



SHOW
YOUR
BODY
WHO'S
BOSS

Fitique
NUTRITION

OUR FITSPIRATION

At Fitique Nutrition, we believe that when it comes to women's health and fitness nothing is more important than the right nutrition. Our goal is to provide high quality nutritional supplements and products that support women's well-being, increase performance and give strength where required. Whether it be for extreme performance in physical activity, a kick-start to a healthier lifestyle or if a detox is required, the Fitique Nutrition range has you covered. No Faux.

Our products are designed for women by women.

Commit to Fit

Fitique
NUTRITION



QUALITY WITHOUT COMPROMISE

At Fitique, we understand the demands of physical activity. We understand that you want quality, honesty and products that bring real results. For this reason, we offer full disclosure of ingredients, so you know exactly what you're getting, each and every time you purchase a Fitique product. All our products have:

- HACCP certification
- Manufactured in a cGMP certified facility
- No hidden ingredients
- No proprietary blends
- No Aspartame
- No banned substances – 2016 WADA compliant



In recent years, a disturbing trend has arisen among unscrupulous supplement companies known as 'amino spiking'. Due to the fact that the American FDA considers all amino acids to be 'protein', it is perfectly legal for supplement manufacturers to add in additional, cheap amino acids like glycine or taurine, to deceive customers into thinking they're getting more protein per serving than they actually are, by artificially boosting the stated number of grams of protein on the label.

We promise our customers that we will never do this, and all our products are certified as amino spike-free by Amino Labs.

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PRODUCT RANGE



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SKINNY-ME

24 HOUR FAT BURNER

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Burn baby, burn! Skinny-Me 24 Hour Fat Burner capsules contain a potent fat loss formulation to maximize fat loss.

With our unique day and night capsule formulation, you will be covered 24 hours a day to enhance metabolism, maintain healthy appetite and minimize cravings. Skinny-Me 24 Hour Fat Burner will optimize your workout potential by increasing energy and focus to give you the power to be your best and let those centimetres melt away!

- Separate day and night capsules for 24hr impact
- Potent fat loss formulation
- Increases energy
- Improves focus
- Boost metabolism
- Appetite control

How it helps you

With a different formula for day and night time use this fatburn works a full 24 hours without impacting your sleep patterns. The day time capsule enhances focus and energy whilst the night time capsule provides continuous fatburn whilst your body sleeps.

How to use

Take one day tablet (Orange) before breakfast with water. Take one night tablet (Blue) before sleep with water.



Contains

- Caffeine Anhydrous
- Green Tea Extract
- Coleus Forskholii Extract
- Acacia rigidula Extract
- Green Coffee Extract
- Curcumin Extract
- Rhodiola Rosea Extract
- Geranium Extract
- Capsimax
- Raspberry Ketones
- Acai Fruit Extract

TUMMY TUCK

HERBAL HYDRO BALANCE / ANTI BLOATING

When our bodies retain excess fluid due to our diet, menstrual cycle or dehydration, it can cause discomfort, bloating, irritation and lethargy. Is this how we want to spend our days' ladies? Cranky and bloated? Tummy Tuck offers 100% natural relief from excess water retention to help you get back to feeling yourself. Tell your body who is boss.

- All natural herbal diuretic
- Reduces bloating
- Reveals muscle tone
- Flush out toxins
- Restores water balance
- Healthier skin appearance

How it helps you

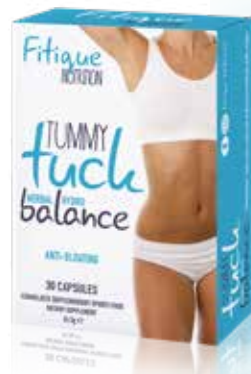
When our body holds on to water due to our diet, menstrual cycle or dehydration, it can cause bloating and discomfort. Tummy Tuck offers all natural relief from water retention, using a blend of traditionally used herbs to improve the water balance in your body.

How to use

Take one capsule before breakfast with water.

Contains

- Dandelion Tarax
- Buchu leaves powder
- Juniper Berry
- Potassium chloride
- Nettle Extract
- Uva Ursi leaves powder
- Bladderwrack Kelp



FROCK-ROCKER

14 DAY KILLER BODY SACHETS

Fitique
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Whether you want to rock a sexy frock quick smart or ignite your fitness journey, a killer body is only 2 weeks away with Frock Rocker – 14 Day Killer Body Sachets.

Our specially formulated sachets contain potent fat burning ingredients which reduces bloating, reveals muscle tone, removes toxins and gives you an overall feeling of energy and wellbeing. With the elimination of toxins your skin will be clearer, hair shinier and eyes brighter. Rock that frock girl!

- Potent fat burn
- Reduces bloating
- Reveals muscle tone
- Removes toxins
- Healthier skin appearance

How it helps you

The complete Killer Bodypack for 14 days comprises 3 powerful functions:

1. Complete fat burn all-in-one supplement.
2. Total Detox with ginger, milk thistle and choline to remove waste and contribute to the normal metabolism of nutrients.
3. Water flush combination of herbs and minerals to remove excess fluids from the body.

How to use

Take 1 sachet before breakfast daily with 300ml (10oz) of cold water.



Contains

- Caffeine
- Garcinia Cambogia Extract
- Green Tea Extract
- Irvingia IGOB131
- Green Coffee Extract
- Raspberry Ketone
- Capsimax
- Choline Bitartrate
- Milkthistle Extract
- Cranberry Extract
- Ginger Pure Powder

SKINNY WHEY

WHEY ISOLATE

With our busy lifestyles, careers and families, us girls need to be at the top of our game.

