydrate 75 g Total Sugars 10.16g Added Sugar 9.9g Fat 3.23g Saturated fat 1.53g Monounsaturated fatty acids 1.56g Polyunsaturated fatty acid 0g Trans fatty acids 0g Cholesterol 23.33mg Dietary Fibre 1g Creatine Monohydrate 1.2g VITAMINS - Vitamin C 13.33mg Niacin 4mg Vitamin E 3.33mg Vitamin B6 0.66mg Vitamin B2 0.37mg Vitamin B1 0.33mg Vitamin A 200mcg Folic Acid 33.33 mcg Vitamin K 13.33 mcg Vitamin D 3.33 mcg Vitamin B12 0.33 mcg MINERALS - Potassium 416.67 mg Calcium 200 mg Phosphorus 170 mg Sodium 166.67 mg Magnesium 100 mg Iron 5.67 mg Zinc 2.5 mg Copper 0.45 mg Manganese 0.17 mg Iodine 37.67 mcg Chromium 11 mcg Selenium 10 mcg
11	Mass Gainer		Nutritional Information (approx.) Per serving (100g) Energy* 426.7 kcal Protein 22.81 g Carbohydrate 65.48 g Total Sugars 34.43 g Added Sugars* 23.76 g Total Fat * 6.34 g Saturated Fat* 4.16 g Trans Fat* 0.00 g Cholesterol 0.00 mg Mono Unsaturated Fatty Acids 1.63 g Poly Unsaturated Fatty Acids 0.43 g Sodium* 51.36 mg Dietary Fiber 8.24 mg Taurine 38.53 mg Vitamin C 30.00 mg Vitamin B3 10.00 mg Vitamin E 10.00 mg Vitamin B6 1.60 mg Vitamin B2 1.20 mg Vitamin B1 0.80 mg Vitamin A 590.00 mcg Folic Acid 100.00 mcg Vitamin B12 0.95 mcg Potassium^ 150.00 mg Calcium 600.00 mg Phosphorus 320.00 mg Iron 17.00 mg



