



FIT20™

PERFORMANCE PROTEIN

What It Is

FIT20 contains protein which contributes to the growth and maintenance of muscle mass, and magnesium which contributes to normal muscle function and reduction of tiredness and fatigue. 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.

How To Use

To facilitate your daily protein intake, consume 1 scoop (30.7g) after training, at breakfast, or any time of the day by mixing it with 350 ml of water or your favorite beverage. Do not exceed the recommended daily dose. This food supplement is suitable for individuals aged 12 years and older.

***DISCLAIMER:** Food supplements should not be used as a substitute for a varied and balanced diet and a healthy lifestyle.

Amare Global products are not intended to diagnose, treat, cure, or prevent any disease or medical condition.

Please store your Amare products in a place out of reach of children. This product is suitable for individuals aged 12 years and older.

****The statements provided here are valid if the relevant vitamins and minerals are present in the supplement in the amounts specified by the regulations.**

EU-ENG Amare FIT20 Vanilla – amare.com



Key Features



**Not Suitable
for Vegan &
Vegetarians**



Gluten Free



Soy Free



Other Allergens



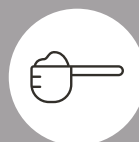
**Tree Nuts or
Peanuts Free**



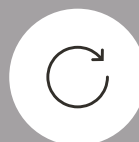
**Contains
Lactose***



**Flavour
Vanilla**



**Servings
14**



**Daily Dosage
1 Scoop**

**Contains Milk and Lactose. Not suitable for individuals with milk allergy or lactose intolerance.*



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The Science of Amare FIT20

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



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	100 mg*	0.33 g

*NRV = Nutrient Reference Value

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

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Ingredients



Collagen Peptides



Sunflower Lecithin



MCT Oil



Magnesium



Stevia

Grass-fed Whey Protein Isolate (Milk), Grass-fed Collagen Peptides, Natural Vanilla Flavour, MCT Oil Powder (Milk), Magnesium Citrate, Sunflower Lecithin, Sweetener Stevia Rab A 97

Amino Acids



AMINO ACID TABLE

Quantity Per Serving 1 scoop (30 g)

	per daily dose (30 ml)	% NRV*
Alanine		1,62 g
Arginine		1,12 g
Aspartic Acid		2,03 g
Cysteine		<0,0007 g
Cystine		0,32 g
Glutamic Acid		3,27 g
Glycine		3,02 g
Histidine		0,29 g
Hydroxyproline		1,32 g
Isoleucine		0,96 g
Leucine		1,61 g
Lysine		1,67 g
Ornithine		<0,0057 g
Methionine		0,28 g
Phenylalanine		0,58 g
proline		2,30 g
Cerine		0,92 g
Threonine		1,06 g
Tryptophan		0,26 g
Tyrosine		0,41 g
Valine		0,94 g

*NRV Nutrition Reference Value



Key Benefits



Teeth

Magnesium contributes to the maintenance of normal teeth.



Brain Function

Magnesium contributes to normal psychological function.



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.

Key Features

Magnesium contributes to a reduction of tiredness and fatigue
Magnesium contributes to electrolyte balance
Magnesium contributes to normal energy-yielding metabolism
Magnesium contributes to normal functioning of the nervous system
Magnesium contributes to normal muscle function
Magnesium contributes to normal protein synthesis
Magnesium contributes to normal psychological function
Magnesium contributes to the maintenance of normal bones
Magnesium contributes to the maintenance of normal teeth
Magnesium has a role in the process of cell division
Protein contributes to a growth in muscle mass
Protein contributes to the maintenance of muscle mass
Protein contributes to the maintenance of normal bones

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