

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, 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.
Store product in a dry, cool place.

FOCUS + INTENSITY + ENERGY + RECOVERY + VASCULARITY + PERFORMANCE



OUTLAST
NUTRITION

When Failure is Not an Option!



OutFocus

STIMULANT-FREE PRE-WORKOUT MUSCLE PRIMER

STIMULANT FREE

MAXIMISE PUMP

GRAPE

NO² PRODUCTION

CLEAN ENERGY

FOCUS + INTENSITY + ENERGY + RECOVERY + VASCULARITY + PERFORMANCE

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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For more information on other Outlast Nutrition products or for complete training and nutrition advice, visit:
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

SUPPLEMENT FACTS

Servings Per Package: 30 Serving Size: 24.8g

AVERAGE QUANTITY	PER SERVING 24.8g	PER 100g
ENERGY	335.56 kJ	1349.02 kJ
PROTEIN	12.00 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	13.50 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	8.06 grams
L-Isoleucine	2.98 grams	12.00 grams
L-Valine	2.00 grams	8.06 grams
Creatine	6.00 grams	23.30 grams
Betaine	1.99 grams	8.06 grams
Citulline Malate	1.50 grams	6.05 grams
Beetroot Extract*	0.74 mg	3.00 grams
Vitamin B12	700.0 micrograms	3100.0 micrograms
Vitamin C	525.0 mg	2120.0 mg
Vitamin E	71.60 micrograms	286.00 micrograms

*Only for Grape.
The 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, Anyhydrous Citrulline Malate, Flavours, Beetroot Extract*, Vitamin C (ascorbic acid), Tri-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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DIETARY SUPPLEMENT

30 SERVES

NET WEIGHT 744g

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.

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FOCUS + INTENSITY + ENERGY + RECOVERY + VASCULARITY + PERFORMANCE



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OutFocus

STIMULANT-FREE PRE-WORKOUT MUSCLE PRIMER

STIMULANT FREE

MAXIMISE PUMP

ORANGE

NO² PRODUCTION

CLEAN ENERGY

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	335.56 kJ	1349.02 kJ
PROTEIN	12.00 grams	51.40 grams
FAT, TOTAL	0.00 grams	0.00 grams
SATURATED	0.00 grams	0.00 grams
CARBOHYDRATES, TOTAL	6.20 grams	25.00 grams
SUGARS	3.30 grams	13.00 grams
DIETARY FIBRE	0.00 grams	0.00 grams
Sodium	1.00 mg	4.00 mg
Potassium	71.00 mg	287.00 mg
L-Leucine	2.00 grams	8.06 grams
L-Threonine	2.50 grams	10.08 grams
L-Tyrosine	2.00 grams	8.06 grams
Creatine	6.00 grams	23.30 grams
Betaine	1.99 grams	8.06 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	2100.0 mg
Vitamin E	71.00 micrograms	280.00 micrograms

*Only for Grape.
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INGREDIENTS

Creatine Monohydrate, Dextrose Monohydrate, L-Taurine, L-Leucine, Betaine, L-Tyrosine, Citric Acid, Anyhydrous, Citrulline Malate, Flavours, Beetroot Extract*, Vitamin C (ascorbic acid), Tri-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

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ORANGE

ELIMINATE JITTERS | FOCUS INTENSITY | CLEAN ENERGY

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30 SERVES

DIETARY SUPPLEMENT

NET WEIGHT 744g

BEST BEFORE:



DIRECTIONS:

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

WARNING

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PERFORMANCE + STRENGTH + RECOVERY



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

SUPPLEMENT FACTS

Servings Per Package: 45 Serving Size: 10.6g

AVERAGE QUANTITY	PER SERVING (10.6g)	PER 100g
ENERGY	157 kJ	1480 kJ
PROTEIN	5.00 grams	47.18 grams
FAT, TOTAL	0.00 grams	0.01 grams
SATURATES	0.00 grams	0.01 grams
CARBOHYDRATES, TOTAL	5.73 grams	53.97 grams
SUGARS	2.53 grams	23.83 grams
Sodium	0.38 mg	3.49 mg
Potassium	0.10 mg	0.93 mg
Calcium	0.00 mg	0.01 mg
Creatine	5.00 grams	47.17 grams
Citrulline Malate	1.00 grams	9.43 grams

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 ENERGISER | 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

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45 SERVES

DIETARY SUPPLEMENT

NET WEIGHT 477g

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.

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ENDURANCE + POWER + FOCUS



OUTLAST
NUTRITION

When Failure is Not an Option!



