

PROTEIN



RECOVERY / REBUILD VANILLA

Recommended Dosage

1 SCOOP (30G) + 120-170ml Water or milk
(for optimal results)

Post workout

Take 1 scoop immediately after workout with water or milk

Can be combined with all Xendurance products

Combine with 1 scoop Xendurance Fuel-5 or Fuel-5 + for the optimum Carb / Protein recovery drink.

What else should I take?

Endurance athletes

We recommend taking Xendurance Protein alongside other products aimed at improving recovery, for example Xendurance tablets.

CrossFit / Gym athletes

We recommend taking Xendurance Protein alongside other products aimed at improving recovery, for example Xendurance tablets and also other products containing lactate, for example Xendurance tablets, Fuel-5 and Hydro X.

How should I take it?

Consume with water or milk

Mix a scoop of Xendurance Protein with either water or milk in a shaker bottle. Shake thoroughly before consuming.

Take if after training

Xendurance Protein contains a blend of 4 different proteins alongside lactate. This ensures you maximise your recovery window, with immediate and longer lasting protein synthesis.

Mix with other Xendurance products or include in recipes

Xendurance protein is designed to be combined with other products, for example Fuel-5 or Fuel-5+. It can also be mixed into smoothies or recipes, for example protein pancakes.

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