

THE WORLD'S #1
BCAA BRAND*



XTEND[®]

POWDER CATALOG

XTEND ORIGINAL

THE WORLD'S #1 BCAA BRAND

Faster recovery is the key to better results. For over 10 years, XTEND® has been making the best recovery products in the world. Powered by 7 grams of branched-chain amino acids (BCAAs), which have been clinically shown to support muscle recovery and growth, XTEND® ORIGINAL also contains hydration promoting electrolytes and additional performance ingredients to help you refuel, repair, and recover. Try all the sugar-free, mouthwatering flavors of XTEND® to support your fitness goals.

7G BCAAS PER SERVING

XTEND® contains 7G of BCAAs per serving, which are dosed at the clinically studied 2:1:1 ratio.

3.5G L-Leucine // 1.75G L-Isoleucine // 1.75G L-Valine

2.5G L-GLUTAMINE

Each serving of XTEND® ORIGINAL contains 2.5G of L-Glutamine.

1140MG ELECTROLYTE BLEND

XTEND® contains a blend of Sodium Citrate, Potassium Chloride, and Sodium Chloride, which are electrolytes that help support hydration.

NSF® CONTENTS CERTIFIED

XTEND® proudly wears the NSF® Contents Certified mark, which symbolizes strict standards and procedures with regards to product development, testing, and quality.

INFORMED CHOICE

XTEND® proudly wears the Informed-Choice logo, certifying that it is free of banned substances and subject to a rigorous monitoring and certification process with testing conducted by the world class sports anti-doping lab (LGC).



SUPPLEMENT FACTS

Serving Size: 12.5g (Approx. 1 Scoop)
Servings Per Container: 30

	Amount Per Serving	%DV
Calories	0	
Total Carbohydrate	0 g	0%*
Total Sugars	0 g	**
Vitamin B6 (as Pyridoxine Hydrochloride)	640 mcg	38%
Sodium	220 mg	10%
Potassium	170 mg	4%
L-Leucine	3500 mg	**
L-Glutamine	2500 mg	**
L-Isoleucine	1750 mg	**
L-Valine	1750 mg	**
Electrolyte Blend	1140 mg	**
Sodium Citrate, Potassium Chloride, Sodium Chloride		

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

**Daily Value (DV) not established.

Other Ingredients: Malic Acid, Artificial Flavors, Citric Acid, Silicon Dioxide, Sucralose, Acesulfame Potassium, FD&C Red Lake #40.

30 & 90 SERV FLAVORS

BLUE RASPBERRY

STRAWBERRY KIWI SPLASH

KNOCKOUT FRUIT PUNCH

SMASH APPLE

WATERMELON EXPLOSION

ITALIAN BLOOD ORANGE

MANGO MADNESS

GLACIAL GRAPE

FREEDOM ICE*

LEMON LIME SQUEEZE

* Available only in 30 serv

ORANGE CREAM

XTEND NATURAL

NAUTRAL FLAVORS & SWEETENERS

XTEND® Natural Zero is free of artificial sweeteners, flavors, and chemical dyes. It's the naturally flavored version of our award-winning XTEND® recovery and performance formula. Powered by 7 grams of branched-chain amino acids (BCAAs), which have been clinically shown to support muscle recovery and growth, XTEND® Natural Zero also contains hydrating electrolytes and additional performance ingredients to help you refuel, repair, and recover. Try each mouthwatering, naturally sweetend flavor of XTEND® Natural Zero to fuel your health and fitness goals.

7G BCAAS PER SERVING

XTEND® Natural Zero contains 7G of BCAAs per serving, which are dosed at the clinically studied 2:1:1 ratio.

3.5G L-Leucine // 1.75G L-Isoleucine // 1.75G L-Valine

2.5G L-GLUTAMINE

Each serving of XTEND® Natural Zero contains 2.5G of L-Glutamine.

1G CITRULLINE MALATE

Citrulline malate is used as a precursor to arginine and nitric oxide production. Citrulline malate may support an increase in nitric oxide levels.

