



NUTRITION

**THE NeXT GENERATION
OF SPORTS NUTRITION**

NXT

NUTRITION

ABOUT US

NXT Nutrition is a cutting edge sports nutrition brand that specialises in creating Innovative products that are designed to improve performance for athletes and gym users alike.

Innovation: Rather than copying other brands, NXT Nutrition create brand new products or improve existing category standard products.

Manufacturing: Most sports nutrition brands use standard contract manufacturers to produce their products alongside many other sports nutrition brands, resulting in more of the same standard and dated products.

NXT Nutrition products are made in facilities that do not produce for other sports nutrition brands. Our products are made in facilities that produce for most leading blue chip food companies. This means that we use only the highest quality of ingredients, enjoy economies of scale and our products are produced to the highest possible standards.

Because of this, we can offer the highest quality products at affordable prices.

NXT Nutrition – The NeXT Generation Of Sports Nutrition





NXT NUTRITION

The NeXT Generation Of Sports Nutrition



TNT NUCLEAR PRE 250ML

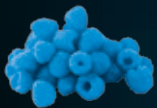


PRE is a pre workout supplement designed to provide maximum energy and performance to users when standard energy drinks just won't cut it!

With just 41 calories per bottle, PRE has zero sugars, carbohydrates and fats.

For best results try stacking TNT with Amino Fuel.

Available in



Blue Raspberry



Apple
Blackcurrant



Strawberry
& Lime

250ml x 24 bottles per case

Nutritional Information

Serving Size: 1 Bottle (250 ml)

Typical Values	Per 100ml	Per 125 ml	Per 250ml
Energy	68 kJ / 16 kcal	85 kJ / 21 kcal	170 kJ / 41 kcal
Protein	4 g	5 g	10 g
Beta Alanine	1200 mg	1500 mg	3000 mg
Arginine AKG	1200 mg	1500 mg	3000 mg
Citrulline Malate	400 mg	500 mg	1000 mg
Taurine	600 mg	750 mg	1500 mg
Caffeine	140 mg	175 mg	350 mg
N-Acetyl-L-Carnitine	300 mg	375 mg	750 mg
Acetyl-L-Carnitine	300 mg	375 mg	750 mg
Vitamin B12	1 mcg	1,25 mcg	2,5 mcg
Vitamin B6	1 mcg	1,25 mcg	2,5 mcg

350mg CAFFEINE

3g ARGININE

3g BETA ALANINE

0g SUGAR

TNT NUCLEAR SHOTS



TNT Nuclear is a pre workout energy shot designed to give maximum energy pre workout.

By combining caffeine and B Vitamins and N-Acetyl-L-Tyrosine, TNT Nuclear will improve alertness, focus and stimulate your energy systems almost immediately.

We have added 3000 mg of Arginine AKG to dilate blood vessels and allow more blood flow to help deliver nutrients to your muscles.

Beta Alanine and Citrulline Malate are added to boost muscle carnosine levels which helps buffer lactic acid. We have further added Acetyl-L-Carnitine to help promote the use of fat stores an energy source to fuel your workouts!

TNT Nuclear is ideal for anyone looking to improve focus and energy pre workout, enabling them to train harder for longer.

For best results try stacking TNT with Amino Fuel. Available in



Kiwi & Lime



Orange



Strawberry



Blue Raspberry



Pineapple

Nutritional Information

Serving Size: 30ml (1/2 bottle)

Typical Values	Per 60ml (2 servings)	Per 100 ml
Energy	170 kJ 41 kcal	284 kJ 63.8 kcal
Fat	0 g	0 g
of which saturates	0 g	0 g
Carbohydrates	0 g	0 g
of which sugars	0 g	0 g
Fibre	0 g	0 g
Protein (Dry basis)	10 g	16.66 g
Salt	TRACE	TRACE
Beta Alanine	3000 mg	5000 mg
Arginine AKG	3000 mg	5000 mg
Citrulline Malate	1000 mg	1666 mg
Taurine	1500 mg	2500 mg
Caffeine	350 mg	583 mg
N-Acetyl L-Tyrosine	750 mg	1250 mg
Acetyl-L-Carnitine	750 mg	1250 mg
Vitamin B12	2.5 mcg	4.16 mcg
Vitamin B6	2.5 mcg	4.16 mcg

60ml X 12 Bottles per display box

350mg

CAFFEINE

3500mg

BETA ALANINE

3000mg

ARGININE

1000mg

CITRULLINE MALATE

The NeXT Generation Of Sports Nutrition

NXT
NUTRITION

PROTEIN ISOLATE 500ML



We all know of the importance of protein for athletes and gym goers alike. For many years protein has been the go to supplement for anyone looking to improve performance and recovery from exercise.

