

A Dietary Supplement



SUGGESTED USAGE: Take 4 capsules daily, preferably with juice.

Caution: For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition. Keep out of reach of children. Natural color variation may occur in this product.

Typical Amino Acid Profile (example) (per serving)** mg Per ma Per Essential 4 Capsule Non-Essential 4 Capsule Amino Acids Servina Amino Acids Serving L-Histidine 37 L-Alanine 97 L-Arginine 276 L-Isoleucine*** 115 L-Aspartic Acid 220 L-Leucine*** 205 L-Cysteine 38 L-Lysine 185 L-Glutamic Acid 410 L-Methionine 35 L-Glutamine 204 L-Phenylalanine 72 47 Glycine L-Threonine 141 L-Ornithine 31 37 L-Tryptophan L-Proline 123 I -Valine*** 141 L-Serine 106 L-Tyrosine 66 **subject to natural variability

COMPLETE

Supplement Facts

Serving Size 4 Veg Capsules Servings Per Container 30

	Amount Per Serving	% Daily Value
Calories	10	
Protein	2 g	4%*
Vitamin B-6 (from Pyridoxine HC	l) 13 mg	765%
	2.8 g (2,800 mg)	†

Amino Acid sources (Whey Protein Isolate, Soy

Protein Isolate, Sodium Caseinate) plus Amino Acids (L-Glutamine, L-Arginine, L-Ornithine)

* Percent Daily Values are based on a 2.000 calorie diet. † Daily Value not established.

Other ingredients: Hypromellose (cellulose capsule), Hydroxypropyl Cellulose, Stearic Acid (vegetable source) and Silicon Dioxide.

Contains milk and sov.

Manufactured & Quality Tested by NOW FOODS 395 S. Glen Ellyn Rd., Bloomingdale, IL 60108, USA

Not manufactured with wheat, aluten, egg, fish, shellfish or tree nut ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

Store in a cool, dry, dark place after opening,

^{***}Branched-Chain Amino Acids