

WARNING: DO NOT USE IF PREGNANT, NURSING, OR PLAN ON BECOMING PREGNANT. THIS PRODUCT IS INTENDED FOR USE BY HEALTHY ADULTS OVER THE AGE OF 18. Do not use this product continuously for more than 8 weeks. Do not combine with alcohol. Not intended for use by those with a medical condition. Use only as directed. Do not exceed recommended daily intake. Consult a physician or licensed qualified health care professional prior to use if you are pregnant, or nursing, or if you have a medical condition, including, but not limited to, heart, liver, kidney, or thyroid disease, psychiatric or epileptic disorders, enlarged prostate or glaucoma. Discontinue 2 weeks prior to surgery or if you experience rapid heart beat, dizziness, severe headache or shortness of breath. DO NOT USE IF SAFETY SEAL UNDER CAP IS BROKEN. KEEP OUT OF THE REACH OF CHILDREN.

Store in a cool, dry place.
Please recycle.

MADE IN THE USA
Proudly made in the USA with carefully selected ingredients of international and domestic origin.

*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.

Item ANS-122 1.1



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3:1:1 RATIO BCAA + HYDRATION*

AMINH₂O CONTAINS
4G OF BCAAS

DESIGNED TO FUEL
**RECOVERY,
REPLENISH
ELECTROLYTES
AND SUPPORT
MUSCLE
GROWTH.**

THIS PRODUCT CAN BE
TAKEN **BEFORE,
DURING OR
AFTER YOUR
WORKOUT** TO
PROVIDE YOUR BODY
WITH THE NUTRIENTS
IT NEEDS TO **STAY
HYDRATED,
PROMOTE
ENDURANCE
AND BUILD
STRENGTH.***

30 SERVINGS
NET WT.
10.74 OZ
(304.5 G)

DIETARY
SUPPLEMENT

AMINH₂O

3:1:1 BCAA + HYDRATION*



STRENGTH*



HYDRATION*



RECOVERY*



BLUE RASPBERRY
NATURALLY AND ARTIFICIALLY FLAVORED

SUGGESTED USE: As a dietary supplement, adults mix each serving (1 scoop) with 8 oz of water 20-30 minutes before, during or immediately after your workout. Please read the entire label before use.

Supplement Facts

Serving Size: 1 Scoop (10.15 g)
Servings Per Container: 30

Amount Per Serving	% Daily Value	
Total Carbohydrate	<1g	<1%*
Potassium (as Potassium Phosphate)	30 mg	3%
BCAA 3:1:1 Blend	4 g	**
L-Leucine, L-Isoleucine, L-Valine		
Recover and Hydrate Blend*	4 g	**
L-Citrulline DL-Malate 2:1, Betaine Anhydrous, L-Glutamine, Taurine, Coconut Xpress (sucrose) Water Powder		

* Percent Daily Values are based on a 2,800 calorie diet.
** Daily Value not established.

OTHER INGREDIENTS: Citric Acid, Natural and Artificial Flavors, Calcium Silicate, Sucralose, Malic Acid, Silicon Dioxide, Acesulfame Potassium, FD&C Blue #1

Contains: Tree Nut (Coconut)

Manufactured exclusively for and distributed by:

 **ADVANCED NUTRITION SYSTEMS**
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