Protein Isolate is rapidly becoming the No.1 choice of protein supplement for many athletes for a number of reasons:

- » Protein Isolate is carbohydrate and sugar free
- » Protein Isolate is fat free
- » Protein Isolate is dairy and Gluten free
- » Protein Isolate is very easy to digest

Taste, people are always amazed at how good Protein Isolate tastes.

Each 500ml bottle of Protein Isolate provides 30 grams of protein with nothing else, zero carbs and zero fats!

Protein Isolate is ideal for anyone looking to boost their protein intake whilst trying to avoid milk or soy based products.

Protein Isolate can be used at any time of the day.

Nutritional Information:

Serving Size 1 Bottle (500ml)

Typical Values	Per 500ml	Per 100ml
Energy	128 kcal 541 kj	26 kcal 128kj
Fat	0g	0g
of which saturates	0g	0g
mono unsaturates	0g	0g
poly unsaturates	0g	0g
Carbohydrates	0g	0g
of which sugars	0g	0g
polyols	0g	0g
starch	0g	0g
Fibre	0g	0g
Protein	30g	6g
Salt	TRACE	TRACE



Blue Raspberry



Orange



Kiwi & Lime



Pineapple

30g

PROTEIN

0g

FAT

0g

SUGAR

AMINO FUEL 750ml



There are many BCAA drinks on the market but no other BCAA drink comes close to offering athletes and gym goers the benefits of Amino Fuel 750ml.

Amino Fuel is a unique sports nutrition formulation designed to be taken during exercise, enabling you to train harder, train longer and recover quicker.

We have achieved this by combining the right ingredients in their correct dosages.

BCAAs are added to delay muscle breakdown and promote recovery. Most BCAA drinks only have 3-4 grams of BCAAs, at this level they will do little or nothing to help delay muscle breakdown. In Amino Fuel we have added 8 grams of BCAAs to ensure maximum effects of BCAAs.

As it delays fatigue and reduces lactic acid, one of the most important nutrients for intra workout is Citrulline Malate. Citrulline Malate is included in almost every powdered intra-work formula for good reason, it works!

Our inclusion of 2000mg of Citrulline Malate is almost unique in ready to drink amino acid formulas.

To ensure full hydration, Amino Fuel comes in a huge 750ml bottle.

Sipped on during your workout, Amino Fuel is ideal for anyone looking to get the most out of their training.

Nutritional Information

Serving Size: 1 Bottle (750 ml)

Typical Values	Per 100ml	Per 750ml (1 serving)
Energy	9.33 kcal / 22.3 kJ	40 kcal / 167 kJ
Fat	0 g	0 g
of which saturates	0 g	0 g
mono-unsaturates	0 g	0 g
poly unsaturates	0 g	0 g
Carbohydrates	0 g	0 g
of which sugars	0 g	0 g
polyols	0 g	0 g
starch	0 g	0 g
Fibre	0 g	0 g
Protein	1.33 g	10 g
Salt	Trace	Trace
Nutritional Extra		
Leucine	0.53 g	4 g
Isoleucine	0.27 g	2 g
Valine	0.27 g	2 g
Total BCAAs	1.07 g	8 g
Citrulline Malate	0.27 g	2 g

NXT NUTRITION



Blue Raspberry



Orange



Strawberry-Lime

8g

BCAA's

2g

CITRULLINE MALATE

0g

SUGAR

The NeXT Generation Of Sports Nutrition



TNT NUCLEAR PRE



TNT Nuclear Pre is the strongest Pre Workout formula available.

TNT Nuclear Pre was designed for seasoned users of Pre Workout formulas that have built up a tolerance to standard Pre Workout formulas. TNT Nuclear Pre is so potent because it combines numerous ingredients in their fully active levels giving you exactly what you need to get maximum effects from your training!

ENERGY: By combining Caffeine, B Vitamins, Ginseng and Schisandra, TNT Nuclear Pre gives you an instant and sustained energy blast.

