



GOLD STANDARD[®] FIT 40



CHERRY LIMEADE

Supplement Facts

Serving Size About 1 Scoop (16 g)
Servings Per Container 20

	Amount Per Serving	% Daily Value
Calories	10	
Total Carbohydrate	3 g	1%*
Dietary Fiber	<1 g	0%*
Vitamin D (as Cholecalciferol)	20 mcg	100%
Calcium	480 mg	37%
Sodium	35 mg	2%
Creatine Monohydrate	3 g	**
Calcium HMB (Calcium β-hydroxy β-methylbutyrate monohydrate)	3 g	**
CarnoSyn [®] Beta-alanine	2 g	**
Mushroom Blend (Cordyceps (<i>Cordyceps militaris</i>), Reishi (<i>Ganoderma lucidum</i>), King's Trumpet (<i>Pleurotus eryngii</i>), Shiitake (<i>Lentinula edodes</i>), Lion's Mane (<i>Hericium ernaceus</i>), Turkey Tail (<i>Trametes versicolor</i>) as PeakO ₂ [®])	2 g	**
Arginine Silicate-Inositol (Nitrosigine [®])	750 mg	**
elevATP [®] (Ancient Peat, Apple Extract)	150 mg	**

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

OTHER INGREDIENTS: Citric Acid, Natural and Artificial Flavor, Malic Acid, Gum Blend (Cellulose Gum, Xanthan Gum, Carrageenan), Calcium Silicate, Silicon Dioxide, Sucralose, Acesulfame Potassium, Red 40.

3G
CREATINE
MONOHYDRATE

2G
BETA ALANINE

3G
CALCIUM HMB

GOLD STANDARD FIT40[®] Training and Performance Booster[▲]

- 3 G Calcium HMB to support muscle strength^{▲*}
- 2 G Beta-Alanine to help you train harder and longer^{▲*}
- Vitamin D3 to support muscle and bone health[▲]
- 20 servings—take before or during training
- Fruit Punch and Cherry Limeade

*When taken over time with regular resistance training

[▲]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.

GOLD STANDARD FIT40

TRAINING AND PERFORMANCE BOOSTER

The aging athlete is concerned about maintaining muscle mass and sustaining energy levels. FIT40 Training and Performance Booster has a formula that can help replenish muscle energy stores that get depleted during high intensity training.[▲] When taken before or during exercise, FIT40 Training and Performance Booster can help you train harder and longer![▲]



OPTIMUM NUTRITION is regarded as a trusted brand in the sports performance industry. We are obsessed with quality and we are the makers of the most reviewed*, most awarded*, best-selling whey protein powder in the world—GOLD STANDARD 100% WHEY™.

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*Based on consumer reviews from Amazon, GNC, Vitamin Shoppe, Bodybuilding.com, Flipkart, AminoZ, Tmall – May 2018.

*Based on Bodybuilding.com "Protein of the Year" awards 2005-2018.