



Advocare Catalyst® provides a blend of branched-chain amino acids and L-glutamine to fuel your body with muscle-building components when combined with exercise and a healthy diet.*

Directions For Use:

Take three capsules 30 minutes prior to a meal, workout or bedtime. If desired, may take up to 3 servings a day (multiply ingredient amounts by 3 for total daily serving size).

CAUTION: Check with your healthcare professional before using this product.

KEEP OUT OF REACH OF CHILDREN. Store away from excessive heat, light and humidity.

*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.

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ADVOCARE
CATALYST
AMINO ACID DIETARY
SUPPLEMENT

Helps maintain muscle tone*
Helps support natural muscle
repair and protection*

90 CAPSULES

Supplement Facts

Serving Size: 3 capsules

Servings Per Container: 30

	Amt Per Serving
L-Glutamine	1,200mg**
L-Leucine	450mg**
L-Isoleucine	225mg**
L-Valine	225mg**
L-Arginine	100mg**
Betaine	50mg**
Taurine	50mg**

**Daily Value (DV) not established.

OTHER INGREDIENTS: GELATIN, STEARIC ACID, MAGNESIUM STEARATE, SILICON DIOXIDE.

Formulated/manufactured exclusively for
Advocare® International, LLC
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For more information
visit advocare.com



CHOICE