



GYM & SPORTS SUPPLEMENTS

TO HELP YOU ACHIEVE YOUR FITNESS GOALS



www.musclexpress.in

100% WHEY CLASSIC

HIGH QUALITY PROTEIN FOR SUPREME
MUSCLE DEVELOPMENT AND RECOVERY
WITH RAPID ABSORPTION TECHNOLOGY

Nutritional Information (Approx. values)		
Serving Size: 1 Pouch (33g) Servings Per Container: 60		
NUTRIENTS	QTY./ SERVING (33g)	%RDA [^]
Energy (Kcal)	125.45	4.60
Protein(g)	24.00	41.67
Carbohydrate (g)	3.71	**
Added Sugars (g)	0	**
Fat (g)	1.15	**
Saturated Fatty acids (g)	0.86	**
Mono Unsaturated Fatty Acids (g)	0.25	**
Poly Unsaturated Fatty Acids (g)	0.03	**
Trans Fatty Acids (g)	0	**
TYPICAL AMINO ACID PROFILE		
ESSENTIAL AMINO ACIDS		
L-Leucine (g)	2.66	**
L-Isoleucine (g)	1.41	**
L-Valine (g)	1.44	**
Lysine (g)	2.34	**
Methionine (g)	0.56	**
Phenylalanine (g)	0.77	**
Threonine (g)	1.71	**
Tryptophan (g)	0.41	**
Histidine (g)	0.44	**
SEMI-ESSENTIAL AMINO ACIDS		
Arginine (g)	0.68	**
Cysteine (g)	0.52	**
Glycine (g)	0.45	**
Proline (g)	1.43	**
Tyrosine (g)	0.72	**
Essential amino acids (EAAs) (g)	11.75	**
Branched chain amino acids (BCAAs) (g)	5.51	**
Glutamic acid (g)	4.38	**

RECOMMENDED USAGE

Add 1 Pouch 33g of Muscle Xpress Whey Protein Concentrate to 200ml chilled water or skimmed milk and shake until completely dissolved.



FLAVOURS

CHOCOLATE
ICE CREAM FLAVOUR

PISTA KULFI
FLAVOUR

COFFEE MATCHA
FLAVOUR

MUSCLE STRENGTH **MUSCLE RECOVERY** **WEIGHT MANAGEMENT**



GYM & SPORTS SUPPLEMENTS

MASS

MUSCLE GAINER

HIGH QUALITY MASS GAINER FORMULA

15G PROTEIN*
1000MG TAURINE*
2000MG L-GLUTAMINE*

HIGH QUALITY MASS MUSCLE GAINER FOR
SUPPORT MASS GAINING, SUPPORT MUSCLE
GROWTH & IMPROVE STRENGTH
WITH RAPID ABSORPTION TECHNOLOGY

RECOMMENDED USAGE

Mix One Heaping Scoop (50g) of Muscle Xpress Mass Muscle Gainer in 250ml-300ml milk or chilled water. Blend. Blend for 25-30 seconds in electric blender. Use an electric blender to add other calorie contributing ingredients, such as fruits and ice-cream and increase the potential of your High Protein Gainer Shake.



**SUPPORT
MASS GAINING**



**SUPPORT
MUSCLE GROWTH**



**IMPROVE
STRENGTH**

FLAVOURS

CHOCOLATE
ICE CREAM FLAVOUR

PISTA KULFI
FLAVOUR



GYM & SPORTS SUPPLEMENTS



SHOTGUN

PRE-WORKOUT

NUTRITION FACTS

Serving Size 1 Scoop (8g) | Serving Container: 30

NUTRIENTS	QTY./ SERVING (8g)	%RDA*
Beta Alanine	3000mg	**
L-Citrulline	1500mg	**
Caffeine	200mg	**
L-Arginine (Akg)	1500mg	**
Vitamin B3	5mg	27.27%
Piperine Extract 95%	5mg	**
Green Coffee Extract	200mg	**
Yohimbe Extract	50mg	**

*%RDA based on ICMR guidelines. ** %RDA not established.

Other Ingredients: Citric Acid Anhydrous, Sucralose Dextrose Monohydrate, Maltodextrin Class II Preservatives & Antioxidants Natural & Artificial Flavour Use

Direction for use: Take 1 serving (approx. 8g) Pre-Workout in 250-300ml cold water & juice in a shaker / sipper. Stir well and consume Pre-Workout 30-45 minutes before workout



GYM & Sport
Runner



Fitness
Enthusiast



Athlete
Speed | Power



GYM &
Sportsman

Storage: Store in a cool, dark & dry place below 25°C & protect from sunlight

General Warnings: If you are pregnant or nursing, consult your professionally licenced health consultant prior to use this product. **Keep out of the reach of children.**

This product is not intended to diagnose or treat any disease or disorder. These Statements have not been evaluated by Food & Drug Administration.