# SUPPORTS MUSCLE BUILDING & WEIGHT GAIN GOALS

Mass Gainer

Pack : 5kg Powder



## Muscle Recovery



Pack : 250g Powder

## Muscle Building



Pack : 250g Powder

## Preworkout



Pack : 250 g Powder

## Protein Blend



Pack : 2kg Powder

## Plant Protein



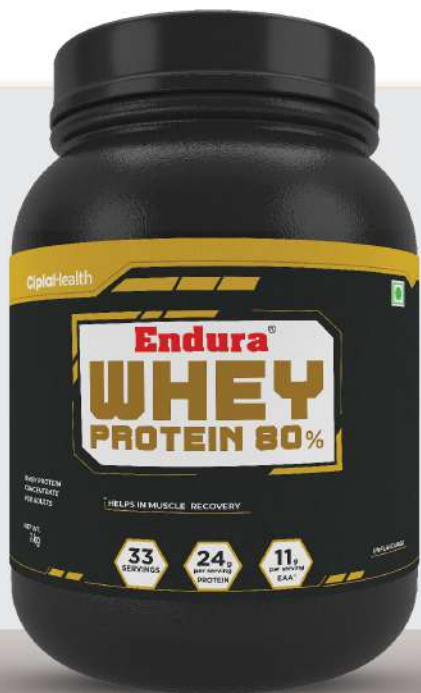
Pack : 500g Powder

# TIRUPATI

## SPORTS NUTRITION



Sr No.	Product Category	Dosage Form	Composition
12	Mass Gainer		Nutritional Information (approx.) Per serving (333g) Energy** 1244 Kcal Protein 52 g Carbohydrate 250 g Added Sugars** 0.00 g Fat 4 g Saturated Fat** 1.45 g Trans Fat** 0.00 g Cholesterol 9.46 mg Sodium** 36.11 mg Creatine Monohydrate 1 g L-Glutamine 500 mg
13	Mass Gainer		Nutritional information (approx.) Per serving (100g) Energy 353.60 kcal Protein 12.00 g Carbohydrate 72.00 g (Sugar as Sucrose 12 g) Total Fat 1.60 g Dietary Fibre 1.60 g Vitamins Vitamin C 20 mg Vitamin B3 6 mg Vitamin E 5 mg Vitamin B5* 2.5 mg Vitamin B6 1 mg Vitamin B2 0.55 mg Vitamin B1 0.5 mg Vitamin A 300 mcg Folic Acid 50 mcg Vitamin D 5 mcg Vitamin B12 0.5 mcg Minerals Potassium 60 mg Magnesium 45 mg Sodium 30 mg Iron 10 mg Zinc 3 mg Iodine 30 mcg
14	Muscle Recovery L- Glutamine		Nutritional Information (approx.) Per Serving (5g) Energy 0.00kcal Protein 0.00g Total carbohydrate 0.00g Sugar as sucrose 0.00g Total fat 0.00g L-Glutamine 5.00 g Muscle Building Creatine Nutritional Information (approx.) Per Serving (3g) Energy 0 Kcal Protein 0 g Carbohydrate 0 g Total Sugars 0 g Added Sugars 0 g Total Fat 0 g Sodium 0 mg Creatine Monohydrate 3 g
15	Muscle Building Creatine		Nutritional information (approx.) Per Serving (3g) Energy 0.00 kcal Protein 0.00 g Carbohydrate 0.00 g (Sugar as sucrose 0.0 g) Fat 0.00g Creatine Monohydrate 3.00 g
16	Preworkout		Nutritional information (approx.) Per serving (11.5 g) Energy 6.9 kcal Protein 0.12 g Carbohydrate 1.61 g Total Sugars 0.00 g Added Sugars 0.00 g Total Fat 0.00 g Sodium 23.00 mg Amino Acids Beta Alanine 4.00 g L-Leucine 1166.10 mg L-isoleucine 583.05 mg L-valine 583.05 mg Taurine 1.01g L-Arginine 0.69 g L-Citrulline 234.60 mg Vitamins Vitamin C 30.00 mg Vitamin B3 10.00 mg Vitamin B6 1.00 mg Folic acid 90.00 mcg Vitamin B12 1.00 mcg Others Caffeine 200.00 mg Creatine monohydrate 550.00 mg L-tyrosine 50.00 mg Green Coffee (Coffea arabica) extract 100.00 mg Piper nigrum extract 5.00 mg
