

XS Sports Nutrition FAQs

QUESTIONS FOR ALL XS SN PRODUCTS (Pre-workout Drink, Electrolyte Drink, Hydrolyzed Whey Protein Powder, Protein Bar)

Does this product contain any artificial colours?

No, this product does not use any artificial colours.

Is this product recommended for pregnant women or nursing mothers?

It is best to consult with your doctor or physician before consuming this product if you are pregnant or nursing.

Does this product contain GMOs?

No, this product does not use genetically engineered ingredients.

What environmental conditions may adversely affect this product?

Heat, humidity, exposure to air, and leaving the package open can affect the quality of the product. To ensure the best quality, the product should be stored in a cool, dry place.

Are there any interactions between this product and certain medications?

If you have a medical condition or are taking medication, consult with your doctor or physician before using this product.

Can you use this product after it has expired?

It is not advised to use the product after it has expired. Nutrients are not guaranteed to have the potency listed on the label beyond the expiration date. Flavour, aroma, and appearance may no longer have the highest quality past the recommended shelf life.

Are these products safe for children to eat and drink?

This product is intended for adults. People under 18 years of age should not consume this product without first consulting with a health care provider.

Do I have to be an athlete to use this product?

XS™ Sports products are made for anyone looking to XSperience More with tangible results that help you perform better. Products were developed to help active individuals Energize, Refresh & Recharge throughout sports activities & adventures.

ENERGIZE: XS Pre-workout Drink

Why do I need a pre-workout product?

XS Pre-workout drink delivers extra energy to help you power through your workout. It's packed with ingredients that help prepare your body with energy for a strong start, fuelling muscles and helping delay fatigue.



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How does this product improve your workout?

Our special formula combines BCAAs with a Triple Energy Blend. Quick absorbing BCAAs go directly to your muscles, supporting protein synthesis from the start of your workout. The Triple Energy Blend of Creatine, Vitamin B complex, and carbohydrates provides immediate energy. Creatine fuels muscles with quick bursts of energy. Vitamin B complex (B1/B2/B3/B5/B6/B9/B12) provides energy while also delaying fatigue. Carbohydrates are included at a moderate level to complete the blend for increased efficiency during workouts and sports activities.

What are BCAAs?

The three essential amino acids; Leucine, Isoleucine and Valine; are collectively known as Branched Chain Amino Acids. BCAAs are not produced by the body and must be ingested through diet. The XS Pre-workout Drink contains 4.3g of BCAAs per serving.

Why are BCAAs in this product's formula? Benefits of BCAAs?

BCAAs are included as they are essential, and because they can't be produced by the body they must be consumed through diet. After consumption, BCAAs rapidly increase their concentration in muscle tissue. Studies have shown BCAAs help build lean muscles after intense exercise and support enhanced protein synthesis.

What is the benefit of Creatine?

Creatine has a vital role in the creation and transfer of energy required for muscle contraction. It helps increase your overall workout intensity, providing more power during workouts.

When should this product be taken? How to use it?

You should consume 30-60 minutes before your workout.

Dilute 1 sachet in 300 to 500 ml of water per your taste preference, using a shaker cup to mix for best results.

How many calories are in this product?

Each 30g serving sachet contains 79 calories.

What is this product sweetened with?

Our formula uses high quality sucralose as a sweetener.



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Refresh: XS Electrolyte Drink

Why do I need an electrolyte drink?

XS Electrolyte Drink is formulated with a perfect mix of carbohydrates and electrolytes, enhancing water absorption and helping prevent dehydration. By replenishing what you've lost during exercise, this drink gives you the stamina to stay at the top of your game.

What are the 5 electrolytes included and why do we need them?

Electrolytes are needed for maintaining the balance of fluids inside and outside of cells as well as for the regulation of nerve and muscle function. These minerals include Sodium, Chloride, Potassium, Magnesium & Calcium which can be lost through sweat during exercise and should be replaced with supplementation. For muscle contractions, it is important to have calcium, potassium & sodium. Deficiencies of these electrolytes may result in muscle cramping.

What's so special about the carbohydrates in this product's formula?

This product contains a Sustained Energy Matrix, with carbohydrates that work synergistically, some release faster while others at a slower rate to deliver energy over a longer period - so you don't crash in the middle of an adventure.

How much caffeine is in the formula?

This product contains 60 mg of caffeine per serving - coming from Guarana. It's similar to the amount of caffeine found in a large cup of coffee.

Why were Guarana, Maca and Quercetin chosen for this product?

Guarana, Maca Root and Quercetin are thought to support mental & physical performance.

What is this product sweetened with?

Our formula uses high quality sucralose as a sweetener.

When should this product be taken? Usage?

Dilute 1 sachet in 500 ml of water for hypotonic or 400 ml for an isotonic drink. Consume during your workout.

How many calories are in this product?

Each 25g serving sachet contains 90 calories.