FOCUS: To boost mental focus we have combined the highly potent ingredients Tyrosine.

MUSCLE PUMP: 3000MG of Arginine AKG is added to ensure muscle pump, improved blood flow and maximum delivery of other key nutrients.

DELAYED MUSCLE FATIGUE: We have combined the most tried and tested compounds to delay muscle fatigue, Citrulline Malate and Beta Alanine.

FAT METABOLISM: Acetyl-L-Carnitine is added to promote your body to use it's fat stores as an energy source.

TNT Nuclear Pre was specifically designed for seasoned users of Pre Workout formulas that have built up a tolerance to other Pre Workout formulas.

First time users of TNT Nuclear Pre should only use one serving (6 grams) 20 minutes before training.

3g	ARGININE	350mg	CAFFEINE
3g	BETA ALANINE	1g	CITRULLINE MALATE

TNT NUCLEAR PRE



Nutritional Information

Typical Values	Per 100g	Per 6g	Per 12g
Energy	1401 kJ / 335 kcal	64 kJ / 20 kcal	128 kJ / 40 kcal
Fat	0 g	0 g	0 g
of which saturates	0 g	0 g	0 g
Carbohydrates	0.89 g	0.05 g	0.1 g
of which sugars	0 g	0 g	0 g
of which polyols	0.89 g	0.05 g	0.1 g
Protein	83 g	5 g	10 g
Salt	1.1 g	0.06 g	0.12 g
Arginine AKG	25000mg	1500mg	3000mg
Beta Alanine	25000mg	1500mg	3000mg
Citrulline Malate	8333mg	500mg	1000mg
N-Acetyl-L-Tyrosine	6250mg	375mg	750mg
Acetyl-L-Carnitine	6250mg	375mg	750mg
Caffeine	2915mg	175mg	350mg
Alpha GPC	2500mg	150mg	300mg
Vitamin B12	20.8mcg	1.25mcg	2.5mcg
Vitamin B6	20.8mcg	1.25 mcg	2.5mcg

Weight: 240G, 40 Servings



Blue Raspberry



Fizzy Cola Bottles



Kiwi & Lime Twist



Pineapple Blast



Apple Drops



Strawberry & Lime



Mixed Candy

NXT NUTRITION

TNT NUCLEAR BURN



TNT Nuclear Burn is the world's most effective, science-based formula designed to melt body fat, kill excessive cravings and suppress appetite.

Lofty claims, but one's which here at NXT we are confident we've achieved with this blistering formula.

Containing an intricately designed multi-pronged system, TNT Nuclear Burn attacks fat from multiple angles in the following ways:

Fat Release Mechanism: designed to mobilise stored body fat for energy and allows the body to break it down more easily.

Metabolism Booster: A rocket-fuelled combination to enhance metabolic rate leading to more calories burnt over the course of the day.

Thermogenic Boost: Potent qualities work in powerful synchronicity with the rest of the formula to melt stubborn body fat receptors.

Appetite Reduction: The highly-renowned synergy helps to blunt cravings and moderate appetite - a sworn-enemy of any individual looking to diet over the long-term.

It's clear: TNT Nuclear Burn is the most intelligent formula on the market for attacking adipose tissue, controlling appetite and modulating levels of estrogen in the body. Nothing can even come close to its potency.

CAUTION: HIGH CAFFEINE CONTENT. NOT RECOMMENDED FOR CHILDREN OR PREGNANT OR BREAST FEEDING WOMEN.

Contains 100mg caffeine per serving. Do not exceed stated recommended daily dose. This product should not be used as a substitute for a varied balanced diet. Keep out of direct sunlight and store in a cool dry place. Store out of reach of children.

TNT NUCLEAR BURN



OUR UNIQUE 5 STAGE FAT BURNING MECHANISM WILL HELP BURN FAT AT RATES NEVER SEEN BEFORE WITH FAT BURNERS

50 mg

Cayenne Pepper

200 mg

Caffeine

200 mg

Lotus Leaf

200 mg

Dandelion

Nutritional Information		
Amount per	Per 2 capsules	Per 4 capsules
Cayenne Pepper	25mg	50mg
Black Pepper	2.5mg	5mg
Caffeine	100mg	200mg
Citicoline	100mg	200mg
Forskolin	100mg	200mg
African Mango	100mg	200mg
L-Theanine	25mg	50mg
Dandelion Extract	100mg	200mg
Lotus Leaf Extract	100mg	200mg
Niacin	10mg	20mg

NXT NUTRITION

TNT PUMP



Powerful non-stimulant pre-workout pump formula for nitric oxide production

Increases intracellular water levels and nutrient delivery

Delays fatigue, increases strength gains and enhances recovery between sets

The ability to enhance nutrient delivery to tissues intra-workout has long been sought after by bodybuilders and athletes alike.

