



TIRUPATI
SPORTS NUTRITION

REBUILDING
NATION



PRODUCT LIST

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PROTEIN

WHEY PROTEIN

Dosage Form	Nutritional Information (Approx.)	Amount Per Serving	Pack Size	Flavour
Powder	<i>Each 31 g contains</i>			
	Energy	110.8 kcal	500 g	Irish Chocolate
	Protein	22 g	1 kg	Vanilla
	Carbohydrate	3 g	2 kg	Banana
	Fat	1.2 g	(Jar, Pouch)	Mango Café Mocha Coffee Chocolate
Powder	<i>Each 30.4 g contains</i>			
	Energy	106.72 kcal	500 g	Irish Chocolate
	Protein	24 g	1 kg	Vanilla
	Carbohydrate	1.33 g	2 kg	Banana
	Fat	0.60 g	(Jar, Pouch)	Mango Café Mocha Coffee Chocolate
Powder	<i>Each 33 g contains</i>			
	Energy	117.70 kcal	500 g	Irish Chocolate
	Protein	24 g	1 kg	Vanilla
	Carbohydrate	2.4 g	2 kg	Banana
	Fat	0.88 g	(Jar, Pouch)	Mango Café Mocha Coffee Chocolate
Powder	<i>Each 32 g contains</i>			
	Energy	114.48 kcal	500 g	Irish Chocolate
	Protein	23 g	1 kg	Vanilla
	Carbohydrate	2.88 g	2 kg	Banana
	Fat	1.2 g	(Jar, Pouch)	Mango Café Mocha Coffee Chocolate
Powder	<i>Each 33 g contains</i>			
	Energy	116.49 kcal	500 g	Irish Chocolate
	Protein	23 g	1 kg	Vanilla
	Carbohydrate	3.2 g	2 kg	Banana
	Fat	1.3 g	(Jar, Pouch)	Mango Café Mocha Coffee Chocolate

PROTEIN

WHEY PROTEIN

Dosage Form	Nutritional Information (Approx.)	Amount Per Serving	Pack Size	Flavour
Powder	<i>Each 33 g contains</i> Energy Protein Carbohydrate Fat	120.6 kcal 24 g 3 g 1.4 g	500 g 1 kg 2 kg (Jar, Pouch)	Irish Chocolate Vanilla Banana Mango Café Mocha Coffee Chocolate
Powder	<i>Each 33 g contains</i> Energy Protein Carbohydrate Fat	118.80 kcal 24 g 3 g 1.2 g	500 g 1 kg 2 kg (Jar, Pouch)	Irish Chocolate Vanilla Banana Mango Café Mocha Coffee Chocolate

RAW WHEY

Dosage Form	Nutritional Information (Approx.)	Amount Per Serving	Pack Size	Flavour
Powder	<i>Each 33 g contains</i> Energy Protein Carbohydrate Fat	124.40 kcal 24 g 4.40 g 1.2 g	500 g 1 kg 2 kg (Jar, Pouch)	Irish Chocolate Vanilla Banana Mango Café Mocha Coffee Chocolate
Powder	<i>Each 33 g contains</i> Energy Protein Carbohydrate Fat	123.80 kcal 24 g 3.80 g 1.4 g	500 g 1 kg 2 kg (Jar, Pouch)	Irish Chocolate Vanilla Banana Mango Café Mocha Coffee Chocolate

PROTEIN

CASEIN

Dosage Form	Nutritional Information (Approx.)	Amount Per Serving	Pack Size	Flavour
Powder	<p><i>Each 33 g contains</i></p> <p>Energy</p> <p>Protein</p> <p>Carbohydrate</p> <p> Total Sugars</p> <p> Added Sugars</p> <p>Fat</p> <p> Saturated Fatty Acids</p> <p> MUFA</p> <p> PUFA</p> <p> Trans Fatty Acids</p> <p>Cholesterol</p> <p>Sodium</p>	<p>142.70 kcal</p> <p>22.69 g</p> <p>10.87 g</p> <p>0.00 g</p> <p>0.00 g</p> <p>0.94 g</p> <p>0.56 g</p> <p>0.3 g</p> <p>0.035 g</p> <p>0 g</p> <p>54 mg</p> <p>57.27 mg</p>	<p>500g</p> <p>1 kg</p> <p>2 kg</p> <p>(Jar, Pouch)</p>	Chocolate

MUSCLE BUILDER

Dosage Form	Nutritional Information (Approx.)	Amount Per Serving	Pack Size	Flavour
Powder	<p><i>Each 35 g contains</i></p> <p>Energy</p> <p>Protein</p> <p>Carbohydrate</p> <p> (Sugar as Sucrose)</p> <p>Fat</p> <p>Creatine Monohydrate</p> <p>CinDura®</p> <p>(A blend of extracts of <i>Cinnamomum tamala</i> and <i>Garcinia mangostana</i>)</p> <p>Sodium</p> <p>Potassium</p>	<p>157.8 kcal</p> <p>30 g</p> <p>6.3g</p> <p>0 g)</p> <p>1.4 g</p> <p>1.5 g</p> <p>400 mg</p> <p>109 mg</p> <p>84 mg</p>	<p>1 kg</p> <p>2 kg</p> <p>(Jar, Pouch)</p>	<p>Columbian Café</p> <p>Chocolate Swirl</p>