OutRage

PRE-WORKOUT CONCENTRATE

INCREASE PUMP

INCREASE ENDURANCE

LEMON LIME

ENHANCE ENERGY

ENHANCE PERFORMANCE

ENDURANCE + POWER + FOCUS

SUPPLEMENT FACTS

Servings Per Package: 40 Serving Size: 10g

AVERAGE QUANTITY	PER SERVING (10g)	PER 100g
ENERGY	113.40 kJ	1134.00 kJ
PROTEIN	5.00 grams	50.00 grams
FAT, TOTAL	0.00 grams	0.00 grams
SATURATES	0.00 grams	0.00 grams
CARBOHYDRATES, TOTAL	1.40 grams	14.00 grams
SUGARS	0.00 grams	0.00 grams
DIETARY FIBRE	0.00 grams	0.00 grams
Sodium	0.00 mg	0.00 mg
Potassium	30.00 mg	300.00 mg
Vitamin C	200.0 mg	2000.0 mg
Betaine HCL*	1.00 grams	10.00 grams
Citrus Bioflavonoids	0.00 grams	0.00 grams
Beta Alanine	2.00 grams	20.00 grams
Citrusine Malate	0.00 grams	0.00 grams
Betaine	0.00 grams	0.00 grams
Citrusine Anhydrous	0.00 grams	0.00 grams
Methyl Synephrine (Citrus Aurantium)	20.00 mg	200.00 mg
1,3-Methylxanthine HCL	0.00 mg	0.00 mg

*Only for Raspberry
The nutrient panel is based on averages and may vary slightly across different flavours.

INGREDIENTS

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

*Only for Raspberry

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OutRage
PRE-WORKOUT CONCENTRATE

LEMON LIME

INTENSITY ENHANCER | ENERGY IGNITER | 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



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40 SERVES

DIETARY SUPPLEMENT

NET WEIGHT 400g

BEST BEFORE:

0 764966 732862 >

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

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ENDURANCE + POWER + FOCUS



OUTLAST
NUTRITION

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OutRage

PRE-WORKOUT CONCENTRATE

INCREASE PUMP

INCREASE ENDURANCE

RASPBERRY

ENHANCE ENERGY

ENHANCE PERFORMANCE

ENDURANCE + POWER + FOCUS

SUPPLEMENT FACTS

Servings Per Package: 40 Serving Size: 10g

AVERAGE QUANTITY	PER SERVING (10g)	PER 100g
SUGAR	113.8g	1138.8g
WHEAT	5.0g	50.0g
FAT, TOTAL	0.0g	0.0g
SATURATES	0.0g	0.0g
CARBOHYDRATES, TOTAL	1.4g	14.0g
SODIUM	0.0g	0.0g
DIETARY FIBRE	0.0g	0.0g
Iron	0.0g	0.0g
Potassium	0.0g	0.0g
Vitamin C	0.0g	0.0g
Calcium	0.0g	0.0g
Creatine Monohydrate	3.2g	32.0g
Beta Alanine	2.1g	21.0g
Citrulline Malate	0.0g	0.0g
Betaine	0.0g	0.0g
Caffeine Anhydrous	0.0g	0.0g
Sodium Glycinate (Cyanocobalamin)	25.0g	250.0g
1,6-Hexanediol	0.0g	0.0g

*Only for Raspberry
The nutrient panel is based on averages and may vary slightly across different flavours.

INGREDIENTS

Creatine Monohydrate, Beta Alanine, Beetroot Extract*, Betaine, Citric Acid, Citrulline Malate, Flavour, 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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OutRage
PRE-WORKOUT CONCENTRATE

RASPBERRY

INTENSITY ENHANCER | ENERGY IGNITER | ADRENALINE BOOSTER

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

PRIME YOUR MUSCLES FOR PEAK PERFORMANCE WITH OUTRAGE

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40 SERVES

DIETARY SUPPLEMENT

NET WEIGHT 400g

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.

