



# A MUSCLE MULTIPLIER FOR EVERYONE

Low in  
Calories

3.5g  
**EAA's**  
(9 Essential  
Amino Acids)

Sugar-  
Free

Suitable for  
Vegetarians

Fortified with  
L-Glutamine  
& L-Arginine

**NEW!**



Note: This product is not intended to diagnose, treat, cure, or prevent any disease. Results may vary depending on individual's intake, exercise and diet.





# Let's Talk Muscles



## MYTH

I'm not a body builder, so I don't have or need to build muscles.

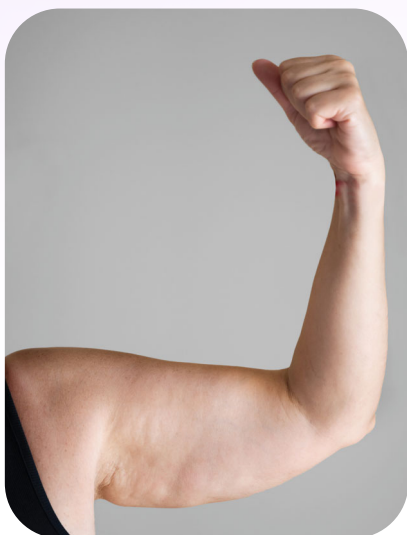


## FACT

Muscles are soft tissues in your body. They are crucial in supporting your daily body movements and other bodily functions. Hence, everyone needs to maintain a healthy muscle mass!

## How Does This Affect Me?

Loss of muscle mass can lead to:



Flabby arms and sagging skin



Reduced ability to carry out normal daily activities



Increased risk of falls and injuries due to weak strength

...And more!

Now you know that losing muscle mass is a legitimate health concern. But the good news is that **it's never too late to start building lean muscles!**

