

FIT20TM

PERFORMANCE PROTEIN

Better recovery, better results



Why You'll Love It

- Contributes to the growth of lean muscle mass.
- Necessary for tissue building and repair.
- Support bone and joint health.
- Optimise fat metabolism to stay fuelled and energised.
- Keep you satisfied between meals.



Naturally
Flavoured

What it is

- 20 grams of Grass-fed Whey Protein Isolate, Whey Protein Concentrate and Hydrolysed Collagen.
- **Grass-fed Whey Protein Concentrate:** Provides sustained energy and digestive support.
- **Hydrolysed Grass-fed Collagen Peptides:** Helps maintain healthy tissues, joints, and bones.
- **Hydrolysed Grass-fed Collagen Peptides:** Helps maintain healthy tissues, joints, and bones.



Gluten Free

How it works

- Grass-fed Whey Protein Isolate - supports healthy muscle growth and provides immediate fuel.
- Grass-fed Whey Protein Concentrate - supports healthy muscle growth and sustained energy and digestive support.
- Hydrolysed Grass-fed Collagen Peptides: Helps maintain healthy tissues, joints, and bones.
- MCT (Medium- Chain Triglycerides): Provides fast fuel and energy.

The SCIENCE of FIT20

One of the most important factors impacting our athletic performance is taking in protein from the right sources, at the right time, with the right complementary ingredients. When we feel a lack of progress in our workouts, lack of quality protein may be the culprit. Not only is protein vital for building the lean muscle to power through workouts, it also plays a key role in our ability to recover by repairing the damage to tissues and helps in the maintenance of bones.

Kyäni FIT20 contains 20 grams of Grass-fed Whey Protein Isolate, Grassfed Whey Protein Concentrate, and Grass-fed Hydrolysed Collagen. It helps athletes and other active people build lean muscle, aids in keeping bones healthy, supports a healthy metabolism, and contributes to normal energy production. The nature based ingredients support nutrient delivery throughout the body to help energise us for our next workout.



Key Ingredients:

Grass-fed Whey Protein Isolate	Provides immediate fuel.
Grass-fed Whey Protein Concentrate	Provides sustained energy and digestive support.
Hydrolysed Grass-fed Collagen Peptides	Helps maintain healthy tissues, joints, and bones.
MCT (Medium- Chain Triglycerides)	Provides fast fuel and energy.

How to use it

Mix one scoop with 200 - 250 mL of water, or blend into your favourite smoothie.

NUTRITIONAL INFORMATION

Servings per package: **14**

Serving size: **32 g**

	Average Quantity per Serving	Average Quantity per 100 g	Average Quantity per 100 mL*
Energy (kJ)	576 kJ (138 Cal)	1800 kJ (430 Cal)	248 kJ (59 Cal)
Protein	20 g	62.4 g	8.6 g
Fat, Total	4.5 g	14.2 g	2 g
- Saturated	2.5 g	7.9 g	1.1 g
Carbohydrates	5.2 g	16.3 g	2.2 g
- Sugars	1.0 g	3.1 g	0.4 g
Dietary Fibre	2.8 g	8.9 g	1.2 g
Sodium	135 mg	422 mg	58 mg
Potassium	576 mg	1800 mg	248 mg

* of prepared drink when mixed with 200 mL of water

INGREDIENTS: Grass-fed bovine Hydrolysed Collagen (35.5%), Grass-fed Whey Protein Concentrate (21.6%) (milk), Grass-fed Whey Protein Isolate (19.3%) (milk), Vanilla flavour (anticaking agent (maltodextrin), natural flavouring, emulsifier (gum Arabic), humectant (propylene glycol)), Medium Chain Triglycerides (MCT) (9%), stabiliser (guar gum), rice flour, emulsifier (sunflower lecithin), sea salt, sweetener (steviol glycosides).