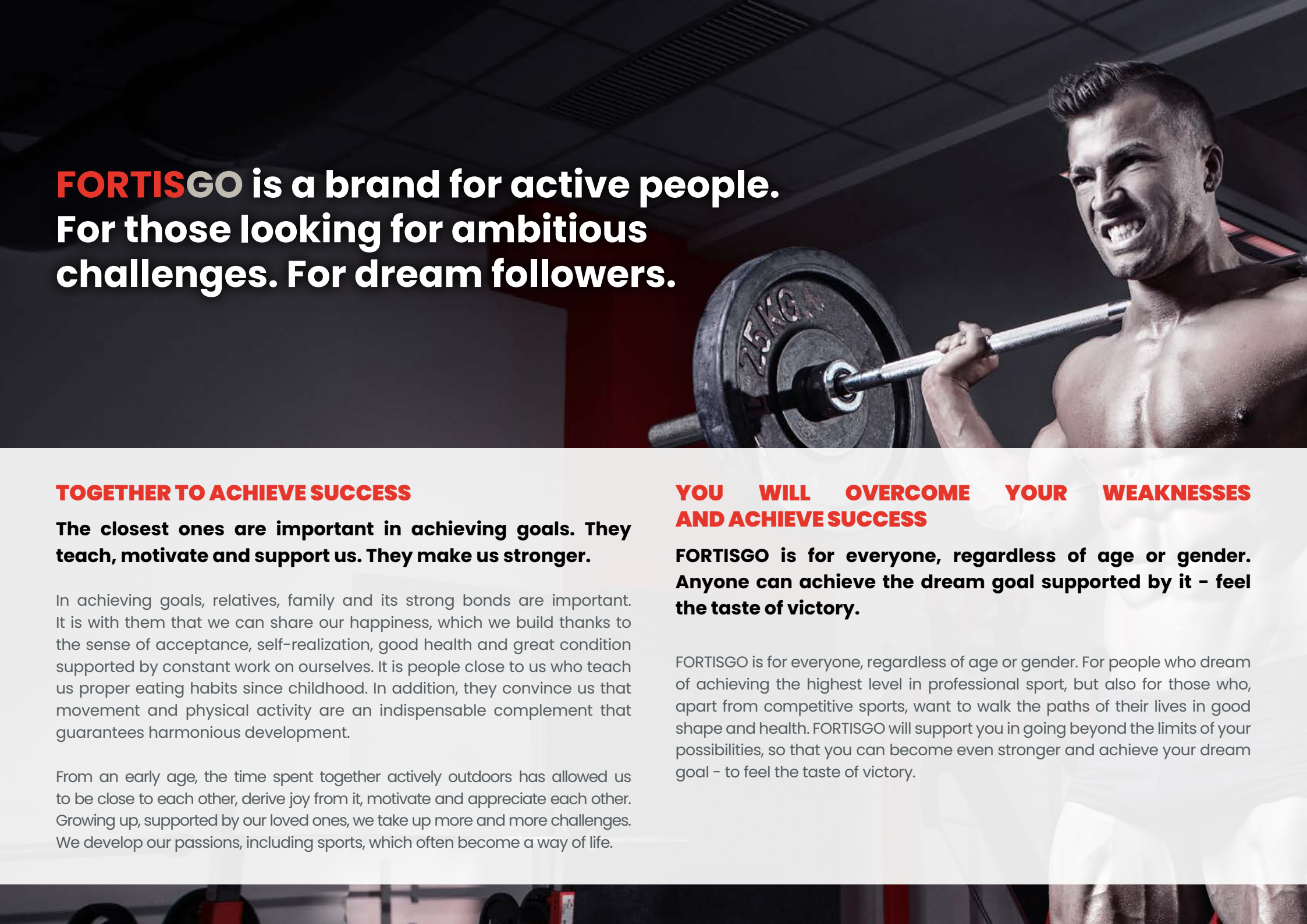


PRODUCT CATALOGUE





FORTISGO is a brand for active people.
For those looking for ambitious
challenges. For dream followers.

TOGETHER TO ACHIEVE SUCCESS

The closest ones are important in achieving goals. They teach, motivate and support us. They make us stronger.

In achieving goals, relatives, family and its strong bonds are important. It is with them that we can share our happiness, which we build thanks to the sense of acceptance, self-realization, good health and great condition supported by constant work on ourselves. It is people close to us who teach us proper eating habits since childhood. In addition, they convince us that movement and physical activity are an indispensable complement that guarantees harmonious development.