WEIGHT MANAGEMENT

MASS GAINER

Dosage Form	Nutritional Information (Approx.)	Amount Per Serving	Pack Size	Flavour
Powder (1: 4 Ratio)	<i>Serving size : 320g</i>			
	Energy	1243.00 kcal	500 g	Chocolate
	Protein	58.00 g	1 kg	Vanilla
	Carbohydrate	218.00 g	2 kg	Banana
	(Sugar as Sucrose	0 g)	3 kg	Butterscotch
	Total Fat	12.00 g	5 kg	
	Dietary Fiber	6.5 g	(Jar, Pouch, Bucket)	
Powder (1: 8 Ratio)	<i>Serving size : 485g</i>			
	Energy	1860.00 kcal	500 g	Chocolate
	Protein	50.00 g	1 kg	Vanilla
	Carbohydrate	405.00 g	2 kg	Banana
	(Sugar as Sucrose	0 g)	3 kg	Butterscotch
	Total Fat	0.00 g	5 kg	
	Sodium	435 g	(Jar, Pouch, Bucket)	
Potassium	500 mg			
Powder (1: 5 Ratio)	<i>Serving size: 333g</i>			
	Energy	1235.00 kcal	500 g	Chocolate
	Protein	52.00 g	1 kg	Vanilla
	Carbohydrate	250.00 g	2 kg	Banana
	(Sugar as Sucrose	0.0 g)	3 kg	Butterscotch
	Fat	3.00 g	5 kg	
	Creatine Monohydrate	1 g	(Jar, Pouch, Bucket)	
L-Glutamine	500 mg			
Powder (1: 1.5 Ratio)	<i>Serving size : 75g</i>			
	Energy	304.00 kcal	500 g	Chocolate
	Protein	27.00 g	1 kg	Vanilla
	Carbohydrate	39.00 g	2 kg	Banana
	(Sugar as Sucrose	0.0 g)	3 kg	Butterscotch
	Total Fat	4.0 g	5 kg	
	Dietary Fibres	2 g	(Jar, Pouch, Bucket)	

WEIGHT MANAGEMENT

MEAL REPLACEMENT

Dosage Form	Nutritional Information (Approx.)	Amount Per Serving	Pack Size	Flavour
Powder	<i>Each serving per 30 g contains (Approx.)</i>			
	Energy	90.21 kcal	200 g	Chocolate
	Protein	9 g	500 g	
	Carbohydrate	12 g	1 kg	
	(Sugar)	0 g	2 kg	
	Fat	0.6 g		
	Fiber	4 g		
	Conjugated Linoleic Acid (CLA)	250 mg		
	Green tea extract (Containing 30% polyphenols)	240 mg		
	Hydroxycitric Acid (as <i>Garcinia cambogia</i> Extract)	240 mg		
	Calcium	200 mg		
	Inositol	100 mg		
	Phosphorous	90 mg		
	Magnesium	50 mg		
	Vitamin c	20 mg		
	Vitamin B3	12 mg		
	Iron	10 mg		
	Zinc	5 mg		
	Vitamin E	4.5 mg		
	Copper	1 mg		
	Vitamin B1	0.9 mg		
	Vitamin B5	0.9 mg		
	Vitamin B2	0.9 mg		
	Vitamin A	525 mcg		
	Vitamin B6	0.45 mg		
	Iodine	100 mcg		
	Folic Acid	45 mcg		
	Chromium	25 mcg		
	Biotin	25 mcg		
	Selenium	20 mcg		
	Vitamin D	2.4 mcg		
	Vitamin B12	0.45 mcg		

WEIGHT MANAGEMENT

MEAL REPLACEMENT

Dosage Form	Nutritional Information (Approx.)	Amount Per Serving	Pack Size	Flavour
Powder	<i>Each 100 g contains</i>			
	Energy	371.5 kcal	200 g	Chocolate
	Protein	28 g	500 g	Unflavoured
	Carbohydrate	61.5 g	1 kg	
	(Sugar)	0 g	2 kg	
	Fat	1.5 g		
	Dietary Fibers	4.5 g		
	Green Tea Extract	500 mg		
	Hydroxycitric Acid (as <i>Garcinia cambogia</i> Extract)	600 mg		
	Inositol	200 mg		
	Vitamin C	40 mg		
	Vitamin B3	21 mg		
	Vitamin E	12 mg		
	Betacarotene	6000 mcg		
	Vitamin B1	2 mg		
	Vitamin B5	2 mg		
	Vitamin B2	2 mg		
	Vitamin B6	1.2 mg		
	Folic Acid	120 mcg		
	Biotin	60 mcg		
	Vitamin D	7.5 mcg		
	Vitamin B12	1.5 mcg		
	Chloride	700 mg		
	Potassium	500 mg		
	Calcium	500 mg		
	Phosphorous	300 mg		
	Magnesium	200 mg		
Sodium	150 mg			
Iron	20 mg			
Zinc	10 mg			
Manganese	10 mg			
Copper	3 mg			
Iodine	200 mcg			
Molybdenum	100 mcg			
Chromium	100 mcg			
Selenium	40 mcg			