Here are 3 benefits from muscle-building



**Weight Management**  
Better Body Composition



**Fitness & Performance**  
Toned Body

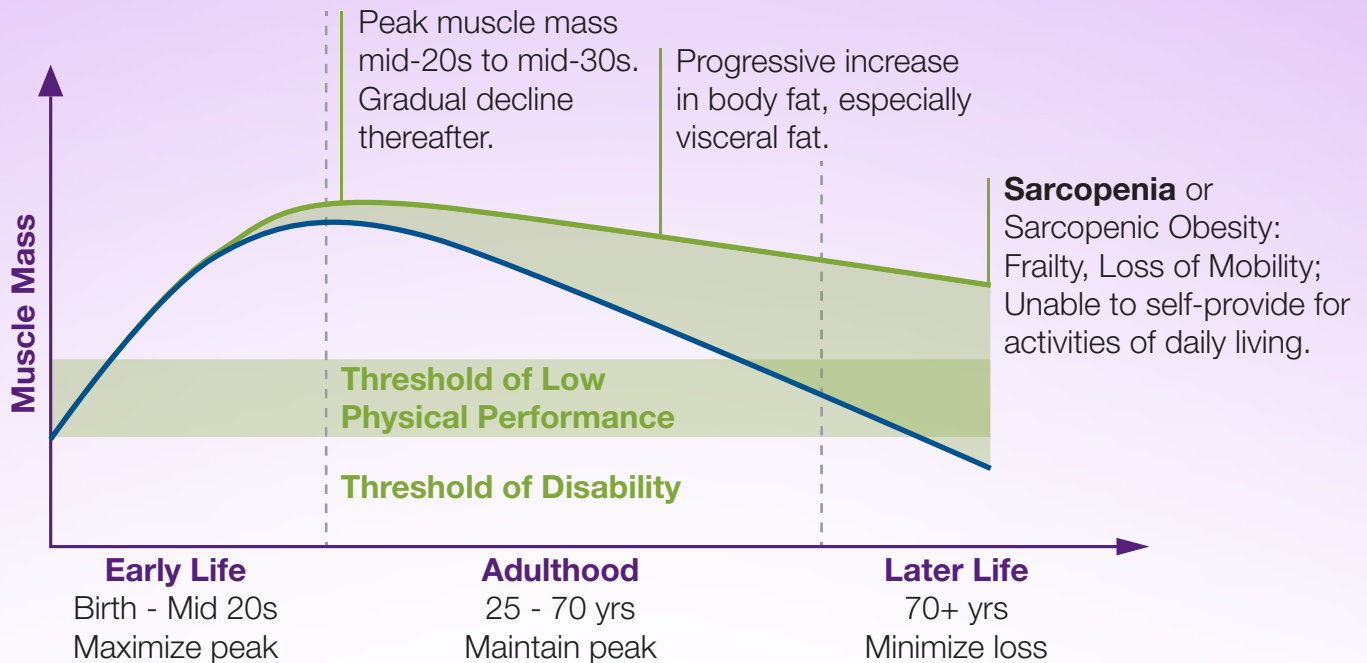


**Active Ageing**  
Prevents Muscle Loss





## DID YOU KNOW: MUSCLE MASS DECLINES WITH AGE



**3%-5%**  
muscle mass is  
lost per decade  
after 30s<sup>1</sup>

**7%-8%**  
muscle mass is lost  
in 40s<sup>2</sup>

**30%**  
muscle mass is lost  
between  
50s-70s<sup>3</sup>

**59.8%**  
prevalence of  
sarcopenia among  
Malaysian older adults  
(>60s)<sup>4</sup>





# How Should I Start Building Muscle Mass?

Hint: It's as easy as 1-2-3!

## The Simple Muscle Math

To effectively grow muscles, your muscle protein synthesis (a process to build muscle mass) must **exceed** your muscle protein breakdown in the body.



Muscle Protein Synthesis (MPS)



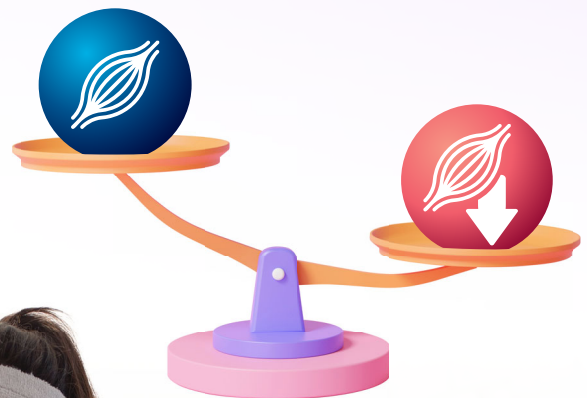
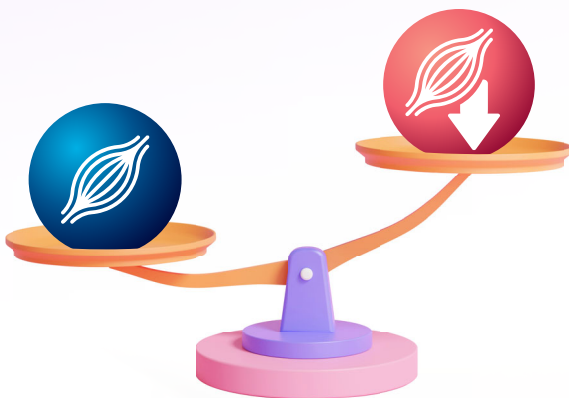
Muscle Protein Breakdown (MPB)

