



# A stronger you, Today and beyond\*



Muscles do more than just help during a workout. They allow us to live life to the fullest. If you want to live a good, long-term fulfilled life, you must protect your muscles, starting from now!

\*Amino acids are the building block of proteins, which contribute to maintenance and growth of muscle mass.

# ***Amino acids:***

*are crucial for health  
and wellbeing*

# Muscle loss:

*An issue we all face*

WHY DOES  
MUSCLE LOSS  
MATTER?



# What is your muscle age?

Did you know that you can measure the age of your muscles?

## Muscle age test

Let's use this simple test to determine how your muscles are ageing. All you need is your phone timer and we will complete the test together.



- **Now**, let's take your stopwatch.
- Start it and **stand** and **sit 5 times**.
- **Stop it**.

# WHAT IS YOUR MUSCLE AGE

Check your results

For example, 30 yr old woman took 7.82 seconds to complete the five repetitions, it means: this muscle's score falls lower than most of her peers (as in orange zone) that the muscles are performing as good as most 60-64 yr olds.

WOMEN

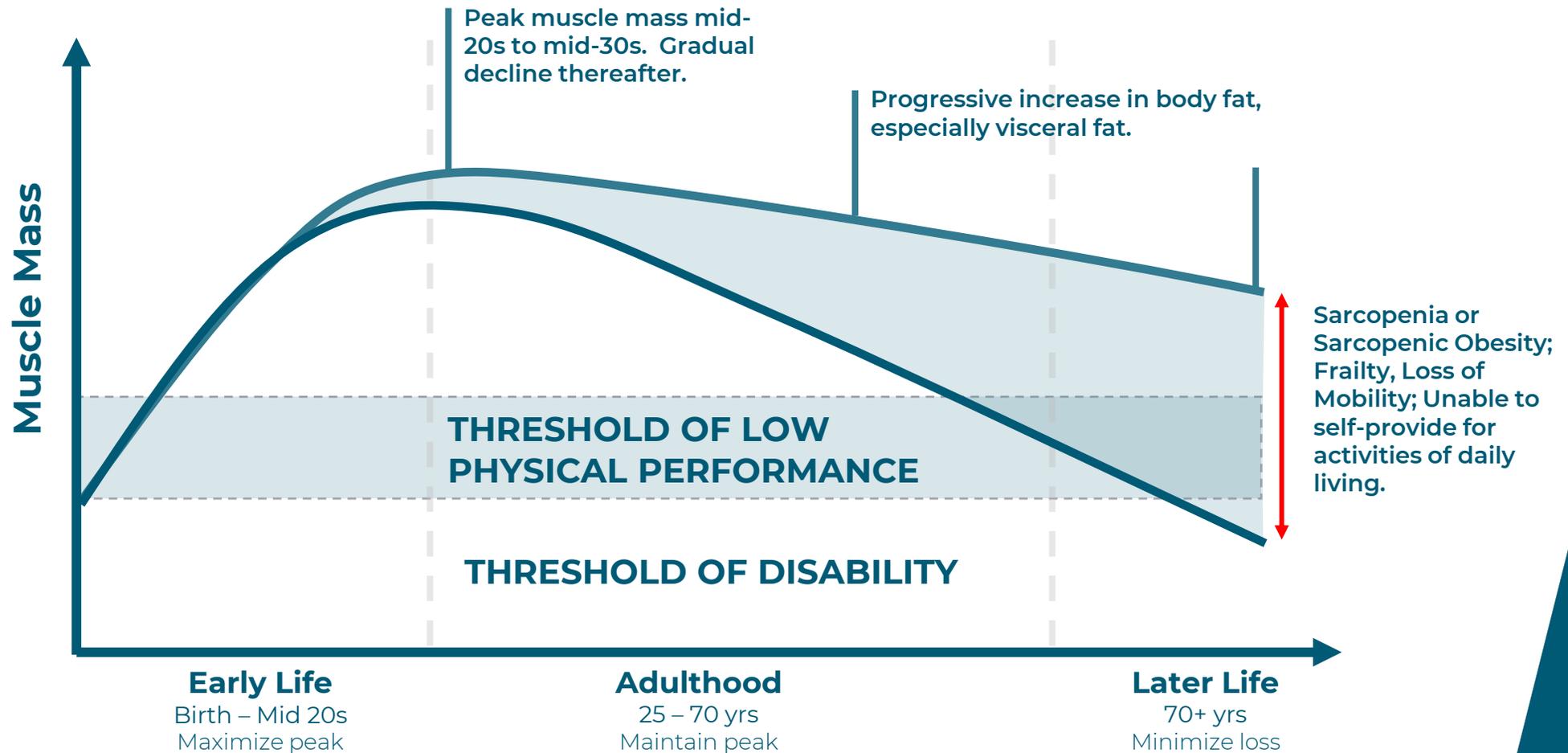
Normative values					
Age	Excellent	Very good	Good	Fair	Poor
18-24	4.6	5.4	6.2	7.0	8.8
25-29	4.5	5.5	6.3	7.4	8.8
30-34	4.3	5.5	6.5	7.6	9.0
35-39	4.7	5.5	6.5	7.5	9.4
40-44	4.8	5.9	6.8	7.7	10.1
45-49	4.7	6.0	6.9	8.0	9.6
50-54	5.0	6.2	7.2	8.1	10.3
55-59	5.1	6.2	7.1	8.2	10.1
60-64	5.4	6.7	7.8	9.0	11.5
65-69	5.5	7.0	8.0	9.3	11.3
70-44	5.9	7.2	8.2	9.7	13.0
75-79	6.1	7.7	9.0	10.7	13.2
80+	5.9	8.2	9.6	11.2	14.9

