

# PHYSIC NUTRITION



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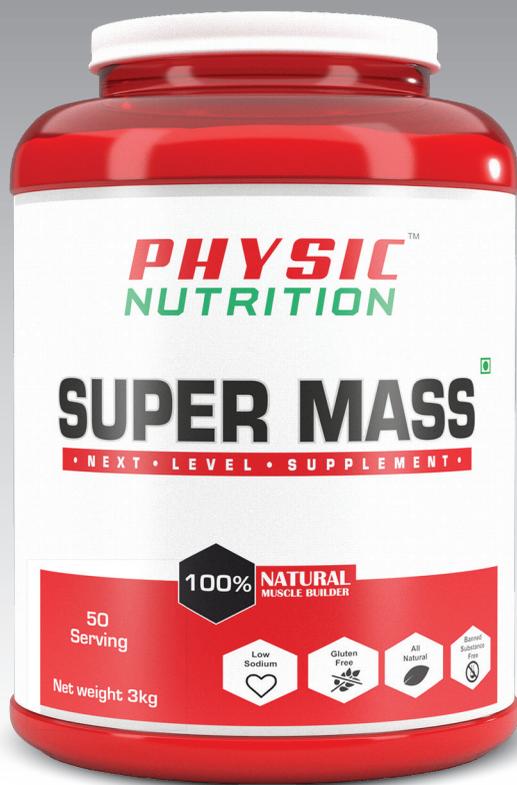
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# PHYSIC NUTRITION

## SUPER MASS



### Nutritional Information

Serving size: 2 level scoops (60 gms)

Composition	Per 100 gm with water	Per 100 gm with milk
Energy (Kcal)	373.89	438.89
Energy from Fat (Kcal)	18.23	20.23
Carbohydrates (g)	74.66	84.96
Protein (g)	15.9	21.9
Fat (g)	2.0	2.2

**INGREDIENTS:** Protein Blend (Whey Protein Concentrate, Soy Protein Isolate, Milk Protein Isolate), Creatine Monohydrate, Maltodextrin, Isomaltulose, High Oleic Oil Powder, Skimmed Milk Powder, Natural and Artificial Flavors, Xanthan Gum (INS 415), Cellulose Gum, Sucralose (INS 955), Acesulfame Potassium (INS 950), Vitamin & Mineral Mix.

**ALLERGENS:** Contains naturally occurring Soy Lecithin ingredients.

### PRODUCT FEATURES

- ~16% protein by weight, multi-phase action to promote repair & recovery.
- Blend of 3 diversified sources of protein, containing Glanbia Avonlac 282 Whey Protein Concentrate (WPC80) as the main ingredient.
- Nutrients dense enhanced calorie content, Isomaltulose (GI 32) for sustained energy release, formulated with Omega-rich fats, digestive enzymes (DigeZyme) for absorption and extended amino delivery formula.

MRP: 999 (1kg)  
2,699 (3kg)

### FLAVOURS

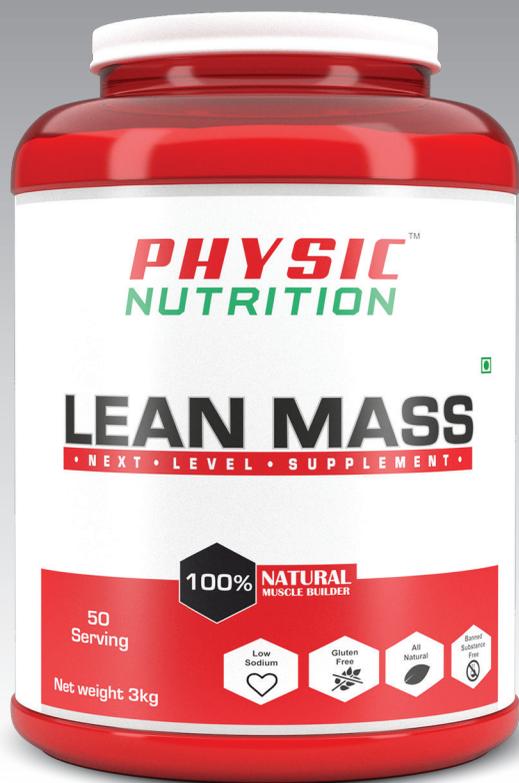
- Coffee
- Vanilla
- Strawberry
- Mango
- Chocolate