1140MG ELECTROLYTE BLEND

XTEND® Natural Zero contains a blend of Sodium Citrate, Potassium Chloride, and Sodium Chloride, which are electrolytes that help support hydration.

NSF® CONTENTS CERTIFIED

XTEND® Natural Zero proudly wears the NSF® Contents Certified mark, which symbolizes strict standards and procedures with regards to product development, testing, and quality.

INFORMED CHOICE

XTEND® Natural Zero proudly wears the Informed-Choice logo, certifying that it is free of banned substances and subject to a rigorous monitoring and certification process with testing conducted by the world class sports anti-doping lab (LGC).



SUPPLEMENT FACTS

Serving Size: 14.7g (Approx. 1 Scoop)
Servings Per Container: 25

	Amount Per Serving	%DV
Calories	0	
Total Carbohydrate	<1 g	<1%*
Total Sugars	0 g	**
Vitamin B6 (as Pyridoxine Hydrochloride)	640 mcg	38%
Sodium	220 mg	10%
Potassium	170 mg	4%
L-Leucine	3500 mg	**
L-Glutamine	2500 mg	**
L-Isoleucine	1750 mg	**
L-Valine	1750 mg	**
Electrolyte Blend	1140 mg	**
Sodium Citrate, Potassium Chloride, Sodium Chloride		
Citrulline Malate (1:1)	1000 mg	**

*Percent Daily Values (%DV) based on a 2,000 calorie diet.
**Daily Value (DV) not established.

Other Ingredients: Natural Flavors, Citric Acid, Malic Acid, Modified Stevia Leaf Extract (Steviol Glycosides), Monk Fruit (*Luo han guo*), Tartaric Acid, Spirulina Extract (color).

25 SERV FLAVORS

BLUEBERRY LEMONADE

STRAWBERRY KIWI

XTEND ELITE

MUSCLE RECOVERY + ENDURANCE

Designed to be the best for those who demand the best, XTEND® ELITE includes 7 grams of BCAAs for muscle growth and repair, CarnoSyn® Beta-Alanine to help boost muscular endurance, and Citrulline Nitrate (NO3-T®) to promote better pumps. At the recommended two scoops per day, XTEND® ELITE also features the clinically studied dose of PeakO2®, a research-backed blend of organic adaptogens shown to help support stamina, increase time to exhaustion, enhance anaerobic power output, and improve VO2 max. Try each of the delicious, sugar-free flavors of XTEND® ELITE for elite recovery, endurance, and performance.*

7G BCAAS PER SERVING

XTEND® ELITE contains 7G of BCAAs per serving, which are dosed at the clinically studied 2:1:1 ratio.

3.5G L-Leucine // 1.75G L-Isoleucine // 1.75G L-Valine

2.5G L-GLUTAMINE

Each serving of XTEND® ELITE contains 2.5g of L-Glutamine.

2G PEAKO₂®

A university-researched proprietary blend of ingredients, which have been clinically shown to maximize power output and support oxygen utilization.

