



## XS PRE-WORKOUT HYDRATION FUEL

Helps energise your work out with increased muscular strength and sharper focus. Created to support the formation of ATP and with added powerful blend of adaptogens and electrolytes for non-specific resistance to stressful conditions, it helps you hydrate while harnessing your power for maximum performance.

**121617 Tropical Storm**  
**121618 Strawberry Kiwi**  
(20 x 15g Sachets)

*GIVE YOUR BODY AN IMMEDIATE BOOST  
AND LONG-LASTING ENERGY*

*ATP: Adenosine Triphosphate*



## XS POST-WORKOUT RECOVERY FUEL

Helps recharge your muscle following physical activity. Loaded with 15.2g of premium quality Whey Protein providing 9 essential amino acids and with added blend of instantized BCAAs to help you recover faster from workouts. The synergistic cocktail of phytonutrients and minerals provides building blocks for normal function and shock absorbing qualities of the joints.

**121620 Crushed Pineapple**  
**121621 Orange Vanilla**  
(20 x 27g Sachets)

*RECOVER FASTER FROM WORKOUTS WHILE  
BUILDING LEAN MUSCLE MASS*

*BCAA: Branched Chain Amino Acids*



## XS WHEY PROTEIN POWDER

Fuel your passion with great tasting XS Whey Protein. Loaded with 23g of premium quality Whey Protein Blend for a complete sustained nutrient release. The Low Carb formulation provides 9 essential amino acids and digestive enzyme blend crucial for your next challenge.

**121615 Apple Cinnamon**  
**121614 Triple Chocolate Mousse**  
(20 x 33g Sachets)

*KEEP IT REAL WITH NO PRESERVATIVES  
OR BANNED SUBSTANCES!*

**START YOUR  
ADVENTURE**

XS™ Sports Nutrition products fuel  
your active lifestyle.



XS PRE-WORKOUT HYDRATION FUEL

NUTRITIONAL INFORMATION	PER 100g	PER 15g SERVING:	% NRV*
ENERGY	kJ 991.6	148.7	
PROTEIN	g 0.0	0.0	0%
TOTAL CARBOHYDRATES	g 1.7	0.3	
OF WHICH SUGARS	g 0.3	0.0	
TOTAL FATS	g 0.2	0.0	
OF WHICH SATURATED	g 0.2	0.0	
DIETARY FIBRE* AOAC*991.43	g 0.0	0.0	
SODIUM	mg 1147.3	172.1	
POTASSIUM	mg 1347.0	202.1	
CALCIUM	mg 2.1	0.3	0%
MAGNESIUM	mg 339.9	51.0	12%
PHOSPHOROUS	mg 534.0	80.1	6%
VITAMIN C	mg 6666.7	1000.0	1000%
NICOTINIC ACID/AMIDE/NIACIN	mg 113.3	17.0	106%
PANTOTHENIC ACID	mcg 5553.3	833.0	17%
VITAMIN B6 (PYRIDOXINE)	mcg 6666.7	1000.0	59%
VITAMIN B2 (RIBOFLAVIN)	mcg 5333.3	800.0	62%
VITAMIN B1 (THIAMINE)	mcg 4666.7	700.0	58%
METHYL FOLATE (Quatrefolic®)	mcg 1600.0	240.0	60%
VITAMIN B12	mcg 166.7	25.0	1042%
*NRV: South African Nutrient Reference Values for individuals 4 years and older.			

ACTIVE INGREDIENTS	PER 15g SERVING
CREATINE MONOHYDRATE	g 2.5 g
BETA-ALANINE	g 2.4 g
BETAINE ANHYDROUS	g 1.5 g
L-ARGININE HCL	g 1.2 g
L-CITRULLINE MALATE	g 1.2 g
L-LEUCINE	g 1 g
SIBERIAN GINSENG	g 0.5 g
L-TYROSINE	g 0.5 g
RHODIOLA ROSEA ROOT EXTRACT (3%)	g 0.215 g
CAFFEINE ANHYDROUS	g 0.2 g
CITRUS BIOFLAVONOIDS	g 0.175 g
ASTRAGIN®	g 0.063 g

XS POST-WORKOUT RECOVERY FUEL

NUTRITIONAL INFORMATION	PER 100g	PER 27g SERVING:	% NRV*
ENERGY	kJ 1088	294	
PROTEIN	g 56	15.2	27%
TOTAL CARBOHYDRATES	g 2.0	0.5	
OF WHICH SUGARS	g 2.0	0.5	
TOTAL FATS	g 3.0	0.8	
OF WHICH SATURATED	g 2.0	0.4	
DIETARY FIBRE* AOAC*991.43	g 21	5.6	
SODIUM	mg 999	270	
POTASSIUM	mg 530	143	
CALCIUM	mg 207	56	4%
MAGNESIUM	mg 337	91	22%
PHOSPHOROUS	mg 130	35	3%
TOTAL VITAMIN C	mg 593	160	160%
FREE BCAA'S (2:1:1)	mg 7407	2000	
L-GLUTAMINE	mg 1852	500	
MSM	mg 1852	500	
GLUCOSAMINE SULPHATE	mg 1852	500	
L-CARNITINE TARTRATE	mg 741	200	
N- ACETYL L-CARNITINE	mg 741	200	
GREEN TEA EXTRACT (95% Polyphenols, 45% EGCG)	mg 370	100	
CURCUMIN EXTRACT CURCUWIN®	mg 185	50	
CITRUS BIOFLAVANOIDS	mg 185	50	
*NRV: South African Nutrient Reference Values for individuals 4 years and older.			

Essential Amino Acids Profile (EAA's)	PER 100g	PER 27g SERVING
HISTIDINE	mg 0.75	0.2
ISOLEUCINE*	mg 3.77	1.02
LEUCINE*	mg 7.22	1.95
LYSINE	mg 3.18	0.86
METHIONINE	mg 0.72	0.19
PHENYLALANINE	mg 1.26	0.34
THREONINE	mg 2.18	0.59
TRYPTOPHAN	mg 0.51	0.14
VALINE*	mg 3.8	1.03
*Branched Chain Amino Acids		

XS WHEY PROTEIN POWDER

NUTRITIONAL INFORMATION	PER 100g	PER 33g SERVING:	% NRV*
ENERGY	kJ 1484	490	
PROTEIN	g 70.0	23	41%
TOTAL CARBOHYDRATES	g 5.0	1.7	
OF WHICH SUGARS	g 4.0	1.4	
TOTAL FATS	g 6.0	2.1	
OF WHICH SATURATED	g 4.0	1.2	
DIETARY FIBRE* AOAC*991.43	g 8.0	2.8	
SODIUM	mg 500	165	
POTASSIUM	mg 544	179	
CALCIUM	mg 466	154	12%
MAGNESIUM	mg 62	20	5%
PHOSPHOROUS	mg 312	103	8%
*NRV: South African Nutrient Reference Values for individuals 4 years and older.			

Essential Amino Acids Profile (EAA's)	PER 100g	PER 33g SERVING
HISTIDINE	mg 1.5	0.48
ISOLEUCINE*	mg 4	1.31
LEUCINE*	mg 7.3	2.39
LYSINE	mg 6.12	2.04
METHIONINE	mg 1.5	0.48
PHENYLALANINE	mg 2.2	0.72
THREONINE	mg 4.4	1.44
TRYPTOPHAN	mg 1.2	0.39
VALINE*	mg 3.7	1.21
*Branched Chain Amino Acids		