# PHYSIC NUTRITION

## LEAN MASS



### Nutritional Information

Serving size: 2 level scoops (60 gms)

Composition	Per 100 gm with water	Per 100 gm with milk
Energy (Kcal)	384.14	449.14
Energy from Fat (Kcal)	31.86	33.86
Carbohydrates (g)	53.75	64.05
Protein (g)	24.82	29.92
Fat (g)	3.54	3.74

**INGREDIENTS:** Protein Blend (Whey Protein Concentrate, Soy Protein Isolate, Milk Protein Isolate), Creatine Monohydrate, Maltodextrin, Isomaltulose, High Oleic Oil Powder, Skimmed Milk Powder, Natural and Artificial Flavors, Xanthan Gum (INS 415), Cellulose Gum, Sucralose (INS 955), Acesulfame Potassium (INS 950), Vitamin & Mineral Mix.

**ALLERGENS:** Contains naturally occurring Soy Lecithin ingredients.

### PRODUCT FEATURES

- ~25% protein by weight, multi phase action to action to promote repair & recovery.
- Blend of 4 diversified sources of protein, containing Glanbia Provon 292 Whey Isolate and Glanbia Avonlac 282 Whey Concentrate.
- Nutrients dense enhanced calorie content, Isomaltulose (GI 32) for sustained energy release, formulated with Omega-rich fats, digestive enzymes (DigeZyme) for absorption and extended amino delivery formula.

MRP: 1,399 (1kg)  
3,799 (3kg)

### FLAVOURS

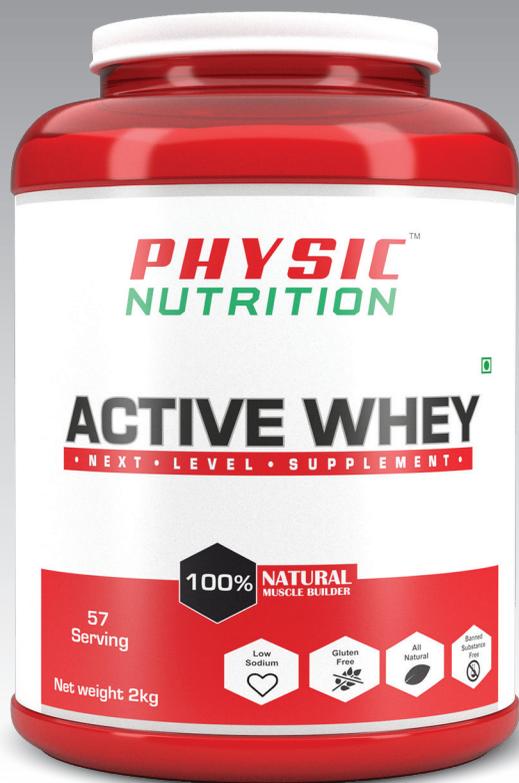
- Coffee
- Vanilla
- Strawberry
- Mango
- Chocolate





# PHYSIC NUTRITION

## ACTIVE WHEY



MRP: 2,399 (1kg)  
4,799 (3kg)

### Nutritional Information

Serving size: 1 level scoop (35 gms)

Composition	Per 100 gm	Per 35 gm
Energy (Kcal)	341.58	119.55
Protein (g)	65.0	22.75
Carbohydrates (g)	16.70	5.84
Fiber (g)	1.0	0.35
Added Sugar (g)	0.0	0.0
Fat (g)	4.30	1.50
Creatine Monohydrate (g)	2.00	0.70

**INGREDIENTS:** Whey Protein Blend (Whey Protein Concentrate, Skimmed Milk Powder), Creatine Monohydrate, Natural and Artificial Flavours, Xanthan Gum (INS 415), Cellulose Gum, Sucralose (INS 955), Acesulfame Potassium (INS 950), DigeZyme®.

