



TRAINERX

ULTIMATE

PROTEIN GUIDE

EVERYTHING YOU NEED TO KNOW

ABOUT WHEY, COLLAGEN, PPC,
RECOVERY & DAILY PROTEIN



SOUTH AFRICA'S PRACTICAL GUIDE
TO CHOOSING THE RIGHT PROTEIN

trainerx.co.za



CHOOSING A PROTEIN SHOULDN'T BE DIFFICULT

WHEY • PREMIUM WHEY • ULTRA WHEY • HARDCORE WHEY
ELITE WHEY • ANABOLIC WHEY • GOLD WHEY • PRO WHEY
RECOVERY WHEY • MASS GAINERS • MEAL REPLACEMENTS
PLANT PROTEINS • COLLAGEN BLENDS

Protein is probably one of the most confusing supplements to buy.

Walk into a supplement store and you'll find endless choices.

Many products look similar on the shelf, yet are designed for completely different goals.

Some people simply want a convenient protein they can use every day.

Some train seriously and want a performance-focused whey.

Others value recovery, joint support and long-term wellness.

Some struggle to gain weight and need additional calories.

The reality is that one protein cannot effectively serve all of these goals.

At TrainerX, we deliberately took a different approach.

Instead of producing numerous proteins with overlapping purposes, we designed only four proteins, each intended to solve a specific nutritional problem.

Four proteins.
Four clear purposes.
No overlap.
No confusion.

This guide was created to help you choose the right protein for your goals without unnecessary complexity, marketing hype or endless choices.

WHICH TRAINERX PROTEIN IS RIGHT FOR YOU?

Choose your goal. We'll help you choose your protein.

PRODUCT	POSITIONING	BEST SUITED FOR
PPC- MISS MUSCLE SPARTAN NUTRITION	Functional Recovery Protein	Adults 35+, active women and men, ageing athletes, joint-conscious lifters, and individuals seeking anabolic and structural protein support.
BATTLE WHEY	Premium Performance Whey	Experienced lifters, bodybuilders and strength athletes.
SUPER WHEY	Everyday Value Whey	Recreational trainees, students, families and budget-conscious users.
SUPERSIZE	Real Food Mass Gainer	Hard gainers, underweight individuals and athletes in mass-building phases.

**START WITH YOUR GOAL,
NOT THE PRICE.**



Each TrainerX protein was designed with a specific purpose. Understanding your goal makes choosing the right protein simple.



PROTEIN + COLLAGEN (PPC)

THE NEXT GENERATION
FUNCTIONAL RECOVERY PROTEIN


32g
SERVING


24g
PROTEIN


2.5g
CARBOHYDRATES

PPC combines whey protein concentrate and hydrolysed collagen peptides in a single formula, delivering both anabolic protein to support muscle maintenance and recovery and structural protein that forms part of connective tissues such as tendons, ligaments, cartilage and skin.

Developed as a premium protein for both men and women, PPC is an excellent choice for active adults of any age and is particularly well suited to men and women aged 35 and older.



EASY TO DIGEST



MIXES SMOOTHLY WITH NO GRITTY TEXTURE



LACTASE-TREATED TO IMPROVE LACTOSE DIGESTION



DESIGNED TO MINIMISE BLOATING AND DIGESTIVE DISCOMFORT



AVAILABLE UNDER SPARTAN NUTRITION AND MISS MUSCLE BRANDING

BEST SUITED FOR



Men and women of all ages, especially active adults aged 35+, ageing athletes, and anyone seeking a premium all-round recovery protein.



OUR FLAGSHIP PROTEIN — COMBINING ANABOLIC AND STRUCTURAL PROTEINS IN ONE ADVANCED FORMULA.



BATTLE WHEY

PREMIUM PERFORMANCE WHEY

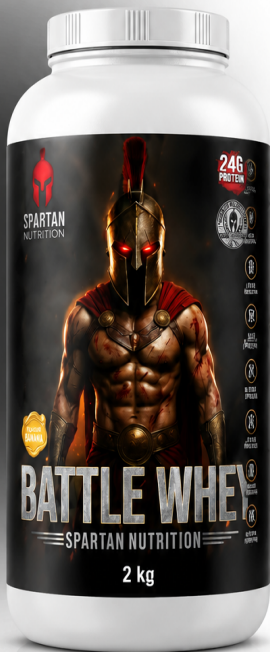
Built for athletes who train hard, recover hard, and demand more from their protein.

Premium full-whey protein for serious strength training

Battle Whey was developed for experienced lifters, bodybuilders and strength athletes seeking a high-quality whey protein without unnecessary fillers or amino spiking.

Made exclusively from premium whey protein concentrate and enhanced with digestive enzymes and lactase enzyme, Battle Whey mixes easily, digests comfortably and supports consistent daily protein intake.

Unlike many proteins on the market, Battle Whey contains **no soy protein, no pea protein and no amino spiking.**



IDEAL FOR

- ✓ EXPERIENCED LIFTERS
- ✓ BODYBUILDERS
- ✓ STRENGTH ATHLETES
- ✓ CONTEST PREPARATION
- ✓ LEAN MUSCLE GAIN PHASES
- ✓ ATHLETES SEEKING PREMIUM DAILY PROTEIN SUPPORT

KEY FEATURES



24G
PROTEIN
PER SERVING



LOW
CARBS



EASY
DIGEST



EASY
MIX



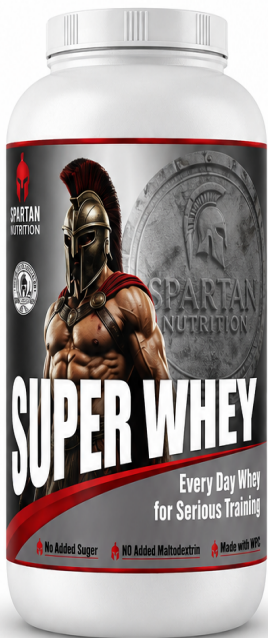
REDUCED
BLOATING

- ✓ LACTASE ENZYME TREATED
- ✓ NO SOY PROTEIN
- ✓ NO PEA PROTEIN
- ✓ NO AMINO SPIKING

AVAILABLE SIZE

2KG ONLY

BIGGER SIZE.
BETTER VALUE.



