

BODIEZ PROTEIN WATER

4 drinks in 1

WPI + Electrolytes + Vitamins + BCAA

1. PROTEIN DRINK FOR MUSCLE RECOVERY
2. ELECTROLYTE DRINK DESIGNED TO REHYDRATE
3. VITAMIN DRINK TO REPLENISH VITAMIN STORES
4. BCAA AMINO ACID DRINK FOR INTRA-WORKOUT

30g WHEY PROTEIN ISOLATE

20g WHEY PROTEIN ISOLATE



berry
POST & INTRA WORKOUT

kiwi
POST & INTRA WORKOUT

orange
PRE-WORKOUT

NO PRESERVATIVES
ARTIFICIAL COLOURS,
FLAVOURS OR SWEETENERS

LESS THAN 1G SUGAR
FAT
CARBS

99% LACTOSE
FREE

GLUTEN FREE | LOW GI
VEGETARIAN FRIENDLY 😊

100% AUSTRALIAN MADE & OWNED
TASTES SENSATIONAL!

BODIEZPRO.COM



#BODIEzPro

orange PRE WORKOUT

20G WHEY PROTEIN ISOLATE WITH GUARANA

*All quantities below are averages

NUTRITIONAL INFORMATION*

1 BOTTLE = 1 SERVE	PER 450ml SERVE	PER 100ml
Energy	375.66KJ (90cal)	83.48KJ
Protein	20g	4.44g
Fat	Less than 1g (0.1g)	Less than 1g (0.02g)
Total	Less than 1g (0.1g)	Less than 1g (0.02g)
Saturated	Less than 1g (0.02g)	Not detected
Carbohydrates	Less than 1g (0.88g)	Less than 1g (0.2g)
Sugars	Less than 1g (0.32g)	Less than 1g (0.07g)
Erythritol	17g	3.78g
Sodium	35mg	7.78mg
Dietary fibre	less than 1g	less than 1g

COMPOSITION INFORMATION*

1 BOTTLE = 1 SERVE	PER 450ml SERVE	% RDI†	PER 100ml
Caffeine	72.5mg	-	16.1mg
Iodine	15mcg	10% RDI	3.3mcg
Selenium	8mcg	11% RDI	1.8mcg
Vitamin B1	0.11mg	10% RDI	0.02mg
Vitamin B5	0.6mg	12% RDI	0.13mg
Vitamin B6	0.16mg	10% RDI	0.04mg
Vitamin B12	0.5mcg	25% RDI	0.11mcg
Vitamin D	1mcg	10% RDI	0.22mcg
Vitamin E	1mg	10% RDI	0.22mg

AMINO ACID PROFILE*

1 BOTTLE = 1 SERVE	PER 450ml SERVE	PER 100ml
Alanine	1.078g	0.24g
Arginine	0.528g	0.117g
Aspartic Acid	2.244g	0.499g
Cystine/Cysteine	0.506g	0.112g
Glutamic Acid	3.872g	0.86g
Glycine	0.374g	0.083g
Histidine	0.352g	0.078g
Isoleucine*	1.254g	0.279g
Leucine*	2.244g	0.499g
Lysine*	1.914g	0.425g
Methionine*	0.77g	0.171g
Phenylalanine*	0.638g	0.142g
Proline	1.298g	0.288g
Serine	1.012g	0.225g
Threonine*	1.386g	0.308g
Tryptophan*	0.352g	0.078g
Tyrosine	0.616g	0.137g
Valine*	1.298g	0.288g

* Essential Amino Acids Branched-Chain Amino Acids (BCAA)

TRACE MINERALS*

	PER 450ml SERVE	PER 100ml
Calcium	6.6mg	1.47mg
Potassium	8.8mg	1.96mg
Phosphorus	25mg	5.56mg
Magnesium	0.88mg	0.2mg
Chloride	220mg	48.89mg

INGREDIENTS

Orange: Pure water, Whey Protein Isolate, Erythritol, Guarana, Natural Blood Orange Flavour, Citric Acid (330), Natural Colour (163), Safflower Extract, Sodium Citrate, Steviol Glycosides, Vitamin Mix (Maltodextrin, Thiamine Hydrochloride, Pyridoxine Hydrochloride, Cyanocobalamin, Potassium Iodide, L-Selenomethionine Pure, Dry Vitamin D3, Calcium Pantothenate, Dry Mixed Tocopherols, Ascorbic Acid).