WEIGHT MANAGEMENT

MEAL REPLACEMENT

Dosage Form	Nutritional Information (Approx.)	Amount Per Serving	Pack Size	Flavour
Powder	<i>Each 50 g contains</i>			
	Energy	203 kcal	200 g	Chocolate
	Protein	15.8 g	500 g	Vanilla
	Carbohydrate	28.5 g	1 kg	Kesar Pista
	(Sugar)	5.3 g	2 kg	Pista Badam
	Fat	0.7 g		
	Dietary Fibers	9.9 g		
	Vitamin A	330 mg		
	Vitamin D	3.1 mg		
	Vitamin E	5.5 mg		
	Vitamin C	25.0 mg		
	Vitamin B5	3.0 mg		
	Vitamin B 6	1.0 mg		
	Vitamin B2	0.9 mg		
	Vitamin B1	0.8 mg		
	Biotin	15.0 mg		
	Folic Acid	62.5 mcg		
	Vitamin K	34.4 mcg		
	Vitamin B 12	0.6 mcg		
	Calcium	187.5 mg		
	Phosphorous	150. mg		
	Potassium	590 mg		
	Magnesium	50 mg		
	Chloride	335 mg		
	Sodium	350 mg		
	Iron	4.3 mg		
	Zinc	3.0 mg		
Copper	531.3 mcg			
Manganese	1.0 mg			
Iodide	46.9 mg			
Chromium	15.6 mcg			
Molybdenum	14.0 mcg			
Selenium	11.3 mcg			
<i>Garcinia cambogia</i>	450 mg			

WEIGHT MANAGEMENT

WEIGHT LOSS SUPPORT

Dosage Form	Nutritional Information (Approx.)	Amount Per Serving	Pack Size	Flavour
Capsule	<i>Each serving per veg capsule contains</i>			
	Garcinia cambogia Extract (Standardised to contain 60% HCA)	275 mg	1x30	NA
	Green Coffee Bean Extract (Containing NLT 45% Chlorogenic Acid)	200 mg	1x60	
	Green Tea Extract	65 mg	1x90	
	Ginger Extract	35 mg		
	Piperine	11 mg		
Powder	<i>Each serving per 30 g contains (Approx.)</i>			
	Energy	90.21 kcal	200 g	Chocolate
	Protein	9 g	500 g	
	Carbohydrate	12 g	1 kg	
	(Sugar)	0 g	2 kg	
	Fat	0.6 g		
	Fiber	4 g		
	Conjugated Linoleic Acid (CLA)	250 mg		
	Green Tea Extract (Containing 30% polyphenols)	240 mg		
	Hydroxycitric Acid (as <i>Garcinia cambogia</i> Extract)	240 mg		
	Calcium	200 mg		
	Inositol	100 mg		
	Phosphorous	90 mg		
	Magnesium	50 mg		
	Vitamin C	20 mg		
	Vitamin B3	12 mg		
	Iron	10 mg		
	Zinc	5 mg		
	Vitamin E	4.5 mg		
	Copper	1 mg		
	Vitamin B1	0.9 mg		
	Vitamin B5	0.9 mg		
	Vitamin B2	0.9 mg		
	Vitamin A	525 mcg		
	Vitamin B6	0.45 mg		
	Iodine	100 mcg		
	Folic Acid	45 mcg		
	Chromium	25 mcg		
	Biotin	25 mcg		
	Selenium	20 mcg		
	Vitamin D	2.4 mcg		
Vitamin B12	0.45 mcg			

WEIGHT MANAGEMENT

WEIGHT LOSS SUPPORT

Dosage Form	Nutritional Information (Approx.)	Amount Per Serving	Pack Size	Flavour
Powder	<i>Each serving 1 g contains:</i>			
	Green Tea Extract powder (Standardised to contain 30% polyphenols)	280 mg	30 g	Unflavoured
	Licorice extract	200 mg	100 g	
	Green Tea Powder	100 mg	200 g	
	Garcinia Extract	100 mg	500 g	
	Ginger Extract			
Piperine				
Capsule	<i>Each serving per vegetarian capsule contains:</i>			
	<i>Garcinia cambogia</i> extract (Standardized to 60% to HCA)	250 mg	1x30	NA
	Green Tea Extract (Standardised to 30% Polyphenols)	180 mg	1x60	
	Grape Seed Extract (Standardised to 95% Proanthocyanidin)	20 mg	1x90	
	<i>Piper nigrum</i> Extract (Standardised to piperine 95%)	5 mg		
Capsule	<i>Per serving 2 capsule contains:</i>			
	Caffeine	270 mg	1x30	NA
	Green Coffee Bean Extract	240 mg	1x60	
	<i>Coleus forskohlii</i> Root Extract	100 mg	1x90	
	L- Theanine	100 mg		
	Cocoa Bean Extract	100 mg		
<i>Piper nigrum</i> Extract	10 mg			
Capsule	<i>Each veg capsule contains:</i>			
	Pumpkin Seed Powder	76.5 mg	1x30	NA
	Walnut Hulls Powder	76.5 mg	1x60	
	<i>Artemisia absinthium</i> Extract	76.5 mg	1x90	
	<i>Tinospora cordifolia</i> Powder	42.5 mg		
	Cloves bud Powder	42.5 mg		
	<i>Ocimum sanctum</i> Extract	25.5 mg		
	<i>Swertia chirayita</i> Powder	16.92 mg		
	Fenugreek Seed Powder	12.75 mg		
	Olive Seed Extract	12.75 mg		
	Black Pepper Powder	8.5 mg		
	Peppermint Leaf Powder	8.5 mg		
	Thyme Leaf Powder	8.5 mg		
Fennel Seed Powder	8.5 mg			
Mulberry Leaf Powder	2.25 mg			