The reason? It enhances muscle hypertrophy, stimulates nitric oxide production, and leads to more productive workouts overall.

However, solutions to achieve this state for intra-workout productivity have so far fallen short, with poor formulations and weak levels of ingredients producing ineffective results - until now...

NXT Nutrition - The Masters of Innovation

Drawing on the latest scientific breakthroughs, we've formulated TNT Pump as the ultimate non-stimulant pre-workout formula for serious athletes.

Taking the approach of „fewer ingredients, higher quality dosages“, TNT Pump contains a blistering combination of **Citrulline Malate**, **Glycerol**, **Beta Vulgaris** and **Betaine** for insane muscle pumps.

Each ingredient possesses synergistic qualities that allow you to enhance nitric oxide production, in turn, delivering more oxygen and nutrients to working muscles during training.

In addition to monstrous muscle pumps, athletes supplementing with TNT Pump can delay the onset of fatigue, promote recovery between sets, and enhance overall strength gains during their sessions.

Less filler, maximum productivity. A philosophy we can ALL get behind with TNT Pump, another industry breakthrough from the pioneers of innovation in sports nutrition.

Nutritional information		
Typical Values	Per 100g	Per 10g
Energy	240 kcal / 1003 kJ	24 kcal / 100 kJ
Fat	0 g	0 g
of which saturates	0 g	0 g
Carbohydrates	30 g	3 g
of which sugars	0 g	0 g
of which polyols	30 g	3 g
Protein	30 g	3 g
Salt	0 g	0 g
	Per 10g (1 scoop)	Per 20g (2 scoops)
Citrulline Malate	3000 mg	6000 mg
Glycerol	3000 mg	6000 mg
Betaine	1250 mg	2500 mg
Beta Vulgaris	250 mg	500 mg



Blue Raspberry



Cola



Tropical Delight

NXT NUTRITION

TNT NUCLEAR EAAS



EAA is an advance Essential Amino Acid formula designed to help muscles recover and grow.

Muscles grow by repairing small tears that occur during exercise. To help repair these tears an adequate supply of amino acids is necessary. Not all amino acids are equal and they can be divided into two categories,

NON ESSENTIAL AMINO ACIDS: These can be created by the body and do not need to be derived through diet.

ESSENTIAL AMINO ACIDS: These CANNOT be created by the body and have to be obtained through proper diet.

In EAA we have added the perfect ratio of essential amino acids to ensure optimal athletic performance, recovery and muscle growth without any added fillers or calories.

We have also added a vitamin to help uptake of the Essential Amino Acids (EAAs).

This combination of EAAs, vitamins helps ensure maximum Muscle Protein Synthesis.

Nuclear EAA is ideal for anyone looking to repair or grow muscle tissue. Added to your water bottle, simply sip throughout the day. Take 1-3 servings depending on your requirements.

Nutritional information

Essential Amino Acid Blend Per	12g:
Leucine	2000mg
Cysteine	1200mg
Isoleucine	1000mg
Valine	1000mg
Lysine	1000mg
Methionine	1000mg
Tryptophan	1000mg
Threonine	1000mg
Histidine	600mg
Phenylalanine	200mg
Vitamin and Mineral Blend	
Vitamin D3	1000IU
Co Enzyme Q10	50mg



Strawberry & Lime Crush



Icy Blue Razz



Pineapple Blast



Apple Drops

CREAM OF RICE 2 kg



What is NXT Nutrition Cream of Rice?

Cream of Rice is an easy to make, delicious and easy to digest rice cereal. Each 50g serving of Cream of Rice provides 19.5g of carbohydrates, only 0.01g fat and zero sugar.

- Gluten free
- Vegan
- 19.5g complex carbs per serving
- 0g sugar / 0g fats
- 80 (25g) servings

How can NXT Nutrition Cream of Rice support your diet and training?

