

# Protein Nutritionals

## Kyäni FIT20™

Better recovery, better results

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, Grass-fed 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 BENEFITS:

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

### KEY FEATURES:

- 20 grams of Grass-fed Whey Protein Isolate, Whey Protein Concentrate and Hydrolysed Collagen
- Naturally flavoured
- Great Vanilla taste
- Only 1g natural sugar per serve
- Non-GMO



### KEY INGREDIENTS:

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

### When to Use:

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