

Suggested Use: Take 4 capsules daily with or without food, 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.

Typical Amino Acid Profile (example) (per serving)**

Essential Amino Acids mg per 4 Capsule Serving		Non-Essential Amino Acids mg per 4 Capsule Serving	
L-Histidine	37	L-Alanine	97
L-Isoleucine***	115	L-Arginine	276
L-Leucine***	205	L-Aspartic Acid	220
L-Lysine	185	L-Cysteine	38
L-Methionine	35	L-Glutamic Acid	410
L-Phenylalanine	72	L-Glutamine	204
L-Threonine	141	Glycine	47
L-Tryptophan	37	L-Ornithine	31
L-Valine***	141	L-Proline	123
		L-Serine	106
		L-Tyrosine	66

**Subject to natural variability

***Branched-chain amino acids



LAKE AVENUE™
NUTRITION

Total Amino

with 20 Amino Acids

**Supports
Muscle Health &
Development***

**Dietary
Supplement**

240 Veggie Capsules

Supplement Facts

Serving Size 4 Veggie Capsules

Servings Per Container 60

	Amount Per Serving	%Daily Value
Calories	10	
Protein	2 g	4%*
Vitamin B-6 (from Pyridoxine HCl)	13 mg	765%
Blend of Peptide-Bound Amino Acid sources (Whey Protein Isolate, Soy Protein Isolate, Sodium Caseinate) plus Amino Acids (L-Glutamine, L-Arginine, L-Ornithine)	2.8 g (2,800 mg)	†

* 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 & Soy

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

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