



What It Is

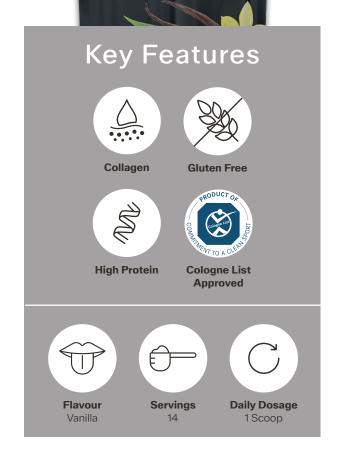
With 20 total grams of protein per serving, FIT20 is the perfect way to fuel your body before, during and after physical activity. Our unique formula combines hydrolyzed collagen with grass-fed whey protein isolate, giving you the perfect balance of Amino Acids to support muscle growth and repair. In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



HYDROLYSED COLLAGEN PROTEIN





The Science of **Amare FIT20**

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	Amount per serving	Amount per 100 g
Energy	116 kcal 484 kJ	377 kcal 1577 kJ
Total Fat of which saturated Fat	1.7 g 1.2 g	5.4 g 3.9 g
Carbohydrates of which Sugars	3.6 g 0.3 g	11.9 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

27% of Nutritional Reference Value, EU Regulation (EU)

Ingredients



Collagen



Sunflower Lecithin



MCT Oil



Magnesium



Stevia

Amino Acids

Asparagine Isoleucine Threonine Leucine Serine Tyrosine



Phenylalanine Lysine Alanine Histidine

Proline Arginine Valine Cysteine Methionine Tryptophan





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.



Muscels

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.









When do I take the products?

	Morning	- Noon -	Evening
Amare Edge	0	0	0
Amare Energy+	√	0	
Amare MentaBiotics	\checkmark		*
Amare Ignite		0	
Sunrise	\checkmark	0	0
Nitro	√	√	\checkmark
Sunset			\checkmark
HL5	0	√	0
ON	0	0	0
Origin	0	√	0
FIT20	0	✓	0
Restore	√	0	0

- ✓ Recommended
- * Additional Serving for optimal results
- O 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.