1.6G CARNOSYN® BETA-ALANINE

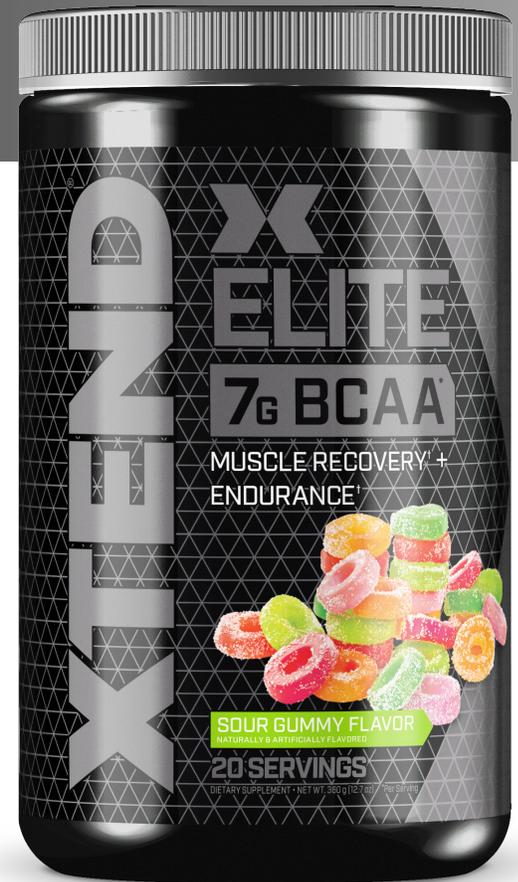
In every serving, XTEND® ELITE contains 1.6g of the clinically studied CarnoSyn® Beta-Alanine. Beta-Alanine is an amino acid which makes a compound in your body called Carnosine, which supports muscular endurance. Beta-Alanine can sometimes produce a harmless temporary tingling sensation throughout the body.

1G CITRULLINE NITRATE (NO3-T®)

Citrulline Nitrate is L-Citrulline bonded with nitrate, and is the latest Citrulline innovation technology - to help you achieve the ultimate pump.

1140MG ELECTROLYTE BLEND

XTEND® ELITE contains a blend of Trisodium Citrate Dihydrate, Potassium Chloride, and Sodium Chloride, which are electrolytes to help support hydration.



SUPPLEMENT FACTS

Serving Size: 18g (Approx. 1 Scoop)
Servings Per Container: 20

	Amount Per Serving	%DV
Calories	10	
Total Carbohydrate	2 g	<1%*
Total Sugars	0 g	**
Vitamin B6 (as Pyridoxine Hydrochloride)	640 mcg	38%
Sodium	220 mg	10%
Potassium	170 mg	4%
L-Leucine	3500 mg	**
L-Glutamine	2500 mg	**
PEAKO ₂ ® Performance Blend	2000 mg	**
Cordyceps (<i>Cordyceps militaris</i>), Reishi (<i>Ganoderma lucidum</i>), King Trumpet (<i>Pleurotus eryngii</i>), Shiitake (<i>Lentinula edodes</i>), Lion's Mane (<i>Hericium erinaceus</i>), Turkey Tail (<i>Trametes versicolor</i>)		
L-Isoleucine	1750 mg	**
L-Valine	1750 mg	**
CarnoSyn® Beta-Alanine	1600 mg	**
Electrolyte Blend	1140 mg	**
Sodium Citrate, Potassium Chloride, Sodium Chloride		
Citrulline Nitrate (NO3-T®)	1000 mg	**

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

**Daily Value (DV) not established.

Other Ingredients: Citric Acid, Malic Acid, Natural & Artificial Flavors, Sucralose, Acesulfame Potassium, Silicon Dioxide, FD&C Yellow #5, FD&C Blue #1.

30 SERV FLAVORS

SOUR GUMMY

ISLAND FRUIT PASSION

XTEND RIPPED

STIMULANT FREE MUSCLE RECOVERY + FAT BURNING

XTEND® Ripped is a one-of-a-kind formula designed to help you build muscle, burn fat, and reveal the ripped physique you've been working for. Powered by 7 grams of branched-chain amino acids (BCAAs), hydrating electrolytes, and fat-burning ingredients like CLA and Capsimax®, XTEND® Ripped boosts recovery, supports fat loss, and helps you build and maintain muscle.

Try all of the mouthwatering, sugar-free flavors of XTEND® Ripped today to give your fat loss efforts an edge.

7G BCAAS PER SERVING

XTEND® Ripped contains 7G of BCAAs per serving, which are dosed at the clinically studied 2:1:1 ratio.

3.5G L-Leucine // 1.75G L-Isoleucine // 1.75G L-Valine

2.5G L-GLUTAMINE

Each serving of XTEND® Ripped contains 2.5G of L-Glutamine.