For decades, bodybuilders have utilised and benefited from the rich source of complex carbohydrates derived from rice in the form of cream of rice, rice puddings and baby rice. Cream of rice has a moderate to mild GI index and it's a great way to increase energy levels.

NXT Nutrition makes a great choice as a breakfast cereal, or, as a pre-workout meal to fuel your intense workouts. Simply by adding your choice of NXT Pure Whey or Beef Protein, you can easily make a high protein Cream of Rice, and if you are short on time it can be instantly mixed in your shaker bottle.

Who is NXT Nutrition Cream of Rice suitable for?

For any training individual who requires a boost of energy, sustained energy, extra calories for muscle gain, or as a carb source for carb loading for endurance athletes - Cream of Rice is a great option to support all training goals. It is ideal for adding quality calories to your diet for sustained release energy, and it's easy to digest. Cream of Rice is also vegan and gluten-free.

Why is NXT Nutrition Cream of Rice a better option than porridge, or, oats?

Cream of Rice is gluten-free making it ideal for those that have a gluten intolerance, or those following a gluten-free diet. Gluten has a very negative impact on your health, both mentally & physically, your performance and your physique. Making Cream of Rice the smart choice compared to oat based cereals.

How does Cream of Rice taste?



Apple & Blackcurrant Tart



Strawberry Cheesecake



Apple Pie

Nutritional information

Typical values	Per 100g	Per 25g
Energy	1469 kJ / 346 kcal	367 kJ / 86 kcal
Fat	0.6g	0.01g
of which saturates	0.2g	0g
Carbohydrates	78g	19.5g
of which sugars	0.1g	0g
Fibre	0.5g	0.12g
Protein	7.2g	1.8g
Salt	0.01g	0g

Cream of Rice makes a tasty, thick and creamy rice porridge and comes in 4 different flavours - unflavoured, chocolate, vanilla and salted caramel to finish off this delicious breakfast meal. You can add your favourite sugar free syrups to boost the flavour or you can add it to your favourite protein shake, such as NXT Nutrition Pure Whey.

What goes well with Cream of Rice?

Cream of Rice is great with any protein powders. You can also add Natural Nuts or Nut Butters to increase healthy fatty acid levels.



Chocolate



Vanilla



Salted Caramel

Unflavoured



Banoffee



Blueberry Muffin

BEEF PROTEIN ISOLATE 1.8kg



We all know of the importance of protein for athletes and gym goers alike. For many years protein has been the go to supplement for anyone looking to improve performance and recovery from exercise.

Beef Protein Isolate is rapidly becoming the No.1 choice of protein supplement for many athletes for a number of reasons,

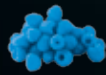
- » Beef Protein Isolate is carbohydrate and sugar free
- » Beef Protein Isolate is fat free
- » Beef Protein Isolate is dairy and Gluten free
- » Beef Protein Isolate is very easy to digest
- » Taste, people are always amazed at how good Beef Protein Isolate tastes
- » Beef Protein Isolate is ideal for anyone looking to boost their protein intake whilst trying to avoid milk or soy based products.

Beef Protein Isolate can be mixed up as a cordial or used to make protein icepops or slushies.

Available in



Apple



Blue Raspberry



Cola



Pineapple



Kiwi & Lime



Juice Orange



Strawberry & Lime



Apple Blackcurrant

Nutritional Information

Typical Values	Per 100g	Per 30 g (serving)
Energy	1539 kJ 368 kcal	452 kJ 110 kcal
Fat	0 g	0 g
of which saturates	0 g	0 g
mono - unsaturates	0 g	0 g
poly unsaturates	0 g	0 g
Carbohydrates	0.87 g	0.26 g
of which sugars	0 g	0 g
polyols	0 g	0 g
starch	0.87 g	0.26 g
Fibre	0 g	0 g
Protein (dry basis)	90 g	27 g
Salt	0 g	0 g

1.8kg X 6 tubs per case
600 g

27g

PROTEIN

0g

FAT

0g

SUGAR

PURE WHEY 2.25kg



Whey protein is probably the most tried and tested sports nutrition supplement available. Considered to be the go to supplement for anyone undertaking any strenuous physical exercise or gym training.

The main reason for this is results!

In Pure Whey we use only the purest forms of whey protein, Hydrolyzed Whey Protein, Whey Protein Isolate and Whey Protein Concentrate.