Building Lean Muscle

**MPS** > **MPB**

Losing Lean Muscle

**MPB** > **MPS**







# The Pyramid of Muscle-Building



## Recovery

Quality sleep and rest days

## Nutrition

Optimal calories, protein and Essential Amino Acids (EAAs) intake



## Exercise

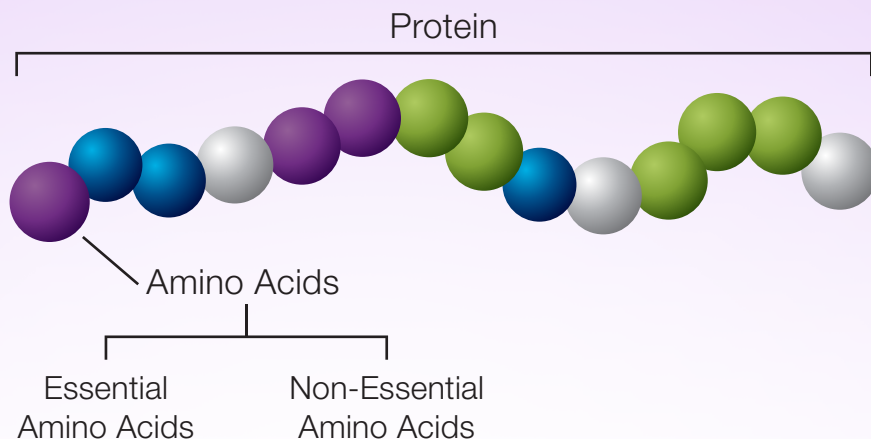
Resistance training





# The Science Behind This Innovation

Because we know the science to your nutritional needs



## Essential Amino Acids (EAAs)

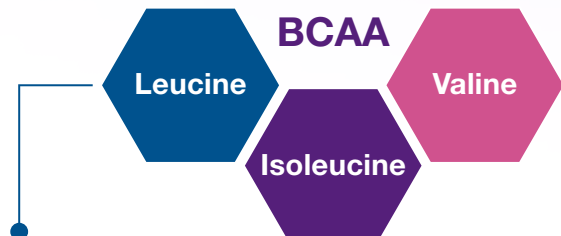
Amino acids are classified into Essential Amino Acids (EAAs) and Non-Essential Amino Acids – there are 9 types of EAAs



### FUN FACT

EAAs cannot be made by the body and must come from food

## Branched-Chain Amino Acids (BCAAs)



Crucial to stimulate muscle protein synthesis (MPS).

- A group of 3 essential amino acids include leucine, isoleucine, valine.
- Makes up 40% of EAAs (muscle composition).



- 2:1:1 BCAA ratio is the optimal ratio to maximise muscle growth, and as your source of energy to burn fat effectively.<sup>5</sup>

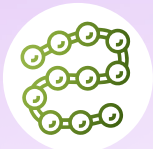
The synergy of having both EAA and BCAA (compared to having BCAA alone) will trigger the best response from amino acids.<sup>6</sup>





# Do EAAs Actually Work?

Yes, we've got scientific evidence to prove it!



**Stimulate muscle protein synthesis<sup>7</sup>**



**Improve muscle mass, strength and function<sup>8,9</sup>**



**Improve arm circumference and hand grip strength<sup>9</sup>**



**Improve lean body mass and composition<sup>10</sup>**



**Improve skin texture<sup>8</sup>**

[Click here to learn more about the scientific evidence](#)



## L-Arginine

- Known as the recovery amino acid
- Enhances blood flow to muscles and increases endurance capacity<sup>11</sup>
- Safe and efficient nutritional support for obesity - by reducing adiposity and by improving metabolic profile<sup>12,13</sup>

## L-Glutamine

- Triggers the immunity response to help with muscle damage<sup>14</sup>
- Improves muscle functions and reduces muscle soreness<sup>15</sup>
- Improves body weight and waist circumference<sup>16</sup>

[Click here for references](#)