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OUTLAST
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OutShred

FAT LOSS/MUSCLE GAIN WPI

CARB BLOCKERS

CHOCOLATE

FONTERRA WPI

10G BCAAS PER SERVE

RAPID ABSORPTION

LEAN MASS + BURN FAT + RECOVERY

SUPPLEMENT FACTS

Servings Per Package: 30 Serving Size: 40g

AVERAGE QUANTITY	PER SERVING (40g)	PER 100g
ENERGY	1110.60 kJ	1148.65 kJ
PROTEIN	34.35 grams	85.95 grams
FAT, TOTAL	0.11 grams	0.28 grams
SATURATES	0.06 grams	0.14 grams
CARBOHYDRATES, TOTAL	1.72 grams	4.30 grams
SUGARS	1.60 grams	3.99 grams
DIETARY FIBRE	0.16 grams	0.40 grams
Sodium	19.23 mg	23.06 mg
Potassium	9.12 mg	22.79 mg
Calcium	202.50 mg	506.26 mg
Choline	0.96 mg	2.40 mg
Iron	0.18 mg	0.45 mg
Magnesium	1.30 mg	3.25 mg
Phosphorus	95.48 mg	238.70 mg
Zinc	0.19 mg	0.48 mg
L-Alanine	1.99 grams	4.97 grams
L-Angione	0.25 grams	2.39 grams
L-Aspartic Acid	4.27 grams	10.69 grams
L-Cysteine	1.10 grams	2.75 grams
L-Glutamic Acid	1.72 grams	15.81 grams
L-Glycine	1.93 grams	4.82 grams
L-Histidine	0.63 grams	1.58 grams
L-Isoleucine	3.54 grams	8.34 grams
L-Leucine	4.58 grams	10.19 grams
L-Lysine	1.68 grams	9.20 grams
L-Methionine	0.80 grams	2.00 grams
L-Phenylalanine	1.15 grams	2.67 grams
L-Proline	2.36 grams	5.91 grams
L-Serine	1.90 grams	4.76 grams
L-Taurine	0.04 grams	0.10 grams
L-Threonine	2.79 grams	6.87 grams
L-Tyrosine	1.22 grams	3.06 grams
L-Tryptophan	0.67 grams	1.67 grams
L-Valine	1.29 grams	3.13 grams
Carnitine	32.00 mg	80.00 mg
Choline	64.00 mg	160.00 mg
Vitamin A	0.731 micrograms	1.95 micrograms
Vitamin B3	0.725 mg	1.81 mg
Vitamin B6	0.12 mg	0.30 mg
Vitamin B12	14.40 micrograms	36.00 micrograms
Vitamin C	0.518 mg	1.30 mg
Folic Acid	4.80 mg	12.00 mg

Only for Chocolate
The 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, Phasolus, Xanthan Gum, Vitamins and Minerals (Di-Calcium Phosphate, Potassium Phosphate Dibasic, C, B3, B6, B12, Folate, B5, A, Magnesium), Sweetol, Guarana, Inositol, Green Tea Extract, Choline, L-Taurine, L-Carnitine, Sucralose.
*Only for Chocolate.

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OutShred

FAT LOSS/MUSCLE GAIN WPI

CHOCOLATE

LEAN MASS BUILDER | PHYSIQUE SCULPTING | METABOLIC ENHANCER

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

MANUFACTURED FROM THE WORLD'S HIGHEST
QUALITY FONTERRA PROTEIN

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BEST BEFORE:



30 SERVES

DIETARY SUPPLEMENT

NET WEIGHT 1.2KG

OutShred

FAT LOSS/MUSCLE GAIN WPI

VANILLA

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.

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OutShred

FAT LOSS/MUSCLE GAIN WPI

CARB BLOCKERS

10G BCAAS PER SERVE

VANILLA

FONTERRA WPI

RAPID ABSORPTION

LEAN MASS + BURN FAT + RECOVERY

SUPPLEMENT FACTS

Servings Per Package: 30 Serving Size: 40g

AVERAGE QUANTITY	PER SERVING (40g)	PER 100g
ENERGY	1010.00 kJ	1546.05 kJ
PROTEIN	34.38 grams	85.95 grams
FAT, TOTAL	0.11 grams	0.28 grams
SATURATES	0.06 grams	0.14 grams
MONOSATURATES, TOTAL	1.72 grams	4.30 grams
SUGARS	1.60 grams	3.99 grams
DIETARY FIBRE	0.15 grams	0.40 grams
Sodium	10.23 mg	25.58 mg
Potassium	0.12 mg	22.79 mg
Calcium	202.50 mg	506.26 mg
Cholesterol	0.06 mg	2.40 mg
Iron	0.18 mg	0.46 mg
Magnesium	1.30 mg	3.26 mg
Phosphorus	95.48 mg	238.70 mg
Zinc	0.19 mg	0.49 mg
L-Isoleucine	1.90 grams	4.87 grams
L-Leucine	0.95 grams	2.39 grams
L-Aspartic Acid	4.27 grams	10.69 grams
L-Cysteine	1.10 grams	2.76 grams
L-Glutamic Acid	0.72 grams	18.01 grams
L-Glutamine	1.93 grams	4.82 grams
L-Histidine	0.63 grams	1.58 grams
L-Isoleucine	3.54 grams	8.84 grams
L-Lysine	4.08 grams	10.19 grams
L-Pyridoxine	0.60 grams	1.50 grams
L-Methionine	0.80 grams	2.00 grams
L-Phenylalanine	1.15 grams	2.87 grams
L-Proline	2.36 grams	5.91 grams
L-Serine	1.90 grams	4.76 grams
L-Threonine	0.94 grams	2.35 grams
L-Threonine	0.79 grams	0.97 grams
L-Tyrosine	1.22 grams	3.06 grams
L-Tryptophan	0.67 grams	1.67 grams
L-Valine	0.29 grams	0.73 grams
Cholesterol	10.00 mg	25.00 mg
Choline	14.00 mg	35.00 mg
Vitamin A	0.781 micrograms	1.95 micrograms
Vitamin B3	0.725 mg	1.81 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	4.80 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.

