

## RIPPED FACTORS

Advanced Fat Loss Protein

Using ultra pure ICE whey to maximise BCAA content and optimise absorption, you get low carbs, low lactose, more fat loss ingredients and 20 micronutrients to assist your fat shredding regime. Ripped Factors is a thermogenic, a protein and a nutritional insurance policy all in the same container.

### Product Features

- ICE Whey protein to provide anabolic support during dieting for retention of hard earned muscle tissue
- C4 Metabolic Complex: Caffeine, Carnitine, HCA and Chromium, to assist with fat metabolism via four different pathways
- 20 micronutrients plus Bioperine, a nutrient absorption enhancer
- Ultra low sugar, ultra low fat
- Mixes instantly

Find out more about ICE Whey Technology, [click here](#).

### USE IT

- Men and women engaged in regular resistance training wanting to maximise fat loss to reveal muscle definition
- Anyone wanting an advanced protein crammed with fat-loss factors to assist with a weight management program
- Meal replacement or post work-out recovery

### When to Use

Recommended use: up to three servings per day. Serving times will be dependent upon your training regime.

Suggestions: one serving of Ripped Factors in water approximately one hour before a workout, a second serving 60 minutes after completing exercise (in non-fat milk) and a third as breakfast or as a mid-morning or afternoon snack – in milk or fruit juice.

### Why don't we use starch (carb) blockers in such an advanced fat loss supplement?

Why would you? This is a highly purified protein supplement with negligible (i.e. virtually ZERO) carbs in it. Unless you're going to blend up your Ripped Factors shake with a potato, a starch blocker would be completely useless. In addition, phaseolamin based blockers contain anti-nutritional factors that may negatively affect the protein efficiency ratio. Worse, they could adversely impact your nitrogen balance – we certainly don't recommend mixing starch or carb blockers with your protein supplements. In fact, if you're training seriously, you don't need starch blockers at all: they are for people with no discipline who can't stick to a clean diet, and that's NOT you.

### NUTRITIONAL INFORMATION

Average Composition*	per 33g serve	per 100g
Energy	512kJ / 122cal	1553kJ/371cal

Protein	28.1g	85g
Fat	Total 0.5g	1.4g
Saturated	0.2g	0.7g
Carbohydrate Total	1.0g	3.2g
Sugars	0.2g	0.6g
Sodium	195mg	591mg
Potassium	142mg	429mg
Calcium	162mg (20%)*	490mg
Magnesium	50mg (16%)	153mg
Iron	5.7mg (47%)	17mg
Chromium	33mcg (17%)	100mcg
Iodine	55mcg (37%)	168mcg
Zinc	1.3mg (11%)	3.9mg
Vitamin A	291mcg (39%)	882mcg
Vitamin B1	0.5mg (43%)	1.4mg
Vitamin B2	0.7mg (43%)	2.2mg
Niacin	6.8mg (38%)	20.7mg
Vitamin B6	1.3mg (80%)	3.9mg
Vitamin C	17.65mg (44%)	53mg
Vitamin D	4.8mg (48%)	14.5mcg
Vitamin E	6.2mg (62%)	18.8mg
Folate	106mcg (53%)	320mcg
Lecithin	615mg	1865mg
L-Carnitine	323mg	978mg
L-Glutamine (free form)	388mg	1175mg
L-Glutamine Precursors	5259mg	15938mg
Tyrosine	1288mg	3902mg
Garcinia cambogia extract	366mg	1110mg
Caffeine	103mg	313mg
Bioperine	5.6mg	17mg

\* Vanilla Dream Flavour

+ % of Recommended Daily Intake

**Available in two flavours:** Chocolate Fix and Vanilla Dream

## INGREDIENTS

ICE Whey™ (Cation Exchange Whey Protein Isolate (91%)), L-Carnitine, L-Tartrate, Flavour, Thickener (415), L-Glutamine, Garcinia Cambogia extract (HCA), Tricalcium Phosphate, Soy Lecithin, Minerals (Magnesium Oxide, Calcium Carbonate, Ferrous Fumarate, Zinc Sulphate, Potassium Iodide), Caffeine, Vitamins (Vit C, Vit E, Vit A, (β-carotene+Vit A), Niacin, Vit D, Vit B6, Vit B1, Vit B2, Folate), Guarana extract, L-Tyrosine, Anti Caking Agent (551), Sweetener (955 - Sucralose), Bioperine® (Black Pepper extract), Chromium Polynicotinate.

CONTAINS MILK PRODUCTS, SOY PRODUCTS AND CAFFEINE. DOES NOT CONTAIN WHEAT PROTEIN ISOLATES.

This ingredients list is for Vanilla Dream Flavour

