



 fit\_square\_nutrition



**27G**  
PROTEIN

**6.5G**  
EAA & BCAA

**0G**  
SUGAR

Fit Square Nutrition's FIT ISOLATE is Excellent source of High Quality Whey Protein Isolate & Whey Peptide. It Is A Complete High Quality Protein Which Also Contain Whey Protein, BCAA, EAA, Glutamine, Protein & Other Essential Ingredients.

**MRP:**

**2.2 lbs: ₹ 4099/-**

**4.4 lbs: ₹ 7999/-**

## NUTRITION FACTS

Scoop Size: 35g Serving per container: 28

Serving Size: 1 Scoop (35g)

	Amount Per Serving	%DV
<b>Energy</b>	113 Kcal	+
<b>Calories from Fat</b>	6.3 g	+
<b>Total Fat</b>	0.7 g	1.3%
Saturated Fat	0.7 g	3.6%
Mono Unsaturated	0 g	+
Polly Unsaturated	0 g	+
Trans Fat	0 g	+
<b>Cholesterol</b>	23 g	2.4%
<b>Sodium</b>	35 g	1.75%
<b>Total Carbohydrates</b>	1.4 g	0.5%
Dietary Fiber	0.5 g	3.5%
Sugar	0 g	+
<b>Protein</b>	27 g	50%
<b>Vitamin A</b>	21 mcg	2.3%
<b>Vitamin C</b>	0 g	0%
Calcium	303 mcg	14%
Iron	420 mcg	21%

\* Percent Daily Values are based on a 2,000 calorie diet

\*\* Daily Value (DV) not established.



**24G**  
PROTEIN

**4.2G**  
BCAA

**3.6G**  
GLUTAMINE

Fit Square Nutrition's FIT WHEY is  
Excellent source of Whey Protein Isolate  
Whey Peptide & Whey Protein Concentrate.  
It is a Complete High Quality Protein Which  
Also Contain BCAA, Glutamine, & Other  
Essential Ingredients.

**MRP:**

**2.2 lbs: ₹ 3499/-**

**4.4 lbs: ₹ 6199/-**

## NUTRITION FACTS

Scoop Size: 35g Serving per container: 28  
Serving Size: 1 Scoop (35g)

	Amount Per Serving	%DV
<b>Energy</b>	120 Kcal	+
<b>Calories from Fat</b>	18 g	+
<b>Total Fat</b>	2 g	1.3%
Saturated Fat	2 g	3.6%
Mono Unsaturated	0 g	+
Polly Unsaturated	0 g	+
Trans Fat	0 g	+
<b>Cholesterol</b>	18 mg	27%
<b>Sodium</b>	130 mg	6%
<b>Total Carbohydrates</b>	2.5 g	0.5%
Dietary Fiber	0.5 g	3.5%
Sugar	2 g	+
<b>Protein</b>	24 g	40%
Vitamin A	-	0%
Vitamin C	-	0%
Calcium	-	16%
Iron	-	2%

\* Percent Daily Values are based on a 2,000 calorie diet

\*\* Daily Value (DV) not established.



**64.8G**  
CARBS

**382KCL**  
CALORIES

**27GM**  
PROTEIN

**240MG**  
GLUTAMINE

**2.1G**  
CREATINE

FSN's Perfect Gain Contains Simple And Complex Carbohydrates For Better Absorption Of Creatine Into Muscles For Enhance Recovery And Calories.

**MRP:**

**2.2 lbs: ₹ 2099/- (16 Servings)**

**4.4 lbs: ₹ 4099/- (33 Servings)**

Scoop Size: 60g  
per day serving: 1 Scoop (60g)

Ingredients	Qty. Per 100 gm	Qty. Per 60 gm
Energy	321 Kcal	192.6 Kcal
Protein	22.5 gm	13.5 gm
Total Carbohydrate	54 gm	32.4 gm
of which sugar	15 gm	11.4 gm
fat	1.0 gm	0.6 gm
creatine monohydrate	3.5 gm	2.1 gm
L-Leucine	300 mg	180 mg
L-Isoleucine	150 mg	90 mg
L-Valine	150 mg	90 mg
L-Glutamine	200 mg	120 mg
Taurine	100 mg	60 mg
Vitamin A	450 mcg	270 mcg
Vitamin C	20 mg	12 mg
Vitamin D3	1.5 mcg	0.9 mcg
Vitamin E	10 mg	6 mg
Vitamin B1	1.0 mg	0.6 mg
Vitamin B2	1.2 mg	0.72 mg
Vitamin B6	1.5 mg	0.9 mg
Folic Acid	120 mg	72 mg
Vitamin B12	1.2 mcg	0.7 mcg
Calcium D Pantothenate	4.1 mg	2.5 mg
Calcium	176 mg	106 mg
Iron	1.0 mg	0.6 mg
Phosphorus	85 mg	51 mg
Iodine	56 mcg	34 mcg
Magnesium	42 mg	25 mg
Zinc	1.0 mg	0.6 mg
Selenium	40 mcg	24 mcg
Manganese	600 mcg	360 mcg
Chromium	40 mcg	24 mcg
Potassium	150 mg	90 mg
Sodium	61 mg	37 mg



79G  
CARBS

450KCL  
CALORIES

17.6GM  
PROTEIN

200MG  
GLUTAMIN

1.5G  
CREATINE

**FSN Monster Bulk Mass Gainer**  
**A Unique Blend Of carbohydrate**  
**(Simple And Complex)**  
**Proteins with Glutamine creatine**  
**And essential Vitamins and Minerals.**

