

# OutFocus

STIMULANT-FREE PRE-WORKOUT MUSCLE PRIMER

GRAPE

## DIRECTIONS:

Mix 1 heaped scoop (1 serve) with 250ml of water and shake well. Take 30 minutes prior to exercise.

## WARNING

OutFocus is only intended for healthy adults 18 years and over. Do not use if you are currently pregnant or nursing, could be pregnant or attempting to become pregnant. Consult licensed health care practitioner before consuming this product. Do not use this product if you have been diagnosed with or have a family history (including but not limited to): heart disease, thyroid disease, liver disease, diabetes, hypoglycemia, hypohypertension, asthma, Barrett's Esophagus, gastro esophageal reflux, any psychiatric condition including depression or seizure disorder, or if you are using any prescription drug, or over the counter drug. Discontinue use and contact a doctor immediately if you experience an irregular or rapid heart beat, chest pain, shortness of breath, headache, nausea or other similar symptoms. If you are a performance athlete, please check with your sanctioning body prior to use to ensure compliance.

Keep out of reach of children. not suitable for children under 15. Store product in a dry, cool place.

0 764966 73824

FOCUS + INTENSITY + ENERGY + RECOVERY + VASCULARITY + PERFORMANCE

30 SERVES

DIETARY SUPPLEMENT

NET WEIGHT 744g

STIMULANT FREE

MAXIMISE PUMP

GRAPE

NO<sup>2</sup> PRODUCTION

CLEAN ENERGY

OUTLAST  
NUTRITION

When Failure is Not an Option!



FOCUS + INTENSITY + ENERGY + RECOVERY + VASCULARITY + PERFORMANCE

FOCUS + INTENSITY + ENERGY + RECOVERY + VASCULARITY + PERFORMANCE

## SUPPLEMENT FACTS

Servings Per Package: 30 Serving Size: 24.8g

AVERAGE QUANTITY	PER SERVING (24.8g)	PER 100g
ENERGY	305.56 kJ	1348.02 kJ
PROTEIN	12.80 grams	51.40 grams
FAT, TOTAL	0.00 grams	0.10 grams
SATURATES	0.00 grams	0.00 grams
CARBOHYDRATES, TOTAL	6.20 grams	25.20 grams
SUGARS	3.30 grams	13.10 grams
DIETARY FIBRE	0.00 grams	0.20 grams
Sodium	1.00 mg	4.00 mg
Potassium	71.00 mg	287.00 mg
L-Leucine	2.00 grams	8.00 grams
L-Taurine	2.98 grams	12.00 grams
L-Tyrosine	2.00 grams	8.00 grams
Creatine	1.00 grams	25.00 grams
Beta-alanine	1.00 grams	8.00 grams
Citric Acid	1.00 grams	6.00 grams
Beetroot Extract <sup>®</sup>	0.74 mg	3.00 mg
Vitamin B12	768.8 micrograms	3100.0 micrograms
Vitamin C	925.8 mg	2100.0 mg
Vitamin E	71.90 micrograms	290.00 micrograms

Only for Grape. This nutritional panel is based on averages and may vary slightly across different flavours.

## INGREDIENTS

Creatine Monohydrate, Dextrose Monohydrate, L-Taurine, L-Leucine, Beta-alanine, L-Tyrosine, Citric Acid Anhydrous, Citrulline Malate, Flavours, Beetroot Extract<sup>®</sup>, Vitamin C (ascorbic acid), Tri-creatine Malate, Silicon Dioxide, Potassium Citrate, Sucralose, Stevia, Vitamin B12 (cyanocobalamin), Vitamin E (alpha-Tocopherol), Acetyl L-Tyrosine, Color.

<sup>®</sup>Only for Grape

Due to the nature of our business, Outlast Nutrition do stock allergen raw materials. As a result Outlast Nutrition is not able to give an absolute guarantee as to the total absence of trace residues. Our continuous improvement plans, design of products and validation programs focus on commercially viable procedures to minimize cross-contamination.

OutFocus  
STIMULANT-FREE PRE-WORKOUT MUSCLE PRIMER

GRAPE

ELIMINATE JITTERS | FOCUS INTENSITY | CLEAN ENERGY

- NO STIMULANTS: ONLY SAFE, NATURAL "POWER-UPS"
- OPTIMIZES MUSCLE, MIND & BLOOD FLOW FOR GYM
- PROMOTES TRAINING INTENSITY & POST-WORKOUT CALM

GET JACKED WITHOUT GETTING JACKED-UP

DO STIMULANTS TURN YOU INTO A RAVING MAN-BEAST? THAT ENERGY HELPS WITH LIFTING, BUT OUTSIDE THE GYM IT'S A DIFFERENT STORY. KEEP IT CIVILIZED WITH OUTFOCUS.

