FAST&UP products aim to boost workout performance, be it any kind of Active Sports or Fitness Regime

This line of products enable its users to achieve their optimum fitness goals, by bringing them the best in Intelligent Sports Nutrition

With our innovative Swiss technology, we have developed formulations that provide essential holistic nutrition that enables the body to perform better and helps athletes to excel in their performance

With a zest to fuel every sport, FAST&UP brings to you products to deliver results and help achieve optimum fitness goals, thus creating a novel pathway towards active living and fitness.
ACTIVATE

PRE-WORKOUT SUPPLEMENT FOR OPTIMAL OUTPUT
PREVENT MUSCLE FATIGUE
Helps to maximize your muscles workout potential

- Promotes vasodilation and hence increases the flow of blood to the muscles
- Prevents exercise induced oxidative stress
- Helps you workout faster, better and stronger
- Enhances oxygen availability to the muscle cells
- Helps reduce muscle fatigue

KEY FEATURES
- L-Arginine in ACTIVATE is a precursor to nitric oxide and hence aids in vasodilation. It also prevents exercise induced oxidative stress.¹
- L-Arginine in ACTIVATE helps increase muscular strength and mass.¹
- L-Carnitine in ACTIVATE helps in fat breakdown and energy generation.²⁻⁴
- CoQ10 in ACTIVATE serves as a powerful antioxidant.
- CoQ10 in ACTIVATE helps in production of energy.
- Lycopene in ACTIVATE prevents exercise induced free radical production.
- ACTIVATE helps improve physical performance by decreasing muscular fatigue.²

<table>
<thead>
<tr>
<th>Composition</th>
<th>Per Tablet</th>
</tr>
</thead>
<tbody>
<tr>
<td>L-Arginine</td>
<td>1500 mg</td>
</tr>
<tr>
<td>L-Carnitine</td>
<td>250 mg</td>
</tr>
<tr>
<td>Coenzyme Q10 (40%)</td>
<td>6.25 mg</td>
</tr>
<tr>
<td>Lycopene (10%)</td>
<td>12.5 mg</td>
</tr>
<tr>
<td>Zinc Sulphate Monohydrate</td>
<td>6.25 mg</td>
</tr>
</tbody>
</table>

REFERENCES:
THE PERFECT COMBINATION TO UPGRADE YOUR STAMINA
ENHANCED ENDURANCE
Strengthens the muscles, reduces fatigue and increases stamina

> Helps in improving performance and decreasing muscle damage and oxidative stress
> Helps in reducing body fatigue by decreasing the levels of lactic acid during short and long-term exercises
> Helps in ameliorating the symptoms of eccentric exercise-induced muscle damage
> Helps in reduction of muscle soreness
> Helps in improving single and repeated sprint performance, increasing jump ability, and enhancing endurance and agility

KEY FEATURES

- **RECHARGE** contains BCAAs which exhibits the capacity to stimulate myofibrillar-MPS (Muscle Protein Synthesis).¹
- **RECHARGE** contains BCAAs which facilitates skeletal muscle hypertrophy in response to resistance exercise training and the maintenance of muscle mass during aging, unloading, or disease.¹
- The BCAAs in **RECHARGE** stimulates the activation of mTORC1 signaling pathways that regulate the translational activity of MPS (Muscle Protein Synthesis).¹
- The Creatine in **RECHARGE**, in its phosphorylated form helps to supply energy to the muscle cells and contributes to increasing muscle strength.³
- The Creatine in **RECHARGE** may enhance physiological adaptations to resistance/agility training.⁴
- The Glutamine in **RECHARGE** is involved with the immune response to muscle damage and is used as an energy source by lymphocytes and macrophages.⁵
- The Taurine in **RECHARGE** increases the concentric and isometric strengths during the recovery period after exercise. The Taurine in **RECHARGE** increases force production in skinned skeletal muscle fibers by increasing Ca²⁺ release from the sarcoplasmic reticulum (SR) and increasing the sensitivity of the contractile filaments to Ca²⁺.⁶

REFERENCES:

1. Sarah R. Jackman, Oliver C. Wilard, Andrew Philp, Gareth A. Wallis, Keith Baar and Kevin D. Tipton.; Branched-Chain Amino Acid Ingestion Stimulates Muscle Myofibrillar Protein Synthesis following Resistance Exercise in Humans.; Frontiers in Physiology 1 June 2017 | Volume 8 | Article 390
4. Kreider, Richard B.; Ferreira, Maria; Wilson, Michael; Grindstaff, Parrela; Pika, Steven; Reinardy, Jeff; Cantler, Edward; Almada, A. L.; Effects of creatine supplementation on body composition, strength, and sprint performance.; Medicine & Science in Sports & Exercise: January 1998 - Volume 30 - Issue 1 - pp.73-82