WEIGHT MANAGEMENT

WEIGHT LOSS SUPPORT

Dosage Form	Nutritional Information (Approx.)	Amount Per Serving	Pack Size	Flavour
Powder	<i>Each 2 g contains</i>			
	Senn Leaf	1027.30 mg	20 g	Unflavoured
	<i>Terninalia chebula</i>	275 mg	30 g	
	Peppermint Leaf	275 mg		
	Zea mays	100 mg		
	<i>Citrus sinensis</i> Peel	100 mg		
	<i>Rosa centifolia</i> Flower	83.30 mg		
	Althaea Root	63.20 mg		
	<i>Camellia sinensis</i>	50 mg		
	<i>Nyctanthes arbortristis</i>	12.60 mg		
<i>Moringa oleifera</i> Leaf	12.60 mg			
Powder	<i>Each sachet of 1 g contains:</i>			Chocolate
	Green Tea Extract	400 mg	100 g	
	<i>Garcinia cambogia</i> Extract (Containing 60% HCA)	150 mg	200 g	
	Ginger Extract (Containing 1.5% gingerols)	20 mg	500 g	
	Piperine	5 mg		
Capsule	<i>Each serving per capsule contains:</i>			NA
	<i>Garcinia cambogia</i> Extract (Containing 60% HCA)	275 mg	1x30	
	Green Coffee Bean Extract (Containing 45% chlorogenic acid)	130 mg	1x60	
	Green Tea Extract (Containing 30 % Polyphenols)	65 mg	1x90	
	Ginger Extract (Containing 1.5% Gingerols)	35 mg		
	Piperine	11 mg		
Capsule	<i>Each veg capsule contains:</i>			NA
	<i>Garcinia cambogia</i> Extract - NLT 60 % HCA	225 mg	1x30	
	<i>Coffea arabica</i> Extract	100 mg	1x60	
	<i>Coleus forskohlii</i> Dry Extract	50 mg	1x90	
Tablet	<i>Each film coated tablet contains:</i>			NA
	<i>Garcinia cambogia</i> Extract	500 mg	1x30	
	Green Coffee Bean Extract	200 mg	1x60	
	Green Tea Extract	90 mg	1x90	
	<i>Capsicum annum</i>	2 mg		

MULTIVITAMIN, MULTIMINERAL AND ANTIOXIDANTS

MULTI VITAMIN

Dosage Form	Composition	Pack Size
Tablet	<p><i>Each tablet contains</i></p> <p>Vitamin C 24 mg</p> <p>Vitamin B3 12 mg</p> <p>Vitamin E 3.3 mg</p> <p>Vitamin B1 0.95 mg</p> <p>Vitamin B2 0.95 mg</p> <p>Vitamin B5* 0.95 mg</p> <p>Vitamin B6 0.45 mg</p> <p>Vitamin A (30% as Beta Carotene) 465 mcg</p> <p>Vitamin K 50 mcg</p> <p>Folic Acid 45 mcg</p> <p>Biotin* 30 mcg</p> <p>Vitamin D 2.35 mcg</p> <p>Vitamin B12 0.45 mcg</p> <p>Calcium 250 mg</p> <p>Magnesium 52 mg</p> <p>Potassium 40 mg</p> <p>Chloride 36 mg</p> <p>Phosphorus 20 mg</p> <p>Zinc 10 mg</p> <p>Iron 8 mg</p> <p>Manganese 2.3 mg</p> <p>Copper 0.5 mg</p> <p>Iodine 150 mcg</p> <p>Boron 150 mcg</p> <p>Selenium 40 mcg</p> <p>Molybdenum 40 mcg</p> <p>Chromium 33 mcg</p> <p>Soya Isoflavone 8 mg</p> <p>Lutein 300 mcg</p>	<p>1x30</p> <p>1x60</p> <p>1x90</p>