From an early age, the time spent together actively outdoors has allowed us to be close to each other, derive joy from it, motivate and appreciate each other. Growing up, supported by our loved ones, we take up more and more challenges. We develop our passions, including sports, which often become a way of life.

YOU WILL OVERCOME YOUR WEAKNESSES AND ACHIEVE SUCCESS

FORTISGO is for everyone, regardless of age or gender. Anyone can achieve the dream goal supported by it - feel the taste of victory.

FORTISGO is for everyone, regardless of age or gender. For people who dream of achieving the highest level in professional sport, but also for those who, apart from competitive sports, want to walk the paths of their lives in good shape and health. FORTISGO will support you in going beyond the limits of your possibilities, so that you can become even stronger and achieve your dream goal - to feel the taste of victory.



IN HARMONY WITH YOURSELF AND ENVIRONMENT

Do what is right, not what is easy together with FORTISGO. Realize your ambitions by being attentive to the needs of others. This is the right path to full fulfilment.

Do what is right, not what is easy together with FORTISGO. Therefore, while realizing your ambitions, pay attention to other people and you will be true winners. FORTISGO means living with the taste of people aware of their purpose, living in harmony with themselves and their surroundings.

Become a member of the FORTISGO family and make your dreams come true. We look forward to seeing you.

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Preparation and dosage:

Dissolve the contents of the sachet (30 g) in 250 ml of water.

Consume 2-3 portions daily: upon waking, as a snack between meals or after training.

Nutritional value	per serving / 30 g	
Energy value:	478 kJ / 113 kcal	
Fats, including saturated fatty acids:	1,3 g 0,8 g	
Carbohydrates of which: sugars:	4 g 1,1 g	
Protein	21 g	
Salt	0,52 g	
Content in recommended daily dose	2 sachetes	3 sachetes
Protein	42 g	63 g





LYCHEE AND POMEGRANATE FORTISGO

Healthy protein closed in convenient sachets! FORTISGO is a source of high-quality whey protein with an appetizing taste of lychee and pomegranate. Rich in proteins essential for muscle growth and development. Dissolves instantly and does not create foam.

Do you want your body to regenerate faster and more effectively after training, plan to build muscle mass, or maybe you dream of losing body fat? Your body needs adequate nutrients for this, especially high-quality protein, which is an extremely important element of the diet. Providing it only from food during strength training is a big challenge.

Regardless of whether you do sports professionally or only for health and pleasure. FORTISGO is the answer to these needs. The dietary supplement is an excellent source of the highest quality whey protein, which is produced in the process of ultra- and microfiltration.

One sachet contains 21 g of protein, provides the body with essential amino acids that it cannot produce itself, and which are essential for muscle building, proper regeneration, fat metabolism and building immunity.

Lychee and pomegranate provide the FORTISGO nutritional supplement with an original and full taste without the feeling of raw water when consumed. Although so delicious, FORTISGO protein supplement contains a small amount of carbohydrates – approximately 4 g per portion and fat – 1.3 g per portion. Therefore, it will certainly not be your dietary sin.

The packaging contains 17 sachets. These are ready-made, handy packed portions that can be easily put into any training bag. When combined with water, their content dissolves quickly, does not create bothersome foam, and provides a smooth, creamy FORTISGO cocktail with an unprecedented taste of **lychee and pomegranate**.

Preparation and dosage:

Dissolve the contents of the sachet (30 g) in 300 ml of water.

Consume 2-3 portions daily: upon waking, as a snack between meals or after training.

Nutritional value	per serving / 30 g	
Energy value:	469kJ / 111 kcal	
Fats, including saturated fatty acids:	0,9 g / 0,5 g	
Carbohydrates of which: sugars:	1 g / 0,1 g	
Protein	24 g	
Salt	0,86 g	
Content in recommended daily dose	2 sachetes	3 sachetes
Protein	48 g	72 g



A man in a red shirt and white cap is running outdoors. The background is a blurred landscape with trees and a building. The text 'CHOCOLATE VEGAN FORTISGO' is overlaid on the right side of the image.