MEN

Normative values					
Age	Excellent	Very good	Good	Fair	Poor
18-24	4.7	5.3	6.0	7.0	8.6
25-29	4.7	5.6	6.3	7.6	9.1
30-34	4.7	5.5	6.6	7.5	9.0
35-39	4.8	5.9	6.7	7.8	9.0
40-44	4.4	5.7	6.8	7.8	9.6
45-49	4.9	6.0	7.0	8.1	10.0
50-54	5.1	6.3	7.3	8.5	10.6
55-59	5.1	6.5	7.7	9.0	10.9
60-64	5.8	7.0	8.0	9.1	12.0
65-69	6.0	7.2	8.2	9.9	12.7
70-44	5.8	7.7	8.9	10.4	13.7
75-79	6.6	8.1	9.6	11.1	15.9
80+	6.5	8.8	11.0	13.5	20.2

# THE IMPACT OF LOSING MUSCLE MASS

GRADUAL MUSCLE LOSS RESULTS IN A LOWER QUALITY OF LIFE OVER THE LIFESPAN





# 25%

By the time you reach 70, you've lost around 25% of your muscle mass

# WHAT MUSCLE LOSS LOOKS LIKE

A visualization

## MUSCLE LOSS IN SARCOPENIA

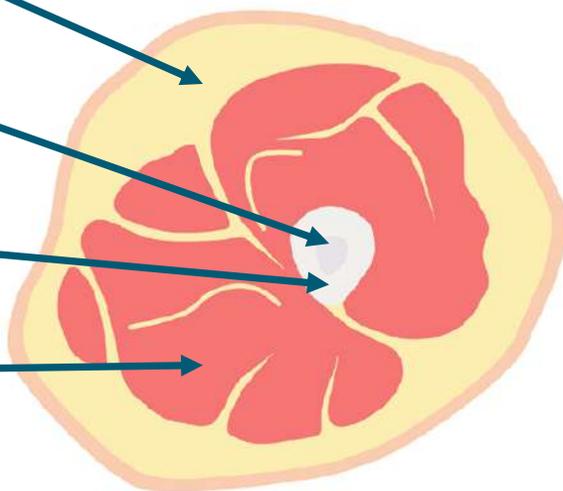
## HEALTHY MUSCLE MASS

FATTY TISSUE

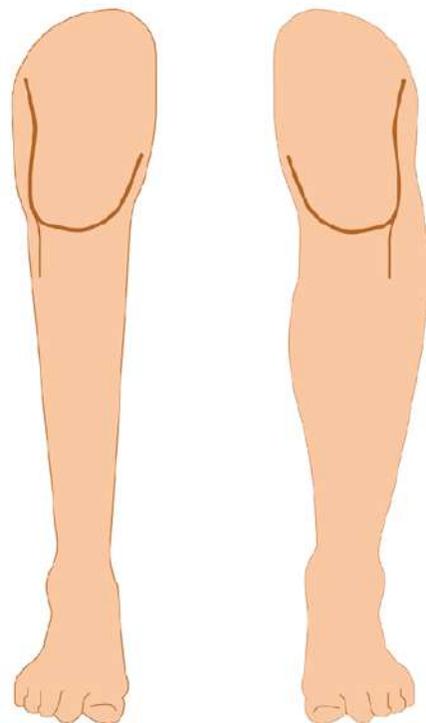
BONE MARROW

BONE

MUSCLE



OLDER AGE 65

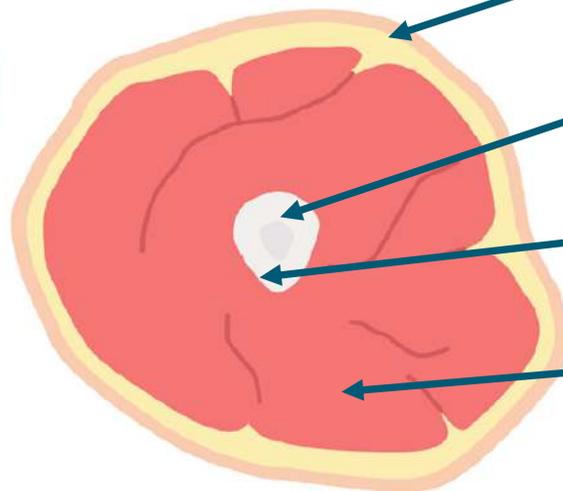


FATTY TISSUE

BONE MARROW

BONE

MUSCLE



YOUNG AGE 25

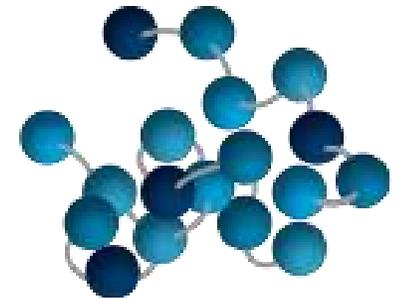
# WHAT ARE AMINO ACIDS?



**AMINO ACID**



**PEPTIDES**

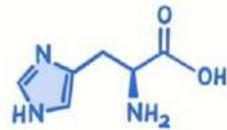


**PROTEIN**

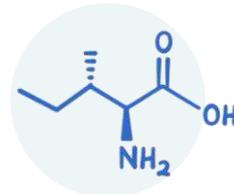
# ESSENTIAL AMINO ACIDS

There are 9 Essential Amino Acids (EAAs) your body can't produce on its own