**ALLERGENS:** Contains naturally occurring Soy Lecithin ingredients.

### PRODUCT FEATURES

- ~Protein blend of instantized whey protein isolate (Glanbia Provon 292) as primary source.
- Advance ultra-filtered instantized Whey Protein Concentrate (Glanbia Avonlac 282) as base.
- 4 grams of Glutamine Precursors per serving.
- 5.5 grams of the Branched Chain Amino Acids.

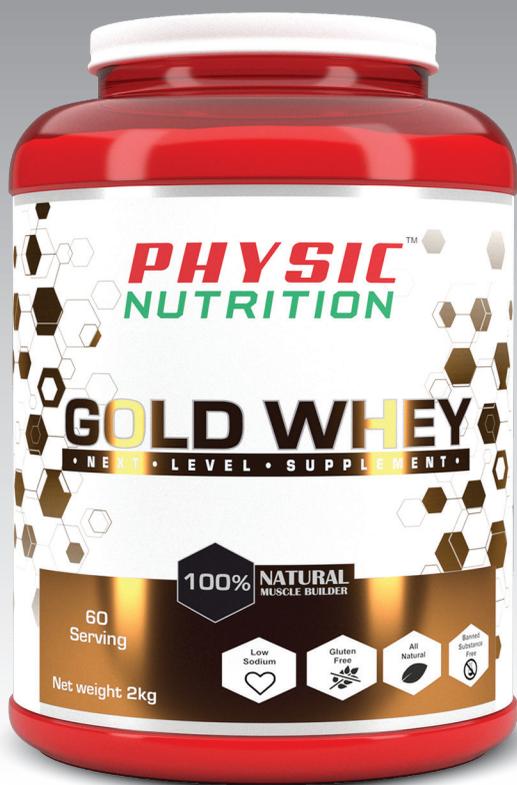
### FLAVOURS

- Coffee
- Vanilla
- Strawberry
- Mango
- Chocolate



# PHYSIC NUTRITION

## GOLD WHEY



MRP: 2,899 (1kg)  
5,499 (2kg)

### Nutritional Information

Serving size: 1 level scoop (33 gms)

Composition	Per 100 gm	Per 33 gm
Energy (Kcal)	384.54	126.9
Protein (g)	76.95	22.75
Carbohydrates (g)	11.52	5.84
Fiber (g)	1.16	0.35
Added Sugar (g)	0.0	0.0
Fat (g)	3.58	1.18

**INGREDIENTS:** Whey Protein Blend (Whey Protein Concentrate, Skimmed Milk Powder), Creatine Monohydrate, Natural and Artificial Flavours, Xanthan Gum (INS 415), Cellulose Gum, Sucralose (INS 955), Acesulfame Potassium (INS 950), DigeZyme®.

**ALLERGENS:** Contains naturally occurring Soy Lecithin ingredients.

### PRODUCT FEATURES

- ~ 77% protein by weight (25.4g protein per 33g serving).
- Protein blend of instantized Whey Protein Isolate (Glanbia Proven 292) as primary source, advanced ultra-filtered, instantized Whey Protein Concentrate (Glanbia Avonlac 282) as base.
- 4 Grams of Glutamine Precursors per serving.
- 5.5 grams of Branched Chains Amino Acids (BCAAs) in each serving.

### FLAVOURS

- Coffee
- Vanilla
- Strawberry
- Mango
- Chocolate



# PHYSIC NUTRITION

## ISO WHEY



MRP: 3,399 (1kg)  
6,499 (2kg)

### Nutritional Information

Serving size: 1 level scoop (32 gm)

Composition	Per 100 gm	Per 32 gm
Energy (Kcal)	368.70	117.98
Energy from Fat (Kcal)	84.4	27.0
Carbohydrates (g)	5.32	1.70
Protein (g)	0.0	0.0
Fat (g)	1.09	0.35

**INGREDIENTS:** Whey Protein Isolate, Natural and Nature Identical Flavours, Xanthan Gum (INS 415), Sucralose (INS 955), Acesulfame Potassium (INS 950), Permitted Colours and Digezyme®.