Thanks to our team of expert nutritionists, we have formulated a healthy and nutritious meal replacement or snack to enjoy any time of day. Skinny Whey has 20 grams of high quality protein isolate per serving, it's low in fat and carbs, it's gluten free and helps to burn fat throughout the day. When used in conjunction with a training program Skinny Whey will help you achieve your ideal body shape or simply help to maintain a healthy lifestyle.

- 20g high quality protein isolate
- Low in Fat and Carbohydrates
- Burn fat
- Gluten free
- Collagen for skin and joints

How it helps you

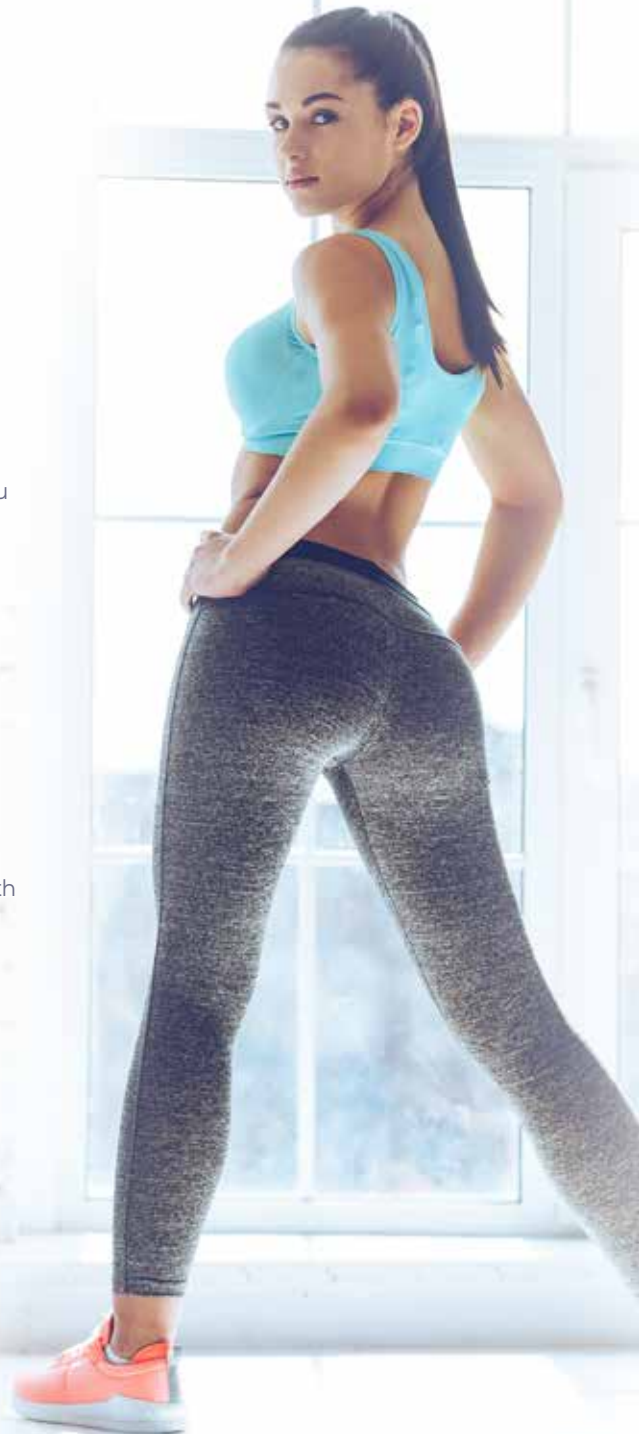
Whether you're striving to attain your ideal body shape, trying to shed a jean size or simply following a new lifestyle regime to boost your health, our Skinny Whey is a perfect choice of supplement that should be combined with a structured training program.

How to use

Consuming Skinny Whey anytime throughout the day as healthy and nutritious snack. Mix 1 scoop of Diet Whey (25g) with 300ml (10oz) of cold water and shake well.

Contains

- Whey Protein Isolate
- Garcinia Cambogia Extract
- L-Carnitine
- Green Coffee Bean Extract
- Green Tea Extract
- Collagen Hydrolysate



BOOTY-BOOST

CARNITINE 3X

Get that toned, firm body you desire faster with the help of Bootyboost.

Our formula contains 3 strains of premium carnitine, the ultimate booster for muscle formation to create a sculpted and well defined body. Bootyboost enhances strength and stamina and supports lean muscle growth which makes it the must-have for women who are working towards a powerful, well-trained body. And a caboose that just won't quit!

- Supports lean and toned muscle growth
- Designed to enhance your workout
- Boost physical performance
- Improved focus