Composition Per 2 Tablets

<table>
<thead>
<tr>
<th>Composition</th>
<th>Per 2 Tablets</th>
</tr>
</thead>
<tbody>
<tr>
<td>Creatine</td>
<td>376 mg</td>
</tr>
<tr>
<td>Glutamin</td>
<td>175 mg</td>
</tr>
<tr>
<td>L-Leucine</td>
<td>200 mg</td>
</tr>
<tr>
<td>L-Isoleucine</td>
<td>50 mg</td>
</tr>
<tr>
<td>L-Valine</td>
<td>50 mg</td>
</tr>
<tr>
<td>Maltodextrine</td>
<td>120 mg</td>
</tr>
<tr>
<td>Taurine</td>
<td>800 mg</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>22.5 mg</td>
</tr>
<tr>
<td>Vitamin B1</td>
<td>0.36 mg</td>
</tr>
<tr>
<td>Vitamin B2</td>
<td>0.4 mg</td>
</tr>
<tr>
<td>Vitamin B3</td>
<td>4.5 mg</td>
</tr>
<tr>
<td>Vitamin B6</td>
<td>0.5 mg</td>
</tr>
<tr>
<td>Magnesium</td>
<td>56.2 mg</td>
</tr>
</tbody>
</table>

REFERENCES:

1. Sarah R. Jackman, Oliver C. Wilard, Andrew Philp, Gareth A. Wallis, Keith Baar and Kevin D. Tipton.; Branched-Chain Amino Acid Ingestion Stimulates Muscle Myofibrillar Protein Synthesis following Resistance Exercise in Humans.; Frontiers in Physiology 1 June 2017 | Volume 8 | Article 390
4. Kreider, Richard B.; Ferreira, Maria; Wilson, Michael; Grindstaff, Parrela; Pika, Steven; Reinardy, Jeff; Cantler, Edward; Almada, A. L.; Effects of creatine supplementation on body composition, strength, and sprint performance.; Medicine & Science in Sports & Exercise: January 1998 - Volume 30 - Issue 1 - pp.73-82
IDEAL HYPOTONIC SOLUTION FOR OPTIMAL REHYDRATION
HYDRATE TO FEEL GREAT

Helps maintain the right electrolyte balance
Helps maintain the right electrolyte balance
Reduces muscle exhaustion
Aids in reducing fatigue and muscle soreness
Gives instant energy
Aids in hydration of the body

KEY FEATURES

- Sodium, Potassium and Chloride in RELOAD are essential electrolytes that regulate blood volume, blood pressure, osmotic equilibrium and pH.
- Magnesium in RELOAD is essential for all enzymes to exert their catalytic action. Magnesium also plays a role in ATP formation.
- Calcium in RELOAD functions as a signalling molecule for many cellular processes.
- Vitamin C in RELOAD is a powerful antioxidant.
- Vitamin B12 in RELOAD helps in normal functioning of brain, nervous system and red blood cell formation.
- Vitamin D3 in RELOAD increases calcium absorption from the intestine.
- Maltodextrin and fructose in RELOAD are easily digestible and gets absorbed rapidly to give an instant boost of energy.

Composition Per Tablet

<table>
<thead>
<tr>
<th>Composition</th>
<th>Per Tablet</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sodium</td>
<td>180 mg</td>
</tr>
<tr>
<td>Potassium</td>
<td>77 mg</td>
</tr>
<tr>
<td>Chloride</td>
<td>122.87 mg</td>
</tr>
<tr>
<td>Magnesium</td>
<td>20 mg</td>
</tr>
<tr>
<td>Calcium</td>
<td>12.5 mg</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>37.5 mg</td>
</tr>
<tr>
<td>Vitamin B12</td>
<td>2.4 mg</td>
</tr>
<tr>
<td>Vitamin D3</td>
<td>100 I.U.</td>
</tr>
<tr>
<td>Maltodextrin</td>
<td>1280 mg</td>
</tr>
<tr>
<td>Fructose</td>
<td>640 mg</td>
</tr>
</tbody>
</table>

REFERENCES:

INSTANT ENERGY ON THE GO!!!
ENERGIZE YOURSELF
Provides maltodextrin in gel form for quick absorption and faster action

› Is the perfect combination of ingredients to provide an instant boost of energy and increase alertness
› Improves task performance
› Reduces muscle fatigue and central fatigue, which increases athletic endurance
› Improves athletic performance in aerobic as well as anaerobic conditions

KEY FEATURES

- Maltodextrin in **ENERGIZE** is easily digestible.¹
- Maltodextrin in **ENERGIZE** gets absorbed rapidly like glucose to gives an instant boost of energy.²
- Sodium in **ENERGIZE** is an essential mineral that regulates blood volume, blood pressure, osmotic equilibrium and pH.
- Caffeine in **ENERGIZE** helps increase alertness and delays the onset of muscle fatigue.³ ⁴

### Composition Per 30 g Gel Pack

<table>
<thead>
<tr>
<th>Composition</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Maltodextrin</td>
<td>52.8%</td>
</tr>
<tr>
<td>Caffeine</td>
<td>0.1%</td>
</tr>
<tr>
<td>Sodium</td>
<td>0.05%</td>
</tr>
</tbody>
</table>

### References:


### Dosage

1 energy gel every 30 min during exercise / sport

### SKU

5 gel packs per box

### Flavour

Strawberry & Banana
THE THRUST FOR PUSHING YOUR LIMIT
FASTER, FASTER, STRONGER
Gives you a boost of energy just when you need it

Acts as an energy booster - makes the body active and energetic
Improves metabolism which helps to increase energy levels
Increases mental sharpness and alertness
Increases oxygen capacity of the body
Stimulates increase of energy and increases endurance
Stimulates red blood cell production, which provides oxygen to the muscles
Helps burn extra calories and fat resulting in release of energy
Helps to overcome problems of Vitamin B12 deficiency thereby preventing tiredness and weakness

KEY FEATURES

• **B12** can increase energy expenditure, reduce catabolism, and promote protein synthesis thereby enhancing training adaptations when used regularly during training.¹
• **B12** can provide an ergogenic benefit during exercise performance in well-nourished individuals.² ⁴ ⁵
• Regular use of **B12** can help with better cognitive functions.³
• **B12** is important to maintain the health of your metabolism, blood cells, and nerves. Serious Vitamin B12 deficiency may result in a low number of red blood cells [anemia], stomach/intestine problems, and permanent nerve damage.

<table>
<thead>
<tr>
<th>Composition</th>
<th>Per ml</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vitamin B12</td>
<td>10000 mcg</td>
</tr>
</tbody>
</table>

REFERENCES:

PROFESSIONAL GRADE SALMON PROTEIN HYDROLYSATE FOR LEAN MUSCLES
Protein hydrolysate supplementation increases lean muscle mass
Stimulates muscle protein synthesis in the body
Improves body composition by increasing muscle strength
Improves performance
Enhances the rate of post-exercise net muscle protein synthesis and decreases muscle protein breakdown following resistance exercise

KEY FEATURES
- **PROTOTAL** contains Amizate® from Zymtech, Norway which is a patented Protein Hydrolysate derived from Atlantic Salmon (Salmo salar) using endogenous hydrolytic enzymes. It comprises of 21 Amino acids in free form, Bioactive Peptides and Micronutrients (i.e. vitamins and minerals).
- **PROTOTAL** contains trace elements and minerals which act as vital coenzymes and cofactors in cellular energy generation. Vitamins assist in increasing body strength and endurance.
- **PROTOTAL** stimulates muscle protein synthesis and allows more efficient and speedy regeneration of proteins in the body.1
- **PROTOTAL** contains balanced amino acids which stimulates protein anabolism.2
- **PROTOTAL** exhibits a positive effect on motivation, emotion, behavior, stress, appetite and pain management.3
- **PROTOTAL** shows strong immunomodulatory effects, these effects may be due to enhanced macrophage activity and lymphocyte proliferation, natural killer cell activity and cytokine regulation.3

REFERENCES:

Composition Per Tablet
AMIZATE® Salmon Protein Hydrolysate 1500 mg

**PASSION FRUIT**

DOSAGE 1 - 2 tablets daily
SKU 10 effervescent tablets per tube
FLAVOUR Passion fruit
POST-WORKOUT MUSCLE RECOVERY WITH FREE FORM AMINO ACIDS
**FAST&UP® RECOVER**

**MUSCLE REGENERATION AND RECOVERY**
Free amino acids for quicker muscle recovery post-workout

- Helps increase muscle mass and muscle strength
- Helps in post-workout muscle recovery
- Helps in preserving skeletal muscle mass

**KEY FEATURES**

- **RECOVER** contains branched chained Amino Acids (BCAAs) and Essential Amino Acids (EAAs), which are building blocks for proteins.
- Intake of **RECOVER** as part of an oral diet is effective in reversing muscle catabolism, promoting muscle anabolism, and restoring immunological function.  