17	Protein Blend (WPI WPC & WPH)		Nutritional Information (approx.) Per Serving (35 g) Energy* 134.99 kcal Protein 25.00 g Carbohydrate 5.98 g Total Sugars 0.44 g Added Sugars* 0.00 g Fat* 1.23 g Saturated Fat* 0.62 g Trans Fat* 0.02 g Cholesterol 22.05 mg Sodium* 255.50 mg Potassium 490.00 mg
18	Plant Protein		Nutritional Information (approx.) Per Serving (35 g) Energy 128.69Kcal Protein 24g Carbohydrate 6.28g Total Sugars 0.99g Added Sugars 0 As Sucrose 0 Total Fat 0.53g Saturated Fat 0.14g Cholesterol 0g Trans Fat 0g Sodium 126 mg Dietary Fibre 14.0g
19	Plant Protein		Nutritional Information (approx. values) Per Serving (10 g) Energy (kcal) 41 Total protein (g) 8 Total Fat (g) 0.9 Trans Fat (g) 0 Saturated Fat (g) 0.2 Total Carbohydrate (g) 0.3 Total Sugars (g) 0 Added Sugars (g) 0 Sodium (mg) 85
20	Plant Protein		Nutritional Information (approx.) Per serving (46 g) Energy 201.60 kcal Protein 18 g Carbohydrate 18.30 g Total Sugar 0.17 g Added Sugar 0.00 g Total Fat 6.0 g Mono unsaturated fatty acid 0.37 g Poly unsaturated Fatty acid 0.18 g Saturated Fatty acid 5.14 g Trans fatty acid 0.00 g Cholesterol 0.00 mg Dietary Fiber 1.20 g Caffeine 130.00mg Sodium 62.78mg
21	Plant Protein		Nutritional Information (approx.) Per serving (35 g) Energy 133.87Kcal Protein 24.67 g Carbohydrates 5.22g Sugar (as sucrose) 0.00g Fat 1.59g Saturated Fat 1.12g MUFA 0.38g PUFA 0.13g Cholesterol 14.40mg Withania somnifera powder 100mg Dietary Fiber 2.99g L-Isolecine 892.68mg L-Leucine 1792.30mg L-Valine 1034.29mg L-Lysine 943.38mg DL-Methionine 272.87mg L-Phenylalanine 939.67mg L-Threonine 622.97mg L-Tryptophan 281.90mg L-Histidine 637.04mg
22	Plant Protein		Nutritional Information (approx.) Per serving (35 g) Energy 132.51Kcal Protein 24.52g Carbohydrates 5.30g Sugar (as sucrose) 0.00g Fat 1.47g Saturated Fat 1.01g PUFA 0.35g MUFA 0.12g Cholesterol 14.16mg Dietary Fiber 3.12g Biotin 9.80mcg
23	Whey Protein Concentrate 80%		Nutritional Information (approx.) Per Serving (36 g) Energy 141.4 kcal Protein 24.10 g Carbohydrate 7.20 g Total Sugars 0.7 g Added Sugars 0 g Total Fat 1.80g Saturated Fat 1.1 g Trans Fat 0g Cholesterol 0mg Sodium 308.9mg Vitamins <sup>A</sup> Vitamin C 18mg Vitamin K1 22.7mg Vitamin A 442.8mg Vitamin B1 0.7 mg Vitamin B2 0.4 mg Vitamin B3 5.8 mg Vitamin B5 2.9 mg Vitamin B6 0.7 mg Folic Acid 108mcg Vit B12 1.40 mcg Vit E 5.8mg Biotin 21.6mcg Minerals <sup>A</sup> Calcium 324mg Zinc 2.2 mg Phosphorus 176.4mg Potassium 216mg Magnesium 63mg Copper 0.30 mg Manganese 0.30mg Chromium 13 mcg Molybdenum 10.80 mcg Chloride 144 mg Iodine 20.9 mcg Selenium 10.40 mcg