MULTIVITAMIN, MULTIMINERAL AND ANTIOXIDANTS

MULTI VITAMIN

Dosage Form	Composition	Pack Size	
Tablet	<i>Each serving per tablet contains</i>		
	<i>Ginkgo biloba</i>	120 mg	1x30
	Grape seed Extract	60 mg	1x60
	<i>Panax ginseng</i> extract powder (highly concentrated standardized Ginseng extract corresponding to 212.5 mg root of <i>Panax ginseng</i>)	42.5 mg	1x90
	Lycopene	300 mcg	
	Vitamin C	40 mg	
	Vitamin B3	12 mg	
	Choline bitartrate	10 mg	
	Vitamin E	5 mg	
	Vitamin B2	1.1 mg	
	Vitamin B6	1 mg	
	Vitamin B1	1 mg	
	Vitamin A	750 mcg	
	Folic Acid	50 mcg	
	Biotin	30 mcg	
	Vitamin D	5 mcg	
	Vitamin B12	1 mcg	
	Calcium	110 mg	
	Phosphorus	50 mg	
	Iron	17 mg	
	Zinc	10 mg	
	Magnesium	3 mg	
	Potassium	2 mg	
Manganese	1.4 mg		
Copper	1.35 mg		
Iodine	100 mcg		
Chromium	33 mcg		
Selenium	30 mcg		
Molybdenum	25 mcg		

MULTIVITAMIN, MULTIMINERAL AND ANTIOXIDANTS

MULTI VITAMIN

Dosage Form	Composition	Pack Size
Tablet	<i>Each tablet contains</i>	
	Vitamin C	24 mg
	Vitamin B3	14 mg
	Vitamin E	3.3 mg
	Pantothenic Acid*	0.95 mg
	Vitamin B1	0.95 mg
	Vitamin B2	0.95 mg
	Vitamin A	465 mcg
	Vitamin B6	0.45 mg
	Vitamin K	55 mcg
	Folic Acid	45 mcg
	Biotin*	30 mg
	Vitamin D	2.35 mcg
	Vitamin B12	0.45 mcg
	Calcium	250 mg
	Magnesium	50 mg
	Potassium	40 mg
	Chloride	36 mg
	Phosphorus	20 mg
	Zinc	10 mg
	Manganese	2.3 mg
	Copper	0.9 mg
	Iodine	150 mcg
	Boron	150 mcg
	Molybdenum	45 mcg
	Selenium	40 mcg
	Chromium	33 mcg
	Lycopene	600 mcg
	Lutein	300 mcg

MULTIVITAMIN, MULTIMINERAL AND ANTIOXIDANTS

MULTI VITAMIN

Dosage Form	Composition	Pack Size	
Tablet	<i>Each tablet contains</i>		
	Evening primrose extract	50 mg	1x30
	Starflower Extract	50 mg	1x60
	Green Tea Extract	50 mg	1x90
	Flaxseed Extract	25 mg	
	Lutein	1 mg	
	Lycopene	500 mcg	
	L-Phenylalamine	50 mg	
	L-Lysine	30 mg	
	L-Arginine	25 mg	
	L-Tryptophan	20 mg	
	L-Carnitine	10 mg	
	Vitamin C (Ascorbic acid)	40 mg	
	Vitamin B3 (Niacin)	14 mg	
	Vitamin E (α-tocopherol)	7.353 mg	
	Vitamin B5 (Pantothenic acid)	5 mg	
	Vitamin B6 (Pyridoxine HCl)	1.5 mg	
	Vitamin B2 (Riboflavin)	1.3 mg	
	Vitamin B1 (Thiamine)	1.1 mg	
	Vitamin A	600 mcg	
	Vitamin B9 (Folic acid)	100 mcg	
	Vitamin K1	55 mcg	
	Vitamin B7 (Biotin)	30 mcg	
	Vitamin D	5 mcg	
	Vitamin B12 (Cyanocobalamin)	1 mcg	
	Calcium	200 mg	
	Magnesium	75 mg	
	Phosphorus	50 mg	
	Potassium	40 mg	
	Iron	21 mg	
Zinc	10 mg		
Manganese	2 mg		
Silicon	2 mg		
Boron	2 mg		
Copper	1.35 mg		
Iodine	150 mcg		
Molybdenum	45 mcg		
Chromium	33 mcg		
Selenium	40 mcg		

MULTIVITAMIN, MULTIMINERAL AND ANTIOXIDANTS

MULTI VITAMIN

Dosage Form	Composition	Pack Size
Tablet	<p><i>Each tablet contains</i></p> <p>L-Lysine HCl 50 mg</p> <p>L-Carnitine 50 mg</p> <p>Ginseng 30 mg</p> <p>Gingko biloba Extract 30 mg</p> <p>Pinus roxburghii 10 mg</p> <p>Piperine 5 mg</p> <p>Lutein 2.5 mg</p> <p>Lycopene 2 mg</p> <p>Vitamin C 32 mg</p> <p>Vitamin B3 15 mg</p> <p>Vitamin E 8 mg</p> <p>Vitamin B5 5 mg</p> <p>Vitamin B6 1.5 mg</p> <p>Vitamin B2 1.25 mg</p> <p>Vitamin B1 1 mg</p> <p>Vitamin A 500 mcg</p> <p>Folic Acid 75 mcg</p> <p>Vitamin D 25 mcg</p> <p>Vitamin K 8 mcg</p> <p>Vitamin B12 0.8 mcg</p> <p>Calcium 100 mg</p> <p>Magnesium 100 mg</p> <p>Iron 15 mg</p> <p>Zinc 10 mg</p> <p>Manganese 2 mg</p> <p>Copper 1 mg</p> <p>Iodine 100 mcg</p> <p>Chromium 30 mcg</p>	<p>1x30</p> <p>1x60</p> <p>1x90</p>