- **RECOVER** contains Essential Amino Acids that are necessary for protein synthesis and maintenance and repair of muscle tissue.
- Increased provision of Essential Amino Acids through **RECOVER** increases lifespan through mitochondriogenesis and maintenance of elevated rates of synthesis of anti-oxidant molecules.

**Composition Per Tablet**

<table>
<thead>
<tr>
<th>Composition</th>
<th>Per Tablet</th>
</tr>
</thead>
<tbody>
<tr>
<td>L-Leucine</td>
<td>150 mg</td>
</tr>
<tr>
<td>L-Glutamine</td>
<td>100 mg</td>
</tr>
<tr>
<td>L-Threonine</td>
<td>100 mg</td>
</tr>
<tr>
<td>L-Lysine HCI</td>
<td>100 mg</td>
</tr>
<tr>
<td>L-Ornithine HCI</td>
<td>85 mg</td>
</tr>
<tr>
<td>L-Arginine</td>
<td>85 mg</td>
</tr>
<tr>
<td>L-Proline</td>
<td>60 mg</td>
</tr>
<tr>
<td>L-Histidine</td>
<td>60 mg</td>
</tr>
<tr>
<td>L-Serine</td>
<td>60 mg</td>
</tr>
<tr>
<td>L-Isoleucine</td>
<td>50 mg</td>
</tr>
<tr>
<td>L-Carnitine</td>
<td>50 mg</td>
</tr>
<tr>
<td>L-Valine</td>
<td>50 mg</td>
</tr>
<tr>
<td>L-Citrulline</td>
<td>50 mg</td>
</tr>
<tr>
<td>L-Phenylalanine</td>
<td>50 mg</td>
</tr>
<tr>
<td>L-Tyrosine</td>
<td>50 mg</td>
</tr>
<tr>
<td>L-Methionine</td>
<td>50 mg</td>
</tr>
<tr>
<td>L-Glycine</td>
<td>50 mg</td>
</tr>
<tr>
<td>Taurine</td>
<td>50 mg</td>
</tr>
<tr>
<td>L-Glutathione reduced</td>
<td>50 mg</td>
</tr>
<tr>
<td>L-Tryptophan</td>
<td>40 mg</td>
</tr>
</tbody>
</table>

**REFERENCES:**

2. Keji Hirai, Susumu Ookawara, and Yoshiyuki Morishita.; Sarcopenia and Physical Inactivity in Patients With Chronic Kidney Disease, Nephrourol Mon. 2016 May; 8(3).

**REFERENCES:**

2. Keji Hirai, Susumu Ookawara, and Yoshiyuki Morishita.; Sarcopenia and Physical Inactivity in Patients With Chronic Kidney Disease, Nephrourol Mon. 2016 May; 8(3).
STRENGTHENING YOUR BONES & MUSCLES
NUTRITIONAL SYMPHONY FOR BONES
Prevents bone loss and increases bone strength

Helps in the development, maintenance and strengthening of healthy bones
Helps reduce the risk of bone fractures and osteoporosis
Helps prevent bone loss and maintain bone density
Helps prevent muscle cramps
Helps enhance calcium absorption with Vitamin D3, Magnesium & Vitamin K1
Helps bone mineralization and provides superior skeletal support
Helps replenish what is lost while your body is safeguarding your pH levels