OUTLAST  
NUTRITION

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# OutFocus

STIMULANT-FREE PRE-WORKOUT MUSCLE PRIMER

ORANGE

## DIRECTIONS:

Mix 1 heaped scoop (1 serve) with 250ml of water and shake well. Take 30 minutes prior to exercise.

## WARNING

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Keep out of reach of children, not suitable for children under 15. Store product in a dry, cool place.

0 1764966 732831 V

FOCUS + INTENSITY + ENERGY + RECOVERY + VASCULARITY + PERFORMANCE

STIMULANT FREE

MAXIMISE PUMP

ORANGE

NO<sup>2</sup> PRODUCTION

CLEAN ENERGY

DIETARY SUPPLEMENT

30 SERVES

NET WEIGHT 744g

OUTLAST NUTRITION  
When Failure is Not an Option!

100% SATISFACTION GUARANTEED

SUPPLEMENT FACTS		
AVERAGE QUANTITY	PER SERVING (24.8g)	PER 100g
ENERGY	305.56 kJ	1349.02 kJ
PROTEIN	0.20 grams	51.40 grams
FAT TOTAL	0.00 grams	0.10 grams
SATURATES	0.00 grams	0.00 grams
CARBOHYDRATES, TOTAL	6.30 grams	25.20 grams
SUGARS	3.30 grams	13.50 grams
DIETARY FIBRE	0.00 grams	0.20 grams
Sodium	1.00 mg	4.00 mg
Potassium	310.00 mg	267.00 mg
L-Lysine	2.00 grams	8.00 grams
L-Leucine	2.00 grams	12.00 grams
L-Tyrosine	2.00 grams	8.00 grams
Creatine	6.00 grams	23.30 grams
Betaene	1.90 grams	8.00 grams
Citrulline Malate	1.50 grams	6.05 grams
Beetroot Extract	0.74 mg	3.00 grams
Vitamin B12	768.0 micrograms	3100.0 micrograms
Vitamin C	525.0 mg	2120.0 mg
Vitamin E	71.00 micrograms	290.00 micrograms

Only for Grape  
This nutritional panel is based on averages and may vary slightly across different flavours.

## INGREDIENTS

Creatine Monohydrate, Dextrose Monohydrate, L-Taurine, L-Leucine, Betaine, L-Tyrosine, Citric Acid Anhydrous, Citrulline Malate, Flavours, Beetroot Extract, Vitamin C (ascorbic acid), m-Creatine Malate, Silicon Dioxide, Potassium Citrate, Sucralose, Stevia, Vitamin B12 (cyanocobalamin), Vitamin E (alpha-Tocopherol), Acetyl L-Tyrosine, Colour.

\*Only for Grape

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OutFocus  
STIMULANT-FREE PRE-WORKOUT MUSCLE PRIMER

ORANGE

ELIMINATE JITTERS | FOCUS INTENSITY | CLEAN ENERGY

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- OPTIMIZES MUSCLE, MIND & BLOOD FLOW FOR GYM
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GET JACKED WITHOUT GETTING JACKED-UP

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KEEP IT CIVILIZED WITH OUTFOCUS.

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NUTRITION  
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**DIRECTIONS:**  
Take 1 scoop daily (10.6g), mix with 250ml water and shake well.

**WARNING**  
OutPump is only intended for healthy adults 18 years and over. Do not use if you are currently pregnant or nursing, could be pregnant or attempting to become pregnant. Consult licensed health care practitioner before consuming this product. Do not use this product if you have been diagnosed with or have a family history (including but not limited to): heart disease, thyroid disease, liver disease, diabetes, hypoglycemia, hypo/hypertension, asthma, Barreits Esophagus, gastro esophageal reflux, any psychiatric condition including depression or seizure disorder, or if you are using any prescription drug, or over the counter drug. Discontinue use and contact a doctor immediately if you experience an irregular or rapid heart beat, chest pain, shortness of breath, headache, nausea or other similar symptoms. If you are a performance athlete, please check with your sanctioning body prior to use to ensure compliance.

Keep out of reach of children. Not suitable for children under 16. Contains caffeine. Store product in a dry, cool place.

