

Nutriosys®

PRODUCT CATALOGUE

**ULTRA
PERFORMANCE
SPORTS
NUTRITION**



One Step Towards Wellness



Nutriosys®



SPORTS NUTRITION RANGE

ULTRA PREMIUM L-ARGININE AMINO ACID

Increases Vasodilation

Increases Nitric Oxide

Increases Protein Synthesis

Promotes Immune Function



Supplement Facts

Serving Size : Two Scoops (10 g)
Serving Per Container : 30

Amount Per Serving

L-Arginine 5 gm

* Daily values not established

PRE & POST WORK OUT

Available in: 300 g (0.66 LBS)

BCAA PRO

2:1:1



Supplement Facts

Serving Size : 1 Teaspoon (5 g)
Serving Per Container : 60

	Per Serving	Per 100 gm
Energy	1.02 kcal	18 kcal
Total Carbohydrate	0.25 g	4.47 g
Total Fat	0 g	0 g
Saturated Fat	0 g	0 g
Cholesterol	0 g	0 g
Trans Fatty Acid	0 g	0 g
L-Leucine	2.5 g	43.85 g
L-Isoleucine	1.25 g	21.92 g
L-Valine	1.25 g	21.92 g

* Daily values not established

PRE & POST WORK OUT

Available in: 300 g (0.66 LBS)

AMINO PRE WORKOUT

Essential Amino Acid
Delivery

Muscle Recovery

Energy & Focus



Supplement Facts

Serving Size : Two Scoops (10 g)
Serving Per Container : 30

	Amount Per Serving	% DV
Calories	5 kcal	**
Total Carbohydrate	1 g	<1%
Amino Blend	5 g	**
Micronized Taurine, Micronized L-Glutamine, Micronized L-Arginine, Micronized L-Leucine, Beta-Alanine (as carnosyn), Micronized Citrulline, Micronized L-Isoleucine, Micronized L-Valine, Micronized L-Tyrosine, Micronized L-Histidine, Micronized L-Threonine, Micronized L-Methionine.		
Energy Blend	160 mg	**
Caffeine (from Green Tea), Green Tea Extract (Camellia sinensis) (leaf) (standardized for EGEG), Green Coffee Extract (bean).		

** Percent Daily Values are based on a 2000 calorie diet. ** Daily values not established.

PRE & POST WORK OUT

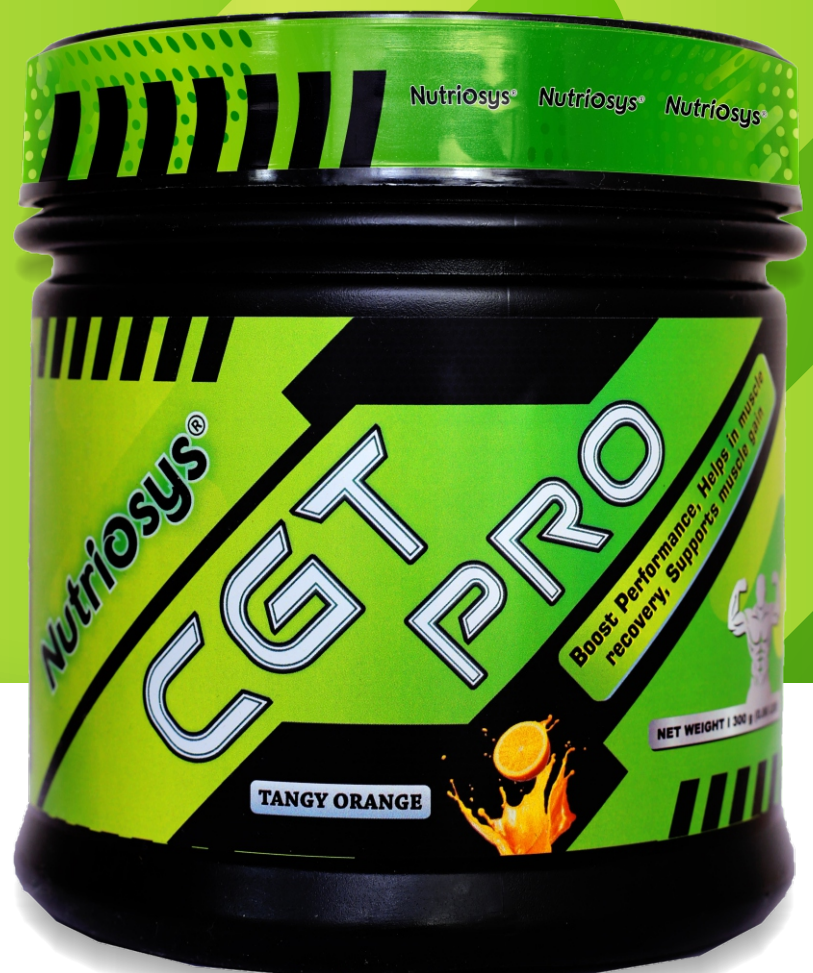
Available in: 300 g (0.66 LBS)