CHOCOLATE VEGAN FORTISGO

Healthy protein closed in convenient sachets! FORTISGO is a source of high-quality plant-derived protein with a rich taste of **chocolate. Provides the muscles with the basic building element. Dissolves in water, creating a tasty smoothie with a creamy texture.**

Providing the body with protein only from food during strength training is a big challenge that you can easily meet with FORTISGO. The dietary supplement contains a large portion of the highest-quality plant-derived protein - as much as 24 g in one sachet. Thanks to the proteins it contains, you can build muscle mass, regenerate quickly and effectively and support the process of reducing body fat. Regardless of whether you are a professional athlete or an intensely training amateur, FORTISGO is the answer to the needs of your body. It provides the body with essential amino acids that it is unable to produce on its own, and which are essential for building muscles, proper regeneration, fat metabolism and building immunity.

The appetizing chocolate taste of FORTISGO owes, among others, the addition of carefully selected cocoa - a centuries-old source of antioxidants, vitamins, microelements and healthy fats. Although it is so delicious, FORTISGO vegan protein supplement contains an extremely small amount of carbohydrates - approximately 1 g per portion and only approximately 0.1 g of sugar, and fats - 0.9 g per portion. Therefore, it will certainly not be your dietary sin.

The package contains 17 portions closed in handy sachets. The small bag will always have a place in even the most packed training bag. When combined with water, its content dissolves quickly, does not foam and creates a smooth, creamy FORTISGO protein drink with **chocolate** taste.

Preparation and dosage:

Dissolve the contents of the sachet (35 g) in 250 ml of water.

Consume 2-3 portions daily: upon waking, as a snack between meals or after training.

Nutritional value	per serving / 35 g	
Energy value:	536kJ / 127 kcal	
Fats, including saturated fatty acids:	2,0 g / 1,2 g	
Carbohydrates of which: sugars:	4 g / 1,8 g	
Protein	23 g	
Salt	0,37 g	
Content in recommended daily dose	2 sachets	3 sachets
Protein	46 g	69 g



A woman with long brown hair and a tattoo on her right shoulder is shown in profile, looking towards the right. She is wearing a white tank top and is in a gym setting with various pieces of equipment visible in the background. The lighting is soft and natural, suggesting a bright window or outdoor view.

CHOCOLATE FORTISGO

Healthy protein closed in convenient sachets! FORTISGO is a source of high-quality whey protein with an appetizing taste of chocolate. It easily dissolves in water and provides the body with proteins necessary for muscle growth and development.

Regardless of whether you are a professional athlete or an intensely training amateur, your body needs adequate nutritional values, especially high-quality protein, which can build muscle mass, allows you to regenerate quickly and effectively and supports the process of reducing body fat. Providing this so important element of the diet only from food during strength training is a big challenge. FORTISGO is the answer to these needs. It contains a large portion of the highest quality whey protein - as much as 23 g in one sachet, which is produced in the process of ultra- and microfiltration. It provides the body with essential amino acids

that it is unable to produce on its own, and which are essential for building muscles, proper regeneration, fat metabolism and building immunity.

The appetizing chocolate taste of FORTISGO owes, among others, the addition of carefully selected cocoa - a centuries-old source of antioxidants, vitamins, microelements and healthy fats. Although so delicious, FORTISGO protein supplement contains a small amount of carbohydrates - approximately 4 g per portion and fat - 2 g per portion. Therefore, it will certainly not be your dietary sin.

The package contains 15 sachets - ready-made, handy packed portions. The small bags can be easily put into any training bag. When combined with water, their content quickly dissolves, creating a smooth and non-foaming, creamy - **chocolate** FORTISGO cocktail.

Preparation and dosage:

Dissolve the contents of the sachet (30 g) in 250 ml of water.

Consume 2-3 portions daily: upon waking, as a snack between meals or after training.

Nutritional value	per serving / 30 g	
Energy value:	480kJ / 113 kcal	
Fats, including saturated fatty acids:	1,6 g / 1 g	
Carbohydrates of which: sugars:	3 g / 1,3 g	
Protein	21 g	
Salt	0,67 g	
Content in recommended daily dose	2 sachetes	3 sachetes
Protein	42 g	63 g





VANILLA FORTISGO

Healthy protein closed in convenient sachets! FORTISGO is a source of high-quality whey protein with an appetizing taste of **vanilla. When combined with water, it creates a tasty, creamy drink that provides the body with the proteins necessary for muscle growth and development.**

High-quality protein is an absolutely essential component for the body. It allows you to build muscle mass, regenerate quickly and effectively and support the process of reducing body fat. People who train regularly need a higher dose of protein – regardless of whether they are professionally or amateurish in sports. Providing this so important element of the diet only from food during strength training is a big challenge. FORTISGO is the answer to these needs. It perfectly complements the diet with the highest quality whey protein, which is produced in the process of ultra- and microfiltration. One sachet contains 21 g of it. FORTISGO

also provides the body with a rich set of exogenous amino acids, which it is unable to produce on its own, and which are necessary for building muscles, proper regeneration, fat metabolism and building immunity.