KEY FEATURES

• **FORTIFY** contains Calcium, Magnesium, Vitamin D3, Vitamin C, Vitamin B6 and Vitamin K1.
• Calcium and Vitamin D in **FORTIFY** slows the progression of bone loss.\(^1\)
• Vitamin C in **FORTIFY** inhibits the nuclear factor kappa-light-chain enhancer of activated B cell (NF-KB) proteins for osteoclastogenesis, which are activated by oxidative stress.\(^2\)
• Calcium and Magnesium in **FORTIFY** are essential for organic bone matrix synthesis.\(^3\)
• **FORTIFY** serves as a supplementation for Vitamin B6, since Vitamin B6 deficiency is associated with an altered morphology of human bone.\(^4\)
• Vitamin K in **FORTIFY** serves as a cofactor for the post-translational carboxylation of glutamic acid in certain proteins, including osteocalcin, which acts as a regulator of bone mineralization.\(^5\)
• Vitamin C in **FORTIFY** reduces bone resorption in high-turnover states, primarily by inhibiting osteoclastogenesis and promoting osteoclast apoptosis.\(^6\)
• **FORTIFY** through a combination of anti-resorptive actions and anabolic effects has a more profound effect on the skeleton.\(^6\)

### Composition Per tablet

<table>
<thead>
<tr>
<th>Composition</th>
<th>Per tablet</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calcium</td>
<td>500 mg</td>
</tr>
<tr>
<td>Magnesium</td>
<td>100 mg</td>
</tr>
<tr>
<td>Vitamin D3</td>
<td>200 I.U.</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>40 mg</td>
</tr>
<tr>
<td>Vitamin B6</td>
<td>2 mg</td>
</tr>
<tr>
<td>Vitamin K1</td>
<td>0.06 mg</td>
</tr>
</tbody>
</table>

**DOSAGE**
1 tablet daily

**SKU**
10 effervescent tablets per tube

**FLAVOUR**
Lime & Lemon

REFERENCES:

VITALIZE

DAILY BOOST OF VIGOUR & VITALITY
ENHANCED PERFORMANCE AND OVERALL WELL-BEING
An advanced multivitamin supplement for sportsmen, athletes & fitness enthusiasts

VITALIZE

Is beneficial in the improvement of performance of people leading an active lifestyle
Reduces muscle exhaustion
Aids in reducing fatigue and muscle soreness
Helps in Vitamin D supplementation and helps prevent Vitamin D deficiency
Improves blood flow throughout the body – including the brain, heart, and muscles
Aids in hydration of the body as it has to be taken with ample amount of water

KEY FEATURES

• VITALIZE is a multivitamin and mineral supplement with a superior combination of 12 Vitamins, 9 Minerals and a Natural Nitrate Rich Beetroot Extract in an effervescent form for increased vitality, enhanced performance and overall well-being.
• Magnesium in VITALIZE is essential for all enzymes to exert their catalytic action and also plays a role in DNA synthesis and ATP formation.¹
• Calcium in VITALIZE is an important constituent of bone and teeth. The movement of the calcium ion into and out of the cytoplasm functions as a signal for many cellular processes.
• Vitamin D3 in VITALIZE increases calcium absorption from the intestine.
• Vitamin B12 in VITALIZE helps in normal functioning of brain, nervous system and red blood cell formation.²
• VITALIZE contains Natural Nitrate Rich Beetroot Extract which helps in blood circulation to maintain a healthy heart for an active lifestyle and helps improve endurance and athletic performance.³⁻⁵

REFERENCES:
2. Keiji Hirai, Susumu Okawara, and Yoshiyuki Morishita.; Sarcopenia and Physical Inactivity in Patients With Chronic Kidney Disease, Nephrourol Mon. 2016 May; 8(3).

Composition Per Tablet
Thiamine HCl 1.2 mg
Vit B2-5-Sodium Phosphate 1.6 mg
Pyridoxine HCl 2 mg
Cyanocobalamin 0.0005 mg
Vitamin C 37 mg
Folic Acid 0.2 mg
Niacinamide 15 mg

Composition Per Tablet
Vitamin A (Retinol Acetate) 0.3 mg
Copper Sulphate Pentahydrate 0.01 mg
Ferrous Sulphate Monohydrate 1.5 mg
Magnesium Carbonate 20 mg

Composition Per Tablet
Zinc Sulphate Monohydrate 3 mg
Manganese Sulphate 1 mg
Vitamin D3 100 I.U.
Pantothenate (Cal Pantothenate) 5 mg
Biotin 0.03 mg
Calcium (Calcium Carbonate) 100 mg
Selenium (Selenium Dioxide) 0.015 mg
Chromium (Chromium Trioxide) 0.015 mg
Molybdenum 0.01 mg
Beetroot Nitrate 150 mg

REFERENCES:
2. Keiji Hirai, Susumu Okawara, and Yoshiyuki Morishita.; Sarcopenia and Physical Inactivity in Patients With Chronic Kidney Disease, Nephrourol Mon. 2016 May; 8(3).