SUPER WHEY

Everyday Value Whey

Premium ingredients. Simple purpose. Excellent value.

High-quality whey protein for everyday use

Super Whey was developed for recreational trainees, students, families and budget-conscious users seeking a premium whey protein without unnecessary complexity.

Built around whey protein concentrate and enhanced with digestive enzymes and lactase enzyme, Super Whey mixes easily, digests comfortably and provides dependable daily protein support.

Unlike many proteins on the market, Super Whey contains:

- ✓ No Soy Protein
- ✓ No Pea Protein
- ✓ No Amino Spiking

IDEAL FOR

- ✓ Recreational trainees
- ✓ Budget-conscious users
- ✓ Students
- ✓ Everyday gym members
- ✓ Families sharing one protein
- ✓ Anyone wanting premium ingredients at a sensible price

KEY FEATURES



22g
PROTEIN
PER SERVING



LOW
CARBS



EASY
DIGEST



EASY
MIX



REDUCED
BLOATING

AVAILABLE SIZES


1KG | **2KG**

SUPERSIZE

REAL FOOD MASS GAINER

Real food ingredients. Clean calories. Serious size.

Spartan SuperSize is a real-food mass gainer built for hard gainers, underweight individuals, serious trainers and athletes who struggle to consume enough calories from whole foods alone.

-  **NO SOY PROTEIN**
-  **REAL FOOD CARBS**
from oats & rice
-  **NO PEA PROTEIN**
-  **DAIRY PROTEIN**
from whey & milk
-  **NO MALTODEXTRIN**
-  **ADDED LACTASE**
for easier digestion



PRACTICAL SERVING SIZES

SERVING SIZE	50 g STARTER	75 g STANDARD	150 g ADVANCED
 CALORIES	185 kcal	278 kcal	550 kcal
 PROTEIN	15.3 g	22.9 g	45.8 g
 CARBS	25.2 g	37.8 g	74.3 g
 FAT	2.7 g	4.1 g	8.1 g

3 KG CONTAINER DELIVERS



60

SERVINGS
AT 50 g



40

SERVINGS
AT 75 g



20

SERVINGS
AT 150 g



APPROX.

11,100
TOTAL CALORIES
PER 3 KG TUB



REAL FOOD INGREDIENTS



OATS

Slow release energy



RICE

Clean, easy to digest



WHEY

High quality protein



MILK

Completes the daily protein

REAL FOOD INGREDIENTS

- Whey Protein Concentrate
- Oat Flour
- Rice Flour
- Whey Powder
- Milk Powder
- Cocoa Powder
- Chocolate Flavouring
- Sweetener Blend
- Fine Salt
- Sunflower Lecithin
- Silicon Dioxide
- Xanthan Gum
- Lactase Enzyme



RECOMMENDED USE



Start with 50g serving daily and gradually increase intake to 75g and up to 150g per day, according to appetite, calorie requirements, and training demands

The full 150g daily serving may be consumed at once or divided into two or three servings throughout the day.

COMPARE MASS GAINERS THE RIGHT WAY



PROTEIN AMOUNT



QUALITY CARBOHYDRATES (OATS & RICE)



TOTAL CALORIES



**REAL INGREDIENTS
REAL RESULTS**



**EVERY GAINER IS
MADE FROM REAL
INGREDIENTS**



WHY TRAINERX PROTEINS?

No confusion. No fillers. No amino spiking.



**NO SOY
PROTEIN**

We do not use soy protein to reduce manufacturing costs.



**NO PEA
PROTEIN**

No plant-protein fillers in the TrainerX protein range.



**NO AMINO
SPIKING**

Only complete protein sources. Never artificially inflated labels.



**GOAL
SPECIFIC**

Every protein serves a clear and distinct purpose.

TRAINERX PROTEIN RANGE



PPC

Functional
Recovery Protein



BATTLE WHEY

Premium
Performance Whey



SUPER WHEY

Everyday
Value Whey



SUPERSIZE

Real Food
Mass Gainer

**CHOOSE YOUR GOAL.
CHOOSE YOUR PROTEIN.**

Real ingredients. | Real purpose. | Real results.

TRAINER X

PERFORMANCE NUTRITION

SUPERSIZE

REAL FOOD MASS GAINER

High Calorie Formula for Serious Size



SUPER WHEY

EVERYDAY VALUE WHEY

Quality Nutrition. Unbeatable Value.



BATTLE WHEY

PREMIUM PERFORMANCE WHEY

Advanced Formula. Elite Results.



PROTEIN + COLLAGEN

FUNCTIONAL RECOVERY PROTEIN

Protein + Collagen for Daily Recovery & Joint Support.



MISS MUSCLE PROTEIN + COLLAGEN

FUNCTIONAL RECOVERY PROTEIN

Protein + Collagen for Daily Recovery & Joint Support.



THE TRAINER X PROTEIN COLLECTION



PREMIUM QUALITY INGREDIENTS



PURE. CLEAN. EFFECTIVE.



BUILT FOR PERFORMANCE



FUEL YOUR POTENTIAL