



# RIPPED TO SHREDZ



Ripped to Shredz contains research proven fat burning ingredients, high potency energy and focus boosters, and mood enhancing elements to provide the smoothest fat loss experience possible. This scientist created, athlete tested formulation is the perfect blend of effective ingredients for noticeable results that leaves you feeling lean and energized.

Get ready to take on your toughest workout or workday!

## KEY FEATURES

- Increase fat utilisation during exercise
- Promote use of fat as an energy source
- Improve efficiency of fat burning
- Increase energy expenditure through thermogenesis
- Create a positive mood and reduced feelings of diet anxiety
- Less feelings of foggy diet brain
- Improve and sustain focus and mental energy
- Spare lean tissue during reduced calorie phases
- Support natural energy production and carb utilisation
- No Added Sugar
- Gluten Free
- Vegan Friendly

**DIRECTIONS FOR USE:** Mix 6.7 g (1 Sachet) with 300 mL of water. Take 15 minutes prior to and during your training or first thing in the morning on non-training days.

**INGREDIENTS:** **RTS Metabolic Blend** [Taurine, L-Carnitine Tartrate, Acetyl L-Carnitine, Green Coffee (*Coffea robusta*), Teavigo® Green Tea Extract (EGCG), Theacrine (as TeaCrine®)], **BCAA's Blend** (L-Leucine, L-Isoleucine, L-Valine), **RTS Mood Blend** [Tart Cherry Powder, Lemon Powder (Green Lemon), Choline L-Bitartrate, Green Tea (*Camellia sinensis*), L-Alpha Glycerylphosphorylcholine, Inositol], Flavours, Sweeteners (Sucralose, Acesulfame Potassium), Food Acids (Malic Acid, Citric Acid), Anticaking Agent (551), **Cinnamon Powder**, **Vitamin B Blend** [Vitamin B3, Vitamin B2, Vitamin B6, Vitamin B1, Vitamin B9, Vitamin B7, Vitamin B12 ], **Colours** (102, 133), **Colour** (129), **Colour** (133). **Caffeine Content: 86 mg per serve**

**Manufactured on equipment that also produces products containing Milk, Soy and Egg.**

**DAILY CONSUMPTION:** Do not exceed 1 serving per day.

NUTRITION INFORMATION		
Serving size: 6.7g		
Servings per container: 40		
	Ave Qty per serving	Ave Qty per 100 g
Energy	53 kJ	798 kJ
	13 Cal	191 Cal
Protein	2.1 g	31.5 g
Fat - Total	Less than 1 g	Less than 1 g
- Saturated	Less than 1 g	Less than 1 g
Carbohydrates - Total	Less than 1 g	13.4 g
- Sugars	Less than 1 g	1.7 g
Sodium	Less than 5 mg	10 mg
Potassium	66 mg	982 mg
<b>RTS METABOLIC BLEND</b>		
Taurine	1000 mg	14925 mg
L-Carnitine Tartrate	500 mg	7463 mg
Acetyl L-Carnitine	500 mg	7463 mg
Green Coffee ( <i>Coffea robusta</i> )	85 mg	1269 mg
Teavigo® Green Tea Extract (EGCG)	85 mg	1269 mg
Theacrine (as TeaCrine®)	50 mg	746 mg
<b>RTS MOOD BLEND</b>		
Tart Cherry Powder	200 mg	2985 mg
Lemon Powder (Green Lemon)	200 mg	2985 mg
Choline L-Bitartrate	100 mg	1493 mg
Green Tea ( <i>Camellia sinensis</i> )	100 mg	1493 mg
L-Alpha Glycerylphosphorylcholine	100 mg	1493 mg
Inositol	100 mg	1493 mg
<b>BCAA'S BLEND</b>		
L-Leucine	700 mg	10448 mg
L-Isoleucine	350 mg	5224 mg
L-Valine	350 mg	5224 mg
<b>VITAMIN B BLEND</b>		
Vitamin B3 (as Nicotinamide)	4.4 mg	66 mg
Vitamin B2 (as Riboflavin)	0.8 mg	12 mg
Vitamin B6 (as Pyridoxine Hydrochloride)	0.7 mg	10 mg
Vitamin B1 (as Thiamine Mononitrate)	0.5 mg	7 mg
Vitamin B9 (as Folic Acid)	89 mcg	1328 mcg
Vitamin B7 (as Biotin)	11 mcg	164 mcg
Vitamin B12 (as Cyanocobalamin)	1 mcg	15 mcg

**FORMULATED SUPPLEMENTARY SPORTS FOOD:** This product is not to be used as a sole source of nutrition. It must be used in conjunction with a balanced diet and a suitable physical training or exercise program.

**CONTAINS CAFFEINE. NOT RECOMMENDED FOR LACTATING WOMEN AND INDIVIDUALS SENSITIVE TO CAFFEINE.**

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