FLAVOURS

FRUIT PUNCH

GREEN APPLES

MANGO

ORANGE

WATERMELON

BLUEBERRY

PINEAPPLE

KIWI



GYM & SPORTS SUPPLEMENTS

EAA+BCAA

FULLY LOADED ESSENTIAL AMINO ACID

8.4g
EAA

5g
BCAA

B6, C
Vitamin

Supplement Facts

Serving Size: 1 Scoop (12g)

Serving Per container : 30

	Amount Per Serving	%RDA Value
Calories	50	
Total Carbohydrate	1g	<1%
Vitamin C (as Ascorbic Acid)	80mg	100%
Thiamin (as Thiamine HCl)	1.8 mg	100%
Nachin (as Niacinamide)	18mg	100%
Vitamin B6 (as Pyridoxine HClO)	2.4mg	100%
Pantothenic Acid (as Calcium D-Pantothenate)	5mg	100%
Sodium	25 mg	1.25%
BCAAs / AACR 2:1:1	5g	
L-Leucine (2500mg), L-Isoleucine (1250mg), L-Valine (1250mg)		
EAA's	3.4g	
L-Threonine (1500mg) L-Lysine (750mg) L-Phenylalanine (500mg) L-Methionine / L-Methionine (250mg), L-Tryptophan (200mg), L-Histidine (200mg)		
Coconut Water Fruit Powder	200mg	



FLAVOURS

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GYM & SPORTS SUPPLEMENTS

MULTIVITAMIN

For Men & Women

Specialised Sports nutrition

Nutritional Information Per Serving of Each Coated Tablet contains (Approximately)							
Nutrients	Qty/Serving	%RDA*	Nutrients	Qty/Serving	%RDA*	Nutrients	Qty/Serving
Energy	4.28Kcal	0.18	Sugar	0.00g	**	Total Fat	0.00g
Carbohydrate	0.5g	**	Protein	0.13g	0.22	Cholesterol	0.00g
Nutritives		Qty/Serving	%RDA*	Nutritives		Qty/Serving	%RDA*
Essential Vitamins				Amino Acid Blend			
Vitamin A	1000mcg	100%		L-Glutamine	50mg	**	
Vitamin B1	1.8mg	100%		L-Arginine	30mg	**	
Vitamin B2	2.5mg	100%		BCAA	30mg	**	
Vitamin B3	18mg	100%		L-Lysine	15mg	**	
Vitamin B5	5mg	100%		L-Cysteine	15mg	**	
Vitamin B6	2.4mg	100%		Taurine	5mg	**	
Folic acid(B9)	0.3mg	100%		Energy Blend			
Vitamin B12	2.2mcg	100%		Tribulus fruit ext.	100mg	**	
Vitamin C	80mg	100%		Panax ginseng root ext.	60mg	**	
Vitamin D2	600IU	100%		Ashwagandha root ext.	40mg	**	
Vitamin E	10mg	100%		Green tea ext.	20mg	**	
Vitamin K2-7	55mcg	100%		Bone & Joint Health Blend			
Biotin	30mcg	75%		Cissus quadrangularis	40mg	**	
Essential Minerals				Curcumin root extract	20mg	**	
Calcium	50mg	5%		Black Pepper Ext.	2.5mg	**	
Magnesium	34mg	7.72%		Immunity, Antioxidant & Eye Health Blend			
Potassium	25mg	0.71%		Cissus quadrangularis	60mg	**	
Zinc	17mg	100%		Curcumin root extract	30mg	**	
Iron	14.5mg	76%		Digestive Blend			
Copper	1mg	58.82%		Pancreatin 1x	30mg	**	
Chromium	50mcg	100%		Black pepper extract	2.5mg	**	
Molybdenum	45mcg	100%					
Selenium	40mcg	100%					
Boron	15mcg	**					



OMEGA-3

1000mg



Supplement Facts

Serving Size: 1 Softgel Capsule. **Serving per container:** 60 Softgels
Per Serving of Each Soft Gelatin Capsules Contains (Approximately)

Energy	5.1Kcal
Total Carbohydrates	0.04g
-of which sugar	0.00g
Total Protein	0.15g
Total Fat	1.06g
-Monounsaturated Fatty Acids (MUFA)	Traces
-Polyunsaturated Fatty Acids (PUFA)	0.6g
-Saturated Fatty Acids (SFA)	Traces

Nutritives	Amount Per Serving	%RDA*
Fish Oil Concentrate EE	1000mg	**
Providing:		
Omega-3 Fatty Acids	650mg	
- Eicosapentaenoic acid	360mg	
- Docosahexaenoic acid	240mg	
-Other Omega 3 Fatty Acid	50mg	
Natural Vitamin-E From Sunflower Oil	10mg	100%

Calories Per gm: Carbohydrate (4), Protein (4), Fat (9)

*% RDA based on ICMR guidelines. **%RDA not established.



GYM & SPORTS SUPPLEMENTS

L-CARNITINE 3000

MAXIMUM STRENGTH-2X CONCENTRATION

- HELPS CONVERT DIETARY FATS TO ENERGY
- STIMULANT FREE DIET SUPPORT
- HELPS INCREASE ENDURANCE

Nutritional Information (Approx. values)

Serving Size: 1 Tablespoon (15ml) Serving Per Container: Approximate 30

APPROXIMATE VALUES	PER SERVING	%RDA*
Energy (Kcal)	9.68	0.34
Protein (g)	1.62	2.70
Carbohydrate (g)	2.25	**
Dietary Fiber (g)	0.00	**
Added Sugar (g)	0.00	**
Fat (g)	0.00	**
L-Carnitine (mg)	3000	**
Pantothenic Acid (g)	5.00	100.00
(from Calcium D-Pantothenate)		



FAT BURNER

- Helps Convert to Energy
- Support Reduce Fat



DIET SUPPORT

- Appetite Control
- Promotes Fat Reduce



ENERGY

- Improves Energy Level
- Promotes Fast Energy



ENDURANCE

- Enhance Endurance
- Promotes Performance



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