CGT PRO

Boost Performance

Helps in Muscle Recovery

Supports Muscle Gain



Supplement Facts

Serving Size : 1 Scoop (12.20 g)
Serving Per Container : Approx. 24

Approx. Composition	Per serving (12.20 g)	Per (100 gm)
Micronized Creatine Monohydrate	4.3 g	35.2 g
L-Glutamine	4.1 g	33.5 g
L-Taurine	2.0 g	16.4 g

* Daily values not established

PRE & POST WORK OUT

Available in: 300 g (0.66 LBS)

CREATINE MICRONIZED

**Muscle Strength &
Endurance**



Supplement Facts

Serving Size : 1 Teaspoon (3 g)
Serving Per Container : 90

Amount Per Serving		% DV
Creatine Monohydrate	3 gm	**

* Daily values not established

PRE & POST WORK OUT

Available in: 300 g (0.66 LBS)

EAA PRO

Increase Strength Gains

Build Lean Muscle Mass

Boost Performance



Supplement Facts

Serving Size : 1 Teaspoon (10 g)
Serving Per Container : 30

	Amount Per Serving	% Daily Value		Amount Per Serving	% Daily Value
Calories	0 Kcal		L-Valine	1.5 g	†
Total Carbohydrate	0 g	0%	L- Lysine	1 g	†
Sugar	0 g	0%	L-Threonine	1 g	†
Sodium	100 mg	4%	L-Histidine	300 mg	†
Potassium	150 mg	4%	L-Methionine	100 mg	†
EAA 8.5g MATRIX:			L-Phenylalanine	75 mg	†
L-Leucine	3 g	†	L-Tryptophan	25 mg	†
L-Isoleucine	1.5 g	†			

** Percent Daily Values Not Established

PRE & POST WORK OUT

Available in: 300 g (0.66 LBS)

PEA PROTEIN

Muscle Strength

Athletic Performance

Lean Muscle



Nutrition Facts

Serving Size : 1 Scoop (36 g) Serving Per Container : 28				COMPLETE DERIVED AMINO ACID Profile per serving (in mg Approx.)	
Nutrients	Approx. Per 100g	36g	%RDA		
Energy (Kcal)	387	139	6.01%	Aspartic Acid*	3159
Total protein (g)	83.3	30.0	50.0%	Threonine*	1112
Total Fat (g)	1.30	0.47	1.56%	Glutamic Acid*	5062
Saturated Fat (g)	0.50	0.18	**	Serine*	1508
Trans Fat (g)	0.00	0.00	**	Histidine*	734
Cholesterol (mg)	0.00	0.00	**	Glycine	1111
Total carbohydrate (g)	10.6	3.82	**	Arginine*	2423
Dietary Fiber (g)	3.10	1.12	**	Alanine*	1286
Added sugar (g)	0.00	0.00	**	Tyrosine*	871
Vitamins & Minerals				Valine**	1544
Calcium (mg)	47.3	17.0	2.84%	Methionine*	383
Iron (mg)	19.4	7.00	41.2%	Phenylalanine*	1609
Zinc (mg)	0.86	0.31	2.58%	Isoleucine**	1343
Sodium (mg)	361	130	6.19%	Leucine**	2404
Potassium (mg)	206	74.2	1.98%	Lysine*	1907
				Proline	1220
				Cystine*	337
				Tryptophan*	290

+ %RDA values established as per ICMR Guidelines.
** %RDA values not established.

