AMPLIFY® XL IS A DELICIOUS PROTEIN BLEND THAT CAN BE USED EVERY DAY AND BY EVERY BODY!

SUPPORT FOR: Greater increases in muscle strength, mass, energy, toning, recovery and performance.*

DESCRIPTION: Amplify® XL offers a premium blend of quick release whey protein isolate, hydrolysate and concentrate, and is loaded with glutamine and amino acids. Delayed release egg protein facilitates muscle recovery two-three hours post-workout. This combination gives you both an immediate and delayed-release recovery mechanism. It is the ultimate post-workout protein to support protein absorption, muscle recovery, and lean muscle gains.*

HYDRO GREENS BLEND

Amplify XL is fortified with a seeds and greens health blend to support additional benefits. Coconut helps provide electrolytes and supports rehydration post-workout.



HYDRO GREENS

Seeds + Greens + Hydration BLEND

BIOAVAILABILITY The protein sources found in Amplify XL rank highest on the biological value scale. Amplify XL comes with a PURE PROTEIN GUARANTEE (No Amino Spiking), so you can be confident you are using the highest quality protein in every scoop.



SUGGESTED USE: Mix 1 heaping scoop of AMPLIFY® XL to 8 fl. oz. of cold water, and consume immediately following your workout to maximize recovery and fight fatigue.* If extra thickness is desired, add a handful of ice cubes and blend. Due to settling, a natural occurrence with powders, variations in the powder fill level may vary from bottle to bottle. Additionally, protein powder can experience small fluctuations in density leading to very slight variations in scoop serving size. To be used as part of a physical conditioning program.

> WARNING: If you are pregnant, nursing or taking medications, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. STORE IN A COOL, DRY PLACE. AVOID EXCESSIVE HEAT.

CONSUMER NOTICE: FitLife Brands can only confirm product purity when our brands are purchased from authorized retailers, GNC, or pmdsports.com.

CALIFORNIA RESIDENTS

WARNING: Cancer and Reproductive Harm – www.P65Warnings.ca.gov/Food

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.



YMABCAAE



PROFESSIONAL MUSCULAR DEVELOPMENT





5g GLUTAMINE



DOUBLE CHOCOLATE EXPLOSION NATURAL AND ARTIFICIAL FLAVOR

DIETARY SUPPLEMENT | 48 SERVINGS | NET WT 4 LBS (1.8 KG)

5.4g

ALL-IN-ONE PREMIUM PROTEIN BLEND FORMULATED FOR RESULTS

COMPLETE PROTEIN FOR ENHANCED ABSORPTION, LEAN MUSCLE AND RECOVERY*

DIGESTIVE ENZYMES

BCAAS

Amino Acids (Approx. Values)