**ALLERGENS:** Contains naturally occurring Soy Lecithin ingredients.

### PRODUCT FEATURES

- ~ 84% protein by weight (27g protein per serving).
- Advanced ultra-filtered Whey Protein Isolate (WPI) Provon 292 from Glanbia is the protein source.
- 6.7 grams of Branched Chain Amino Acids (BCAAs) and 5.3 grams of Glutamine Precursors per servings.
- Negligible fats, low in carbs (~0.35 grams).
- Instant Isolate to support quick recovery and repair

### FLAVOURS

- Coffee
- Vanilla
- Strawberry
- Mango
- Chocolate



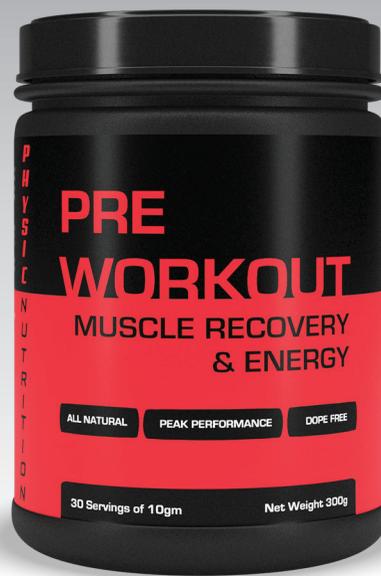
**PHYSIC  
NUTRITION**

**PRE WORKOUT**

**Nutritional Information**

Serving size: 1 level scoop (10 gms)

Composition	Amount
Caffeine	300mg
L-Citrulline DL Malate (2:1)	2.5g
Beta-Alanine	3.25g
Creatine Monohydrate	1.25g
Niacin	50mg
Bioperine	8mg
L-Arginine	0.80g



**OTHER INGREDIENTS:** Natural and Nature identical Flavors, Sweeteners (INS 955 & INS 950), Permitted Natural Colors, Vitamin C, Malic Acid, Dextrose.

**ALLERGENS:** Manufactured on equipment that processes products containing milk, soyabean.

**PRODUCT FEATURES**

- Promotes maximum performance.
- Enhance power & strength.
- Amplifies muscle pump, reduces fatigue and supports recovery.
- Increases energy, focus and workout intensity.

**FLAVOURS**

- Litchi      Watermelon ●
- Orange      Fruit Punch ●
- Pineapple      Blueberry ●
- Green Apple

MRP: 1,999 (300mg)





# PHYSIC NUTRITION

## BCAA

### Nutritional Information

Serving size: 1 level scoop (10 gms)

Composition	Amount
Energy	2.6kcal
Carbohydrate	0.51g
Fat	0.02g
L-Leucine	3500mg
L-Glutamine	2500mg
L-Isoleucine	1750mg
L-Valine	1750mg
L-Citrulline DL Malate (2:1)	850mg



**OTHER INGREDIENTS:** Natural and Nature identical Flavors, Sweeteners (INS 955 & INS 950), Permitted Natural colors, Vitamin C, Malic Acid, Dextrose.

**ALLERGENS:** Manufactured on equipment that processes products containing milk, soyabean.

### PRODUCT FEATURES

- Supports muscle growth and strength.
- Supports faster recovery.
- Helps preserve muscle.

MRP: 1,999 (300mg)

### FLAVOURS

- Litchi      Watermelon ●
- Orange      Blueberry ●
- Pineapple      Lime ●
- Green Apple





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# BETA ALANINE

### Nutritional Information

Serving size: 1 level scoop (2.25 gms)

### Composition

### Amount

Beta Alanine	2250mg
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**OTHER INGREDIENTS:** None

**ALLERGENS:** None

### PRODUCT FEATURES

- Supports muscle growth and strength.
- Supports faster recovery.
- Helps preserve muscle.