To further enhance the results of Pure Whey, we fortify Pure Whey with the most important of all Amino Acids, BCAAs and L-Glutamine.

Each 30 gram serving of Pure Whey provides 5 grams of BCAAs and L-Glutamine.

Pure Whey is ideal for anyone looking to boost their protein intake while keeping calories low.

Pure Whey can be mixed up as a traditional shake or added to baked products or smoothies to boost the protein content!

24g PROTEIN

5g BCAAs

5g GLUTAMINE

Nutritional Information

Typical Values	Per 100g	Per 30 g (serving)
Energy	1660 kJ 397 kcal	495 kJ 119 kcal
Fat	6.77 g	2.03 g
of which saturates	4.96 g	1.49 g
Carbohydrates	5.71 g	1.72 g
of which sugars	3.24 g	0.97 g
Protein (dry basis)	80.7 g	24.21 g
Salt	0.37 g	0.12 g
Glutamine	16.6 g	5 g
BCAA'S	16.6 g	5 g

1.8kg X 6 tubs per case
600 g



Banana



Chocolate



Strawberry



Chocolate Mint



Vanilla



Salted Caramel

NXT NUTRITION

AMINO FUEL 300g

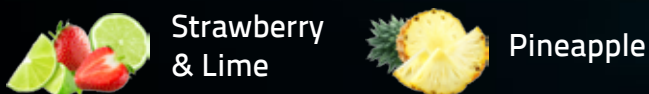
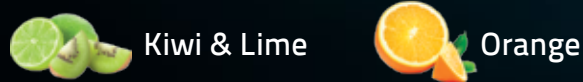


Amino Fuel is a unique sports nutrition formulation designed to be taken during exercise, enabling you to train harder, train longer and recover quicker. We have achieved this by combining the right ingredients in their correct dosages.

BCAAs and L-Glutamine are combined to delay muscle breakdown and promote recovery. Beta Alanine and Citrulline Malate are combined to buffer lactic acids and reduce muscle fatigue. We have further fortified Amino Fuel with electrolytes to aid hydration and help fight off muscle cramps.

Amino Fuel is ideal for anyone looking for a drink to use during exercise to help you train harder and longer.

Package: 300 g



Nutritional Information

Typical Values	Per 100g	Per 10 g (serving)
Energy	1447 kJ 346 kcal	145 kJ 35 kcal
Fat	0 g	0 g
of which saturates	0 g	0 g
mono - unsaturates	0 g	0 g
poly unsaturates	0 g	0 g
Carbohydrates	8.96 g	0.9 g
of which sugars	0.23 g	0.03 g
polyols	0 g	0 g
starch	8.73 g	0.88 g
Fibre	2.46 g	0.25 g
Protein (dry basis)	75 g	7.5 g
Salt	1.41 g	0.15 g
	Per 10 g	Per 20 g
L-Leucine	2000 mg	4000 mg
L-Isoleucine	1000 mg	2000 mg
L-Valine	1000 mg	2000 mg
L-Glutamine	2000 mg	4000 mg
Citrulline DL Malate	1000 mg	2000 mg
Beta Alanine	500 mg	1000 mg
Vitamin B6	750 mcg	1500 mcg

8g

BCAAs

4g

L-GLUTAMINE

2g

CITRULLINE MALATE

500mg

BETA ALANINE

BCAA, GLUTAMINE & D3 360g



BCAA, Glutamine and D3 is a sports nutrition supplement designed to give you the necessary nutrients to help Muscle Recovery, Muscle Repair, Muscle Growth and Protein Synthesis. Branched Chain Amino Acids or BCAAs are three essential amino acids that your body cannot produce. BCAAs are a key component in the repair and rebuilding of muscle tissues. L-Glutamine is a conditionally essential amino acid that helps boost growth hormone levels, recovery, fat loss and repair the digestive system. Vitamin D3 is often overlooked in sports nutrition but it plays a vital role in protein synthesis and boosting immune system. These are two areas when neglected can greatly halt or stall athletic progress. BCAA, Gutamine & D3 is ideal for anyone looking to improve recovery, repair and protein synthesis. Sipped throughout the day, BCAA, Glutamine & D3 can be added to your water bottle or used to make icepops or slushies.