MULTIVITAMIN, MULTIMINERAL AND ANTIOXIDANTS

MULTI VITAMIN

Dosage Form	Composition	Pack Size	
Tablet	<i>Each film coated tablet contains</i>		
	<i>Withania somnifera</i> Extract 250 mg	100 mg	1x30
	<i>Tribulus terrestris</i>	50 mg	1x60
	<i>Chlorophytum boriviliam</i>	50 mg	1x90
	<i>panax ginseng</i>	42.5 mg	
	L-Theanine	25 mg	
	Taurine	250 mg	
	DL-Methionine	22 mg	
	L-Glutamic acid	20 mg	
	Vitamin C	20 mg	
	Vitamin B3	7 mg	
	Vitamin E	5 mg	
	Vitamin B6	1 mg	
	Vitamin B2	0.7 mg	
	Vitamin B1	0.6 mg	
	Vitamin A	1200 mcg	
	Vitamin D	5 mcg	
	Calcium	100 mg	
	Magnesium	25 mg	
	Iron	7 mg	
	Zinc	6 mg	
Manganese	2 mg		
Boron	1 mg		
Copper	0.6 mg		
Iodine	75 mcg		
Selenium	20 mcg		
Chromium	16 mcg		

MULTIVITAMIN, MULTIMINERAL AND ANTIOXIDANTS

MULTI VITAMIN

Dosage Form	Composition	Pack Size	
Tablet	<i>Each film coated tablet contains</i>		
	<i>Asparagus racemosus</i>	180 mg	1x30
	<i>Saraca indica</i>	50 mg	1x60
	<i>Ocimum sanctum</i>	50 mg	1x90
	<i>Curcuma longa</i>	425 mg	
	Inositol	25 mg	
	Glutathione	28 mg	
	L-Lysine Hydrochloride	20 mg	
	Vitamin C	20 mg	
	Vitamin B3	20 mg	
	Vitamin E	10 mg	
	Vitamin B5	5 mg	
	Vitamin B6	2 mg	
	Vitamin B2	0.7 mg	
	Vitamin B1	0.6 mg	
	Vitamin A	2200 mcg	
	Folic acid	108 mcg	
	Biotin	300 mcg	
	Vitamin K	285 mcg	
	Vitamin D	107 mcg	
	Calcium	108 mg	
	Magnesium	50 mg	
	Potassium Chloride	40 mg	
Iron	757 mcg		
Zinc	200 mcg		
Manganese	164 mcg		
Copper	1.35 mg		
Iodine	110 mcg		
Selenium	40 mcg		
Chromium	33 mcg		

MULTIVITAMIN, MULTIMINERAL AND ANTIOXIDANTS

MULTI VITAMIN

Dosage Form	Composition	Pack Size
Tablet	<i>Each film coated tablet contains</i>	
	Citrus Bioflavonoids	100 mg
	Carotenoids	50 mg
	Lycopene	3000mg
	L-Leucine	420 mg
	L-Valine	25 mg
	L-Lysine	250 mg
	L-Cysteine	22 mg
	Vitamin C	20 mg
	Vitamin B3	20 mg
	Vitamin E	5.92 mg
	Vitamin B5	5 mg
	Vitamin B2	1.1 mg
	Vitamin B1	0.7 mg
	Vitamin B6	0.08 mg
	Vitamin A	2200 mcg
	Folic acid	100 mcg
	Biotin	300mg
	Vitamin D	25mg
	Vitamin B12	17mg
	Calcium	100 mg
	Magnesium	50 mg
	Iron	17 mg
	Zinc	0.6 mg
	Potassium	207mg
	Manganese	0.63mg
	Copper	0.52mg
	Iodine	110 mcg
	Selenium	40 mcg
	Chromium	33 mcg

MULTIVITAMIN, MULTIMINERAL AND ANTIOXIDANTS

HEALTH AND WELLNESS

Dosage Form	Composition	Pack Size
Capsule	<i>Each serving per veg capsule contains:</i> Ashwagandha extract	500 mg 1x30 1x60 1x90
Capsule	<i>Each serving per veg capsule contains:</i> Co-enzyme Q10	100 mg 1x30 1x60 1x90
Capsule	<i>Each serving per veg capsule contains:</i> L-Arginine	500 mg 1x30 1x60 1x90
Capsule	<i>Each capsule contains:</i> Trigonella graecum Silybum marianum Picrorhiza kurroa Glycyrrhiza glabra Takra Mentha piperata	100 mg 50 mg 50 mg 50 mg 10 mg 2 mg 1x30 1x60 1x90
Capsule	<i>Each serving per veg capsule contains:</i> Milk Thistle (<i>Silybum marianum</i>) Extract (containing Silymarin 420 mg)	600 mg 1x30 1x60 1x90
Capsule	<i>Each serving per veg capsule contains:</i> Safed Musli (<i>Asparagus adscendens</i>) Extract	500 mg 1x30 1x60 1x90
Capsule	<i>Each serving per veg capsule contains:</i> L-carnitine L-tartrate	500 mg 1x30 1x60 1x90
Tablet	<i>Each serving per tablet contains:</i> Trans-Resveratrol Alpha Lipoic Acid Calcium	0.001 g 0.150 g 0.031 g 1x30 1x60 1x90

