

# FortiFit Muscle + Bone: ActiSyn®

FortiFit Muscle + Bone contains ActiSyn®, the combination of whey protein isolate, leucine and vitamin D designed to stimulate muscle protein synthesis.

## ActiSyn®: UNDERSTAND HOW IT WORKS

### MUSCLE BUILDING NUTRIENTS



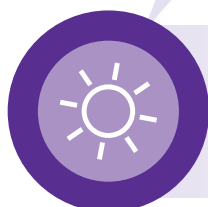
#### Whey Protein

A “fast” protein with high bioavailability of essential amino acids for the muscle.<sup>1,2</sup>



#### Leucine

An essential amino acid and powerful activator of muscle protein synthesis.<sup>3,4</sup>



#### Vitamin D

Sensitises the muscle anabolic response to leucine.<sup>5</sup>

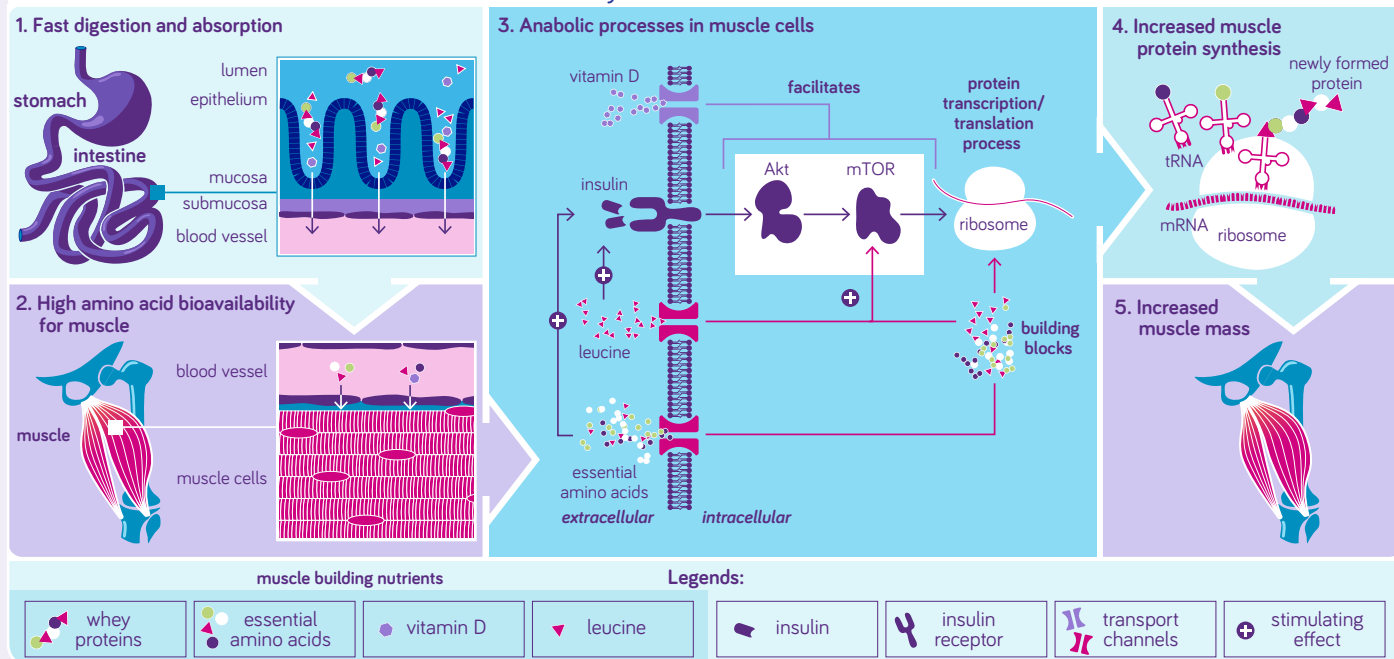
ActiSyn™  
TRIPLE ACTION

ActiSyn® – a combination of specific nutrients designed to stimulate muscle protein synthesis.<sup>4-7</sup>

### ANABOLIC EFFECT OF MUSCLE BUILDING NUTRIENTS:

WHEY PROTEIN, LEUCINE & VITAMIN D <sup>4-6, 8-16</sup>

ActiSyn® – mode of action



FortiFit Muscle + Bone is regulated as a Food for Special Medical Purposes (FSMP) in Australia, for the dietary management of the age-related loss of muscle strength, mass, and function.

For more information visit [nutricia.com.au/adult/product/fortifit-muscle-bone/](https://nutricia.com.au/adult/product/fortifit-muscle-bone/)

#### FOR HEALTHCARE PROFESSIONALS ONLY

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