1G CITRULLINE MALATE

Citrulline malate is used as a precursor to arginine and nitric oxide production. Citrulline malate may support an increase in nitric oxide levels.

1140MG ELECTROLYTE BLEND

XTEND® Ripped contains a blend of Sodium Citrate, Potassium Chloride, and Sodium Chloride, which are electrolytes to help support hydration.

CONJUGATED LINOLEIC ACID (CLA)

CLA is believed to suppress the expression of certain fat-gaining enzymes, to increase energy expenditure and preserve lean muscle mass.

CAPSIMAX® CAYENNE

Capsimax® Cayenne fruit extract supports the mobilization of fats for energy production. The amount of Capsimax® in the recommended two daily servings of XTEND® Ripped has been clinically shown to boost metabolism, and can help to burn the same amount of calories as running one mile!



SUPPLEMENT FACTS

Serving Size: 16.5g (Approx. 1 Scoop)
Servings Per Container: 30

	Amount Per Serving	%DV
Calories	15	
Total Fat	1 g	1%*
Total Carbohydrate	<1 g	<1%*
Total Sugars	0 g	**
Vitamin B6 (as Pyridoxine Hydrochloride)	640 mcg	38%
Sodium	220 mg	10%
Potassium	170 mg	4%
L-Leucine	3500 mg	**
L-Glutamine	2500 mg	**
L-Isoleucine	1750 mg	**
L-Valine	1750 mg	**
Electrolyte Blend	1140 mg	**
Sodium Citrate, Potassium Chloride, Sodium Chloride		
Citrulline Malate (1:1)	1000 mg	**
Conjugated Linoleic Acid (CLA)	850 mg	**
L-Carnitine (as L-Carnitine Tartrate)	500 mg	**
Capsimax® Cayenne (<i>Capsicum annuum</i>) fruit extract	50 mg	**

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

**Daily Value (DV) not established.

Other Ingredients: Citric Acid, Natural & Artificial Flavors, Malic Acid, Sucralose, Silicon Dioxide, Acesulfame Potassium, FD&C Red #40.
CONTAINS: MILK

30 SERV FLAVORS

STRAWBERRY KIWI SPLASH

BLUEBERRY LEMONADE

XTEND SPORT

MUSCLE RECOVERY & ELECTROLYTES

Each daily serving of XTEND® Sport supports hydration and recovery without sugar, carbs, or calories. The 14 grams of branched-chain amino acids (BCAAs) in the recommended daily serving promote muscle repair, recovery, and growth, and the Electrolyte & Performance Hydration Blend helps fuel overall hydration.

7G BCAAS PER SERVING

XTEND® Sport contains 7G of BCAAs per serving, which are dosed at the clinically studied 2:1:1 ratio.

3.5G L-Leucine // 1.75G L-Isoleucine // 1.75G L-Valine

BETAPOWER® BETAINE ANHYDROUS

BetaPower® Natural Betaine is a high purity anhydrous betaine, derived from the molasses of sugar beets. Due to its chemical structure, it helps to maintain the cells electrolyte concentration and supports hydration.

COCONUT WATER POWDER (*COCOS NUCIFERA*)

Naturally contains potassium, sodium, magnesium and phosphorus to aid in rehydration, primarily through fluid retention.