MULTIVITAMIN, MULTIMINERAL AND ANTIOXIDANTS

HEALTH AND WELLNESS

Dosage Form	Composition	Pack Size	
Capsule	<i>Each capsule contains:</i>		
	Purified <i>aloe vera</i> extract	51.70 mg	1x30
	Fructo-oligosaccharides	50.00 mg	1x60
	<i>Tamarindus indica</i> Extract Powder	21.70 mg	1x90
	<i>Coriandrum sativum</i> Extract Powder	5.40 mg	
Capsule	<i>Each capsule contains:</i>		
	Acerola Cherry Extract	160 mg	1x30
	Pine Bark Extract	100 mg	1x60
	Citrus Bioflavonoids	50 mg	1x90
Tablet	<i>Each film coated tablet contains:</i>		
	Grape Seed Extract -	50 mg	1x30
	Containing 95 % Proanthocyanidins		1x60
	Vitamin C	40 mg	1x90
	Vitamin E	10 mg	
	Glutathione	500 mg	
	Alpha Lipoic Acid	50 mg	
Capsule	<i>Each serving per capsule contains:</i>		
	Picrorhiza Extract	100 mg	1x30
	<i>Ginkgo biloba</i>	30 mg	1x60
	L-Phenylalanine	50 mg	1x90
	L-Tyrosine	50 mg	
	Vitamin B6	1 mg	
	Folic Acid	50 mcg	
	Vitamin D3	5 mcg	
	Vitamin B12	0.5 mcg	
	Alpha Lipoic acid	250 mg	

STRENGTH AND RECOVERY

BCAA

Dosage Form	Nutritional Information (Approx.)	Amount Per Serving	Pack Size	Flavour
Powder	<i>Each 5 g contains</i>			
	L-Leucine	2.5 g	250 g	Blue Raspberry
	L-Isoleucine	1.25 g	400 g	Orange
	L-Valine	1.25 g	500 g	Mango
			(HDPE Jar, Pouch in Jar)	Watermelon Green Apple Pink Lemonade Lemon
Powder	<i>Each 6.5 g contains</i>			
	Energy	12.98 kcal	250 g	Blue Raspberry
	Protein	2.90 g	400 g	Orange
	Total Carbohydrate	0.345 g	500 g	Mango
	(Sugar as Sucrose)	0.00 g	(HDPE Jar, Pouch in Jar)	Watermelon
	Total Fat	0.00 g		Green Apple
	L-Leucine	2.5 g		Pink Lemonade
	L-Isoleucine	1.25 g		Lemon
	L-Valine	1.25 g		
Powder	<i>Each 10 g contains</i>			
	Energy	39.48 g	250 g	Blue Raspberry
	Protein	3.17 g	400 g	Orange
	Total Carbohydrate	6.47 g	500 g	Mango
	(Sugar as Sucrose)	0.00 g	(HDPE Jar, Pouch in Jar)	Watermelon
	Total Fat	0.102 g		Green Apple
	L-Leucine	2.5 g		Pink Lemonade
	L-Isoleucine	1.25 g		Lemon
	L-Valine	1.25 g		
Powder	<i>Each 9 g contains</i>			
	Energy	24.56 Kcal	250 g	Blue Raspberry
	Protein	5.00 g	400 g	Orange
	Total Carbohydrate	0.60 g	500 g	Mango
	(Sugar as Sucrose)	0.00 g)	(HDPE Jar, Pouch in Jar)	Watermelon
	Total Fat	0.24 g		Green Apple
	L-Leucine	3 g		Pink Lemonade
	L-Isoleucine	1.5 g		Lemon
	L-Valine	1.5 g		
	Vitamin C	40 mg		
	L-Alanine	500 mg		
	Taurine	500 mg		

STRENGTH AND RECOVERY

PRE WORKOUT

Dosage Form	Nutritional Information (Approx.)	Amount Per Serving	Pack Size	Flavour
Powder	<i>Each 5.25 g contains</i>			
	Energy	2.10 kcal	250 g	Fruit Punch
	Protein	0.525 g	400 g	Green Apple
	Carbohydrate	0.00 g	500 g	
	(Sugar as Sucrose)	0.00 g)	(HDPE Jar, Pouch in Jar)	
	Total Fat	0.00 g		
	Beta Alanine	1.5 g		
	L-Arginine	700 mg		
	Taurine	500 mg		
	L-Leucine	300 mg		
	Creatine Monohydrate	275 mg		
	L-Citrulline	250 mg		
	L-Valine	150 mg		
	L-Isoleucine	150 mg		
	Caffeine	125 mg		
	N-acetyl L-Tyrosine	75 mg		
	Coffea arabica Extract	50 mg		
	Piper nigrum Extract	2.5 mg		
	Vitamin C	15 mg		
	Vitamin B3	5 mg		
	Vitamin B6	0.5 mg		
	Folic Acid	45 mcg		
	Vitamin B12	0.5 mcg		