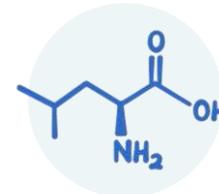
## 9 ESSENTIAL AMINO ACIDS



HISTIDINE



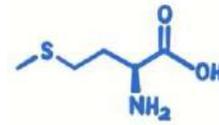
ISOLEUCINE



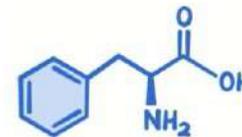
LEUCINE



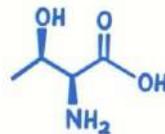
LYSINE



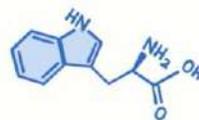
METHIONINE



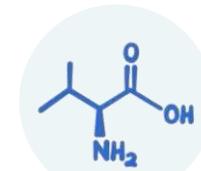
PHENYLALANINE



THREONINE



TRYPTOPHAN



VALINE

BCAAs = Branched Chain Amino Acids

# THE IMPACT OF AMINO ACIDS

Amino acids give rise to proteins that function in every cell, every tissue, every organ and every muscle. That means they play a role in:



**Appetite,  
Satiety**



**Digestion &  
Absorption**



**Healthy Hair,  
Skin, Nails**



**Neurotransmitters,  
Mood**



**Hormones,  
Vitamins,  
Enzymes**



**Energy  
Production**



**Immunity**



**Build, Maintain  
All Organs & Tissues**



- 
- **Fat lost**
  - **Muscle lost**
  - **Bone mass lost**

## WEIGHT LOSS

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When you lose weight, you don't just lose fat – up to 25% of the weight lost, on average, is made up of muscle. That's why it's important to focus on protecting your muscle when dieting to lose weight.