Berry: Pure water, Whey Protein Isolate, Erythritol, Natural Mixed Berry Flavour, Citric Acid (330), Natural Colour (163), Sodium Citrate, Steviol Glycosides, Vitamin Mix (Maltodextrin, Thiamine Hydrochloride, Pyridoxine Hydrochloride, Cyanocobalamin, Potassium Iodide, L-Selenomethionine Pure, Dry Vitamin D3, Calcium Pantothenate, Dry Mixed Tocopherols, Ascorbic Acid).

Kiwi: Pure water, Whey Protein Isolate, Erythritol, Natural Kiwi Flavour, Citric Acid (330), Natural Colour (141), Safflower Extract, Sodium Citrate, Steviol Glycosides, Vitamin Mix (Maltodextrin, Thiamine Hydrochloride, Pyridoxine Hydrochloride, Cyanocobalamin, Potassium Iodide, L-Selenomethionine Pure, Dry Vitamin D3, Calcium Pantothenate, Dry Mixed Tocopherols, Ascorbic Acid).

†Percentage daily intakes are based on an average adult diet of 8700kj. Your daily intakes may be higher or lower depending on your energy needs.

berry & kiwi POST WORKOUT

30G WHEY PROTEIN ISOLATE

*All quantities below are averages

NUTRITIONAL INFORMATION*

1 BOTTLE = 1 SERVE	PER 450ml SERVE	PER 100ml
Energy	547.5KJ (131cal)	121.7KJ
Protein	30g	6.7g
Fat	Less than 1g (0.1g)	Less than 1g (0.02g)
Total	Less than 1g (0.1g)	Less than 1g (0.02g)
Saturated	Less than 1g (0.02g)	Not detected
Carbohydrates	Less than 1g (0.99g)	Less than 1g (0.22g)
Sugars	Less than 1g (0.12g)	Less than 1g (0.03g)
Erythritol	17g	3.78g
Sodium	40mg	8.9mg
Dietary fibre	less than 1g	less than 1g

COMPOSITION INFORMATION*

1 BOTTLE = 1 SERVE	PER 450ml SERVE	% RDI†	PER 100ml
Iodine	15mcg	10% RDI	3.3mcg
Selenium	8mcg	11% RDI	1.8mcg
Vitamin B1	0.11mg	10% RDI	0.02mg
Vitamin B5	0.6mg	12% RDI	0.13mg
Vitamin B6	0.16mg	10% RDI	0.04mg
Vitamin B12	0.5mcg	25% RDI	0.11mcg
Vitamin D	1mcg	10% RDI	0.22mcg
Vitamin E	1mg	10% RDI	0.22mg

AMINO ACID PROFILE*

1 BOTTLE = 1 SERVE	PER 450ml SERVE	PER 100ml
Alanine	1.617g	0.359g
Arginine	0.792g	0.176g
Aspartic Acid	3.366g	0.748g
Cystine/Cysteine	0.759g	0.169g
Glutamic Acid	5.808g	1.291g
Glycine	0.561g	0.125g
Histidine	0.528g	0.117g
Isoleucine*	1.881g	0.418g
Leucine*	3.366g	0.748g
Lysine*	2.871g	0.638g
Methionine*	1.155g	0.257g
Phenylalanine*	0.957g	0.213g
Proline	1.947g	0.433g
Serine	1.518g	0.337g
Threonine*	2.079g	0.462g
Tryptophan*	0.528g	0.117g
Tyrosine	0.924g	0.205g
Valine*	1.947g	0.433g

* Essential Amino Acids Branched-Chain Amino Acids (BCAA)

TRACE MINERALS*

	PER 450ml SERVE	PER 100ml
Calcium	9.9mg	2.2mg
Potassium	13.2mg	2.93mg
Phosphorus	37.5mg	8.33mg
Magnesium	1.32mg	0.29mg
Chloride	330mg	73.33mg