**UNFLAVOURED**



MRP: 799 (400mg)

# CREATINE

### Nutritional Information

Serving size: 1 level scoop (3 gms)

### Composition

### Amount

Creatine Monohydrate	3gm
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**OTHER INGREDIENTS:** None

**ALLERGENS:** None

### PRODUCT FEATURES

- Helps muscles cells produce more energy.
- Speed up muscle growth.
- Improves high intensity exercise.
- Improves many other functions in muscles.



MRP: 899 (250mg)

**UNFLAVOURED**



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**CITRULLINE**

**Nutritional Information**

Serving size: 1 level scoop (2 gms)

Composition	Amount
Citrulline Malate	3gm

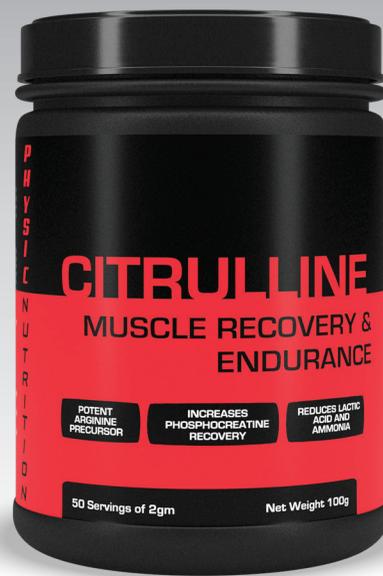
**OTHER INGREDIENTS:** None

**ALLERGENS:** None

**PRODUCT FEATURES**

- It helps to facilitate increased flow of blood and nutrients to muscles that leads to bigger muscle growth.
- Citrulline Malate aids in delaying the onset of fatigue and helps to build endurance.
- It helps to increase exercise intensity and rapid muscle recovery after intense workout sessions.

**UNFLAVOURED**



**MRP: 799 (100mg)**





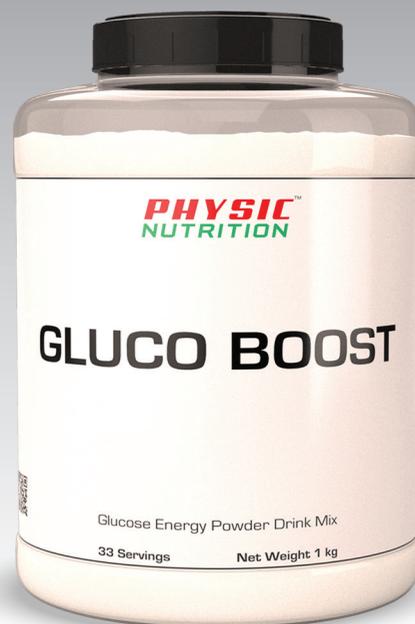
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**GLUCOSE**

**Nutritional Information**

Serving size: 2 level scoop (60 gms)

Composition	Per 100gm with water
Energy	23.5 kcal
Total Carbohydrate	5.9g
of which sugars	0g
Fats	0g
BCAAs	15mg
L-Glutamine	15mg
Sodium	1.2mg
Potassium	10mg
Magnesium	1mg



MRP: 599 (1kg)

**INGREDIENTS:** Dextrose Monohydrate, Branched Chain Amino Acids (BCAAs), L-Glutamine, Natural and nature identical flavours, Vitamin C, Malic Acid, Sweeteners (INS 955 & INS 950), Permitted Natural colors, Electrolytes.

**ALLERGENS:** Manufactured on equipment that processes products containing milk, soyabean.

**PRODUCT FEATURES**

- Have more energy.
- Reduce risk of Hyperglycemia and Hypoglycemia.
- Recharges your muscles and gives the strength to keep going till the end.

**FLAVOURS**

- Litchi      Watermelon
- Orange      Blueberry
- Pineapple      Cola



# PHYSIC NUTRITION



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