How it helps you

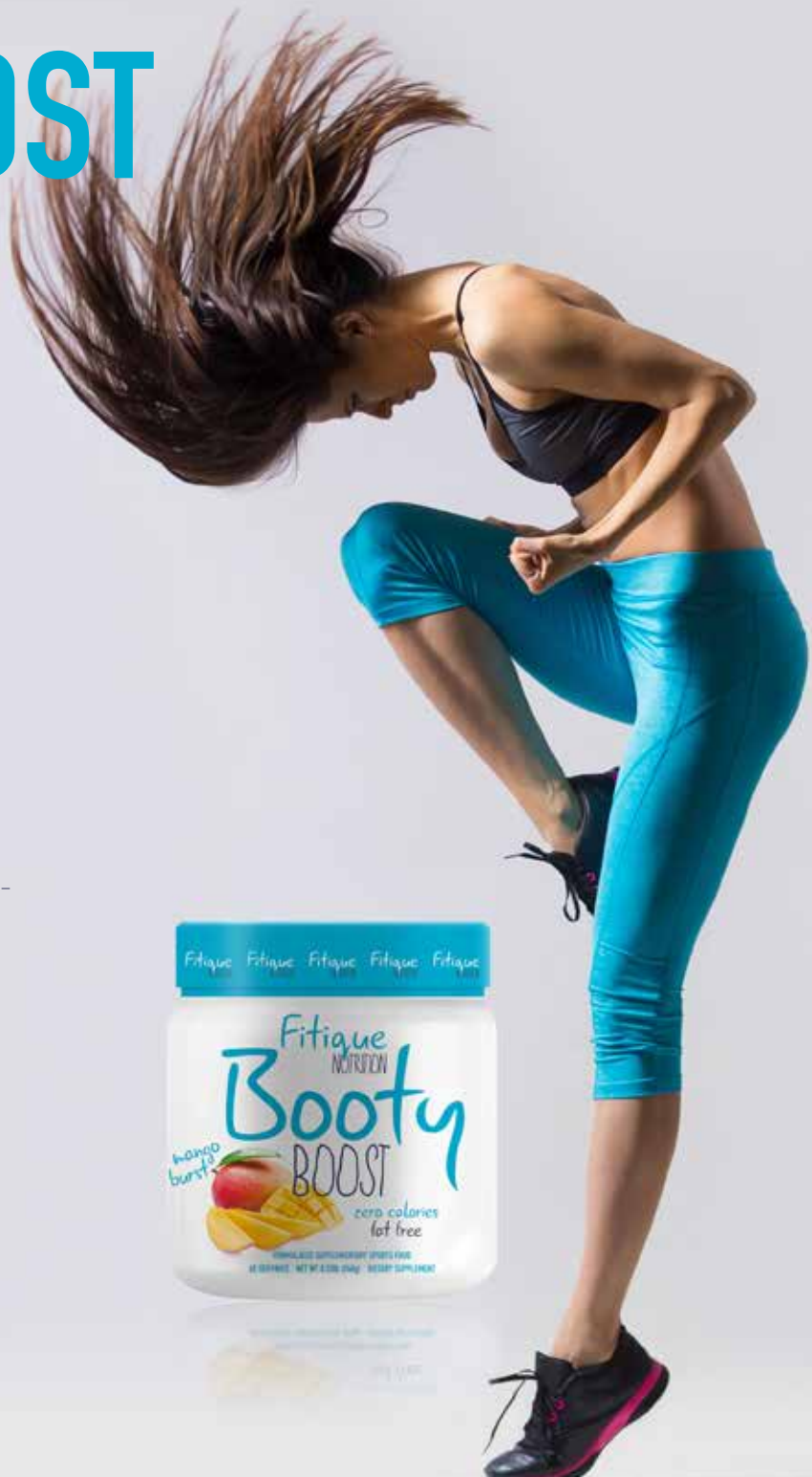
Our Bootyboost contains 3 strains of premium Carnitine, the ultimate booster for muscle formation. Carnitine enhances strength and stamina which makes it the must-have for women who are working towards a slim and well-trained body.

How to use

Mix one scoop of BootyBoost with 300ml (10oz) of cold water in the morning. Ideal to consume through the day at work in your water bottle.

Contains

- L-Carnitine Fumarate
- L-Carnitine Tartrate
- Acetyl L-Carnitine



TIGHTEN-UP

SMOOTH / TONE CREAM

Get your skin in tip-top condition with the help of Tighten-Up Toning Cream.

It's advanced scientific formula helps improve the visible texture of skin, aids fat burning from problem areas such as stomach, booty and thighs, reduce the appearance of stretch marks and cellulite while retaining the natural moisture balance of your skin.

- Advanced scientific formula
- Heat activated thermogenic
- Help burn fat from stomach, booty and thighs
- Reduce appearance of cellulite
- Stretch marks
- Retain skin natural moisture balance

How it helps you

Tighten Up skin firming cream helps to tone the skin and minimize bumps, dimples and bulging of upper skin layers. Tighten Up moisturizes the skin and helps retain the skins natural moisture balance. Tighten Up also helps improve the visible texture of skin.

How to use

Apply a small amount of Fitique Tighten Up cream to the skin on desired areas such as arms, waist, buttocks, thighs and lower abdomen. Gently massage cream into the skin using the roller ball nozzle. Apply twice a day.

Contains

Water, Glycerin, Ethylhexyl Palmitate, Isopropyl Myristate, Simmondsia, Chinensis (Jojoba) Seed Oil, Dimethicone, C12-20 Alkyl Glucoside, Peg-100 Stearate, Betaine, Squalane, Propylene Glycol, Cetearyl Alcohol, Tocopheryl Acetate, Niacinamide, Bisabolol, Xanthan Gum, Polyacrylamide, C13-14 Isoparaffin, Laureth-7, Carnitine, Caffeine, Phytol, Phenoxyethanol, Parfum, Hedera, Nepalensis Sinesis Extract.



GO-GIRL

24 HOUR DETOX

Ain't nobody got time for toxins! Get rid of those nasties girl!

Go-Girl 24hr Detox is specially formulated with 100% natural ingredients to rapidly cleanse your body of toxins in order to ease bloating, aid weight-loss, increase energy and kick-start your metabolism. You'll see an improvement in the condition of your skin, less water retention and overall feeling of wellbeing.

- Separate day and night capsules for 24hr impact
- 100% natural ingredients
- Remove toxins
- Healthier skin appearance

How it helps you

Detoxing is a key body function that can aid weight loss and improve your well being. It involves the elimination of metabolic waste and other toxins via the skin, kidneys and particularly the liver. With a different formula for day and night time use this Detox works a full 24 hours without impacting your sleep patterns.

How to use

Take one day capsule (Light Green) before breakfast with water.

Take one night capsule (Orange) before sleep with water.

