

Suggested Use: Take 6 tablets 1 to 2 times per day. Can be taken with or without food.

ESSENTIAL BUILDING BLOCKS*

Essential Amino Acids are building blocks of the body that the body cannot produce on its own. They are required for the repair of existing muscle, the building of new muscle tissue, and the synthesis of neurotransmitters.*

AMINO ACID PROFILE

Essential Amino Acids	MG Per 6 Tablets	Non-Essential Amino Acids	MG Per 6 Tablets
L-Valine	147	L-Serine	83
L-Isoleucine	101	L-Glutamic Acid	160
L-Leucine	119	L-Proline	120
L-Phenylalanine	74	L-Glycine	87
L-Lysine	89	L-Alanine	115
L-Histidine	65	L-Aspartic Acid	90
L-Threonine	119	L-Tyrosine	114
L-Methionine	27	L-Arginine	79
L-Tryptophan	29	L-Cystine	60

*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.

TRIQUETRA
HEALTH™

PLANT AMINOS®

ESSENTIAL AMINO ACIDS

ALL 9 ESSENTIAL AMINO ACIDS

RECOVERY | PERFORMANCE | BRAIN & MOOD

RAW | VEGAN | ORGANIC

18
TOTAL AMINO ACIDS

100%
PLANT-BASED

360 Tablets

Dietary Supplement

60 Servings

Supplement Facts

Serving Size: 6 Tablets (3g)

Servings per Container: 60

	Amount per serving	%DV
Calories	15	
Sodium	25 mg	1%
Protein	2.25 g	4%
Plant Aminos® Blend	3 g	**

Amino Acids

L-Leucine, L-Isoleucine, L-Valine, L-Threonine, L-Phenylalanine, L-Lysine, L-Histidine, L-Methionine, L-Tryptophan, L-Serine, L-Glutamic Acid, L-Proline, L-Glycine, L-Alanine, L-Tyrosine, L-Arginine, L-Cystine, L-Aspartic Acid

Ingredients: Organic Chlorella (chlorella vulgaris), Organic Spirulina (arthrospira platensis), Silicon Dioxide

WARNING: If you have a medical condition or are taking medication, contact a physician before taking any supplement.

Storage: Store in a cool, dark and dry place.



Distributed By:

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Lithia, FL 33547

Certified Organic by:
Oregon Tilth