

FitGen

**Youth
Performance
Supplements
Parents Can
Trust**

ENDURANCE

FITGEN ENDURANCE IS A UNIQUELY DESIGNED CARBOHYDRATE DRINK AVAILABLE FOR ALL SPORT TYPES

HOW DOES IT WORK?

FitGen Endurance is unique in its feature that it supplies energy to athletes which requires short but intense bursts of energy, as well as athletes who requires a sustained release of energy over a long period of time, without lowering the blood glucose levels after the energy burst.

FitGen Endurance is the first energy drink to utilize a stacked carbohydrate formula which contains no cane sugars. (Cane sugar or sucrose cause an initial spike in blood glucose levels, with a dip below normal due to increased insulin release, leaving you feeling fatigued). FitGen Endurance is designed to produce peak performance results for athletes. By using a mixture of monosaccharides (Dextrose), disaccharides, trisaccharides and polysaccharides, the body receives almost an immediate energy burst, which is then followed by the di-, tri-, and polysaccharides to make up the long sustained fuel source needed to help maintain blood glucose levels for superior results.

BENEFITS:

- Produce peak performance results for athletes
- Maintain blood glucose levels for superior results.
- Increases energy.
- Replenishment of glycogen in muscles after exercise.

FitGen Endurance Orange



FitGen Endurance Lemon



Taking FitGen Endurance before and during exercise enables the athlete to postpone fatigue, perform at a higher level and also prevents lactic-acid build-up.

HEAD OFFICE

Chantelle: 082 456 1376

info@fitgen.co.za

agent@fitgen.co.za

orders@fitgen.co.za

www.fitgen.co.za



Northern Cape Agents

Devon : 083 225 3462

Deon : 083 281 4043



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RECOVERY

HOW DOES IT WORK?

Fitgen Recovery is a multi-saccharide recovery drink. It is an Amino acid and rehydration complex that assists with maximum muscle recovery after exercise and events.

GLUTAMINE:

- Minimizes breakdown of muscle and improves protein metabolism.
- Speeds up muscle recovery after workout.
- Plays a key role in protein synthesis.
- May serve to boost your immune system.
- Improves nitrogen availability in the body.
- Increases muscle strength.
- Stimulates growth-hormone production that support new muscle growth.
- It's the most important component of muscle.

BENEFITS:

- Intense Muscle Recovery
- Assists Intense Workout.
- Improves Anaerobic Capacity.
- Enhances Brain Function.
- Improves Bone Healing.
- Buffers Lactic Acid Build-up.
- Improves Performance.
- Improves Muscle Mass.
- Extreme Rehydration.

FitGen Recovery Orange

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FitGen Compete Orange



FitGen Compete Lemon



COMPETE

HOW DOES IT WORK?

FitGen Compete is scientifically the most advanced intra-race product ever developed, with ingredients that regulate the slow release of monosaccharides as required by the athlete's muscles without stimulating extreme quantities of insulin for the control of too much glycogen in the blood which may cause a "sugar crash".

FitGen Compete has Xtreme Ergogenic Matrix, is a scientifically developed mixture of just the correct quantity of fast releasing mono-saccharides to create an immediate, energy spike, which is then followed by the release of di-saccharides, which are slightly slower to be released for energy, then followed by the tri-saccharides and even slower multi-saccharides. The energy supplying saccharides are released in stages after enzyme splitting of the bonded multi-saccharides in the digestive track by specific digestive enzymes.

Glycogen sparing is most crucial in the first 15 minutes of exercise. This is when FitGen Compete can help significantly decrease glycogen depletion. The glycogen sparing ingredients in FitGen Compete reaches its highest levels in the blood 30 to 60 minutes after ingestion.

BENEFITS:

- Rehydrates & recovers.
- Rehydrates and assists with recovery during training and racing.
- Increases energy.
- Lactic acid regulation.
- Soothes muscles and prevents muscle breakdown.

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PROTEIN BAR

HOW DOES IT WORK?

As a healthy snack the Fitgen protein bars are hard to beat. It is more beneficial for children at school to take a snack that contains a significant amount of protein, rather than a snack full of empty carbohydrates. High protein snacks improve their concentration during class, as well as keeping the hunger pains at bay.

During the day at school it is difficult to use a protein shake before or after sport training, and that is where the protein bar is beneficial so that the young athlete get their protein allowance in.

FitGen Protein Bar Chocolate

FitGen Protein Bar Peanut Butter



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FitGen ProFit Shake
Vanilla

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PRO-FIT SHAKE

HOW DOES IT WORK?

For an athlete to perform at his or her maximum, the body needs an increased supply of good quality proteins and amino acids in an easily absorbable format.

During training and strenuous exercise, muscle fibres are broken down as the natural process of muscle contraction. These fibres need rebuilding during the rest phase, and a good quality protein is needed to assist the process. Protein also is used for the production of muscles.

Proteins is used to manufacture hormones, enzymes, cellular messengers, nucleic acids, and immune-system components. Without adequate protein, our bodies can't put together the structures that make up every cell, tissue, and organ, nor can it generate the biochemical substances needed for cardiovascular function, muscle contraction, growth, and healing. Without an adequate amount of protein our muscles wouldn't heal up as quickly and could therefore lead to overtraining your muscle which could lead to injury.

Potassium, magnesium and phosphorous is essential micro minerals that cannot be manufactured by the body, but need to be consumed. These microminerals are essential for a large amount of anabolic and catabolic reactions in the body, and is essential to maintain healthy muscles and bones.

An athlete going through a strenuous exercise routine will struggle to consume enough protein out of food to ensure all the above functions, where a well-balanced protein supplement can assist.

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