



FIT20™

PERFORMANCE PROTEIN

What It Is

With 20 total grams of protein per serving, FIT20 is the perfect way to fuel your body before, during and after physical activity. Our unique formula combines hydrolyzed collagen with grass-fed whey protein isolate, giving you the perfect balance of Amino Acids to support muscle growth and repair. In fact, FIT20 contains 21 amino acids, making it one of the most comprehensive protein blends.

How It Works

In addition to being a great source of protein, FIT20 also contains magnesium citrate to support muscle function and recovery. And with the addition of sunflower lecithin, our supplement is easily and quickly absorbed by the body, maximizing its benefits.

Why You'll Love It

FIT20 delivers a unique combination of proteins and other natural ingredients to support workout and recovery. With 20 total grams of protein per serving, this powerful supplement combines hydrolyzed collagen with grass-fed whey protein isolate.

Key Features



Collagen



Gluten Free



High Protein



Cologne List Approved



Flavour
Vanilla



Servings
14



Daily Dosage
1 Scoop

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The Science of Amare FIT20

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NUTRITIONAL INFORMATION		
Serving Size: 30.7g (1 Scoop) / Servings per Pouch: 14		
	Amount per serving	Amount per 100 g
Energy	116 kcal 484 kJ	377 kcal 1577 kJ
Total Fat	1.7 g	5.4 g
of which saturated Fat	1.2 g	3.9 g
Carbohydrates	3.6 g	11.9 g
of which Sugars	0.3 g	0.8 g
Fibre	0.9 g	2.8 g
Protein	20 g	65.2 g
Salt	0.2 g	0.5 g
Magnesium	0.1 g*	0.33 g

*NRV = Nutrient Reference Value
27% of Nutritional Reference Value, EU Regulation (EU) Nr. 1169/2011

Ingredients



Collagen



Sunflower Lecithin



MCT Oil



Magnesium



Stevia

Amino Acids



- Asparagine
- Threonine
- Serine
- Glutamine
- Glycine
- Alanine
- Proline
- Valine
- Methionine
- Isoleucine
- Leucine
- Tyrosine
- Phenylalanine
- Lysine
- Histidine
- Arginine
- Cysteine
- Tryptophan

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Key Benefits



Nervous System

Magnesium contributes to a reduction of tiredness and fatigue.
Magnesium contributes to normal functioning of the nervous system.



Metabolism

Magnesium contributes to electrolyte balance.
Magnesium contributes to normal energy-yielding metabolism.
Magnesium contributes to normal protein synthesis.



Muscles

Magnesium contributes to normal muscle function.
Protein contributes to a growth in muscle mass.
Protein contributes to the maintenance of muscle mass.



Cells

Magnesium has a role in the process of cell division.



Bones

Magnesium contributes to the maintenance of normal bones.
Protein contributes to the maintenance of normal bones.



Teeth

Magnesium contributes to the maintenance of normal teeth.



Brain Function




Magnesium contributes to normal psychological function.



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When do I take the products?

	 Morning	 Noon	 Evening
Amare Edge	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Amare Energy+	✓	<input type="radio"/>	
Amare MentaBiotics	✓		*
Amare Ignite		<input type="radio"/>	
Sunrise	✓	<input type="radio"/>	<input type="radio"/>
Nitro	✓	✓	✓
Sunset			✓
HL5	<input type="radio"/>	✓	<input type="radio"/>
ON	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Origin	<input type="radio"/>	✓	<input type="radio"/>
FIT20	<input type="radio"/>	✓	<input type="radio"/>
Restore	✓	<input type="radio"/>	<input type="radio"/>

- ✓ Recommended
- * Additional Serving for optimal results
- As needed

Do I need to take the products with food?

Most nutrients in capsules are better absorbed with food. Restore is the only product that requires food for absorption.

Can I take all the Amare products?

Yes you can. Amare's products are formulated to complement each other, providing holistic benefits. Follow the recommended dosage and usage instructions for each product.