**BEST BEFORE:**

0 764966 732848 V

**OUTLAST NUTRITION**  
When Failure is Not an Option!

**OutPump**  
CREATINE MONOHYDRATE + TRI-CREATINE MALATE + CITRULLINE MALATE

**TRI-BLEND**  
**VOLUMISE MUSCLE**

**TROPICAL**

**INCREASE REPS**  
**MAXIMISE BLOOD FLOW**

**PERFORMANCE + STRENGTH + RECOVERY**

**45 SERVES**

**DIETARY SUPPLEMENT**

**NET WEIGHT 477g**

**SATISFACTION GUARANTEED**

**100%**

**SUPPLEMENT FACTS**  
Servings Per Package: 45 Serving Size: 10.6g

AVERAGE QUANTITY	PER SERVING (10.6g)	PER 100g
ENERGY	137 kJ	3000 kJ
PROTEIN	5.00 g	47.18 g
FAT, TOTAL	0.00 g	0.01 g
SATURATES	0.00 g	0.01 g
CARBOHYDRATES, TOTAL	3.75 g	15.17 g
SUGARS	2.13 g	23.83 g
Sodium	0.18 mg	1.49 mg
Potassium	8.10 mg	9.93 mg
Calories	0.00	0.00
Creatine	1.00 g	43.37 g
Citrulline Malate	1.00 g	9.43 g

**INGREDIENTS**  
Creatine Monohydrate, Dextrose Monohydrate, Citrulline Malate, Tri-creatine Malate, Citric Acid, Silicon Dioxide, Flavours, Sucralose, Stevia, Colours.

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**OutPump**  
CREATINE MONOHYDRATE + TRI-CREATINE MALATE + CITRULLINE MALATE

**TROPICAL**

MUSCLE ENERGIZER | REP MULTIPLIER | RECOVERY ACCELERATOR

- OUTPUMP ATP TO "CHARGE" MUSCLES WITH ENERGY
- MAXIMIZES WORKOUT INTENSITY AND ENDURANCE
- PROMOTES FAST RECOVERY AND MASSIVE GAINS

BREAK THROUGH "THE WALL" WITH OUTPUMP

**OUTLAST**  
NUTRITION  
When Failure is Not an Option!

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**BEST BEFORE:**

**DIRECTIONS:**

On training days mix 1 serving (1/2 scoop) of cold water 15 minutes before your workout. Do not consume more than two servings at any one time. Do not use more than once daily. Read entire label before use and follow directions provided.

**WARNING**

OutRage is only intended for healthy adults 18 years and over. Do not use if you are currently pregnant or nursing, could be pregnant or attempting to become pregnant. Consult licensed health care practitioner before consuming this product. Do not use this product if you have been diagnosed with or have a family history (including but not limited to): heart disease, thyroid disease, liver disease, diabetes, hypoglycemia, hypo/hypertension, asthma, Barrett's Esophagus, gastro esophageal reflux, any psychiatric condition including depression or seizure disorder, or if you are using any prescription drug, or over the counter drug. Discontinue use and contact a doctor immediately if you experience an irregular or rapid heart beat, chest pain, shortness of breath, headache, nausea or other similar symptoms. If you are a performance athlete, please check with your sanctioning body prior to use to ensure compliance.

Keep out of reach of children. Not suitable for children under 15. Contains caffeine. Store product in a dry, cool place.

**ENDURANCE + POWER + FOCUS**

**INCREASE PUMP**

**INCREASE ENDURANCE**

**OUTLAST NUTRITION**

**OutRage**  
PRE-WORKOUT CONCENTRATE

**LEMON LIME**

**DIETARY SUPPLEMENT**

**40 SERVES**

**NET WEIGHT 400g**

**ENDURANCE + POWER + FOCUS**

**INCREASE ENERGY**

**ENHANCE PERFORMANCE**

**OUTLAST NUTRITION**

**OutRage**  
PRE-WORKOUT CONCENTRATE

**LEMON LIME**

**DIETARY SUPPLEMENT**

**40 SERVES**

**NET WEIGHT 400g**

SUPPLEMENT FACTS		
AVG QUANTITY	PER SERVING (20g)	PER 100g
DRIED	113.00 g	565.00 g
PROTEIN	0.00 grams	16.14 grams
FAT, TOTAL	0.00 grams	0.17 grams
SATURATES	0.00 grams	0.00 grams
CARBOHYDRATES, TOTAL	5.83 grams	28.33 grams
SUGARS	0.53 grams	5.28 grams
DIBIETARY FIBRE	0.00 grams	0.03 grams
INDOLE	0.51 mg	95.74 mg
Phosphorus	58.79 mg	299.00 mg
Vitamin C	250.00 mg	298.00 mg
Iron	1.52 grams	15.21 grams
Creatine Monohydrate	1.00 grams	17.00 grams
Citric Acid	2.50 grams	22.00 grams
Caffeine Anhydrous	0.00 grams	3.00 grams
Betaine	0.00 grams	35.00 grams
Coffee Anhydrous	0.20 grams	2.00 grams
Medium Chain Triglycerides (Coconut Oil)	25.00 mg	230.00 mg
1,3-Butanediol (BCA)	30.00 mg	300.00 mg

\*Only for Raspberry  
This nutritional panel is based on averages and may vary slightly across different flavours.