## **SEDENTARY LIFESTYLES**

Contributes to the loss  
of muscle mass and strength

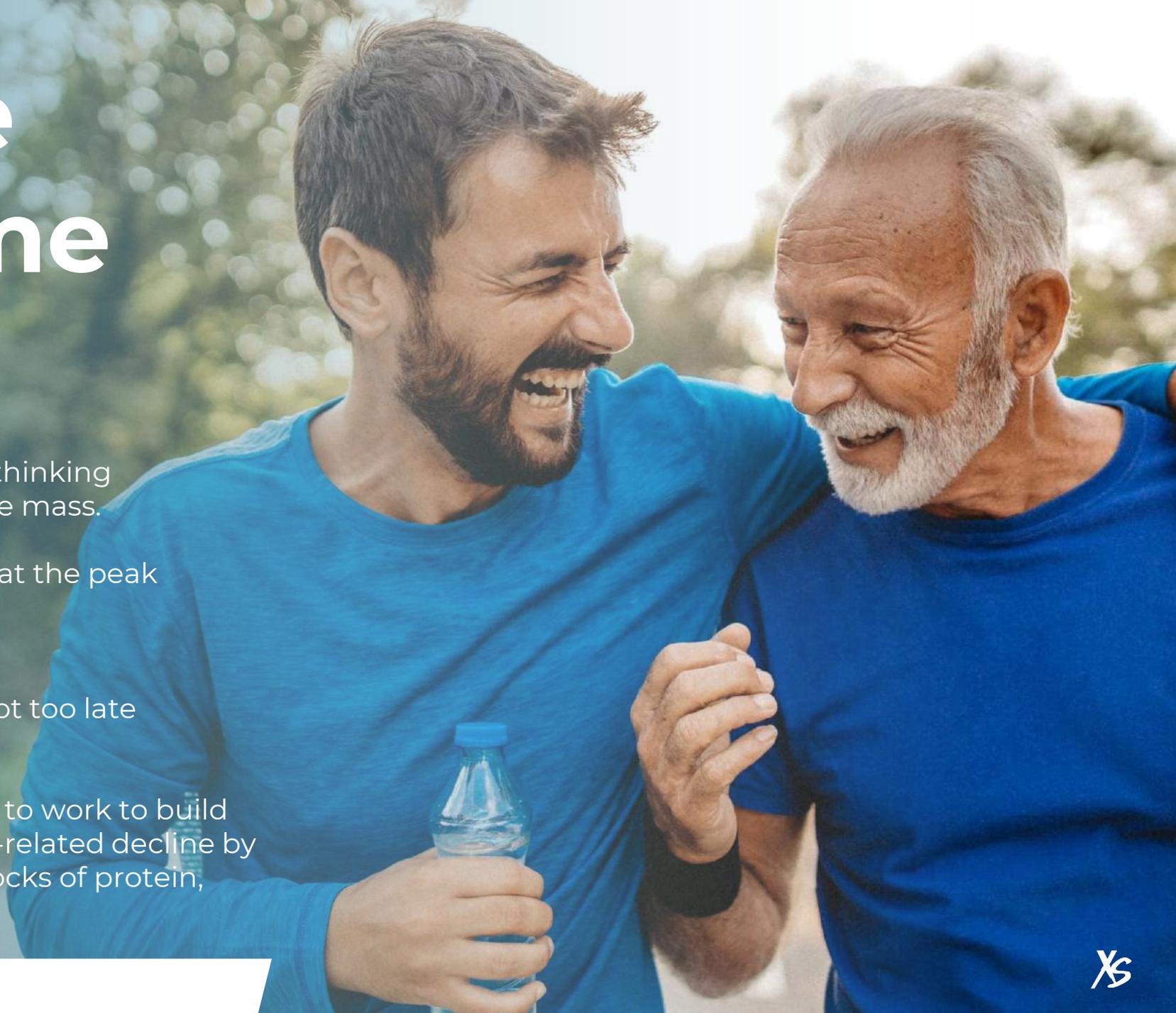
# Now is the perfect time to act

Regardless of your age, you should be thinking about building and maintaining muscle mass.

If you are **in your 20s and 30s**, you are at the peak of your protein building capacity – take advantage of it.

If **you're 40 or older**, don't worry! It's not too late to build muscle mass.

