

Suggested Use: Take 4 veggie capsules daily before meals or exercise, or as recommended by a Healthcare Practitioner.

Formulated Without: GMOs or Gluten.

Warnings: Keep out of reach of children. As with all dietary supplements, it is recommended to consult with a healthcare professional before adding something new to your health and wellness regimen.

Natural color variation may occur in this product.

Sealed for your protection, do not use if seal is missing or broken. Store in a cool dry place.

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



LAKE AVENUE™
NUTRITION

Branched-Chain Amino Acids

**Muscle Growth
& Recovery
Support***

Dietary
Supplement

240 Veggie Capsules

Supplement Facts

Serving Size 4 Veggie Capsules
Servings Per Container 60

	Amount Per Serving	%Daily Value
L-Leucine (Free-Form)	1,600 mg	†
L-Isoleucine (Free-Form)	650 mg	†
L-Valine (Free-Form)	650 mg	†

† Daily Value not established

Other Ingredients: Hypromellose (Cellulose Capsule) and Stearic Acid (Vegetable source).

Contains: Milk

Not manufactured with egg, fish, shellfish, tree nuts, peanuts, wheat, soy or gluten. Produced in a third-party GMP facility that may process other products that contain these allergens or ingredients.

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