The unusual taste of FORTISGO is provided by vanilla – a natural antioxidant known for its ability to improve mood. Although so delicious, FORTISGO protein supplement contains a small amount of carbohydrates – approximately 3 g per portion and fat – 1.6 g per portion. Therefore, it will certainly not be your dietary sin.

The package includes 17 sachets – ready-made, handy packaged portions that can be easily put into any training bag. When combined with water, their content quickly dissolves, creating a smooth and non-foaming, creamy cocktail – FORTISGO of **vanilla** taste.

Protein cocktail based on FORTISGO protein supplement with milk and strawberries.

Recipe for 1 portion

1 portion contains: 250 kcal, 34 g protein, 4.5 g fat, 19 g carbohydrates

Ingredients:

- 30 g of FORTISGO protein supplement of vanilla taste
- 250 ml of 1.5% milk (can be used interchangeably with plant milk)
- 100 g of strawberries

Performance

Blend all ingredients.

A protein cocktail is an ideal proposition for people who are looking for a quick and nutritious snack for the gym or work. It only takes a moment to prepare it, and such a delicacy will give you energy for many hours! It does not matter whether you are massaging, losing weight or want to keep your current figure - your body needs adequate amounts of nutrients every day, which you can easily supplement with such a delicacy.

Oatmeal with FORTISGO, protein supplement, fruit and cashews.

Recipe for 1 portion

1 portion contains: 400 kcal, 25.5 g of protein, 8.5 g of fat,
51 g of carbohydrates

Ingredients:

- 20 g of FORTISGO protein supplement Lychee with Pomegranate
- 5 tablespoons of oatmeal
- ½ kiwi
- 100 g fresh or frozen berries (e.g. strawberries, blueberries)
- 10 g of cashews

Performance

Mix dry oatmeal with FORTISGO supplement in a bowl. Pour about 0.5 glasses of water and set aside for a few minutes. Decorate with fruit and sprinkle with nuts.

Oatmeal is the easiest recipe for a quick and healthy breakfast. Just add a little protein supplement to the flakes, few fruits, nuts and the dish is ready! It is naturally sweet, easy to make and full of nutrients. As you know, breakfast is the most important meal of the day, which should be nutritious and filling. After a tasty morning, each day will become better in the blink of an eye.





A world without sweets would be unbearable for some people. Fortunately, there are healthy alternatives to your favourite treats. Chocolate mousse with tofu, protein supplement and chia seeds is a delicious and nutritious dessert. It is perfect for people who are just starting their adventure with sport, as well as long-term enthusiasts of an active lifestyle. Healthy dishes do not have to be boring and distasteful!

Chocolate mousse with tofu, FORTISGO protein supplement and chia seeds.

Recipe for 1 portion

1 portion contains: 400 kcal, 39 g of protein, 15.5 g of fat, 23 g carbohydrates

Ingredients:

- 30 g of FORTIS protein supplement with chocolate whey or vegan
- 100 g of milk 1.5% (interchangeable with vegetable milk in the vegan version)
- 90 g of natural tofu
- 3 cubes of dark chocolate
- 2 teaspoons of chia seeds
- 1 teaspoon of xylitol
- Several blackberries or other fruits (e.g. blueberries, raspberries, strawberries)

Performance

Mix half of the milk with chia seeds and xylitol. Place the mass on the bottom of the glass. Heat 50 ml of milk with chocolate. When the chocolate is melted, remove from the burner and blend with tofu and protein powder. Place the chocolate mass in a glass on the chia mass. Decorate the top with fruit. It can be put into every training bag. When combined with water, their content dissolves quickly, creating a smooth, creamy cocktail.

Yoghurt with FORTISGO, protein supplement, oatmeal, and strawberries.

Recipe for 1 portion

1 portion contains: 300 kcal, 26.5 g of protein, 7 g of fat, 32.5 g of carbohydrates

Ingredients:

- 20 g of FORTIS vanilla protein supplement
- 150 g of natural yoghurt
- 3 tablespoons of oatmeal
- 100 g of strawberries

Performance

Cut the strawberries into halves or into small cubes. Mix the flakes in a bowl with 5 tablespoons of boiling water and set aside for 5 minutes. Mix the yoghurt with the protein supplement - with a teaspoon or a blender. In a glass, put alternately the cereal and yoghurt with strawberries.