**INGREDIENTS**

Creatine Monohydrate, Beta Alanine, Beetroot Extract\*, Betaine, Citric Acid, Citrulline Malate, Flavours, Vitamin C (Ascorbic Acid), Caffeine Anhydrous, Potassium Citrate, Sucralose, Stevia, N-Methyltyramine HCl, Methyl Synephrine (Citrus Aurantium), Silicon Dioxide, Colour.

\*Only for Raspberry

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- MAXIMISES MUSCULAR BLOOD FLOW
- CHARGES FAST-TWITCH MUSCLE FIBERS
- READIES ADRENAL GLANDS FOR ACTION

PRIME YOUR MUSCLES FOR PEAK PERFORMANCE WITH OUTRAGE

**OUTLAST**  
NUTRITION

Where Failure is Not an Option!

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**BEST BEFORE:**

**DIRECTIONS:**

On training days mix 1 serving (1/2 scoop) of cold water 15 minutes before your workout. Do not consume more than two servings at any one time. Do not use more than once daily. Read entire label before use and follow directions provided.

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**ENDURANCE + POWER + FOCUS**

**INCREASE PUMP**

**INCREASE ENDURANCE**

**OutRage**  
PRE-WORKOUT CONCENTRATE  
OUTLAST  
NUTRITION

**RASPBERRY**

**DIETARY SUPPLEMENT**

**40 SERVES**

**NET WEIGHT 400g**

**ENDURANCE + POWER + FOCUS**

**INCREASE ENERGY**

**ENHANCE PERFORMANCE**

**OUTLAST NUTRITION**  
When Failure is Not an Option!

**100% SATISFACTION GUARANTEED**

**SUPPLEMENT FACTS**

AVERAGE QUANTITY	PER SERVING (20g)	PER 100g
DRUGS	111.00 mg	1110.00 mg
PROTEIN	0.00 grams	0.00 grams
FAT, TOTAL	0.00 grams	0.00 grams
SATURATES	0.00 grams	0.00 grams
CARBOHYDRATES, TOTAL	5.83 grams	58.33 grams
SUGARS	0.53 grams	5.28 grams
DIBIETARY FIBRE	0.00 grams	0.00 grams
INDOLE	0.51 mg	5.74 mg
Phosphorus	58.70 mg	587.87 mg
Vitamin C	200.0 mg	2000.0 mg
Minerals	1.52 grams	15.21 grams
Creatine Monohydrate	1.50 grams	15.00 grams
Citric Acid	2.50 grams	25.00 grams
Caffeine Anhydrous	3.00 grams	30.00 grams
Caffeine Anhydrous	0.20 grams	2.00 grams
Alpha Lipoic Acid (Carno-Amino)	25.00 mg	250.00 mg
1,4-Butanediol (BCA)	30.00 mg	300.00 mg

\*Only for Raspberry  
This nutritional panel is based on averages and may vary slightly across different flavours.

**INGREDIENTS**

Creatine Monohydrate, Beta Alanine, Beetroot Extract\*, Betaine, Citric Acid, Citrulline Malate, Flavours, Vitamin C (Ascorbic Acid), Caffeine Anhydrous, Potassium Citrate, Sucralose, Stevia, N-Methyltyramine HCl, Methyl Synephrine (Citrus Aurantium), Silicon Dioxide, Colour.

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**INTENSITY ENHANCER | ENERGY BOOSTER | ADRENALINE BOOSTER**

- MAXIMISES MUSCULAR BLOOD FLOW
- CHARGES FAST-TWITCH MUSCLE FIBERS
- READIES ADRENAL GLANDS FOR ACTION

PRIME YOUR MUSCLES FOR PEAK PERFORMANCE WITH OUTRAGE

**OUTLAST**  
NUTRITION  
When Failure is Not an Option!

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# OutShred

FAT LOSS/MUSCLE GAIN WPI

CHOCOLATE

DIRECTIONS:

Mix 40g (1 scoop) with 250ml water and shake well until blended. Can be taken up to 4 times daily. Take 60-90 minutes before training, within 30minutes of exercise and can be taken before sleeping to help assist with muscle growth and recovery.

