

## IRON-TEK® LIQUID AMINO COMPLEX

- Promotes Muscle Support
- Supports Nitrogen Retention
- . Contains 15 g of Protein Providing Proline & Glycine for Ligament and Tendon Support
- B-6 Aids in the Utilization of Amino Acids\*\*\*
- Nitrogen Flushed

## AMINO ACID PROFILE PER SERVING

mg/Serving	mg/Serving
Alanine 1198	Lysine∆ 653
Arginine∆ 1288	Methionine∆ 256
Aspartic Acid 1022	Phenylalanine†∆ 310
Cysteine 13	Proline 2108
Glutamic Acid 1536	Serine 585
Glycine	Threonine∆ 319
Histidine∆ 166	Tryptophan†∆4
Hydroxyproline 2130	Tyrosine 108
Isoleucine∆ 234	Valine∆
Leucine∆ 495	

A Essential Amino Acids

† Phenylalanine and Tryptophan are not added to this product. They are naturally occurring in the Proprietary Protein Blend.

Do not accept if seal is broken. Product No. 14-300 Store between 59'-86' F. Keep out of the reach of children. Refrigerate after opening. Shake gently before use.

Notice: Use this product as a food supplement only. Do not use for weight reduction.

See container for "Lot No." and "Best by" date.



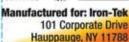
\*\*\* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.











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NATURAL ORANGE FLAVOR

- Promotes Muscle Support
- Fat Free
- Cholesterol Free





**Dietary Supplement** 16 fl. oz. (475 mL)

DIRECTIONS FOR USE: Adults as a dietary supplement, consume 3 tablespoons (45 mL)(1.5 fl.oz.) before each meal and again before and after training or as directed by a health care professional. Do not exceed recommended dose. As a reminder. discuss the supplements and medications that you take with your health care providers.

## Supplement Facts

Serving Size 3 tablespoons (45 mL)(1.5 fl. oz.)

Servings Per Container Approx. 10

Amount Per Serving		% Daily Value
Calories 100		
Total Carbohydrate 9 g		3%*
Sugars 9 g		**
Protein 15 g		30%*
Vitamin B-1 (as thiamine hydrochloride)	2.5 mg	167%
Vitamin B-2 (as riboflavin 5' phosphate)	2.5 mg	147%
Niacin	30 mg	150%
Vitamin B-6 (as pyridoxine hydrochloride)	4 mg	200%
Folate (as folic acid)	100 mcg	25%
Vitamin B-12 (as cyanocobalamin)	12 mcg	200%
Biotin (as d-biotin)	10 mcg	3%
Pantothenic Acid (as d-pantothenol)	30 mg	300%
Sodium	10 mg	<1%
Proprietary Protein Blend providing:	15 g	
Hydrolized Gelatin		**
Whey Protein Isolate		**
Choline Bitartrate	100 mg	1000
Inositol	100 mg	**
L-Carnitine (as base free form)	25 mg	**
PABA (as para-amino benzoic acid)	2 mg	
* Percent Daily Values are based on a 2,000 ca	lorie diet.	

Daily Value not established

Other Ingredients: Purified water, fructose, natural orange flavor, potassium sorbate, sodium benzoate, citric acid. Contains milk.

WARNING: If you are pregnant or nursing, taking medication or planning a surgery, consult your doctor before using this product. If any adverse reactions occur, stop taking the product and consult your doctor.

NO: Yeast, corn, wheat, soy, gluten, artificial flavors, artificial color or artificial sweeteners.