Contains

- Choline Bitartrate
- Cranberry extract
- Aloë Vera
- Silymarin
- Parsley
- Ginger Root Extract
- Curcumin
- Dandelion Root Extract
- Pomegranate extract



MOVE IT

PRE WORKOUT / THERMOGENIC

Move It is an innovative product combining a pre workout and a thermogenic formula in a single scoop to provide the best of both in a delicious blend of potent lipotropic ingredients that is not limited by capsule size. If we were to put one scoop of Move It in capsules we would need 10 of them. Move It contains key ingredients including L- Carnitine, Acetyl L-Carnitine, Green Tea extract, Green Coffee extract, Theobromine plus the addition of Adenosine Monophosphate (AMP) and Hordenine HCL, making for an unparalleled lipotropic formula that will strip the fat from your body and leave you focused and energised to take on the day or that gym workout.

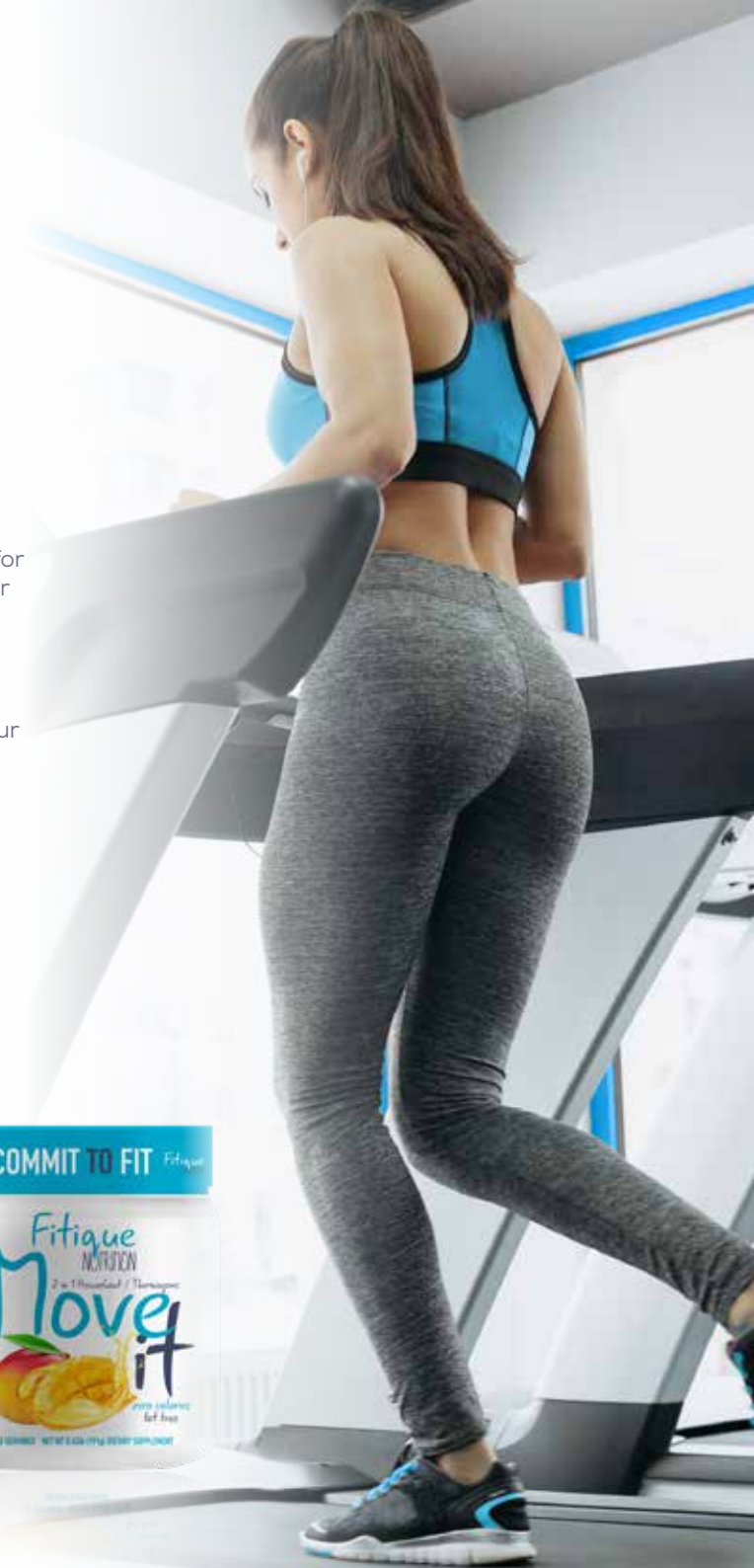
Move It provides the energy to zip through your work day, gym workout or favourite sport whilst at the same time increasing your body metabolism to burn more calories. Move It also contains 2 types of Carnitine which helps transport fat to the muscle to be burned as energy.

How to use

We suggest starting with half a scoop (and then gradually moving to one scoop) of Move It with 300ml (10oz) of cold water in the morning as a replacement to your coffee or 15 minutes prior to exercise. Ideal to consume through the day at work in your water bottle.

Contains

- Caffeine Anhydrous
- L-Carnitine + Acetyl L-Carnitine
- L-Arginine, L-Lysine & L-Ornithine
- Adenosine-5-Monophosphate
- Green Coffee Extract (Coffea Arabica)
- Green Tea Extract (Camellia Sinensis)
- N-Acetyl L-Tyrosine
- Theobromine
- Hordenine HCL



PROBIOTIC

HIGH POTENCY BACILLUS COAGULANS

Our Probiotic Gummies use only Bacillus Coagulans in our gummy because it is a spore, as opposed to a probiotic from dairy. Bacillus Coagulans represents a groundbreaking change in probiotic supplements because it remains dormant while it is stored in its bottle. After it is ingested and reaches the intestines, this bacterium reverts to its live, active and growing form. This is how it resists being killed while mixing with acids in transport through the stomach. That, in itself represents a huge breakthrough in supplementation. Almost every other type of Lactobacillus probiotic will die if it is exposed to stomach acids.

