



 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
Energy	113 Kcal	+
Calories from Fat	6.3 g	+
Total Fat	0.7 g	1.3%
Saturated Fat	0.7 g	3.6%
Mono Unsaturated	0 g	+
Polly Unsaturated	0 g	+
Trans Fat	0 g	+
Cholesterol	23 g	2.4%
Sodium	35 g	1.75%
Total Carbohydrates	14 g	0.5%
Dietary Fiber	0.5 g	3.5%
Sugar	0 g	+
Protein	27 g	50%
Vitamin A	21 mcg	2.3%
Vitamin C	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
Energy	120 Kcal	+
Calories from Fat	18 g	+
Total Fat	2 g	1.3%
Saturated Fat	2 g	3.6%
Mono Unsaturated	0 g	+
Polly Unsaturated	0 g	+
Trans Fat	0 g	+
Cholesterol	18 mg	27%
Sodium	130 mg	6%
Total Carbohydrates	2.5 g	0.5%
Dietary Fiber	0.5 g	3.5%
Sugar	2 g	+
Protein	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
GLUTAMIN

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	41 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/-

11.1 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	10 mg	6 mg
Vitamin B2	1.2 mg	0.72 mg
Vitamin B6	1.5 mg	0.9 mg
Folic Acid	120 mcg	72 mcg
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





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