

TABLET SIZE

Caution: For adults only. Consult physician if pregnant/nursing, taking anti-depressant medication (such as SSRI's or MAOI's) or other medication, or have a medical condition (e.g. liver disorders, high blood pressure or phenylketonuria [PKU]). Keep out of reach of children.

Made in the USA

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Amino-9 Essentials™

Complete "Free-Form" Blend
of all 9 Essential
Amino Acids
150 Tablets
A Dietary Supplement



SUGGESTED USAGE: As a dietary supplement, take 3 tablets daily. Taking with juice or other beverage is recommended due to bitter taste of free-form amino acids. Consider taking these other NOW® products: L-Carnitine, D-Ribose and Creatine.

Amino acids are the subunits that make up proteins. They are necessary for the function of all cells, for tissue repair, and for the production of enzymes and neurotransmitters. The body uses 20 amino acids to construct proteins, but nine "essential amino acids" cannot be made by the human body and must be supplied by the diet in order to achieve proper protein synthesis and maintain overall health. People with limited diets or poor digestion may not get enough essential amino acids from their diet. In contrast to proteins or peptide-bound amino acids, NOW® Amino-9 Essentials™ contains all 9 essential amino acids in their superior free-form state and in the proportions recommended by the National Academy of Sciences to optimize protein synthesis and tissue repair for adults age 19 and over.*

Supplement Facts

Serving Size 3 Tablets
Servings Per Container 50

	Amount Per Serving	% Daily Value
Calories	23	
Total Carbohydrate	2 g	< 1%*
Dietary Fiber	2 g	8%
Calcium (from Calcium Carbonate)	263 mg	26%
L-Leucine	736 mg	†
L-Lysine (from L-Lysine Monohydrochloride)	665 mg	†
L-Phenylalanine	578 mg	†
L-Valine	421 mg	†
L-Threonine	351 mg	†
L-Isoleucine	333 mg	†
L-Methionine	332 mg	†
L-Histidine (from L-Histidine Monohydrochloride)	246 mg	†
L-Tryptophan	88 mg	†

* Percent Daily Values are based on a 2,000 calorie diet.

† Daily Value not established.

Other ingredients: Cellulose, Stearic Acid (vegetable source), Croscarmellose Sodium, Silica and Tablet Coating.

Formulated & Distributed by NOW FOODS

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For more product information visit www.nowfoods.com/0016

Not manufactured with yeast, wheat, gluten, soy, milk, egg, fish, shellfish or tree nut ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

Store in a cool, dry place after opening. Please Recycle.

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.