PRE & POST WORK OUT

Available in: 500 g (1.10 LBS)

MASS BOOSTA

100% A PREMIUM WEIGHT GAINER

532
CALORIES

25g
PROTEIN

03g
COLOSTRUM

104g
CARBS



Nutritional Facts

Serving Size: 138 g Serving per Container 7

Amount per Serving
Calories 532

Calories from fat 16%

% Daily Value**

Total Fat	1.7 g	3%
Saturated Fat	1 g	6%
Cholesterol	6 mg	2%
Sodium	154 mg	6%
Potassium	375 mg	11%
Total Carbohydrate	104 g	35%
Dietary Fiber	2 g	8%
Sugars	19 g	**

Protein	25 g	50%
Whole Colostrums	3 g	
Creatine Monohydrate	1.5 g	
Vitamin A	765 IU	15%
Vitamin B	122 mcg	33%
Vitamin C	39 mg	65%
Biotin	90 mcg	30%
Vitamin D	35 IU	34%
Panthenic acid	4 mg	40%
Vitamin E	15 IU	50%
Calcium	190 mg	19%
Thiamine	1 mg	67%
Iron	11 mg	61%
Riboflavin	1 mg	59%
Phosphorus	450 mg	45%
Niacin	9 mg	45%
Iodine	48 mg	32%
Vitamin B	61 mg	50%
Magnesium	120 mg	30%
Folic acid	80 mcg	20%
Zinc	15 mg	100%

Essential Amino Acid/BCAA

Histidine	392 mg
Leucine	2408 mg
Lysine	2051 mg
Valine	869 mg
Phenylalanine	767 mg
Isoleucine	1230 mg
Tryptophan	225 mg
Methionine	408 mg
Theanine	1530 mg

Conditionally Non Essential

Arginine	406 mg
Glycine	18 mg
Proline	42 mg
Serine	43 mg
Tyrosine	41 mg

Non Essential

Alanine	230 mg
Aspartate	489 mg
Glutamate	643 mg
Cysteine	208 mg

PRE & POST WORK OUT

Available in: 1 kg (2.2 LBS)

WHEY BLAST

100% WHEY PROTEIN ISOLATE

24g
PROTEIN

5.4g
BCAA

2.5g
L-GLUTAMINE



Nutritional Facts

Serving Size: 30 g Serving per Container 33

Amount per Serving
Calories 117 Calories from fat 9%

		% Daily Value**
Total Fat	1 g	2%
Saturated Fat	0.5 g	6%
Trans	0 mg	**
Sodium	40 mg	2%
Potassium	150 mg	4%
Total Carbohydrate	3 g	35%
Dietary Fiber	2 g	1%
Sugars	1 g	**
Protein	24 g	48%

L-Glutamine	2.5 g
Vitamin A	1%
Vitamin C	1%
Calcium	14%
Iron	4%

*** daily values are based on 2000 calories diet. Your daily values are higher or lower depending on your calories needs.

Typically Amino Acid Profile per Serving

Histidine	528 mg
Leucine	2592 mg
Lysine	2304 mg
Valine	1392 mg
Phenylalanine	792 mg
Isoleucine	1392 mg
Tryptophan	504 mg
Methionine	456 mg
Theonine	1728 mg

Conditionally Non Essential

Arginine	504 mg
Glycine	432 mg
Proline	1392 mg
Serine	1128 mg
Tyrosine	432 mg

Non Essential

Alanine	1176 mg
Aspratic Acid	2592 mg
Glutamic Acid	4008 mg
Cysteine	552 mg

	Calories	2000	2500
Total Fat	Less than	65 g	80 g
Saturated Fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2400 mg	2400 mg
Total Carbohydrate		300 g	375 g
Dietary Fiber		25 g	30 g
Fat9	* Carbohydrate4	*Protein4	

PRE & POST WORK OUT

**Available in: 1 kg (2.2 LBS),
2 kg (4.4 LBS)**