WARNING

OutShred is only intended for healthy adults 18 years and over. Do not use if you are currently pregnant or nursing, could be pregnant or attempting to become pregnant. Consult licensed health care practitioner before consuming this product. Do not use this product if you have been diagnosed with or have a family history (including but not limited to): heart disease, thyroid disease, liver disease, diabetes, hypoglycemia, hypotension, asthma, Barrett's Esophagus, gastro esophageal reflux, any psychiatric condition including depression or seizure disorder, or if you are using any prescription drug, or over the counter drug. Discontinue use and contact a doctor immediately if you experience an irregular or rapid heart beat, chest pain, shortness of breath, headache, nausea or other similar symptoms. If you are a performance athlete, please check with your sanctioning body prior to use to ensure compliance.

Keep out of reach of children. not suitable for children under 15. Store product in a dry, cool place.

0 764966 732879 V

LEAN MASS + BURN FAT + RECOVERY

30 SERVES  
DIETARY SUPPLEMENT

CARB BLOCKERS

10G BCAAS PER SERVE

NET WEIGHT 1.2KG

OUTLAST  
NUTRITION

When Failure is Not an Option!



LEAN MASS + BURN FAT + RECOVERY

NET WEIGHT 1.2KG

SUPPLEMENT FACTS

AVG QUANTITY	PER SERVING (40g)	PER 100g
ENERGY	610.66 kJ	1540.65 kJ
PROTEIN	34.38 grams	95.95 grams
FAT, TOTAL	0.11 grams	0.28 grams
SUGARS	0.06 grams	0.14 grams
CARBOHYDRATES, TOTAL	1.72 grams	4.30 grams
SUGARS	1.60 grams	3.96 grams
DIETARY FIBRE	0.00 grams	0.00 grams
Sodium	93.23 mg	233.08 mg
Protein	9.12 mg	22.79 mg
Calcium	202.50 mg	506.26 mg
Chlorine	0.96 mg	2.40 mg
Iron	0.18 mg	0.46 mg
Magnesium	1.30 mg	3.26 mg
Phosphorus	95.48 mg	236.70 mg
Zinc	0.19 mg	0.48 mg
Leucine	1.00 grams	4.07 grams
L-Alanine	0.95 grams	3.79 grams
L-Aspartic Acid	4.27 grams	16.69 grams
L-Cysteine	1.10 grams	4.26 grams
L-Glutamic Acid	6.72 grams	24.81 grams
L-Glycine	1.93 grams	7.02 grams
L-Histidine	0.63 grams	1.56 grams
L-Isoleucine	3.54 grams	13.44 grams
L-Lysine	4.00 grams	15.19 grams
L-Methionine	0.58 grams	2.12 grams
L-Methionine	0.66 grams	2.00 grams
L-Phenylalanine	1.15 grams	4.27 grams
L-Proline	2.36 grams	9.91 grams
L-Serine	1.90 grams	7.16 grams
L-Taurine	0.04 grams	0.10 grams
L-Threonine	2.79 grams	10.67 grams
L-Tyrosine	1.22 grams	4.66 grams
L-Tryptophan	0.67 grams	2.53 grams
Creatine	32.00 mg	80.00 mg
Choline	64.00 mg	160.00 mg
Vitamin A	0.781 micrograms	1.95 micrograms
Vitamin B3	0.725 mg	1.81 mg
Vitamin B5	0.12 mg	0.29 mg
Vitamin B12	14.40 micrograms	36.00 micrograms
Vitamin C	2.518 mg	6.30 mg
Folic Acid	4.80 mg	12.00 mg

Only for Chocolate.

This nutritional panel is based on averages and may vary slightly across different flavours.

INGREDIENTS

Whey Protein Isolate, Milk Protein Concentrate, Cocoa\*, Glycine, Flavours, Hydroxy Citric Acid, Phaeolus, Xanthan Gum, Vitamins and Minerals (Di-Calcium Phosphate, Potassium Phosphate Dibasic, C, B3, B6, B12, Folate, B5, A, Magnesium), Svetol, Guarana, Inositol, Green Tea Extract, Choline, L-Taurine, L-Carnitine, Sucralose.

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# OutShred

FAT LOSS/MUSCLE GAIN WPI

CHOCOLATE

LEAN MASS BUILDER | PHYSIQUE SCULPTING | METABOLIC ENHANCER

- SUPERIOR WHEY PROTEIN ISOLATE (WPI)
- RABID ABSORPTION EASILY CONVERTS TO MUSCLE
- PROMOTES FAT BREAKDOWN AND CONVERSION TO ENERGY
- BOOSTS WORKOUT PERFORMANCE FOR PEAK FAT BURNING

MANUFACTURED FROM THE WORLDS HIGHEST  
QUALITY FONTERA PROTEIN

OUTLAST  
NUTRITION

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# OutShred

FAT LOSS/MUSCLE GAIN WPI

VANILLA

BEST BEFORE:

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Keep out of reach of children. not suitable for children under 15.  
Store product in a dry, cool place.

