

# Supplement Facts

Serving Size 1 Scoop (29 g)  
Servings Per Container 30

|                    | Amount Per Serving | % DV <sup>†</sup> |
|--------------------|--------------------|-------------------|
| Calories           | 110                |                   |
| Calories from Fat  | 10                 |                   |
| Total Fat          | 1.5 g              | 2%                |
| Saturated Fat      | 0.5 g              | 3%                |
| Trans Fat          | 0 g                |                   |
| Cholesterol        | 65 mg              | 22%               |
| Total Carbohydrate | 4 g                | 1%                |
| Dietary Fiber      | 1 g                | 4%                |
| Sugars             | 2 g                | †                 |
| Protein            | 20 g               | 40%               |
| Calcium            | 108 mg             | 11%               |
| Iron               | 0.4 mg             | 2%                |
| Sodium             | 135 mg             | 6%                |

| HYDRO GREENS™ Blend  | 255 mg | † |
|--|--------|---|
| Coconut ( <i>Cocos nucifera</i> ) Water Powder, Chia ( <i>Salvia hispanica</i> ) Seed Powder, Blue Green Algae ( <i>Spirulina sp.</i> ) Whole Plant Powder, <i>Chlorella pyrenoidosa</i> Whole Plant Powder, Wheat Grass ( <i>Triticum aestivum</i> ) Aerial Powder (Gluten Free), Maca ( <i>Lepidium meyenii</i> ) Root Extract 4:1 |        |   |

<sup>†</sup>Percent Daily Values (DV) are based on a 2,000 calorie diet.  
<sup>†</sup> Daily Value (DV) not established.

**Other Ingredients:** Protein Blend [Whey Protein Concentrate, Whey Protein Isolate, Calcium Caseinate, L-Glutamine], Creamer (Sunflower Oil, Maltodextrin, Sodium Caseinate, Mono & Diglycerides, Dipotassium Phosphate, Soy Lecithin, Sodium Silico Aluminate, Tocopherols), Natural Flavors, Xanthan Gum, Cellulose Gum, Salt, Sucralose, Stevia (*Stevia rebaudiana*)

**Contains: Milk, Soy, Tree Nut (Coconut) and Wheat.** This product was produced in a facility that also processes ingredients containing eggs, fish, shellfish and peanuts.

**Notice:** Use this product as a food supplement only. Do not use for weight reduction.

- ✓ NO Gluten
- ✓ NO Artificial Flavors
- ✓ NO Artificial Colors
- ✓ NO Preservatives
- ✓ NO Aspartame
- ✓ NO Soy Protein
- ✓ NO Added Sugars
- ✓ NO Trans Fats

**Amino Acids 20 g**  
(Approximate Values Per 29 g Serving)

| Lean + Recovery Blend |  |          |
|-----------------------|--|----------|
| L-Glutamine $\Delta$  |  | 3,295 mg |
| **L-Leucine (BCAA)    |  | 2,081 mg |
| **L-Isoleucine (BCAA) |  | 1,313 mg |
| **L-Valine (BCAA)     |  | 1,065 mg |
| **L-Lysine            |  | 1,808 mg |
| L-Alanine             |  | 1,090 mg |
| L-Arginine            |  | 421 mg   |
| L-Aspartic Acid       |  | 2,230 mg |
| L-Cysteine            |  | 545 mg   |
| L-Glycine             |  | 396 mg   |
| **L-Histidine         |  | 297 mg   |
| **L-Methionine        |  | 421 mg   |
| **L-Phenylalanine     |  | 569 mg   |
| L-Proline             |  | 1,313 mg |
| L-Serine              |  | 941 mg   |
| **L-Threonine         |  | 1,462 mg |
| **L-Tryptophan***     |  | 223 mg   |
| L-Tyrosine            |  | 545 mg   |

$\Delta$  Denotes natural and free form amino acids  
\*\* Essential Amino Acids

\*\*\* L-Tryptophan is naturally occurring, not added

# NDS™

# AMPLIFY®

## SMOOTHIE

**DELICIOUS BLEND OF  
WHEY PROTEINS + CASEINATE**  
**GLUTEN FREE FORMULA**  
**NO ARTIFICIAL FLAVORS**

**20g** Protein  
**0g** Added Sugar  
**110** Calories/Serving

Support for  
**Natural Healthy Energy\***  
**Carbohydrate Restriction\***  
**Toned Physique\***  
**Muscle Maintenance\***

Dietary Supplement | Net Wt: 1.9LB. (870 G)

VANILLA CREME  
Natural Flavors

### Advantages of Daily Protein Intake

Protein is a vital component of every cell in the body, and your body uses protein to build and repair tissues, to make enzymes, hormones and other body chemicals. Protein is an important building block of bones, muscles, cartilage, skin and blood. Thus, supplementing daily with a protein shake should be an essential staple in any healthy diet program. NDS Amplify® Smoothie can provide you a delicious and beneficial source of high quality protein for you to live a healthy lifestyle. Its premium formulation includes fast and slow digesting proteins, helping with satiety and appetite suppression during the day. This time-released protein absorption also helps reduce caloric intake and restrict carbohydrate consumption, to help you achieve your health and fitness goals.\*

### Healthy Delicious Snack Between Meals

Eating "three square meals a day" is an outdated philosophy, and eating less frequently is not healthy. Effective weight loss calls for eating four or five small meals instead of one or two bigger ones. Too busy to eat the right foods? No problem. Now you can boost your metabolism with wave after wave of the power-packed protein your body needs to keep your metabolism humming along.\*

### Premium Protein Blend

Amplify® Smoothie is formulated with an advanced and premium blend of whey and casein protein, rich in amino acids. These amino acids helps promote healthy muscle tissue and function, supports a stronger more efficient metabolism, and aids nutrient absorption.\* Amino acids from dietary protein also help facilitate daily strength and can be used to boost immune health.\* Use Amplify® Smoothie's premium protein daily as a source for healthy natural energy to help you get through the day.\*



### Pure Protein Guarantee | No Amino Spiking

Amplify® Smoothie includes 20 g of protein, and does not contain misleading profile information due to amino spiking.

### Hydro Greens™ Blend

Enhanced with a seeds and greens-based health blend Amplify® Smoothie supports additional health benefits (antioxidants, heart health, appearance (skin), and anti-aging). Coconut helps provide electrolytes and supports rehydration post-exercise.\*



### SUGGESTED USE:

Amplify® Smoothie can provide you an excellent and healthy morning, mid-day or post-exercise snack.\* Mix 1 scoop (29 g) to 8 ounces of cold water, juice or milk (Adjust to desired taste). Add a handful of ice cubes and blend for extra thickness.

Due to settling, a natural occurrence with powders, variations in the powder height level may vary from bottle to bottle. Additionally, powder density may be affected as a result of the settling which may cause slight variations in the scoop serving size.

### WARNING:

**KEEP OUT OF REACH OF CHILDREN.**

If you are pregnant, nursing or taking medications, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. **WARNING** for California residents only: This product contains a chemical known in the state of California to cause birth defects or other reproductive harm. Do not use if tamper resistant seal is broken. **STORE IN A COOL DRY PLACE AND AVOID EXCESSIVE HEAT.**

Manufactured in accordance with current Good Manufacturing Practices (cGMP).



**FITLIFE** BRANDS

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For Product Questions:  
[NDSNutrition.com](http://NDSNutrition.com)



\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.