25 g

Supplement Facts

Amount Per Serving alories otal Fat Saturated Fat Saturated Fat Solution So	ervings Per Container 48 Servings	S			
Otal Fat Saturated Fat Saturate Fat Saturated Fat Saturate Fat Saturate Fat Saturated Fat Saturate Fa	Amo	unt Per Serving	%DV		Amount Per Serving
Saturated Fat 1.5 g Solver Sholesterol Total Sugars+† Total Sugars+* Total Sugars+† Total Sugars+* Total Sugar	alories	150		Premium Protein Blend	25 g
Saturated Fat Includes Special Carbohydrate Dietary Fiber Dietary Fiber Total Sugars†† Total Sugars†† Totein 25 g Dietary Retirent (Ascorbic Acid) Titamin A (as Retinyl Palmitate) Titamin E (as DL-Alpha Tocopheryl Acetate) Dietary Fiber Dietary Fiber Dietary Fiber 25 g Dietary Fiber Total Sugars†† Total Sugars†† Totein 25 g Dietary Fiber Delayed Release Blend Egg Protein Hydro Greens Blend 1,250 mg (1.25 g) Seed Health Blend 1,000 mg (1.0 g) Flax Seed Powder, Chia (Salvia hispanica) Seed Powder Greens Health Blend 250 mg Flax Seed Powder, Chia (Salvia hispanica) Seed Powder Greens Health Blend 250 mg Coconut (Cocos nucifera) Water Powder, Blue Green Algae (Spirulina sp.) Whole Plant, Chlorella pyrenoidosa Whole Plant Powder, Wheat Grass (Triticum aestivum) Aerial Powder (Gluten Fre Maca (Lepidium meyenii) Root Promax TM Digestive Enzyme Blend 300 mg Lipase, Protease, Amylase, Bromelain (Anana comosus) Stem Extract, Cellulase **Percent Daily Values (DV) based on a 2,000 calorie diet. † Daily Value (DV) not established.	otal Fat	3.5 g	4%**	Quick Release Blend	
tholesterol total Carbohydrate Dietary Fiber Dietary Fiber Total Sugars†† Total Sugars† Total Sugars†† Total Sugars*† Total Sugars†† Total Sugars† Total Sugars†† Total Sugars*† Total Sugars† Total Sugars*† Total Sugars*† Total Sugars** Total Suga	Saturated Fat	1.5 g	8%**		
Dietary Fiber 2 g 7%** Total Sugars†† 2 g † rotein 25 g 50%** rotein 25 g 50%** Total Sugars†† 2 g † rotein 25 g 50%** Total Sugars†† 2 g † rotein 25 g 50%** Total Sugars†† 2 g † rotein 25 g 50%** Total Sugars†† 2 g † rotein 25 g 50%** Total Sugars†† 2 g † rotein 25 g 50%** Total Sugars†† 2 g † rotein 25 g 50%** Total Sugars†† 2 g † rotein 25 g 50%** Total Sugars†† 2 g † rotein 25 g 50%** Total Sugars†† 2 g † rotein 2 g 7%** Total Sugars†† 2 g † Total Sugars†† 2 g 50%** Total Sugars†† 2 g † Total Sugars†† 2 g 7%** Total Sugars†† 2 g † Total Sugars†† 2 g * Total Sugars†† 1,000 mg (1.0 g) Flax Seed Powder, Chia (Salvia hispanica) Seed Powder Green Health Blend 1,000 mg (1.0 g) Flax Seed Powder, Chia (Salvia hispanica) Seed Powder Green Health Blend 2 coconut (Cocos nucifera) Water Powder, Wheat Grass (Triticum aestivum) Aerial Powder (Gluten Free Maca (Lepidium meyenii) Root Promax™ Digestive Enzyme Blend 300 mg Lipase, Protease, Amylase, Bromelain (Anana comosus) Stem Extract, Cellulase ** Percent Daily Value (DV) based on a 2,000 calorie diet. † Daily Value (DV) not established.	holesterol	75 mg	25%		
Total Sugars†† Hydro Greens Blend 1,250 mg (1.25 g) Seed Health Blend Total Sugars†† Total Sugars†† Total Sugars†† Hydro Greens Blend 1,000 mg (1.0 g) Flax Seed Powder, Chia (Salvia hispanica) Seed Powder Greens Health Blend Coconut (Cocos nucifera) Water Powder, Blue Green Algae (Spirulina sp.) Whole Plant, Chlorella pyrenoidosa Whole Plant Powder, Wheat Grass (Triticum aestivum) Aerial Powder (Gluten Free Maca (Lepidium meyenii) Root Promax™ Digestive Enzyme Blend 300 mg Lipase, Protease, Amylase, Bromelain (Anana comosus) Stem Extract, Cellulase ** Percent Daily Values (DV) based on a 2,000 calorie diet. † Daily Value (DV) not established.	otal Carbohydrate	5 g	2%**		