0  
764966  
732886  
V



SUPPLEMENT FACTS		
Servings Per Package: 30	Serving Size: 40g	PER 100g
AVERAGE QUANTITY	PER SERVING (40g)	PER 100g
ENERGY	610.66 kJ	1540.65 kJ
PROTEIN	34.36 grams	85.95 grams
FAT, TOTAL	0.11 grams	0.28 grams
SATURATES	0.06 grams	0.14 grams
CARBOHYDRATE, TOTAL	1.72 grams	4.30 grams
SUGARS	1.60 grams	3.99 grams
DIETARY FIBRE	0.16 grams	0.40 grams
Sodium	103.23 mg	233.06 mg
Chloride	103.23 mg	233.06 mg
Choline	0.96 mg	2.40 mg
Iron	0.18 mg	0.48 mg
Magnesium	1.30 mg	3.26 mg
Phosphorus	95.48 mg	236.70 mg
Zinc	0.19 mg	0.49 mg
L-Alanine	1.90 grams	4.37 grams
L-Arginine	0.90 grams	2.39 grams
L-Carnitine	0.57 grams	1.33 grams
L-Cysteine	1.10 grams	2.75 grams
L-Glutamine Acid	6.72 grams	16.81 grams
L-Glycine	1.93 grams	4.62 grams
L-Histidine	0.63 grams	1.58 grams
L-Isoleucine	3.54 grams	8.34 grams
L-Leucine	4.08 grams	10.19 grams
L-Lysine	3.65 grams	9.20 grams
L-Methionine	0.85 grams	2.08 grams
L-Phenylalanine	1.15 grams	2.87 grams
L-Proline	2.96 grams	7.44 grams
L-Serine	1.90 grams	4.76 grams
L-Taurine	0.04 grams	0.10 grams
L-Threonine	2.79 grams	6.97 grams
L-Tyrosine	1.22 grams	3.06 grams
L-Tryptophan	0.67 grams	1.67 grams
L-Valine	3.29 grams	8.37 grams
Carbohydrate	32.00 mg	80.00 mg
Choline	1.00 mg	100.00 mg
Chromium	0.531 micrograms	1.365 micrograms
Vitamin B3	0.725 mg	1.811 mg
Vitamin B6	0.12 mg	0.29 mg
Vitamin B12	14.40 micrograms	36.00 micrograms
Vitamin C	2.518 mg	6.30 mg
Folic Acid	4.86 mg	12.00 mg

## INGREDIENTS

Whey Protein Isolate, Milk Protein Concentrate, Cocoa\*, Glycine, Flavours, Hydroxy Citric Acid, Phaeolus, Xanthan Gum, Vitamins and Minerals (Di-Calcium Phosphate, Potassium Phosphate Dibasic, C, B3, B6, B12, Folate, B5, A, Magnesium), Svetol, Guarana, Inositol, Green Tea Extract, Choline, L-Taurine, L-Carnitine, Sucralose.  
\*Only for Chocolate.

Due to the nature of our business, Outlast Nutrition do stock allergenic raw materials. As a result Outlast Nutrition is not able to give an absolute guarantee as to the total absence of trace residues. Our continuous improvement plans, design of products and validation programs focus on commercially viable procedures to minimize cross-contamination.

# OutShred

FAT LOSS/MUSCLE GAIN WPI

VANILLA

LEAN MASS BUILDER | PHYSIQUE SCULPTING | METABOLIC ENHANCER

- SUPERIOR WHEY PROTEIN ISOLATE (WPI)
- RABID ABSORPTION EASILY CONVERTS TO MUSCLE
- PROMOTES FAT BREAKDOWN AND CONVERSION TO ENERGY
- BOOSTS WORKOUT PERFORMANCE FOR PEAK FAT BURNING

MANUFACTURED FROM THE WORLDS HIGHEST  
QUALITY FONTERRA PROTEIN

OUTLAST  
NUTRITION

When Failure is Not an Option!  
www.outlastnutrition.com.au



Carefully manufactured for Outlast Nutrition  
1/4 Hyde Parade, Campbelltown, NSW 2560 Australia  
Phone: 02 4648 3406  
Email: info@outlastnutrition.com.au



# OutWhey'd

PROTEIN POWDER SUPPLEMENT

CHOCOLATE

BEST BEFORE:

#### DIRECTIONS:

Mix 120g (3 scoops) with 500ml water and shake well until blended. Can be taken 2-3 times daily. Take 60-90 minutes before training, within 30 minutes of exercise and can be taken between meals to help assist with muscle growth and recovery.