*Only for Chocolate.
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OutShred

FAT LOSS/MUSCLE GAIN WPI

VANILLA

LEAN MASS BUILDER | PHYSIQUE SCULPTING | METABOLIC ENHANCER

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

MANUFACTURED FROM THE WORLD'S HIGHEST
QUALITY FONTERRA PROTEIN

OUTLAST
NUTRITION

When Failure is Not an Option!

For more information on other Outlast Nutrition products or for complete training and nutrition advice, visit:
www.outlastnutrition.com.au



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1/4 Hyde Parade, Campbelltown, NSW 2560 Australia
Phone: 02 4848 3408
Email: info@outlastnutrition.com.au

BEST BEFORE:



0 764966 732886

30 SERVES

DIETARY SUPPLEMENT

NET WEIGHT 1.2KG

0 764966 732893 >

Take 2 scoops (1 serve), mix with 200ml water and shake well. Do not take with meals, take 30minutes prior to food. Can be taken twice daily (maximum) for best results. Do not take within 4 hours of sleep. OutStrip may assist with fatloss in conjunction with a calorie controlled diet and appropriate exercise plan.

OutStrip 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, 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.

PLANT ANION - CARBON EXTRACT - ORGANIC ACIDIC ANION - CARBON VITAMIN



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OutStrip

800MG GREEN COFFEE BEAN

300MG GREEN TEA EXTRACT

BERRY

420MG CAPSICUM EXTRACT

150MG RASPBERRY KETONES

CHILD ABUSE - CHILDREN (INACT) - MECHANICAL VIOLENCE - CHILDREN VIOLENCE

Savings Per Package: 30 Savings Size: 8.4g

[illegible]

Polydextrose, Citric Acid, Flavours, Green Coffee Bean (sweat), Green Tea Extract, Raspberry Ketone, Methyl Synephrine (Citrus Aurantium), Grapefruit Extract, Stevia, Maltodextrin, Buchu Extract, Sucralose, Dandelion Root Extract, Silicon Dioxide, Celery Seed Extract, Arctostaphylos uva-ursi extract, Chromium Picolinate, Capsicum Oleoresin.

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OutStrip

THERMOGENIC FORMULA

THERMOGENESIS 16NITER | FAT BURNER | FAT FLUSHER

- 1 TRIGGERS THERMOGENESIS IN FAT CELLS
- 1 ENHANCES METABOLIC PERFORMANCE
- 1 HERBAL DIURETICS FOR FLUSHING & DRYING

SET FAT LOSS ON FIRE WITH OUTSTRIP

OUTLAST
NUTRITION
10 Day Challenge or 30 Day Challenge

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DIETARY SUPPLEMENT

30 SERVES

NET WEIGHT 252g

OutWhey'd

PROTEIN POWDER SUPPLEMENT

CHOCOLATE

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

OUTLAST
NUTRITION

When Failure is Not an Option!