- 5g

BCAAs
- 1000IU

VITAMIN D3
- 5g

L-GLUTAMINE
- 0g

SUGARS

Package: 360 g

-  Apple
-  Blue Raspberry
-  Cola
-  Apple Blackcurrant
-  Kiwi & Lime
-  Orange
-  Strawberry & Lime
-  Pineapple

Nutritional Information		
Typical Values	Per 100g	Per 12 g (serving)
Energy	1568 kJ 375 kcal	189 kJ 45 kcal
Fat	0 g	0 g
of which saturates	0 g	0 g
mono - unsaturates	0 g	0 g
poly unsaturates	0 g	0 g
Carbohydrates	8.78 g	1.05 g
of which sugars	0.47 g	0.05 g
polyols	0 g	0 g
starch	7.28 g	0.87 g
Fibre	0.01 g	0 g
Protein (dry basis)	83.39 g	10 g
Salt	0 g	0 g
	Per 100 g	Per 12 g
L-Glutamine	41.67 g	5000 mg
L-Leucine	20.83 g	2500 mg
L-Isoleucine	10.41 g	1250 mg
L-Valine	10.41 g	1250 mg
Vitamin D3	8333 IU	1000IU

NXT NUTRITION

CREATINE MONOHYDRATE



Creatine Monohydrate is one of the most popular sports nutrition products, synonymous with power and strength.

Creatine came to the forefront in the 1980s when it was discovered that most of the power and speed Olympic athletes had been using it to boost performance.

During short duration explosive sports such as sprinting, weight lifting and rugby, ATP (adenosine tri-phosphate) is the energy system used.

When ATP is depleted, it uses your bodies creatine phosphate reserves to produce more ATP energy. Supplementing with Creatine Monohydrate increases your bodies pool of creatine allowing more ATP to be produced, resulting in more work being performed.

Creatine Monohydrate is ideal for anyone involved in power, strength and speed based sports. The most tried and tested way to take creatine is as follows,

Loading Phase: For 5 days take 1 serving (5 grams) of Creatine Monohydrate 5 times per day.
Maintenance Phase: After the 5 day loading phase. Take one serving (5 grams) of creatine Monohydrate twice per day.

Nutritional Information

Typical Values	Per 100g	Per 5 g
Energy	0 kJ 0 kcal	0 kJ 0 kcal
Fat	0 g	0 g
of which saturates	0 g	0 g
mono - unsaturates	0 g	0 g
poly unsaturates	0 g	0 g
Carbohydrates	0 g	0 g
of which sugars	0 g	0 g
polyols	0 g	0 g
starch	0 g	0 g
Fibre	0 g	0 g
Protein (dry basis)	0 g	0 g
Salt	0 g	0 g
Creatine monohydrate	100 g	5 g

Package: 400 g

L-GLUTAMINE



Glutamine is the most abundant amino acid found in muscle tissue. Glutamine accounts for over 60% of all amino acids found in skeletal muscle tissue.

During times of strenuous exercise, Glutamine gets greatly depleted. Your body can only produce a certain amount of Glutamine so this makes it conditionally essential.

Glutamine plays a very important role in protein synthesis, anti catabolic functions and elevates growth hormone levels. Glutamine also is a key factor in digestive health.

L-Glutamine is ideal for anyone involved in strenuous exercise or looking to optimize protein synthesis and digestive health.

Take one - two servings (5grams – 10 grams) of L-Glutamine twice per day.

Nutritional Information

Typical Values	Per 100g	Per 5 g
Energy	0 kJ 0 kcal	0 kJ 0 kcal
Fat	0 g	0 g
of which saturates	0 g	0 g
mono - unsaturates	0 g	0 g
poly unsaturates	0 g	0 g
Carbohydrates	0 g	0 g
of which sugars	0 g	0 g
polyols	0 g	0 g
starch	0 g	0 g
Fibre	0 g	0 g
Protein (dry basis)	0 g	0 g
Salt	0 g	0 g
L-Glutamine	100 g	5 g

Package: 400 g

CAUTION

PRE WORKOUT

THE NEXT GENERATION OF SPORTS NUTRITION

THE NEXT GENERATION OF PRE-TRAINERS

350MG
CAFFEINE

3000MG
BETA ALANINE

3000MG
ARGININE AKG

1000MG
CITRULLINE MALATE



THE WORLD'S STRONGEST
PRE-WORKOUT SHOT



NXT
NUTRITION

NXT

NUTRITION

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