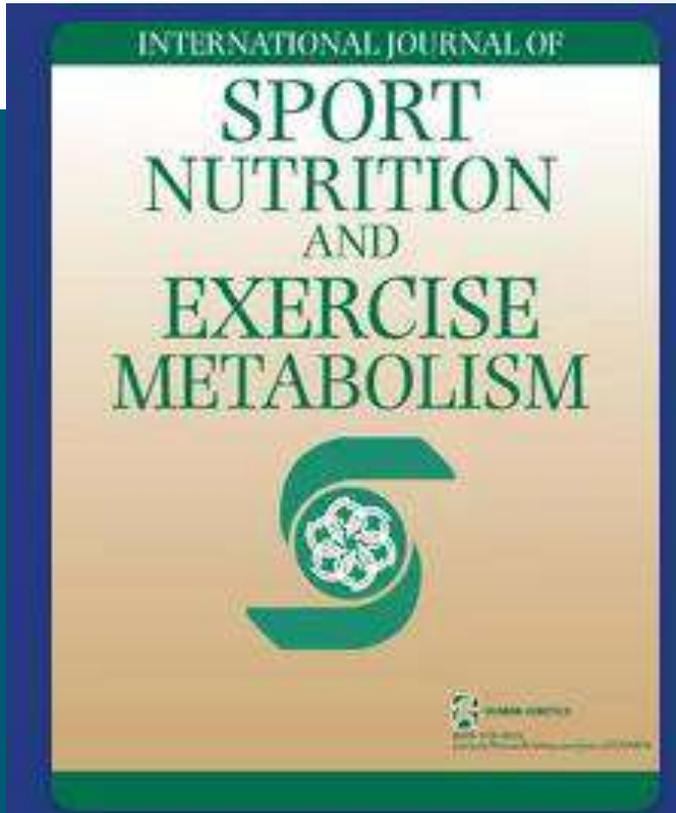
Whatever your age, **NOW IS THE TIME** to work to build muscle mass and slow the normal age-related decline by giving your body EAAs, the building blocks of protein, and the stimulus of physical activity.



# The strength solution

Why XS Amino Fuel™?

# Study abstract has been published in International Journal of Sport Nutrition and Exercise Metabolism!



<https://doi.org/10.1123/ijsnem.2024-0005>

## Improve Body Composition

- Increase in lean mass in all areas measured.
- Increase in arm and leg muscle mass.
- Decrease in fat mass

## Reduce Visceral Fat

- Significant reduction in visceral fat mass and volume

## Increase Muscle Strength and Endurance

- 18% increase in upper body strength
- 40% increase in lower body strength
- 77% increase in upper body endurance
- 75% increase in lower body endurance

\*Morris K, Missman R, C Cook, (2024). Essential Amino Acid Supplementation Combined With Resistance Training Increases Muscle Mass, Strength and Endurance While Reducing Visceral Fat Mass in Healthy Adults, International Journal of Sport Nutrition and Exercise Metabolism, 34 (S1), S1-S12.

# XS Amino Fuel™

## Product Benefits



## A stronger you, today and beyond!<sup>1</sup>

Maintain and grow your muscles and support body essential functions with XS™ Amino Fuel.<sup>1</sup>

XS Amino Advantage+ is a **POWERFUL** EAAs (Essential Amino Acids) supplement, delivering a **UNIQUE** blend of **ALL NINE** EAAs, your body can't produce itself, to support muscles and body essential functions.<sup>1</sup>

- **New REFINED and OPTIMISED formula with more EAAs overall and 38% more L-leucine to maximize the efficiency of protein production.<sup>2</sup>**
- **EFFICACIOUS** formula backed by scientific support.
- **EASY TO DIGEST** (due to free amino acids format).
- **Clean, caffeine-free.**
- **Sugar-Free / Lactose-Free.**

<sup>1</sup> Amino acids are the building block of proteins, which contribute to maintenance and growth of muscle mass.

<sup>2</sup> Compared to XS Amino Advantage+ Wild Berry flavor.

# HOW TO TAKE

XS Amino Fuel™

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## Step 1:

Mix 1 scoop (7.3g) with 300 ml of water

## Step 2:

Shake well

## Step 3:

Enjoy your drink in the morning or right after your workout

It's best to leave 30 minutes to 1 hour between amino acids and proteins intake.





**Thank you!**