

YOUR HEALTH

ANSWER

AUSTRALIAN NUTRITION & SPORTS

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*“Health is a
relationship
between you
and your body.”*

- Terri Guillemets



Innovated by Nutritionists. Made in Victoria

If you want to feel good we have the answer.

Australian Nutrition and Sports' nutritionists develop health supplements that are carefully crafted to give your mind and body a glow from within everyday.

All products contain the right dosage of highly effective macro and micro nutrients, that not only help you feel your best but also reach your peak health.

It's what's inside that counts.

Creating A Happier And Healthier World With Advanced Nutrition

If you want to feel good we have the answer.

Being healthy is becoming more and more complex for the modern consumer, with an array of overwhelming labels and magic potions. You deserve to know what is in the supplements you're taking, which is why we test and validate that what is in our products is exactly what is on our label.

ANS strives to make a difference to people from all walks of life by providing quality, consistent and efficacious nutritional solutions – that genuinely help people with their health and wellbeing goals.

Australian. Authentic. We're here to deliver it to you straight-up.

Sports Nutrition

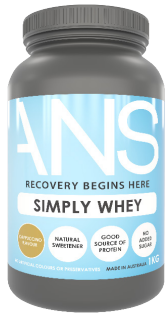
Protein Powder

ANS Sports Nutrition works together like a holistic system, providing a personalised approach to your health, helping you manage and reach your goals more effectively. The extensive range of sports nutrition includes Protein Powder, Ready to Drink Protein Shakes, healthy Snack Bars, and Rapid Energy Gels for your overall well-being.

Easily incorporated into your diet through a variety of ways, ANS **Protein Powder** is ideal to give you extra nutritional support, weight management, better post workout recovery, muscle growth and repair.

Looking to push your limits? We have the answer.

Premium Ingredients
Low Level of Saturated Fat
Low Carb
25g Protein per Serve
No Added Sugar
BCAA's
Vitamin & Mineral Blend
Cholesterol Free



Simply Whey Protein is ideal for athletes who may lack adequate levels of Protein in their diet. Each serve offers a complete amino acid profile to ensure you get the most out of each day.

Cappuccino |
Chocolate | Vanilla
1kg | 2kg | 3kg



Soy Protein offers an optimal balance of Fibre, Iron, Calcium, Zinc & B-Vitamins for a naturally healthy and all in one supplement. Source of nutritious dietary components for the proper functioning of your body.

Cappuccino |
Chocolate | Vanilla
1kg | 2kg



Isolate Protein is a premium micro-filtered formulation with all fats and carbs removed to assist you with weight management and intake control. Contains BCAAs for post workout muscle recovery, tissue building and repair.

Cappuccino |
Chocolate | Vanilla
1kg | 2kg | 3kg



Women's Protein is tailored for women, enriched with nutrients for weight management to tone and support lean muscle. Pure powder that is fortified with Fibre for your digestive tract, Flaxseed for cardiovascular health, and Calcium for stronger bones.

Cappuccino |
Chocolate | Vanilla
1kg | 2kg

Sports Nutrition

Ready to Drink Protein Shakes

Helping people to have their best possible day, ANS healthy **Ready to Drink Protein Shakes** are not only good for your muscles, but good for your whole body! Delicious tasting drinks that provide active individuals with Essential Amino Acids to charge the body and improve overall health and muscle recovery.

Conveniently ready to drink and nutrient rich, these nourish and replenish your body with the Vitamins and Minerals that it craves everyday.

Want to get on top of your day? We have the answer.

Premium Ingredients
30g Protein
99% Fat Free
No Added Sugar
Low Carb
High Fibre
Cholesterol Free

Berry
375ml



Choc-Honeycomb
375ml



Chocolate
375ml



Coconut
375ml



Banana
375ml



Coffee
375ml



Caramel
375ml



Vanilla
375ml



Sports Nutrition

Healthy Snack Bars

Packed with natural goodness for a guilt-free energy boost throughout the day, ANS **Snack bars** are your healthy mouth-watering snack for on the go.

Tackle the day the healthy way with convenient snacks that not only taste delicious but make you feel even better. From nuts to fruits, enjoy the real flavour that you imagine with only real natural ingredients sourced locally.

Looking for peak health? We have the answer.

Real Ingredients
Low Sodium
No Artificial Colours
No Artificial Flavours
No Artificial Preservatives
No Added Sugar
High in Protein

Super-Seeds

40g



Cookies & Cream

40g



Almond Peanut
& Honey

40g



Hazelnut & Raw
Cacao Nibs

40g



Dark Chocolate
Orange

40g



Macadamia Peanut
& Honey

40g



Grains

40g



Blueberry

40g



Sports Nutrition

Rapid Energy Gels

Designed for convenience during training and competition, ANS **Rapid Energy Gels** sustain energy demands of athletes at any fitness level with a unique blend of Carbs, Electrolytes, Vitamins B, C, E and Branch Chain Amino Acids.

Explosive power for your pre-workout, sustained energy release during prolonged exercise, or as a post-workout pick-me-up to replace depleted energy stores.

Need to go stronger for longer? We have the answer.

45g Pure Energy
0g Fat
BCAA's
30.6g Carbohydrates
Low Viscosity
Vitamins & Anti-oxidants



CHOCOLATE 45g

Feed your caffeine craving whilst stimulating your mind and body with immediate energy for the utmost alertness and performance. Added health benefits for every occasion that requires more focus and vitality.



LEMON LIME 45g

Get the fresh taste of citrus and boost every cell in your body. Powerful antioxidant with Vitamins B, C and E to defend your muscles from free radicals, boost your immune system and reduce muscle soreness after strenuous activity.



RASPBERRY 45g

For the tangy Raspberry flavour that comes from real raspberries. Soft textured gel that is carefully formulated to give you the right kind of energy to ensure no bloating or an upset stomach. Get immediate energy without the extras that slow you down.

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