

Synd-X

Extreme

High Protein & Low Carb

BODY SHAPE

WEIGHT CONTROL

ENERGY



- ▶ AMINO ACIDS
- ▶ GLUTAMINE
- ▶ TAURINE
- ▶ CHROMIUM
- ▶ CALCIUM



SYND-X INFORMATION

Synd-X protein powder facts

- ✓ Highest biological first class protein
- ✓ Whey protein concentrate
- ✓ No artificial sweeteners
- ✓ Added glutamine and taurine
- ✓ Added chromium for healthy blood sugar
- ✓ Efficient delivery of amino acids to cells

Health benefits

- ✓ Easily digested and absorbed
- ✓ Promotes muscle gain and strength
- ✓ Satisfies hunger
- ✓ Reduces sweet cravings
- ✓ Best protein for recovery after exercise
- ✓ Protein does not spike insulin or blood sugar

NUTRITIONAL INFORMATION

Serving size: 20g

	Average Quantity per serving (20g)	Average Quantity per 100g
Energy	324kj (78 Cal)	1624kj (399 Cal)
Protein (g)	16.2	80.9
Fat, Total (g)	<1	4.2
- Saturated (g)	<1	2.5
Carbohydrate, total (g)	1.1	5.5
- Sugars (g)	<1	<1
- Dietary fibre (g)	0	0
Sodium (mg)	120	600
Chromium (mcg)	4.2	21
Glutamine (mg)	166.6	833
Taurine (mg)	166.6	833
Calcium (mg)	120	600

SERVING SUGGESTIONS

Mix 1-2 tablespoons (10-20 g) of Synd-X powder into approximately 250 ml of water, unsweetened milk or yoghurt. Mix in a blender.

More protein powder and/or fresh fruit can be added if desired.

BERRY SLIMMING SMOOTHIE RECIPE

INGREDIENTS

- 4 tbsp canned coconut milk with ½ cup water
- OR 1 cup milk of your choice*
- 2 tbsp **Synd-X Protein Powder**
- ½ cup ice
- 1 cup berries of your choice (fresh or frozen)

METHOD

Blend all ingredients in blender, blend until smooth and serve.

*A2 dairy milk, unsweetened soy milk, rice milk or almond milk; avoid using milks with added sugar.

Many people find it impossible to lose weight despite cutting back on calories and increasing their exercise. They try low fat and/or low calorie diets and make themselves feel deprived, but have no success.

Why is that? Because they have **Syndrome X!**

Syndrome X is a chemical imbalance that makes your body store fat. It is associated with insulin resistance and high insulin levels, is the most common reason overweight people cannot lose weight, and yet it is often not recognised!

Syndrome X can cause the following:

- Convert dietary carbohydrate into body fat
- Fluid retention and puffiness
- Suppress your body's production of fat-burning hormones (glucagon and growth hormone)
- Hunger and cravings for carbs and sugar
- Weight gain in the abdominal area
- Hormonal problems and infertility
- Erectile dysfunction in men
- Fatty liver and sluggish metabolism