# Perfect Combinations with XS Wildberry Flavoured Drink Premix



**Active Ageing:**  
Stay Strong & Healthy



|                               | XS Wildberry Flavoured Drink Premix   | + Nutralite Soy Protein Drink   |
|-------------------------------|---|---|
| Key benefits                  | <b>Weight Management, Fitness &amp; Performance, Active Ageing</b>  | <b>Foundational protein</b><br>(is required and can assist in every solution you are seeking)                 |
| Function                      | <ul style="list-style-type: none"><li>• <b>Fuel Your Body</b></li><li>• <b>Build Your Lean Muscles</b></li><li>• <b>Promote Muscle Recovery</b></li></ul>           | <ul style="list-style-type: none"><li>• <b>Support daily body function</b> &amp; general well-being</li></ul> |
| Positioning/Highlight         | Essential Amino Acids (EAAs)  | Soy Protein   |
| Main ingredients              | <ul style="list-style-type: none"><li>• 9 essential amino acids – including branched-chain amino acids (BCAAs)</li><li>• L-Glutamine</li><li>• L-Arginine</li></ul> | <ul style="list-style-type: none"><li>• Unique tri-blend (soy, wheat, pea)</li><li>• PDCAAS = 1</li></ul>     |
| Protein content (per serving) | 4g amino acids (3.5g EAAs)  | 8g-10g protein  |
| Use direction                 |   |   |
| • workout day                 | Post-workout (within 30 minutes)  | Pre-workout OR<br>Post-workout (min 1 hour gap after XS Wildberry Flavoured Drink Premix)                     |
| • non-workout day             | Anytime (between meals), separate from protein intake   | Anytime (between meals), separate from XS Wildberry Flavoured Drink Premix intake                             |

How does the **XS Wildberry Flavoured Drink Premix** work with **Nutralite Soy Protein Drink**?



**Nutralite Soy Protein Drink**  
(general well-being)



**XS Wildberry Flavoured Drink Premix**  
(muscle building)

EAA supplementation **offers alternative strategy to whole protein sources** to help you meet the increased protein requirement and further boost muscle health.

Both products are well-paired to unlock a stronger and healthier body.







# Perfect Combinations with XS Wildberry Flavoured Drink Premix



**Weight Management + Fitness & Performance:**  
Get Lean & Firm

| <div>XS IGNITE Blood<br/>Orange Fruit Drink Base<br/>With Isomaltulose &amp;<br/>L-Glutamine</div> <div></div> <div>+</div> <div>XS Wildberry Flavoured<br/>Drink Premix</div> <div></div> |   |   |
|--|---|---|
| Key benefits   | <b>Weight Management,<br/>Fitness &amp; Performance</b>   | <b>Weight Management,<br/>Fitness &amp; Performance,<br/>Active Ageing</b>  |
| Function   | <ul style="list-style-type: none"><li>• <b>Boost</b> workout performance</li><li>• <b>Unleash</b> ideal body</li><li>• <b>Reduce</b> fat accumulation</li><li>• <b>Natural</b> approach for fat burning</li></ul> | <ul style="list-style-type: none"><li>• <b>Fuel Your Body</b></li><li>• <b>Build Your Lean Muscles</b></li><li>• <b>Promote Muscle Recover</b></li></ul>                |
| Main ingredients   | <ul style="list-style-type: none"><li>• Moro-blood orange extract</li><li>• Isomaltulose</li><li>• L-Glutamine</li></ul>  | <ul style="list-style-type: none"><li>• 9 essential amino acids<br/>– including branched-chain amino acids (BCAAs)</li><li>• L-Glutamine</li><li>• L-Arginine</li></ul> |
| Use direction  |   |   |
| • workout day  | Pre-workout   | Post-workout (within 30 minutes)  |
| • non-workout day  | Before meal (morning)   | Anytime (between meals),<br>separate from protein intake  |

How does the **XS Wildberry Flavoured Drink Premix** work with **XS IGNITE Blood Orange Fruit Drink Base With Isomaltulose & L-Glutamine**?



**XS IGNITE Blood Orange  
Fruit Drink Base With  
Isomaltulose & L-Glutamine**  
(improve body composition)



**XS Wildberry  
Flavoured Drink  
Premix**  
(muscle building)

EAA supplementation further enhance the muscle mass, strength and function, while XS IGNITE works on improving body composition through fat burning.

Best pairing/combination before and after workout for a firmer and toned body shape.