

SUGGESTED USE: 1 to 6 capsules daily or as directed by your health care professional. Capsules may be pulled apart and nutrients taken separately.

Do not use if full-bottle shrinkwrap is broken or missing. Store in a cool, dry place (59°F-85°F) away from direct light. Keep out of reach of children.

This product was made in a GMP and ISO 9001:2008 registered facility.

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P H Y S I C I A N F O R M U L A T E D



Seeking Health®

Optimal Amino Blend

Amino Acid Supplement

150 VEGETARIAN CAPSULES



Supplement Facts

Serving Size 1 Capsule
Servings Per Container 150

Amount Per Capsule		Amount Per Capsule	
Glycine	55 mg*	L-Threonine	24 mg*
L-Leucine	48 mg*	L-Proline	21 mg*
L-Valine	42 mg*	L-Histidine	20 mg*
L-Glutamic acid	40 mg*	Taurine	20 mg*
L-Lysine	36 mg*	L-Arginine	18 mg*
L-Isoleucine	36 mg*	L-Aspartic acid	15 mg*
L-Cystine	35 mg*	L-Methionine	15 mg*
L-Alanine	35 mg*	L-Glutamine	12 mg*
L-Tyrosine	34 mg*	L-Asparagine	5 mg*
L-Serine	30 mg*	*Daily Value not established.	
L-Phenylalanine	24 mg*		

Other Ingredients: Vegetarian capsule (hydroxypropyl methylcellulose, water).

DOES NOT CONTAIN: milk/casein, eggs, fish, shellfish, tree nuts, peanuts, wheat/gluten, corn, yeast, and soybeans. Contains no artificial colors, flavors, or preservatives.