Our probiotics supplements are shelf stable and don't require refrigeration because they are a spore-forming bacterium.

How it helps you

Probiotic bacteria are critical for healthy digestion, help maintain the integrity of the intestinal lining, support proper intestinal motility and participate in the detoxification process. Our high-potency probiotic capsules contain only Bacillus Coagulans to:

- Support digestive health
- Restore natural balance in the stomach
- Boost the immune system
- Promote regularity
- Boost nutrient absorption
- Reduce bloating
- Help in weight loss
- Promote healthy cholesterol
- Improve mood and reduce fatigue
- Hordenine HCL

How to use

Consume 1 Gummy twice daily at least 30 minutes before meals.

Contains

- 500 million CFU Bacillus Coagulans



BCAA

BRANCH CHAIN AMINO ACIDS 2:1:1

BCAA is an essential amino acid supplement, containing an optimal 2:1:1 ratio of leucine, isoleucine, and valine and essential to an active lifestyle.

How it helps you

It includes three essential amino acids – the building blocks of protein, which make up the structure of new muscle tissue. BCAA also supports lean muscle growth, reduce muscle breakdown and repair muscle. This is so important for any fitness goal – whatever your aim.

How to use

We recommend taking 2 tablets, twice daily, during and after your workout for maximum benefit.

Contains

- BCAA 2:1:1 (L-Leucine:L-Isoleucine:L-Valine)
- Stearic Acid
- Magnesium Stearate
- Silicon Dioxide



CLA

CONJUGATED LINOLEIC ACID

Conjugated Linoleic Acid (CLA) is a naturally occurring Omega-6 fatty acid, which plays a fundamental role in everyday health and our softgels deliver 1000mg per serving.

CLA cannot be produced by the body and must be consumed through your diet, making our supplement perfect for you.

How it helps you

CLA is formulated to fit the fat reducing lean-muscle maintenance of an individual and ideal to include in your long term weight loss plan.

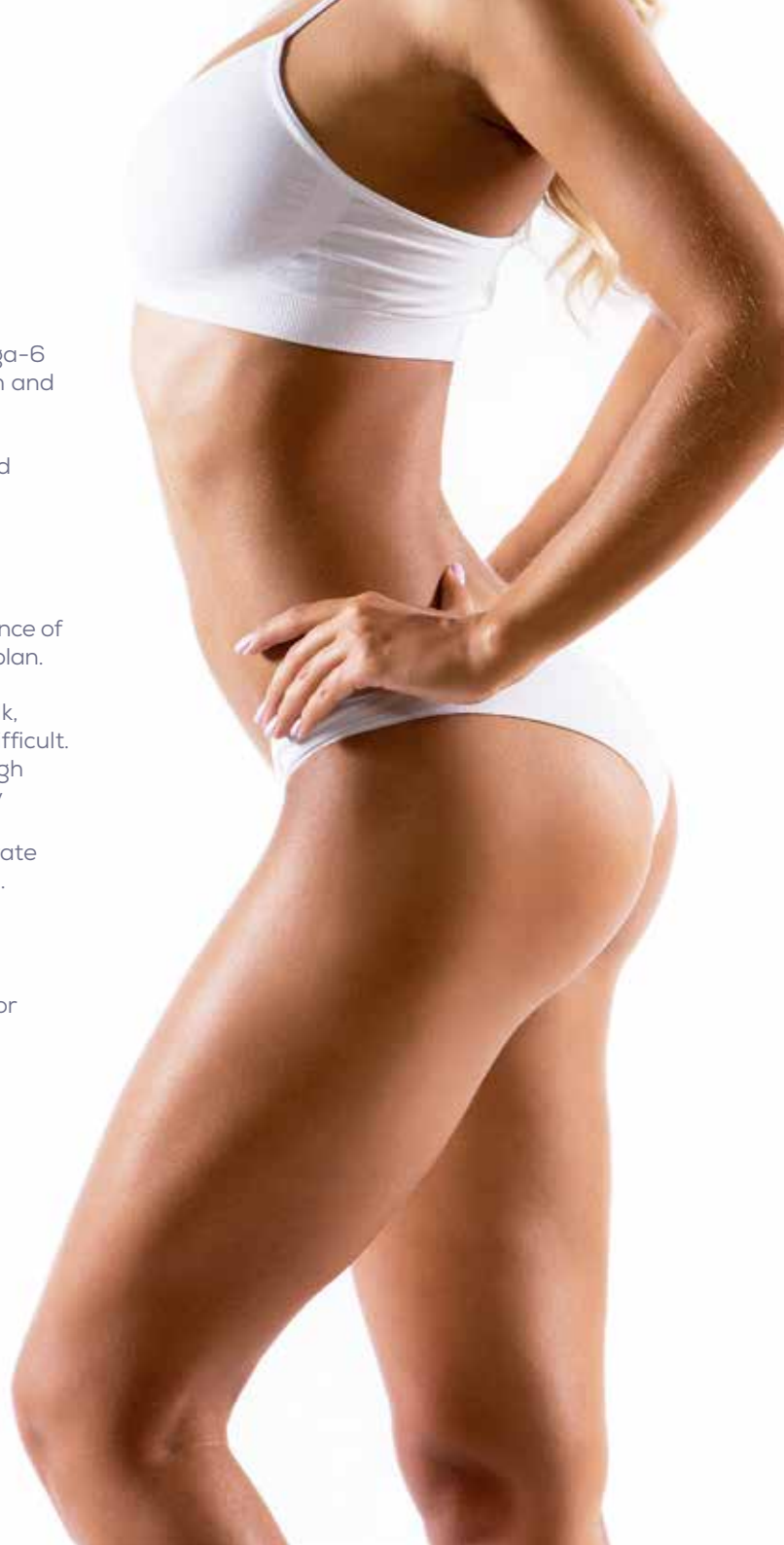
CLA is primarily found in dairy and meat sources, such as milk, cheese and beef, and to get enough of it into your diet can be difficult. Plus, eating excessive food to make sure you're getting enough CLA can also lead to you adding unwanted and unnecessary calories to your daily diet. Our softgels deliver a quick and convenient source of CLA for your diet, allowing you to integrate them into your training programme as you push for progress.

