

Doctor's Best Pure L-Ornithine is an amino acid that helps in the formation of citrulline, proline, and glutamic acid, three amino acids that help supply energy to every cell in the body. L-Ornithine helps support athletic performance and helps lower exercise-induced fatigue, especially when combined with other amino acids.* Doctor's Best L-Ornithine powder is unflavored and can be combined with water, protein-shakes, or your favorite sports performance drink.

Helps support athletic performance*

Helps lower exercise-induced fatigue*

*** 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.**



YDRB489-1



**Dietary
Supplement**

**Doctor's
BEST**

**Science-Based
Nutrition™**

Pure L-Ornithine Powder

HELPS SUPPORT ATHLETIC PERFORMANCE*

Unflavored
Net Wt. 7.1 oz (200 grams)



Supplement Facts

Serving Size 1 Scoop (≈2 grams)

Servings Per Container Approximately 100

	Amount Per Serving	% Daily Value
L-Ornithine (as L-Ornithine HCl)	2 g	†

† Daily Value not established.

Other Ingredients: None.

Suggested Adult Use: Dissolve 1 scoop in 8 ounces of juice, favorite beverage or protein drink, preferably taken on an empty stomach. For best results, drink 1 hour before exercise. Repeat after exercise or before bedtime, or as recommended by a nutritionally-informed physician. Do not take more than 10g per day.

WARNING: Do not take L-Ornithine if pregnant or nursing. Consult your physician if taking MAOIs and other medications for possible interactions while taking concomitant with L-Ornithine.

NOTE: Settling of contents may occur, which may cause slight variations in the number of servings.

Non-GMO / Gluten Free / Soy Free / Vegetarian

Store in a cool dry place.

Manufactured for **Doctor's Best, Inc.**

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