rotein 25 g 50%** Hydro Greens Blend 1,250 mg (1.25 g) Seed Health Blend 1,000 mg (1.0 g) Flax Seed Powder, Chia (Salvia hispanica) Seed Powder Greens Health Blend 250 mg Flax Seed Powder, Chia (Salvia hispanica) Seed Powder Greens Health Blend 250 mg Flax Seed Powder, Chia (Salvia hispanica) Seed Powder Greens Health Blend 250 mg Flax Seed Powder, Chia (Salvia hispanica) Seed Powder Greens Health Blend 250 mg Flax Seed Powder, Chia (Salvia hispanica) Seed Powder Greens Health Blend 250 mg Flax Seed Powder, Chia (Salvia hispanica) Seed Powder Greens Health Blend 250 mg Flax Seed Powder, Chia (Salvia hispanica) Seed Powder Greens Health Blend 250 mg Flax Seed Powder, Chia (Salvia hispanica) Seed Powder Greens Health Blend 250 mg Flax Seed Powder, Chia (Salvia hispanica) Seed Powder Greens Health Blend 250 mg Flax Seed Powder, Chia (Salvia hispanica) Seed Powder Greens Health Blend 250 mg Flax Seed Powder, Chia (Salvia hispanica) Seed Powder Greens Health Blend 250 mg Flax Seed Powder, Chia (Salvia hispanica) Seed Powder Greens Health Blend 250 mg Flax Seed Powder, Chia (Salvia hispanica) Seed Powder Greens Health Blend 250 mg Flax Seed Powder, Chia (Salvia hispanica) Seed Powder Greens Health Blend 250 mg Flax Seed Powder, Chia (Salvia hispanica) Seed Powder Greens Health Blend 250 mg Flax Seed Powder, Chia (Salvia hispanica) Seed Powder Greens Health Blend 250 mg Flax Seed Powder, Chia (Salvia hispanica) Seed Powder Greens Health Blend 1,000 mg Flax Seed Powder, Chia (Salvia hispanica) Seed Powder Greens Health Blend 1,000 mg Flax Seed Powder Powder, Chia (Salvia hispanica) Seed Powder Greens Health Blend 1,000 mg Flax Seed Powder Powder, Chia (Salvia hispanica) Seed Powder Greens Health Blend 1,000 mg Flax Seed Powder Powder, Chia (Salvia hispanica) Seed Powder Greens Health Blend 1,000 mg Flax Seed Powder Chia (Salvia hispanica) Seed Powder Greens Health Blend 1,000	Dietary Fiber	2 g	7%**		
Seed Health Blend 1,000 mg (1.0 g) Flax Seed Powder, Chia (Salvia hispanica) Seed Powder Flax Seed Health Blend Coconut (Cocos nucifera) Water Powder, Blue Green Algae (Spirulina sp.) Whole Plant, Chlorella pyrenoidosa Whole Plant Powder, Wheat Grass (Triticum aestivum) Aerial Powder (Gluten Fred Maca (Lepidium meyenii) Root Promax™ Digestive Enzyme Blend 300 mg Lipase, Protease, Amylase, Bromelain (Anana comosus) Stem Extract, Cellulase ** Percent Daily Values (DV) based on a 2,000 calorie diet. † Daily Value (DV) not established.	Total Sugars††	2 g	t	Egg Protein	
itamin C (Ascorbic Acid) 15 mg 17% itamin E (as DL-Alpha Tocopheryl Acetate) 6.75 mg 45% hiamine (as Thiamine HCl) 0.15 mg 13% bioflavin 0.17 mg 13% liacin (as Niacinamide/Nicotinamide) 0.2 mg 13% olate 66 mcg DFE (40 mcg Folic Acid) 170 mg 130% alcium 170 mg 130% odium 140 mg 60% odium 170 mg 130% coronut (Cocos nucifera) Water Powder, Blue Green Algae (Spirulina sp.) Whole Plant, Chlorella pyrenoidosa Whole Plant Powder, Wheat Grass (Triticum aestivum) Aerial Powder (Gluten Fred Maca (Lepidium meyenii) Root Promax™ Digestive Enzyme Blend 300 mg Lipase, Protease, Amylase, Bromelain (Anana comosus) Stem Extract, Cellulase ** Percent Daily Values (DV) based on a 2,000 calorie diet. † Daily Value (DV) not established.	rotein	25 g	50%**	Hydro Greens Blend	1,250 mg (1.25 g)
itamin C (Ascorbic Acid) 15 mg 17% itamin E (as DL-Alpha Tocopheryl Acetate) 6.75 mg 45% hiamine (as Thiamine HCl) 0.15 mg 13% iboflavin 0.17 mg 13% liacin (as Niacinamide/Nicotinamide) 2 mg 13% litamin B6 (as Pyridoxine HCl) 0.2 mg 12% olate 66 mcg DFE (40 mcg Folic Acid) itamin B12 (as Cyanocobalamin) 0.6 mcg 25% antothenic Acid (as Calcium D-Pantothenate) 1 mg 20% falcium 170 mg 13% on 1 mg 6% odium 140 mg 69% 1788 Flax Seed Powder, Chia (Salvia hispanica) Seed Powder Greens Health Blend 250 mg Coconut (Cocos nucifera) Water Powder, Blue Green Algae (Spirulina sp.) Whole Plant, Chlorella pyrenoidosa Whole Plant Powder, Wheat Grass (Triticum aestivum) Aerial Powder (Gluten Fred Maca (Lepidium meyenii) Root Promax™ Digestive Enzyme Blend 300 mg Lipase, Protease, Amylase, Bromelain (Anana comosus) Stem Extract, Cellulase **Percent Daily Values (DV) based on a 2,000 calorie diet. † Daily Value (DV) not established.	ïtamin A (as Retinyl Palmitate)	150 mcg RAE	17%	Seed Health Blend	1,000 mg (1.0 g)