How to use

Simply take 1-2 softgels with every meal, 1-3 times per day for best results.

Contains

- Conjugated Linoleic Acid
- Vegetable Gelatin (Softgel)
- Purified Water



GLUTAMINE

BUILD REPAIR AND PROTECT MUSCLE

L-Glutamine is one of the building blocks of new protein, helping muscular development after any kind of workout.

So whether lifting weights, powering through cardio, running through the park or pushing in your favorite yoga class, our convenient capsules are great for getting the L-glutamine your body needs.

How it helps you

L-Glutamine is important to build, repair and protect lean muscle tissue.

L-Glutamine is an amino acid that the body is only able to produce in small amounts, so the majority of it must come through your diet – and when leading a busy lifestyle, this can be tricky.

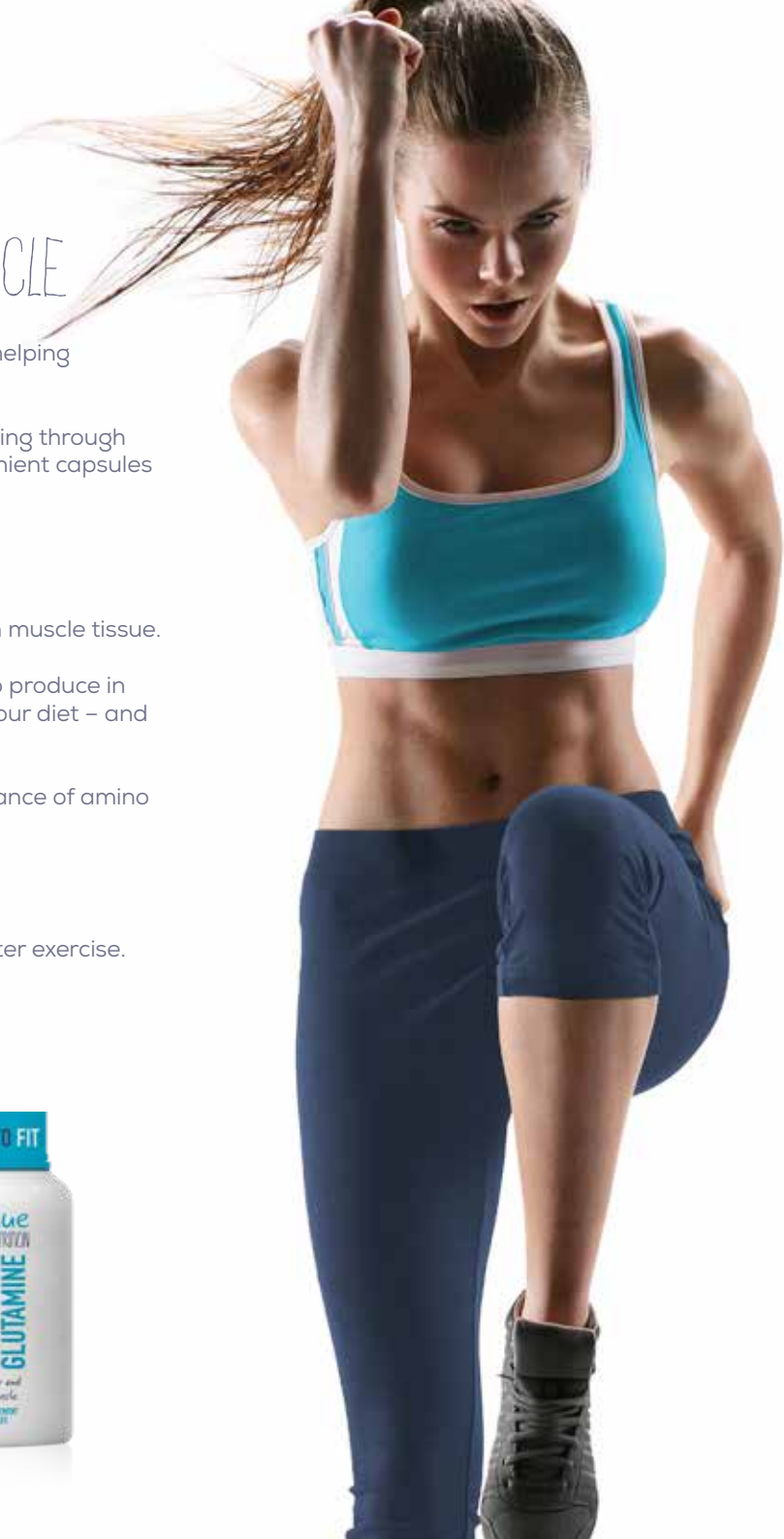
Our L-Glutamine tablets offer an easy way to get the balance of amino acids you're looking for – whatever your fitness goals.

How to use

Consume 1-2 capsules between meals or immediately after exercise.

Contains

- L-Glutamine
- Vegetable Cellulose
- Magnesium Stearate



COLLAGEN

COMPLETELY HEALTH AND
BEAUTY BLEND

Discover your inner beauty with our Marine Collagen supplement designed to help skin, hair and nail health. Each tablet contains 1000mg of Marine Collagen types 1, 2 and 3.