Recharge: XS Hydrolyzed Whey Protein Powder

Why do I need a post-workout product?

Post-workout proteins are considered the most important piece of the sport nutrition puzzle. We need post workout proteins to maximise the benefits of our workout and to provide fast muscle recovery.



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What are the benefits of XS Hydrolyzed Whey Protein Powder?

XS Recharge protein powder is formulated with fast-digesting Hydrolyzed whey protein; it initiates benefits faster than less refined proteins. With naturally occurring BCAAs, and strong antioxidants (Vitamin C & E) it's the perfect mix to accelerate recovery after physical activity (helping replenish energy stores & promote muscle repair) while building lean muscle growth.

What does hydrolyze mean?

It is a process using water to break down proteins into smaller peptide chains and amino acids, enhancing the speed of protein absorption which is thought to support quicker recovery.

What are benefits of Hydrolyzed whey proteins?

Hydrolyzed whey protein transmits amino acids promptly to your muscle tissues and stimulates protein synthesis and recovery. Hydrolyzed protein as a pre-digested protein means that your body absorbs the proteins at a faster rate than concentrates or isolates. Faster absorption means that you start the recovery process at the optimal time, when consuming as soon as possible after exercise.

What's the benefit of hydrolyzed protein vs. concentrate or isolate?

Hydrolyzed protein as a pre-digested protein means that your body absorbs the proteins at a faster rate than concentrates or isolates. Faster absorption means that you start the recovery process at the optimal time, when consuming as soon as possible after exercise. Concentrates and isolates are slower digesting compared to hydrolyzed protein.

How many amino acids does this product contain?

This product contains 29 grams of protein per portion, which help build and maintain lean muscle mass. The protein contains all the 20 natural amino acids.

How many BCAAs does this product contain?

This product contains 5 grams of naturally occurring BCAAs per serving.

(Global) What are BCAAs and why are they in this product's formula? What's the benefit?

Branched Chain Amino Acids are not produced by the body and must be ingested through diet. Studies have shown BCAAs help build lean muscle after intense exercise.

Why are electrolytes included?

Electrolytes are included to support re-hydration process after exercise.

What is ROC?

Our formula is enriched with Red Orange Complex (ROC), an extract made from red orange juice and peel known for its antioxidant properties.

Why do we have vitamin B?

The presence of vitamin B promotes the normal energy-yielding process and helps reduce tiredness and fatigue.

(Global) Are there any environmental conditions that may adversely affect this product?

Excessive heat and leaving the container open can affect the quality of this product. To ensure best quality, the product should be stored in a cool, dry place.



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When should I take this product?

As soon as possible after exercise, we recommend within 30 minutes after exercise. Adding protein after exercise will create a positive protein balance, supporting you in increasing muscle mass/ growing your muscle size. (if you don't consume additional protein post exercise, you would remain in a negative protein balance until doing so)

What's the difference between NUTRILITE All Plant Protein and XS Hydrolyzed Whey Protein Powder?

NUTRILITE All Plant Protein is plant based with a blend of soy, wheat and pea proteins delivering 8g of protein per serving and known to support general cell health and well-being. Hydrolyzed whey protein originates from milk protein, and delivers 29g of fast digesting protein per serving to support maintaining lean muscle mass and growth.

(Global) Does this product contain any soy or dairy?

Yes, the whey protein within the product is a milk-based protein.

How many calories are in this product?

Each 40g serving contains 135 calories when added to water.

How many times a day can I consume this product?

Normally we recommend 1 portion per day.

Recharge: XS Protein Bar**How does this product improve my work out?**

Protein bar delivers post-workout fuel that we use to build lean muscle growth and optimises recovery.

How does this product work?

It supports lean muscle growth with 20 grams of protein per bar. Muscles receive a steady stream of recovery support with fast & slow digesting proteins. It's enriched with Selenium which helps to prevent cell damage by oxidative stress and with Vitamin B, known for reducing fatigue. Designed as a clean bar, it is high in fibre (approximately 50% of daily recommended amount) with no sugar added.

What is unique about this product?

It is high in proteins 32%, and high in fibre approximately 50% of daily recommended amount.

What type of proteins are inside?

It contains a targeted protein blend of whey protein, milk protein isolate/concentrates, calcium caseinate and pea proteins.

(Global) Are there any potential side effects from eating this product?

Due to milk-derived proteins in this product, people who are sensitive to lactose may experience some gastrointestinal discomfort after consuming an XS™ Sports Protein Bar.

When should I consume this product?

Consume 1 bar 30-60 minutes after your workout. Can also be used as a healthy snack.



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(Global) What environmental conditions may adversely affect this product?

Heat, humidity, exposure to air, and leaving the package open can affect the quality of the product. To ensure the best quality, XS™ Sports Protein Bar should be stored in a cool, dry place.

How many calories are in this product?

Each 60g bar contains 196 calories (chocolate flavour) or 190 calories (caramel vanilla flavour).



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