hiamine (as Thiamine HCl) 0.15 mg 13% iboflavin 0.17 mg 13% iliacin (as Niacinamide/Nicotinamide) 2 mg 13% iliacin (as Niacinamide/Nicotinamide) 1 mg 13% iliacin (as Niacinamide/Nicotinamide) 2 mg 13% iliacin (as Niacinamide/Nicotinamide) 1 mg 12% iliacin (as Niacinamide/Nicotin	itamin C (Ascorbic Acid)	15 mg	17%		
liacin (as Niacinamide/Nicotinamide) 2 mg 13% liacin (as Niacinamide/Nicotinamide) 2 mg 13% liacin (as Niacinamide/Nicotinamide) 2 mg 13% liacin (as Niacinamide/Nicotinamide) 3 mg 12% liacin (as Niacinamide/Nicotinamide) 3 mg 12% liacin (as Niacinamide/Nicotinamide) 4 mg 12% liacin (as Niacinamide/Nicotinamide) 5 mg 12% liacin (as Niacinamide/Nicotinamide) 6 mg DFE (40 mcg Folic Acid) 6 mcg DFE (40 mcg Folic Acid) 7 mg Digestive Enzyme Blend 300 mg 6 mg Lipase, Protease, Amylase, Bromelain (Anana comosus) 6 mcg Extract, Cellulase 7 mg Promax™ Digestive Enzyme Blend 300 mg 7 mg Lipase, Protease, Amylase, Bromelain (Anana comosus) 7 mg Maca (Lepidium meyenii) Root 7 mg Maca (Lepidium meyenii) Root 7 promax™ Digestive Enzyme Blend 300 mg 7 mg Lipase, Protease, Amylase, Bromelain (Anana comosus) 7 mg Maca (Lepidium meyenii) Root 7 promax™ Digestive Enzyme Blend 300 mg 7 mg Maca (Lepidium meyenii) Root 7 promax™ Digestive Enzyme Blend 300 mg 7 mg Maca (Lepidium meyenii) Root 7 promax™ Digestive Enzyme Blend 300 mg 7 mg Maca (Lepidium meyenii) Root 7 promax™ Digestive Enzyme Blend 300 mg 8 maca (Lepidium meyenii) Root 9 maca (Lepidium meyenii)	ïtamin E (as DL-Alpha Tocopheryl Acet	ate) 6.75 mg	45%	Greens Health Blend	250 mg
Lilacin (as Niacinamide/Nicotinamide) 2 mg 13% itamin B6 (as Pyridoxine HCl) 0.2 mg 12% olate 66 mcg DFE (40 mcg Folic Acid) itamin B12 (as Cyanocobalamin) 0.6 mcg 25% antothenic Acid (as Calcium D-Pantothenate) 1 mg 20% alcium 170 mg 13% on 1 mg 6% odium 140 mg 6%	hiamine (as Thiamine HCl)	0.15 mg	13%	TOTAL BOOK AND AND ADDRESS AND CONTRACT TO A SECURITION OF THE CONTRACT OF OF THE	Discrete His Control State &
wheat Grass (Triticum aestivum) Aerial Powder (Gluten Franciscum) B6 (as Pyridoxine HCl) olate 66 mcg DFE (40 mcg Folic Acid) itamin B12 (as Cyanocobalamin) 0.6 mcg 25% antothenic Acid (as Calcium D-Pantothenate) 1 mg 20% alcium 170 mg 13% on 1 mg 6% odium 140 mg 6%	iboflavin	0.17 mg	13%		
Itamin Bo (as Pyridoxine HCl) 0.2 mg 129 olate 66 mcg DFE (40 mcg Folic Acid) itamin B12 (as Cyanocobalamin) 0.6 mcg 259 antothenic Acid (as Calcium D-Pantothenate) 1 mg 209 alcium 170 mg 130 on 1 mg 699 odium 140 mg 699 Maca (Lepidium meyenii) Root Promax™ Digestive Enzyme Blend 300 mg Lipase, Protease, Amylase, Bromelain (Anana comosus) Stem Extract, Cellulase ** Percent Daily Values (DV) based on a 2,000 calorie diet. † Daily Value (DV) not established.	liacin (as Niacinamide/Nicotinamide)	2 mg	13%		
17% (40 mcg Folic Acid) itamin B12 (as Cyanocobalamin) 0.6 mcg 25% antothenic Acid (as Calcium D-Pantothenate) 1 mg 20% alcium 170 mg 13% odium 140 mg 6% odium 140 mg 66% of mcg DFE (40 mcg Folic Acid) Promax™ Digestive Enzyme Blend 300 mg Lipase, Protease, Amylase, Bromelain (Anana comosus) Stem Extract, Cellulase ** Percent Daily Values (DV) based on a 2,000 calorie diet. † Daily Value (DV) not established.	itamin B6 (as Pyridoxine HCI)	0.2 mg	12%	The second secon	
Lipase, Protease, Amylase, Bromelain (Anana comosus) Stem Extract, Cellulase **Percent Daily Values (DV) based on a 2,000 calorie diet. † Daily Value (DV) not established.	olate	66 mcg DFE	17%		V
Stem Extract, Cellulase Stem Extract, Cellulase	(4	10 mcg Folic Acid)		Promax™ Digestive Enzym	e Blend 300 mg
talcium 170 mg 13% on 1 mg 6% odium 140 mg 6% to 140 mg 6% to 140 mg 6% to 140 mg 170	itamin B12 (as Cyanocobalamin)	0.6 mcg	25%		romelain (Anana comosus)
on 1 mg 6% odium 140 mg 6%	antothenic Acid (as Calcium D-Pantoth	nenate) 1 mg	20%	Stem Extract, Cellulase	
odium 140 mg 6%	alcium	170 mg	13%	** Percent Daily Values (DV) ba	ased on a 2,000 calorie diet.
3	on	1 mg	6%	† Daily Value (DV) not establis	shed.
otassium 180 mg 4%	odium	140 mg	6%		
	otassium	180 mg	4%		