# MUSCLE MASS & STRENGTH GAINER

Whey Protein Concentrate 80%

Pack : 1kg Powder



Whey Protein Concentrate 40%



Pack : 1kg Powder

Whey Protein Concentrate 80%



Pack : 1kg Powder

Whey Protein Concentrate 90%



Pack : 1kg Powder

Weight Gainer



Pack : 500g Powder

Whey Management Diet Whey Protein



Pack : 2kg Powder

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24	<b>Whey Protein Concentrate 80%</b>		Nutritional information Per serving (35 g) Energy 134.68 Kcal Protein 24.42g Carbohydrate 4.92g Total Sugars 0.58g Added Sugars 0.00g Total Fat 1.92g Saturated fat 1.24g Trans fat 0.05g Sodium 165.83mg Potassium 325.99mg
25	<b>Whey Protein Concentrate 80%</b>		Nutritional Information (approx.) Per serving (30 g) Energy 116.05Kcal Protein 24.26 g Carbohydrate 1.14 g Total Sugars 0.00g Added Sugar 0.00g Fat 1.61g Saturated fatty acid 0.95 g Trans fatty acid 0.01g Potassium 0.18mg Sodium 0.07mg
26	<b>Whey Protein Concentrate 80%</b>		Nutritional Information (approx.) Per Serving (33 g) Energy 127.98Kcal Protein 24g Carbohydrate 3.0g Total Sugars 0.00g Added Sugar 0.00g Fat 2.22g Saturated fatty acid 1.50g Mono unsaturated fatty acid 0.55g Polyunsaturated fatty acid 0.00g Trans fatty acid 0.00g Cholesterol 0.00g Potassium 318mg Sodium 178.53mg Calcium 101.90mg
27	<b>Whey Protein Concentrate 40%</b>		Nutritional Information (approx.) Per Serving (35g) Energy 132.65 kcal Protein 14.00g Carbohydrate 16.80g Total Sugars 0.71g Added Sugars 0.00g Total Fat 1.05g Saturated fat 0.76g Trans fat 0.02g Sodium 113.98 mg Potassium 266.00mg
28	<b>Whey Protein Concentrate 80%</b>		Nutritional Information (approx.) Per serving (38 g) Energy** 146 kcal Protein 26 g Carbohydrate 4.50 g Total Sugars 0.0 g Added Sugars** 0.0 g Fat** 2.70 g Saturated Fat** 0.60 g Trans Fat** 0.0 g Cholesterol 18.90 mg Sodium** 74.75 mg
29	<b>Whey Protein Isolate 90%</b>		Nutritional Information (approx.) Per Serving (30 g) Energy 111.8 kcal Protein 24 g Carbohydrate 3.5 g Total Sugars 0.1g Added Sugars 0 g Total Fat 0.2g Saturated Fat 0.1g Trans Fat 0g Cholesterol 0mg Sodium 80.5mg Vitamins <sup>^</sup> Vitamin A 367.7mcg Vitamin E 4.8 mg Vitamin K1 19.5 mcg Vitamin B1 0.4 mg Vitamin B2 0.4 mg Niacin 4.8 mg Vitamin B6 0.6 mg Folic Acid 81 mcg Pantothenic Acid 2.4 mcg Biotin 19.2 mcg Vitamin B12 0.1 mcg Vitamin C 14.5mg Minerals <sup>^</sup> Calcium 329mg Phosphorus 252 mg Zinc 4.1mg Potassium 367.7mg Iodine 36.8mcg Chloride 52.5 mg Magnesium 103.5 mg Selenium 17.5 mcg Copper 0.6 mg Manganese 0.5 mg Chromium 24 mcg Molybdenum 24.3 mcg
30	<b>Weight Gainer</b>		Nutritional Information (Approx.) Per serving (30g) Energy 122.46 Kcal Protein 4.5 g Carbohydrate 21.50 g Total Sugars 7.70g Added sugars 4.85g As Sucrose 4.85g Total Fat 2.01g Monounsaturated Fatty acids 0.57g Polyunsaturated Fatty acids 0.12g Saturated Fat 1.32g Trans Fat 0.0 Cholesterol 3.81mg Dietary fibre 0.20g Sodium 66mg VITAMINS Vitamin A 270mcg Vitamin E 3.33mg Vitamin B1 0.36mg Vitamin B2 0.48mg Niacin 3.60mg Vitamin B6 0.54mg Folic Acid 58.82mcg Pantothenic acid 1.67mg Vitamin B12 0.45mg Vitamin C 9.0mg MINERALS Calcium 204mg Phosphorous 150mg Potassium 75mg Iron 6.33mg
31	<b>Whey Protein Isolate 90%</b>		Nutritional Information (approx.) Per Serving (30.5 g) Energy 112.22Kcal Protein 25g Carbohydrate 0.40g Total Sugars 0.00g Added Sugars 0.00g Total Fat 1.18g Saturated Fat 0.67g Trans Fat 0.00g Cholesterol 0.00mg Sodium 99.60mg Potassium 203.81mg
32	<b>Whey Protein Blend (WPI WPC &amp; WPH)</b>		Nutritional information (approx.) Per serving (45 g) Energy 161.24 Kcal Protein 31g Carbohydrate 4.65g Total Sugars 0.27g Added Sugars 0.00g Total Fat 2.25g Saturated fat 1.44g Trans fat 0.018g Sodium 108.00mg Potassium 337.50mg Creatine Monohydrate 3.0 g
33	<b>Whey Protein Blend (WPC &amp; WPI)</b>		Nutritional Information (approx.) Per serving (33g) Energy* 128.15 kcal Protein 20g Carbohydrate 9.02g Total Sugars 1.59g Added Sugars* 0.00g Total Fat* 1.34g Saturated Fat* 0.89g Trans fat* 1.34g Cholesterol 21.78mg Sodium* 136.95mg Potassium 165mg
34	<b>Weight Management Diet Whey Protein</b>		Nutritional Information (approx.) Per serving (44 g) Energy* 116.90 Kcal Protein 33g Carbohydrate 5.35 g Total sugars 0.73 g Added sugars* 0.00 g Total fat* 1.32 g Saturated Fat* 0.25 g Cholesterol 2.03 mg Trans fat* 0.00 g Dietary Fiber 0.81 g Sodium* 112.20 mg Conjugated Linoleic Acid 316.80 mg L-Carnitine L- Tartrate 0.52 g Green Coffee Bean Extract 0.11g Green Tea Extract 0.11 g Rose Hip Extract 0.10 g Vitamin C (from Rose Hip Extract) 38.72 mg Potassium 301.40 mg Calcium 200.20 mg Phosphorus 125.40 mg Chloride 88 mg Magnesium 35.20mg Iron 0.88mg



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