How it helps you

Collagen is the body's main source of connective tissue which helps maintain youthful skin by enhancing structure and volume. It also supports hair, skin, nails, ligaments, bone and joint health.

How to use

We recommend consuming 1 capsule daily before breakfast.

Contains

- Marine Collagen Type 1,2 and 3
- Stearic Acid
- Magnesium Stearate



APPLE CIDER VINEGAR

SUPPORTS HEALTHY METABOLISM

Our Apple Cider Vinegar tablets are made from 100% pure apple cider and contain a powerful 1000mg dose. We don't put any artificial ingredients in our premium formulation.

How it helps you

Apple Cider Vinegar is a great way to gently cleanse the body and to help ward off unhealthy bacteria you may encounter. Known to support weight management lifestyles, apple cider vinegar also promotes healthy digestion and helps to keep the intestines clean so you can lead an optimal and exuberant life.

How to use

Take 1 tablet twice daily before meals.

Contains

- Apple Cider Vinegar
- Stearic Acid
- Magnesium Stearate



L-CARNITINE

CONVERT FAT TO ENERGY

L Carnitine is created in the body from the amino acids lysine and methionine. Every serving contains 600mg of L-Carnitine.

How it helps you

L-Carnitine is ideal for anyone looking for an easy-to-consume source of Carnitine that can be taken throughout the day. It is an important amino acid that helps transport fat to the muscle to be burned as energy and is therefore ideal for weight loss and long term weight management goals.

How to use

It is recommended to consume 1 serving of L-Carnitine daily with meals for best results.

Contains

- L-Carnitine L-Tartrate
- Magnesium Stearate
- Stearic Acid



SKINNY MEAL

MEAL REPLACEMENT SHAKE

Fitique Skinny Meal is a Very Low-Calorie Meal Replacement that is formulated to achieve weight loss goals fast.

- Very low-calorie meal
- Convenient to carry
- Easy to mix
- Delicious taste
- Variety of flavours
- Appetite control

How it helps you

Skinny Meal is nutritionally formulated with 20 essential Vitamin and Minerals to assist weight loss by reducing your daily calorie intake. Convenient to take with you and easy to mix, each Skinny Meal is low in calories, low in fat and has a full 15g of protein. In addition, there is 7g of added fiber to make that stomach feel full longer and limit those snack cravings. We also include Hydrolyzed Collagen for skin health and a probiotic blend to assist digestion and stomach health.

How to use

Replace 1 or 2 meals daily with Fitique Skinny Meal and follow the accelerated weight loss plan.

Contains

- Whey protein concentrate
- Whey protein isolate
- Hydrolyzed collagen
- Vitamin and mineral blend
- Probiotic blend
- Added fiber





Accelerated weight loss plan

Duration: Until goal weight is achieved by replacing 2 meals per day and following the appropriate daily calorie target.

Current Weight	Daily Calorie Intake
Under 70kg	900 Calories
70kg- 100kg	1000 Calories
Over 100kg	1200 Calories

Sample Daily Meal Plan:

Breakfast	Skinny Meal Shake
Snack	Healthy snack - fruit, nuts, soup, salad or bar
Lunch	Skinny Meal shake
Snack	Healthy snack - fruit, nuts, soup, salad or bar
Dinner	Dinner Option - low calorie and low fat
Snack	Healthy snack - fruit, nuts, soup, salad or bar
Drinks	Minimum 3 litres of water or calorie free beverage each day

Lose weight rapidly by replacing 2 meals per day with a Skinny Meal shake and incorporate a third well-balanced meal with snacks in between. We recommend 3 litres of water to flush out the waste accumulation from the fat burning process.

BURN BELT

WAIST SCULPTOR

Fitique BURNBELT is designed with your body in mind. BURNBELT's custom contoured design is shaped to comfortably fit your waist whilst allowing maximum flexibility during exercise.

Before exercise wrap the BURNBELT comfortably around your waist and fasten the Velcro tabs around your back. The BURNBELT can be worn under your clothing.

Increase your thermal core temperature to maximise your workout and burn away unwanted inches.

For best results use in combination with Fitique Tighten Up cream. Before workout apply Tighten Up cream to the stomach area and place the BURNBELT over the cream for a maximum smooth and tone effect.



BOOTY BANDS

LOOP RESISTANCE BANDS

From beginners to advanced, at home to the gym, Fitique BOOTYBANDS designed with your body in mind.

Tone and sculpt that booty with four levels of resistance designed for fine toning right through to strengthening.

The four different levels cater to different kinds of workouts and levels of strength and intensity.



X4 LEVELS OF INTENSITY



COMES WITH
CARRY BAG

Fitique
BOOTY BANDS

HYDROGEL

BEAUTY MASK



Dry, dehydrated facial skin due to sweating after exercise is common and it's not just your workout that's sucking the life (and moisture) out of your skin but the showers that accompany it. As this damage continues so does the appearance of wrinkles, fine lines and sagging skin. Fitique's HYDROGEL Beauty Mask was developed to combat this process and rejuvenate your skin after exercise.

The luxurious gel-like mask contours your face perfectly delivering an instant cooling sensation to dry and tired skin.

As the mask warms up to the body's temperature, beneficial ingredients are slowly released deep into

the skin. Fitique's HYDROGEL Beauty Mask acts as a barrier to locking in the ingredients and providing better absorption by the skin.

Tip: refrigerate for a refreshing face spa.