STRENGTH AND RECOVERY

L-GLUTAMINE

Dosage Form	Nutritional Information (Approx.)	Amount Per Serving	Pack Size	Flavour
Powder	<i>Each 5 g contains</i> Energy Protein Total Carbohydrate (Sugar Sucrose) Total Fat L-Glutamine	0.00 kcal 0.00 g 0.00 g 0.00 g 0.00 g 5 g	250 g 400 g 500 g (HDPE Jar, Pouch in Jar)	Fruit Punch Green Apple Watermelon Unflavored

CREATINE

Dosage Form	Nutritional Information (Approx.)	Amount Per Serving	Pack Size	Flavour
Powder	<i>Each 3 g contains</i> Energy Protein Total Carbohydrate (Sugar Sucrose) Total Fat Creatine Monohydrate	0.00 kcal 0.00 g 0.00 g 0.00 g 0.00 g 3 g	250 g 400 g 500 g (HDPE Jar, Pouch in Jar)	Unflavored

STRENGTH AND RECOVERY

ELECTROLYTES

Dosage Form	Nutritional Information (Approx.)	Amount Per Serving	Pack Size	Flavour
Powder	<i>Each serving of 35 g contains</i> Energy Protein Carbohydrate (Sugar Fat Sodium Potassium Vitamin C	125.49 kcal 0.00 g 30.50 g 10.00 g) 0.00 g 228.11 mg 63.45 mg 20 mg	1 kg (Pouch in Jar)	Orange Mango Lemon

CITRULLINE MALATE

Dosage Form	Nutritional Information (Approx.)	Amount Per Serving	Pack Size	Flavour
Powder	<i>Each serving of 2 g contains</i> Energy Total Protein Carbohydrate (Total Sugars (Added Sugars Total Fat Saturated Fat Dietary Fibre Sodium L-Citrulline DL-Malate	0.00 kcal 0.00 g 0.00 g 0.00 g) 0.00 g) 0.00 g 0.00 g 0.00 g 0.00 g 0.00 mg 2000 mg	100 g 200 g 250 g 400 g 500 g (HDPE Jar, Pouch in Jar)	Unflavoured

STRENGTH AND RECOVERY

CREATINE HCl

Dosage Form	Nutritional Information (Approx.)	Amount Per Serving	Pack Size	Flavour
Powder	<i>Each serving of 3 g contains</i>			
	Energy	0.00 kcal	1 kg	Unflavoured
	Total Protein	0.00 g	(Pouch in Jar)	
	Carbohydrate	0.00 g		
	(Total Sugars)	0.00 g		
	(Added Sugars)	0.00 g		
	Total Fat	0.00 g		
	Saturated Fat	0.00 g		
	Dietary Fibre	0.00 g		
	Sodium	0.00 mg		
	Creatine HCl	3000 mg		

BETA ALANINE

Dosage Form	Nutritional Information (Approx.)	Amount Per Serving	Pack Size	Flavour
Powder	<i>Each serving of 2 g contains</i>			
	Energy	0.00 kcal	100 g	Unflavoured
	Total Protein	0.00 g	200 g	
	Carbohydrate	0.00 g	250 g	
	(Total Sugars)	0.00 g	400 g	
	(Added Sugars)	0.00 g	500 g	
	Total Fat	0.00 g	(HDPE Jar,	
	Saturated Fat	0.00 g	Pouch in Jar)	
	Dietary Fibre	0.00 g		
	Sodium	0.00 mg		
	Beta Alanine	2250 mg		

STRENGTH AND RECOVERY

ESSENTIAL AMINO ACIDS

Dosage Form	Nutritional Information (Approx.)	Amount Per Serving	Pack Size	Flavour
Powder	<i>Each serving of 7 g contains</i>			
	Energy	27.08 kcal	250 g	Kiwi Strawberry
	Protein	5.72 g	400 g	Litchi
	Total Carbohydrate	1.05 g	500 g	
	(Sugar)	0.00 g	(HDPE Jar, Pouch in Jar)	
	Total Fat	0.00 g		
	Sodium	0.00 mg		
	Taurine	682.50		
	L- Glutamine	673.50		
	L- Arginine	500.00		
	L- Leucine†	138.00		
	Beta - Alanine	191.00		
	L- Citrulline	2000.00		
	L- Isoleucine†	66.00		
	L- Valine†	35.50		
	L- Tyrosine	112.00		
	L- Histidine	232.50		
	L- Lysine	8.00		
	L- Phenylalanine	112.50		
	L- Threonine	84.50		
	DL- Methionine	490.00		
	Caffeine	100.00		
	<i>Camellia sinensis</i> Leaf Extract	50.00		
	<i>Coffea arabica</i> Bean Extract	50.00		