

PEPTIDES *with* PURPOSE

# FIT™

BE UNSTOPPABLE



## NATURALLY FLAVORED STICK PACK POWDER

- Proprietary Bioactive Precision Peptides™
- Naturally Flavored - Amazing Taste
- Convenient On-The-Go Stick Pack Delivery
- Supports Natural Muscle Recovery Process
- Protects Muscle Mass to Support Healthy Aging
- Reduces Recovery Time After Exercise

MAKE  
THE BUILDING  
BLOCKS OF  
BETTER HEALTH



# MAKE™ WELLNESS

Metabolic Matrix™ with PeptiStrong PLUS  
has been clinically proven to:

- 47%** less fatigue\* with a return to a higher than baseline strength levels
- 103%** strength recovery vs 68% compared to whey protein
- 4X** protein synthesis\* than compared to whey protein
- 54%** increase in performance\*

FIT, by MAKE Wellness is the answer. Whether you're a professional bodybuilder, college student, casual athlete, or simply a busy mom trying to make it through the day—it's time to unlock the best you!



PROMOTE MUSCLE  
PROTEIN SYNTHESIS



PROMOTE MUSCLE  
STRENGTH RECOVERY



REDUCE MUSCULAR  
FATIGUE



SUPPORT MUSCULAR  
ENDURANCE



SUPPORT HEALTHY  
AGING THROUGH NAD+

## How Does Metabolic Matrix™ Work?

### Key Mechanisms of Action

The health of our muscles is affected by a complex balance of factors, which include:

- Muscle Loss (protein breakdown)
- Muscle Gain (protein synthesis)
- Energy Homeostasis
- Supports Methylation (MTHFR)
- Increase NAD+ Levels

## POWERED BY PROPRIETARY METABOLIC MATRIX™ TECHNOLOGY

Metabolic Matrix™ featuring PeptiStrong PLUS, which has been clinically shown to positively affect muscle health through the following healthy benefits:

- 1** Boost Power Increase Strength
- 2** Train More Recover Faster
- 3** Build, Repair, Retain Lean Muscle
- 4** Sustained and Balanced Energy

### Maintaining Muscle is The New Secret to Healthy Aging

Healthy aging means supporting healthy muscle. Muscle is the most abundant tissue in the human body, making up approximately 40% of our total body weight. The 600+ muscles in the body are responsible for all of our movement and support of daily activities. Increasing muscle mass has demonstrated a significant reduction in all-cause mortality.\*

\*References: Momma, H; et al, (2022) Brit J Sports Med, 022; 56: 755-763. Cal, R; et al, (2020) Nutrients, 12(6),2274. Corrochano, R; (2021) Curr Res Food Sci, 4, 224-232. Nuritas in vitro study report, available by request. Weijzen, M; et al, (2023) J Nutr, 153(6),1718-1729. Kerr, A; et al, (2023) Nutrients, 15(4), 986

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