



Amare Fit20™

Protein to Power
Your Day



What It Is

A protein powder supplement formulated with MCTs for fast fuel, plus 20 grams of whey protein and hydrolyzed collagen peptides to help support lean muscle mass and optimize metabolism.*



Why You Need It

Protein does more than build muscle—it supports tissue repair, a healthy metabolism, and energy throughout the day. Whether you're walking the dog, lifting weights, running after kids, or recovering from yesterday's to-dos, your body needs fuel to do it all.



How It Works

- **Grass-fed Whey Protein Concentrate** - supports healthy muscle growth and digestion*
- **Grass-fed Whey Protein Isolate** - an easy to absorb, high quality protein that supports healthy muscle mass and recovery.*
- **Hydrolyzed Collagen Peptides** - supports joint, muscle, and bone health*
- **Medium-Chain Triglycerides** – a healthy fat that is readily absorbed and metabolized by the body for a source of energy.*



*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Amare Fit20™
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The Science

We formulated Fit20 to deliver a protein supplement you can feel good about--no added sugar, no artificial sweeteners, and gluten free. Just functional ingredients that support your ability to bounce back, while helping you feel nourished, energized and supported from the inside out.

How to Use

Simply mix two level scoops in 8 fl oz water or blend into your favorite smoothie or shake.



Supplement Facts

Serving Size: 2 Scoops (35 g)
Servings Per Container: 14

Amount Per Serving		%DV
Calories	140	
Total Fat	4.5 g	6%*
Saturated Fat	2.5 g	13%*
Cholesterol	15 mg	5%
Total Carbohydrate	5 g	2%*
Total Sugars	1 g	†
Includes 0 g added sugars		0%*
Protein	20 g	12%*
Calcium	40 mg	3%
Magnesium (as Magnesium Oxide and Magnesium Aspartate)	150 mg	36%
Zinc (as Zinc Oxide and Zinc Gluconate)	30 mg	273%
Chromium (as Chromium Nicotinate Glycinate Chelate)	50 mcg	143%
Sodium	180 mg	8%
FIT20 Power Blend (as L-Citrulline and L-Citrulline DL-Malate)	1500 mg	†

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

†Daily Value (DV) not established.

Other Ingredients: Hydrolyzed Collagen (Bovine), Grass-Fed Whey Protein Isolate, Grass-Fed Whey Protein Concentrate, Natural Flavors, MCT (Medium Chain Triglycerides), Guar Gum, Silicon Dioxide, Sea Salt, Sunflower Lecithin, Stevia Leaf Extract.

ALLERGENS: Contains Milk.

Manufactured in a facility that also processes Milk, Soy, Wheat, Eggs and Tree Nuts (Almond).