#### WARNING

OutWhey'd is only intended for healthy adults 18 years and over. Do not use if you are currently pregnant or nursing, could be pregnant or attempting to become pregnant. Consult licensed health care practitioner before consuming this product. Do not use this product if you have been diagnosed with or have a family history (including but not limited to): heart disease, thyroid disease, liver disease, diabetes, hypoglycemia, hypo/hypertension, asthma, Barrett's Esophagus, gastro esophageal reflux, any psychiatric condition including depression or seizure disorder, or if you are using any prescription drug, or over the counter drug. Discontinue use and contact a doctor immediately if you experience an irregular or rapid heart beat, chest pain, shortness of breath, headache, nausea or other similar symptoms. If you are a performance athlete, please check with your sanctioning body prior to use to ensure compliance.

Keep out of reach of children. Not suitable for children under 15. Contains caffeine. Store product in a dry, cool place.



STRENGTH + PERFORMANCE + RECOVERY

MASS BUILDER  
15G BCAAS PER SERVE

25 SERVES

DIETARY SUPPLEMENT

NET WEIGHT 3KG

OUTLAST  
NUTRITION  
When Failure is Not an Option!



SUPPLEMENT FACTS

Servings Per Package: 25 Serving Size: 120g

AVERAGE QUANTITY	PER SERVING (120g)	PER 100g
ENERGY	1953 kJ 465 cal	1661 kJ 388 cal
PROTEIN	49.65 grams	41.52 grams
FAT, TOTAL	3.64 grams	3.03 grams
SATURATES	2.33 grams	1.94 grams
CARBOHYDRATES, TOTAL	60.25 grams	50.21 grams
SUGARS	13.58 grams	11.31 grams
DIETARY FIBRE	0.48 grams	0.40 grams
Sodium	419.36 mg	349.46 mg
Potassium	55.73 mg	44.62 mg
Calcium	50.59 mg	40.16 mg
Choline	10.86 mg	9.15 mg
Iron	0.76 mg	0.73 mg
Magnesium	14.88 mg	12.40 mg
Phosphorus	402.91 mg	342.42 mg
Zinc	2.22 mg	1.85 mg
L-Alanine	2.62 grams	2.16 grams
L-Arginine	1.73 grams	1.44 grams
L-Aspartic Acid	5.78 grams	4.82 grams
L-Cysteine	1.31 grams	1.09 grams
L-Glutamic Acid	11.18 grams	9.32 grams
L-Histidine	1.28 grams	1.06 grams
L-Isoleucine	1.29 grams	1.00 grams
L-Lysine	4.55 grams	3.99 grams
L-Leucine	9.00 grams	7.50 grams
L-Methionine	5.36 grams	4.46 grams
L-Phenylalanine	2.18 grams	1.82 grams
L-Proline	4.43 grams	3.65 grams
L-Serine	3.05 grams	2.54 grams
L-Threonine	3.64 grams	3.03 grams
L-Tyrosine	2.34 grams	1.95 grams
L-Tryptophan	0.88 grams	0.73 grams
L-Vitamin	4.60 micrograms	3.80 micrograms
Vitamin A	1.66 micrograms	1.55 micrograms
Vitamin B3	1.81 mg	1.51 mg
Vitamin B6	0.29 mg	0.25 mg
Vitamin B12	36.00 micrograms	30.00 micrograms
Vitamin C	8.29 mg	5.24 mg
Folate Acid	12.00 mg	10.00 mg

\*Only for Chocolate  
This nutritional panel is based on averages and may vary slightly across different flavours.

#### INGREDIENTS

Maltodextrin, Whey Protein Isolate, Milk Protein Concentrate, Cocoa\*, Beverage Whitener, Flavours, Medium Chain Triglycerides, Vitamins & Minerals (Di-Calcium Phosphate, Potassium Phosphate Dibasic, C, B3, B6, B12, Folate, B5, A, Magnesium), Xanthan Gum, Sucralose.