OutWhey'd

PROTEIN POWDER SUPPLEMENT

CHOCOLATE

HIGH CALORIES

FONTERRA PROTEIN

STRENGTH + PERFORMANCE + RECOVERY

SUPPLEMENT FACTS

Servings Per Package: 25 Serving Size: 120g

AVERAGE QUANTITY	PER SERVING (120g)	PER 100g
ENERGY	1000 kJ 476 Cal	1000 kJ 396 Cal
PROTEIN	49.55 grams	41.52 grams
FAT, TOTAL	5.64 grams	3.03 grams
SATURATES	2.33 grams	1.94 grams
CARBOHYDRATES, TOTAL	60.25 grams	50.21 grams
SUGARS	13.56 grams	11.31 grams
DIETARY FIBRE	0.45 grams	0.40 grams
Sodium	410.20 mg	340.46 Mg
Potassium	53.37 mg	44.47 Mg
Calcium	509.39 mg	406.16 Mg
Choline	10.90 mg	9.15 Mg
Iron	0.26 mg	0.22 Mg
Magnesium	14.88 mg	12.40 Mg
Phosphorus	462.91 mg	402.42 Mg
Zinc	2.22 mg	1.85 Mg
L-Alanine	2.62 grams	2.18 grams
L-Arginine	1.73 grams	1.44 grams
L-Aspartic Acid	5.76 grams	4.82 grams
L-Cysteine	1.31 grams	1.09 grams
L-Glutamic Acid	11.18 grams	9.32 grams
L-Glycine	1.04 grams	0.86 grams
L-Histidine	1.29 grams	1.06 grams
L-Isoleucine	4.58 grams	3.80 grams
L-Leucine	6.06 grams	5.00 grams
L-Lysine	5.36 grams	4.46 grams
L-Methionine	1.36 grams	1.15 grams
L-Phenylalanine	2.16 grams	1.82 grams
L-Proline	4.43 grams	3.68 grams
L-Serine	3.03 grams	2.54 grams
L-Threonine	3.64 grams	3.03 grams
L-Tyrosine	2.34 grams	1.95 grams
L-Tryptophan	0.95 grams	0.79 grams
L-Valine	4.60 grams	3.80 grams
Vitamin A	1.06 micrograms	1.05 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	6.29 mg	5.24 mg
Total Acid	10.00 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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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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BEST BEFORE:



25 SERVES

DIETARY SUPPLEMENT

NET WEIGHT 3KG

OutWhey'd

PROTEIN POWDER SUPPLEMENT

VANILLA

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

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STRENGTH + PERFORMANCE + RECOVERY

MASS BUILDER

15G BCAAS PER SERVE

VANILLA

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OutWhey'd

PROTEIN POWDER SUPPLEMENT

STRENGTH + PERFORMANCE + RECOVERY

HIGH CALORIES

FONTERRA PROTEIN

SUPPLEMENT FACTS

Servings Per Package: 25 Serving Size: 120g

AVERAGE QUANTITY	PER SERVING (120g)	PER 100g
ENERGY	1905 kJ	1585 kJ
	476 Cal	398 Cal
PROTEIN	49.55 grams	41.32 grams
FAT, TOTAL	5.64 grams	3.03 grams
SATURATES	2.35 grams	1.94 grams
CARBOHYDRATES, TOTAL	60.25 grams	50.21 grams
SUGARS	13.56 grams	11.31 grams
DIETARY FIBRE	4.64 grams	0.40 grams
Sodium	416.36 mg	346.96 Mg
Potassium	53.37 mg	44.47 Mg
Calcium	508.39 mg	424.16 Mg
Choline	10.88 mg	9.15 Mg
Iron	0.26 mg	0.22 Mg
Magnesium	14.89 mg	12.43 Mg
Phosphorus	462.91 mg	385.76 Mg
Zinc	2.22 mg	1.85 Mg
L-Alanine	2.42 grams	2.16 grams
L-Arginine	1.73 grams	1.44 grams
L-Aspartic Acid	5.76 grams	4.82 grams
L-Cysteine	1.31 grams	1.09 grams
L-Glutamic Acid	11.16 grams	9.32 grams
L-Glycine	1.04 grams	0.86 grams
L-Isoleucine	1.26 grams	1.05 grams
L-Leucine	4.59 grams	3.83 grams
L-Lysine	6.00 grams	5.00 grams
L-Methionine	1.36 grams	1.15 grams
L-Phenylalanine	2.16 grams	1.82 grams
L-Proline	4.43 grams	3.69 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	0.95 grams	0.79 grams
L-Valine	4.60 grams	3.83 grams
Vitamin A	1.88 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	6.28 mg	5.24 Mg
Folic 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, Flavour, Medium Chain Triglycerides, Vitamins & Minerals (Di-Calcium Phosphate, Potassium Phosphate Dibasic, C, B3, B6, B12, Folate, B5, A, Magnesium), Xanthan Gum, Sucralose.

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OutWhey'd

PROTEIN POWDER SUPPLEMENT

VANILLA

MASS BUILDER | MUSCLE FUELING | PERFORMANCE BOOSTER

- SUPERIOR WPC/WPI THAT CONVERTS EASILY INTO MUSCLE
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BEST BEFORE:



25 SERVES

DIETARY SUPPLEMENT

NET WEIGHT 3KG