Nothing gives you energy to work better than a delicious snack made of simple, natural ingredients! Yoghurt with protein supplement, flakes and fruit, in addition to its taste, contains a solid portion of many nutrients. It is a healthier alternative to fruit yoghurts available in shops and it takes just a few moments to prepare. It is an ideal proposition for breakfasts, lunches and afternoon teas!



7 tricks how to easily start taking care of healthy habits

Stress, pace of life and sedentary work create a dangerous mix that can negatively affect our health. We often tell ourselves to start exercising, but just as often we say we don't have the time or the inclination. This can be easily counteracted. Here are some tips on how to implement movement into your life.

When it comes to exercise, the hardest thing to start is, but as we start with small steps, we will gradually bear more and more stresses. At the very beginning, a dozen or so minutes a day is enough; it is important to get into the habit of daily exercise.

Remember!

The following slogan is the key to health: **„Movement is your ally.“** And the movement supported by FORTISGO products is a double benefit to health.



Protein is an important component of our immunity and health.

FORTISGO protein supplements are made of proteins isolated from natural raw materials and are highly digestible products. Our immune system protects our health if we provide it with the right ingredients for it to function. Consuming high-quality protein ensures the development and proper supply of lymphocytes. Those that are well nourished are able to produce antibodies, which are also made of proteins. In addition, during recovery, after an injury, an adequate supply of protein is essential to fully recover. In this case, it is recommended to increase the consumption of protein up to 2g for each kg of our body weight per day. So there is no doubt that our body needs a protein-rich diet to fight any infection or injury properly and effectively. The right protein supports your health.

FORTISGO no to go !



Planning is your ally.

Set a time of the day to do some simple exercises such as squats and bends. If you can, take breaks from your duties to do a series of exercises or at least take a walk. The more you practice, the sooner it will become a habit.



Movement is healthy.

If you are sedentary, it is a good idea to get up every now and then to go for a walk or stretch. The exercises do not have to be complicated; all you need to do is stretch a lot or make a few bends. This will stimulate blood circulation and prevent your muscles from getting stuck. A sedentary lifestyle promotes the accumulation of kilograms, so it is worth stepping away from the desk from time to time.



Exercise is not only about the gym.

So think about which sport you like and test your strength in it. Dancing, cycling, climbing? They all provide a solid dose of exercise and keep us in good shape and well-being, so choose the discipline that gives you the most pleasure and practice it for at least a few minutes a day. Movement is always your ally. Start today and when going to work by tram or bus, get off one stop earlier and cover the remaining distance on foot. On the next day, return home in the same way, ending the distance with a walk. We keep our fingers crossed.



Eat regularly.

You need to eat regularly to be effective. The pace of life is sometimes so fast that we only need time for a quick snack such as fast food or bars, most of which contain more than 60% carbohydrates and over 20% fats. Their frequent consumption can lead to obesity and other health problems, including diabetes. Fruit or healthy FORTISGO protein supplements will be much better snacks. The latter is as quick as buying a candy bar; just add water and mix. Such a FORTISGO cocktail will not only provide us with energy and a feeling of satiety, but will also support the hydration of our body.



Remember to drink water regularly.

An adult should drink 30 ml of water daily for every kilogram of body weight. Adequate hydration is essential in cellular processes, i.e. maintaining health and proper form. In addition, hydration will be effective by drinking FORTISGO conditioner in the form of a cocktail with 250 ml of water per portion. In this case, depending on the taste, you will introduce from 0.2 g to 5.1 g of sugar in 250 ml cocktail. Limit sweet drinks that will pour at least 20-25 g of sugar in 250 ml of drink into you. This is 4-6 times more sugar than the FORTISGO supplement, containing sugar in its natural ingredients and in small amounts.



Develop healthy habits.

Every great athlete also once started with awkward exercises. Nobody requires us to run a marathon right away. At the beginning, when more effort is a problem for us, it is enough to walk several hundred meters or alternately walk and run. Before we notice it, everyday exercises will become a habit for us, we will not be able to live without them and over time we will cover longer distances. So do not be afraid to stumble and make mistakes, because thanks to this you will improve your form, will become stronger and healthier - literally and figuratively.



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**ORDER
TODAY!**

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