\*Only for Chocolate

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CHOCOLATE

HIGH CALORIES  
FONTERRA PROTEIN

OutWhey'd  
PROTEIN POWDER SUPPLEMENT

CHOCOLATE

MASS BUILDER | MUSCLE FUELING | PERFORMANCE BOOSTER

- SUPERIOR WPC/WPI THAT CONVERTS EASILY INTO MUSCLE
- SUPERCHARGED WITH 18 AMINO ACIDS AND BCAAS
- FUELS GROWTH BEFORE, DURING & AFTER WORKOUTS

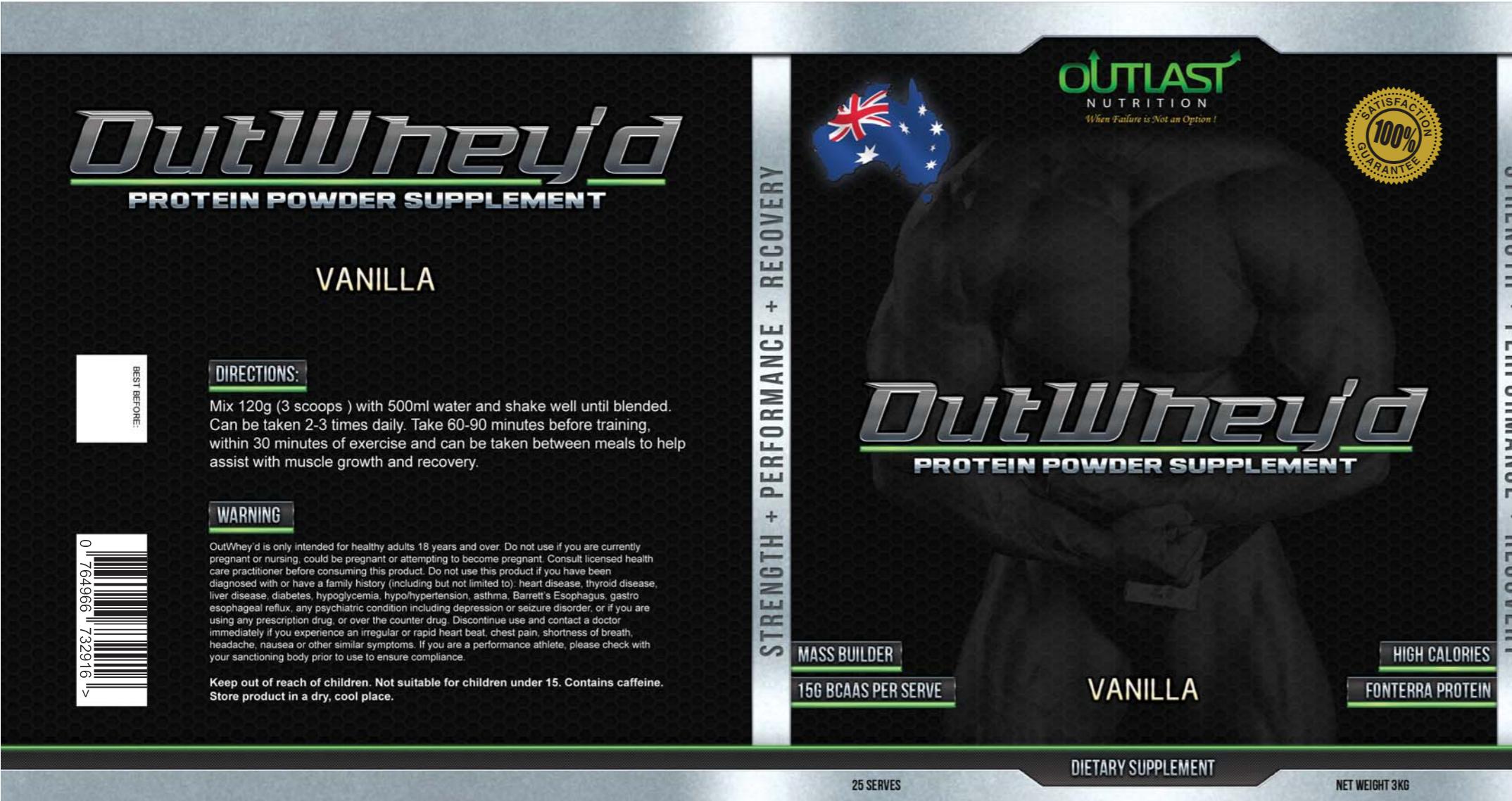
OUTLAST NUTRITION'S OUTWHEY'D PROTEIN POWDER FORMULA IS DESIGNED TO HELP YOU MAXIMISE MUSCLE SIZE, MUSCLE STRENGTH, AND MUSCLE PERFORMANCE.

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For more information on other Outlast Nutrition products or for complete training and nutrition advice, visit:  
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**MASS BUILDER | MUSCLE FUELING | PERFORMANCE BOOSTER**

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