

Supplement Facts

Serving Size 1 Scoop (29 g)
Servings Per Container 30

	Amount Per Serving	% DV*
Calories	110	
Calories from Fat	10	
Total Fat	1.5 g	2%
Saturated Fat	0.5 g	1%
Trans Fat	0 g	
Cholesterol	45 mg	23%
Total Carbohydrate	4 g	1%
Dietary Fiber	1 g	2%
Sugars	2 g	4%
Protein	20 g	40%
Calcium	108 mg	11%
Iron	0.4 mg	2%
Sodium	135 mg	6%

HYDRO-GREENS™ Blend	150 mg	†
Coconut (Cocos nucifera) Water Powder, Chia (Salvia hispanica) Seed Powder, Blue Green Algae (Spirulina sp.) Whole Plant Powder, Chlorella pyrenoidosa Whole Plant Powder, Wheat Grass (Triticum aestivum) Aerial Powder (Gluten Free), Maca (Lepidium meyenii) Root Extract-4:1		

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

Other Ingredients: Protein Blend (Whey Protein Concentrate, Whey Protein Isolate, Calcium Caseinate, L-Glutamine), Creamer (Sunflower Oil, Maltodextrin, Sodium Caseinate, Mono & Diglycerides, Dipotassium Phosphate, Soy Lecithin, Sodium Silico Aluminate, Tocopherols), Natural Flavors, Natural Gum, Cellulose Gum, Salt, Sucralose, Stevia (Stevia rebaudiana)

Contains Milk, Soy, Tree Nut (Coconut) and Wheat. This product was produced in a facility that also processes ingredients containing eggs, fish, shellfish and peanuts.

Notice: Use this product as a food supplement only. Do not use for weight reduction.

- NO Gluten
- NO Artificial Flavors
- NO Artificial Colors
- NO Preservatives
- NO Aspartame
- NO Soy Protein
- NO Added Sugars
- NO Trans Fats

Amino Acids 20 g
(Approximate Values Per 29 g Serving)

Lean + Recovery Blend		
L-Glutamine	1,295 mg	
L-Leucine (BCAA)	2,081 mg	
L-Isoleucine (BCAA)	1,113 mg	
L-Valine (BCAA)	1,055 mg	
L-Lysine	1,808 mg	
L-Alanine	1,099 mg	
L-Arginine	421 mg	
L-Aspartic Acid	2,230 mg	
L-Cysteine	545 mg	
L-Glycine	296 mg	
L-Histidine	297 mg	
L-Methionine	421 mg	
L-Phenylalanine	549 mg	
L-Proline	1,313 mg	
L-Serine	941 mg	
L-Threonine	1,462 mg	
L-Tryptophan***	223 mg	
L-Tyrosine	545 mg	

& Denotes natural and free form amino acids
*** Essential Amino Acids
**** L-Tryptophan is naturally occurring, not added

NDS
AMPLIFY
SMOOTHIE

DELICIOUS BLEND OF
WHEY PROTEINS + CASEINATE
GLUTEN FREE FORMULA
NO ARTIFICIAL FLAVORS

20g Protein	0g Added Sugar	110 Calories/Serving
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Support for
Natural Healthy Energy*
Carbohydrate Restriction*
Toned Physique*
Muscle Maintenance*

Dietary Supplement | Net Wt: 1.9 LB. (870 G)

VANILLA CREME
Natural Flavors

Advantages of Daily Protein Intake

Protein is a vital component of every cell in the body, and your body uses protein to build and repair tissues, to make enzymes, hormones and other body chemicals. Protein is an important building block of bones, muscles, cartilage, skin and blood. Thus, supplementing daily with a protein shake should be an essential staple in any healthy diet program. NDS Amplify Smoothie can provide you a delicious and beneficial source of high quality protein for you to live a healthy lifestyle. Its premium formulation includes fast and slow digesting proteins, helping with satiety and appetite suppression during the day. This time-released protein absorption also helps reduce caloric intake and restrict carbohydrate consumption, to help you achieve your health and fitness goals.*

Healthy Delicious Snack Between Meals

Eating "three square meals a day" is an outdated philosophy, and eating less frequently is not healthy. Effective weight loss calls for eating four or five small meals instead of one or two bigger ones. Too busy to eat the right foods? No problem. Now you can boost your metabolism with waves after waves of the power-packed protein your body needs to keep your metabolism humming along.*

Premium Protein Blend

Amplify Smoothie is formulated with an advanced and premium blend of whey and casein protein, rich in amino acids. These amino acids help promote healthy muscle tissue and function, supports a stronger more efficient metabolism, and aids nutrient absorption.* Amino acids from dietary protein also help facilitate daily strength and can be used to boost immune health.* Use Amplify Smoothie's premium protein daily as a source for healthy natural energy to help you get through the day.*



Pure Protein Guarantee | No Amino Spiking

Amplify Smoothie includes 20 g of protein, and does not contain misleading profile information due to amino spiking.

Hydro Greens™ Blend

Enhanced with a seeds and greens-based health blend Amplify Smoothie supports additional health benefits (antioxidants, heart health, appearance (skin), and anti-aging). Coconut helps provide electrolytes and supports rehydration post-exercise.*



SUGGESTED USE:

Amplify Smoothie can provide you an excellent and healthy morning, mid-day or post-exercise snack.* Mix 1 scoop (29 g) to 8 ounces of cold water, juice or milk. (Adjust to desired taste). Add a handful of ice cubes and blend for extra thickness.

Due to settling, a natural occurrence with powders, variations in the powder height level may vary from bottle to bottle. Additionally, powder density may be affected as a result of the settling, which may cause slight variations in the scoop serving size.

WARNING:

KEEP OUT OF REACH OF CHILDREN.
If you are pregnant, nursing or taking medications, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. **WARNING:** for California residents only. This product contains a chemical known in the state of California to cause birth defects or other reproductive harm. Do not use if tamper resistant seal is broken. **STORE IN A COOL DRY PLACE AND AVOID EXCESSIVE HEAT.**

Manufactured in accordance with current Good Manufacturing Practices (cGMP).



FITLIFE BRAND

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*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.