**MRP:**

**3.3 lbs: ₹ 1799/-**

**6.6 lbs: ₹ 3199/-**

**11.11 lbs: ₹ 5399/-**

Scoop Size: 60g Serving Size: 100g  
per day serving: 5 Scoop 300g)

Ingredients	Qty. Per 100 gm	Qty. Per 60 gm
Energy	450 Kcal	270Kcal
Protein	17.6 gm	10.56 gm
Total Carbohydrate	79 gm	48.8 gm
of which sugar	19 gm	11.4 gm
fat	1.5 gm	0.9 gm
creatine monohydrate	1.5 gm	0.9 gm
L-Leucine	300 mg	180 mg
L-Isoleucine	150 mg	90 mg
L-Valine	150 mg	90 mg
L-Glutamine	200 mg	120 mg
Taurine	100 mg	60 mg
Vitamin A	450 mcg	270 mcg
Vitamin C	20 mg	12 mg
Vitamin D3	1.5 mcg	0.9 mcg
Vitamin E	10 mg	6 mg
Vitamin B1	1.0 mg	0.6 mg
Vitamin B2	1.2 mg	0.72 mg
Vitamin B6	1.5 mg	0.9 mg
Folic Acid	120 mg	72 mg
Vitamin B12	1.2 mcg	0.7 mcg
Calcium D Pantothenate	4.1 mg	2.5 mg
Calcium	176 mg	106 mg
Iron	1.0 mg	0.6 mg
Phosphorus	85 mg	51 mg
Iodine	56 mcg	34 mcg
Magnesium	42 mg	25 mg
Zinc	1.0 mg	0.6 mg
Selenium	40 mcg	24 mcg
Manganese	600 mcg	360 mcg
Chromium	40 mcg	24 mcg
Potassium	150 mg	90 mg
Sodium	61 mg	37 mg



## FIT SQUARE NUTRITION

**\*Key Benefits of Creatine Monohydrate:**  
Enhances ATP levels and helps built lean Muscle. Reduces Recovery time Enhances power and strength. Enhances workout performance..

Scoop Size: 1 teaspoon (3g)    Serving Size: 3g  
serving per container: 67

Amount per serving

Creating Monohydrate    3g

**MRP:**

**200g: ₹ 1599/-**



7G  
BCAA

2.5G  
GLUTAMINE

1G  
CITRULLINE

## FIT SQUARE NUTRITION Branch Chain Amino Acid (BCAAs)

includes Leucine, Isoleucine and Valine in the ratio 3:2:2. BCAA comprises 30-35% of your Muscle and hence is required for the maintenance of Muscle during workout. It helps in protein synthesis and have muscle sparing effect during intense training.

**MRP:**

**390 g: ₹ 2099/-**

**Flavors: Watermelon, Guava, Lemon**

## NUTRITION FACTS

Scoop Size: 6.5g

Serving per container: 30

Serving Size: 2 Heaping Scoop (13g)

	Amount Per Serving	%DV
<b>Energy</b>	0	+
<b>Calories from Fat</b>	0 g	0%
Sugar	0 g	**
<b>Vitamin B6</b> (as Pyridoxine Hydrochloride)	640 mcg	320%
<b>Sodium</b>	220 mg	9%
<b>Potassium</b>	190 mg	5%
<b>L-Leucine</b>	3500 mg	**
<b>L-Isoleucine</b>	1750 mg	**
<b>L-Valine</b>	1750 mg	**
<b>L-Glutamine</b>	2500 mg	**
<b>Electrolyte Blend :</b>	1170 mg	**
Trisodium Citrate Dehydrate, Potassium Chloride, Sodium Chloride		
<b>Citrulline Malate (1:)</b>	1000 g	**

\* Percent Daily Values are based on a 2,000 calorie diet

\*\* Daily Value (DV) not established.



**5g**  
GLUTAMINE

**40**  
SERVING

**FIT SQUARE NUTRITION**

**°L-GLUTOLUTAMINE**

**PROVIDES YOU WITH UNADULTERATED**

**L-GLUTAMINE** Each serving provides you

**5g of L-Glutamine** L-Glutamine supports

**glycogen replenishment post exercise,**

**helps maintain anabolic state in body and**

**aids recovery when taken in conjugation**

**with a diet as suggested by your trainer/**

**dietitian. This helps improve your athletic**

**performance.**

**MRP:**

**200 g: ₹ 1899/-**





“GEAR UP” by Fit square nutrition is the next generation pre workout. FSN's “GEAR UP” blasts the workout performance and takes the sports endurance and muscular output to the next level. You experience more massive pumps, laser focus and workout, intensity. FSN's “GEAR UP” is a powerful blend of clinically researched key ingredients formulated to deliver the ultimate in peak muscle performance.

**MRP:**  
**300g: ₹ 2099/-**

## NUTRITION FACTS

Scoop Size: 10g

Serving Size: 1 Scoop (10g)

Serving per container: 30

	Amount Per Serving
Beta Alanine	3000 mg
Creatine Nitrate	1500 mg
L-Arginine	1000 mg
BCAA	1000 mg
Caffeine	300 mg
Vitamin C	250 mg
Nicinamide	30 mg
Citrulline Maleate	1000 mg

Other Ingredients: Sucralose (INS955), citric Acid (INS330), Malic Acid (INS296), Fruit Juice Powder, Permitted Natural and artificial flavors and color, Preservatives (INS 282), Anti Caking Agent (INS551)