



CRITICAL AMINOS XT®

INTRA/POST WORKOUT

BLUE ICE POP

NATURALLY & ARTIFICIALLY FLAVORED
DIETARY SUPPLEMENT

NET WT. 15.9 OZ. (450 g)

Supplement Facts

Serving Size 1 Scoop (10 g)

Servings Per Container About 45

	Amount Per Serving	% Daily Value
Calories	15	
Total Carbohydrate	4 g	1%†
Vitamin C (as ascorbic acid)	15 mg	15%
L-Glutamine	2500 mg	*
L-Leucine	1250 mg	*
L-Isoleucine	625 mg	*
L-Valine	625 mg	*
L-Citrulline	100 mg	*
L-Carnitine (as L-carnitine fumarate)	50 mg	*
Bromelain 2400 GDU/g	25 mg	*
Grape Seed Extract (Wt's winifera)(seed) std. to 95% Proanthocyanidins	25 mg	*

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

* Daily Value not established.

Other ingredients: Maltodextrin, citric acid, malic acid, natural & artificial flavor, silicon dioxide, acesulfame potassium, sucralose, FD&C Blue 1.

Does not contain: Wheat, Gluten, Sugar, Salt, Soy, Dairy or Fish.

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.

DIRECTIONS: Mix one (1) scoop (10 g) with 6 - 10 oz of water. Consume during or after a workout. Add an additional scoop for a more intense workout. Can also be consumed on non-training days.

WARNING: Consult your healthcare provider prior to use if you are pregnant, nursing, taking any medication or have any medical conditions.

Critical Aminos XT® is an advanced performance supplement specifically designed to help your body recover from the physical demands of athletic training and exercise. Ideal for all levels of athletes and training enthusiasts.

Contains:

- Glutamine and BCAAs for muscle growth
- Citrulline to support nitric oxide synthesis
- Carnitine for energy production and recovery
- Vitamin C and Grape Seed Extract for antioxidant protection

STORE IN A COOL, DRY PLACE. KEEP OUT OF REACH OF CHILDREN.

TAMPER EVIDENT Do not use if outer seal is broken or missing.

Distributed by: Vitamin Shoppe, Inc. Secaucus, NJ 07094

Visit www.vitaminshoppe.com or call 1-800-223-1216 for more information and to reorder.

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