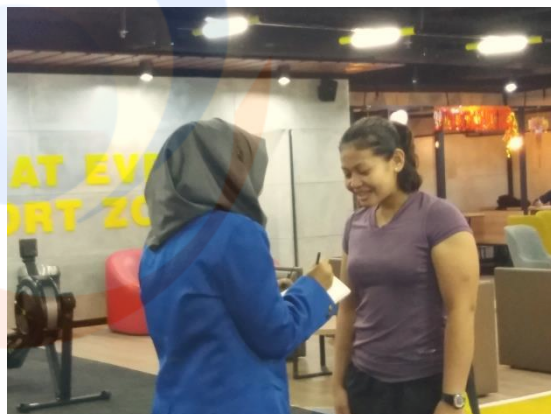


DOKUMENTASI

Alat yang digunakan :



Wawancara dan Antropometri :



Suplemen yang ditawarkan di Golds Gym :



Supplement Facts
 Serving Size: 1 Scoop (14g)
 Servings per Container: Approx. 41

| Amount Per Serving | % Daily Value |
|--------------------|---------------|
| Calories | 100 |
| Calories from Fat | 20 |
| Total Fat | 2.5g 4% |
| Saturated Fat | 1.0g 20% |
| Cholesterol | 70mg 23% |
| Total Carbohydrate | 5g 10% |
| Sugars | 1g 2% |
| Protein | 1g 2% |
| Calcium | 30g 60% |
| Sodium | 240mg 24% |
| Potassium | 180mg 36% |

Other Active Ingredients:

- 1 Leucine per Whey Protein Concentrate, Whey Protein Isolate, 3.2g
- 1 Whey Isolate per Whey Protein Concentrate, Whey Protein Isolate, 1.0g
- 1 Whey Hydrolyzed Concentrate, Whey Protein Isolate, 1.0g
- 1 Whey Protein Concentrate, Whey Protein Isolate, 1.0g
- 1 Whey Protein Concentrate, Whey Protein Isolate, 1.0g

MUSCLETECH NITROTECH

Directions: Mix 1 scoop or 2 servings (28g) in 8-16 oz. of cold water or skim milk in a shaker cup. Use between 30-60 minutes after exercise. Drink 4-8 oz. water daily. For best results, consume 4 scoops of Nitro Tech for a minimum of 60 seconds.

WARNING: Not for use by pregnant or nursing women. Contains caffeine. Do not start any medical program without consulting your physician. **KEEP OUT OF REACH OF CHILDREN.**

TANITA
 BODY COMPOSITION ANALYZER
 DC 360
 09/FEB/2018 12:48

| | |
|----------------|----------|
| INPUT | STANDARD |
| BODY TYPE | FEMALE |
| GENDER | F |
| HEIGHT | 154.0cm |
| CLOTHES WEIGHT | 0.5kg |

| | |
|-------------|----------|
| WEIGHT | 53.3kg |
| FAT MASS | 35.2% |
| MUSCLE MASS | 33.0kg |
| BMR | 1520kcal |
| AGE | 22.5 |
| HEIGHT | 154.0cm |
| WEIGHT | 53.3kg |
| BMI | 22.1 |

MEASUREMENT RANGE

| | |
|----------|---------------|
| FAT % | 21.0 - 34.9 % |
| FAT MASS | 4.2 - 18.5kg |

WEIGHT CENTER

| | |
|----------|--------|
| FAT % | 0 - ++ |
| FAT MASS | 0 - ++ |

***BMI**

| | |
|-----|--------|
| BMI | 0 - ++ |
|-----|--------|

***VISCERAL FAT RATING**

| | |
|---------------------|--------|
| VISCERAL FAT RATING | 0 - ++ |
|---------------------|--------|

***MUSCLE MASS**

| | |
|-------------|-------|
| MUSCLE MASS | 0 - + |
|-------------|-------|

***BMR**

| | |
|-----|-------|
| BMR | 0 - + |
|-----|-------|

***PHYSIQUE RATING**

| | |
|-----------------|-------|
| PHYSIQUE RATING | 0 - + |
|-----------------|-------|

HIDDEN OBESE

| | |
|--------------|-------|
| HIDDEN OBESE | 0 - + |
|--------------|-------|

***BIOELECTRICAL DATA**

| | |
|---------|-------|
| 60kHz | 50kHz |
| R 558.3 | 592.5 |
| X -29.0 | -46.7 |