

IRON-TEK®
CLEAN PERFORMANCE

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	LysineΔ..... 653
ArginineΔ..... 1288	MethionineΔ..... 256
Aspartic Acid..... 1022	Phenylalanine†Δ..... 310
Cysteine..... 13	Proline..... 2108
Glutamic Acid..... 1536	Serine..... 585
Glycine..... 3279	ThreonineΔ..... 319
HistidineΔ..... 166	Tryptophan†Δ..... 4
Hydroxyproline..... 2130	Tyrosine..... 108
IsoleucineΔ..... 234	ValineΔ..... 364
LeucineΔ..... 495	

Δ 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.



Manufactured for: Iron-Tek
101 Corporate Drive
Hauppauge, NY 11788

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LIQUID AMINO COMPLEX

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 **
Hydrolyzed Gelatin	**
Whey Protein Isolate	**
Choline Bitartrate	100 mg **
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 calorie 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.