How it helps you

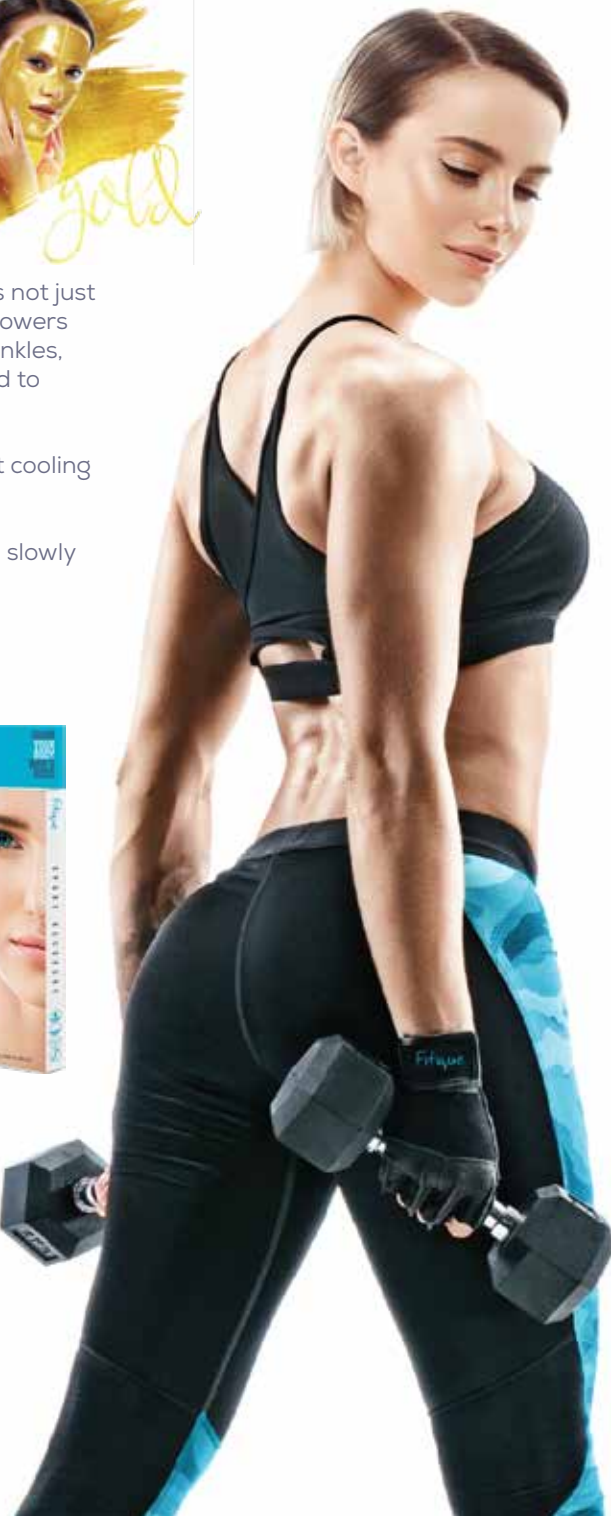
- Replenishes skin moisture lost through exercise
- Rejuvenates dry, dull skin
- Improves skin elasticity
- Helps stimulate cell renewal

How to use

1. After exercise, start with a clean dry face.
2. Spread the mask evenly across your face, being careful to line up eye, mouth and nose holes.
3. Leave on for 25 to 30 minutes.
4. Carefully remove the mask and discard. Using the fingertips lightly massage leftover essence until fully absorbed.

Contains

Water, Sorbitan Stearate, Paraffinum Liquidum (Mineral Oil), Glycerin, Dimethicone, Cetearyl Alcohol, Isopropyl Palmitate, Propylene Glycol, Hydrolyzed Collagen, Phenoxyethanol, Ubiquinone (Coenzyme Q10), Ascorbic Acid (Vitamin C), Retinol.



7 DAY FOOT SPA

EXFOLIATOR

Our at-home treatment removes hardened skin, softens cracks and calluses leaving your feet looking and feeling beautiful and rejuvenated.

How it helps you

You are feeling great after your workout but your feet look like they have run a marathon. Fitique's 7 Day Foot Spa is the easiest way to exfoliate, repair and moisturise your feet and at the same time kill bacteria to eliminate foot odor.

How to use

1. Wash and dry your feet. Using scissors cut off the seal on the foot masks.
2. Insert feet into the foot masks and massage the ingredients into feet.
3. Tear off red film to seal remaining opening. Foot masks can be worn under socks to help keep them in place so you can walk during the treatment.
4. Keep Fitique's 7 Day Foot Spa on for 2 hours. Carefully remove masks and discard. Rinse and dry feet.
5. Within 7 days the skin will begin to peel gradually, leaving your feet smooth and rejuvenated.

Contains

Aqua, Alcohol, Glycerin, Aloe Barbadensis leaf extract, Hydroxyethylcellulose, Salicylic acid, Glycolic acid, Menthyl lactate.



HAND & NAIL

REPAIR MASK

Unlike common hand masks, Fitique Hand & Nail adopts a soft non-woven fabric stocking and waterproof design. With convenient and non-sticky application the highly concentrated ingredients are slowly released deep into the skin.

How it helps you

Calluses and dry skin symbolize hard work at the gym, moisturize, repair and nourish your dry skin instantly, making hands silky smooth and showing your softer side.

How to use

1. Wash and dry your hands;
2. Separate hand mask from packaging, insert hands and hold in place with sticker;
3. Massage hands and leave for 15-20 minutes;
4. Carefully remove the mask and discard. Gently massage remaining essence until fully absorbed.

Contains

Aqua, Propylene Glycol, Glycerin, Butylene Glycol, Ethylhexyl Palmitate, Betaine, Hydroxyethyl Urea, C14-22 Alcohols, C12-20 Alkyl Glucoside, Shea Butter, Phenoxyethanol, Beta-Glucan, Cetearyl Alcohol, Arachidyl Alcohol, Behenyl Alcohol, Arachidyl Glucoside, Allantoin, Parfum.



PRODUCT RANGE



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