1890MG ELECTROLYTE BLEND

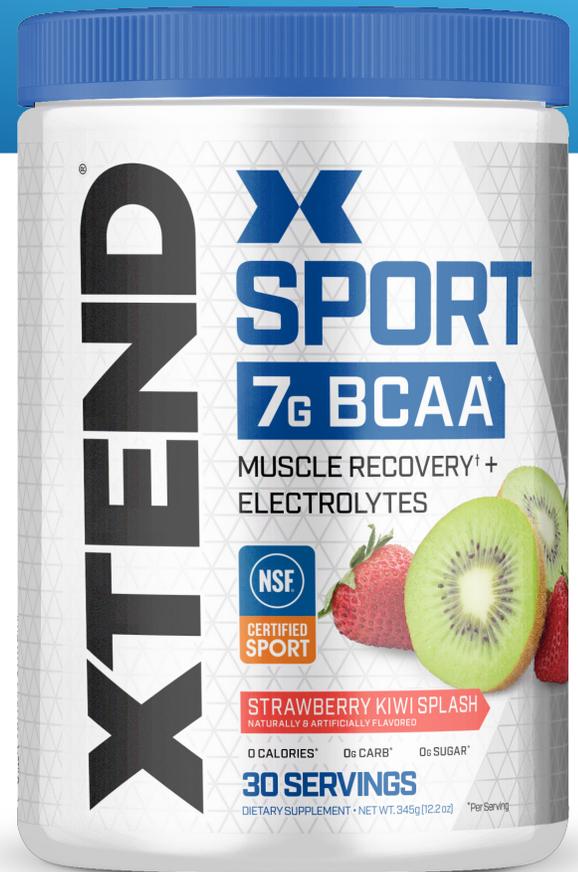
XTEND® Sport contains a blend of Sodium Citrate, Potassium Chloride, and Sodium Chloride, which are electrolytes that help support hydration.

NSF® CONTENTS CERTIFIED

XTEND® Sport proudly wears the NSF® Contents Certified mark, which symbolizes strict standards and procedures with regards to product development, testing, and quality

INFORMED CHOICE

XTEND® Sport proudly wears the NSF Certified For Sport® logo. The NSF certification mark on our products helps athletes of all layers buy our supplements with confidence. Certified supplements must meet rigorous standards that include comprehensive lab testing and extensive evaluation of the manufacturing process to ensure contaminated substances or hidden ingredients are not added to a product.



SUPPLEMENT FACTS

Serving Size: 11.5 g (Approx. 1 Scoop)
Servings Per Container: 30

	Amount Per Serving	%DV
Calories	0	
Total Carbohydrate	0 g	0%*
Total Sugars	0 g	**
Magnesium	10 mg	2%
Sodium	220 mg	10%
Potassium	170 mg	4%
L-Leucine	3500 mg	**
Electrolyte Blend [BetaPower® Betaine Anhydrous, Sodium Citrate, Potassium Chloride, Sodium Chloride, Magnesium Citrate, Coconut (<i>Cocos nucifera</i>) water powder]	1890 mg	**
L-Isoleucine	1750 mg	**
L-Valine	1750 mg	**

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

**Daily Value (DV) not established.

Other Ingredients: Malic Acid, Citric Acid, Silicon Dioxide, Natural & Artificial Flavors, Sucralose, Acesulfame Potassium, FD&C Red #40.

CONTAINS: Tree Nuts (Coconut).

30 SERV FLAVORS

BLUE RASPBERRY ICE

STRAWBERRY KIWI

SPECS

XTEND ORIGINAL				
FLAVOR	30 SERV UPC	30 SERV ITEM CODE	90 SERV UPC	90 SERV ITEM CODE
BLUE RASPBERRY ICE	181030000151	107601	181030000168	107655
KNOCKOUT FRUIT PUNCH	812135020286	107604	812135020293	107658
WATERMELON EXPLOSION	181030000236	107610	181030000243	107663
FREEDOM ICE	842595108682	107729		
STRAWBERRY KIWI SPLASH	181030000311	107609	181030000328	107662
MANGO MADNESS	181030000281	107606	181030000298	107660
GLACIAL GRAPE	181030000175	107602	181030000182	107656
ITALIAN BLOOD ORANGE	812135021658	107600	812135021665	107654
LEMON LIME SQUEEZE	181030000212	107605	181030000229	107659
SMASH APPLE	181030000137	107603	181030000144	107657
XTEND RIPPED				
FLAVOR	30 SERV UPC		30 SERV ITEM CODE	
STRAWBERRY KIWI SPLASH	842595103151		108315	
BLUEBERRY LEMONADE	842595103144		108313	