L-Glutamine [△]	
Amount Per Serving %DV L-Leucine	2
nium Protein Blend 25 g † L-Isoleucine	15
L-Valine L-Valine L-Tryptophan L-Tryptophan L-Lysine L-Threonine L-Threonine L-Phenylalanine	572 2. 1. 835
Protein L-Methionine	620
ro Greens Blend 1,250 mg (1.25 g) † L-Histidine L-Tyrosine	453 739
d Health Blend 1,000 mg (1.0 g) † L-Arginine L-Glycine	572 453
ens Health Blend 250 mg † L-Aspartic Acid Lonut (Cocos nucifera) Water Powder, Green Algae (Spirulina sp.) Whole Plant, Lorella pyrenoidosa Whole Plant Powder, Lorella pyrenoidosa Whole Plant Powder (Gluten Free), Lorella pyrenoid Root	3. 1. 1. 1. 716
a (Lepidium meyenii) Root ^Denotes naturally and added free for	

Other Ingredients: Cocoa Bean Powder, Natural and Artificial Flavors, L-Glutamine, Fibersol® -2 (Soluble Corn Fiber), Xanthan Gum, Sodium Carboxymethyl Cellulose, Salt, Sucralose, Acesulfame Potassium, Soy Lecithin (Emulsifier). CONTAINS: Milk, Egg, Soy, Tree Nut (Coconut), Wheat Products. FREE OF: Added Sugar, Aspartame, Gluten, Trans Fats, Soy Protein, Yeast, Preservatives, Artificial Colors. \ Manufactured in accordance with current Good Manufacturing Practices (cGMP) for:



Indicates naturally occurring

sugar derived from whey

protein blend sources.