



## Muscle Aid

## **GLUTEN FREE**

Dietary Supplement

Net Wt 5.68 oz (161 g)

Innovative Ingredients. Clinical Formulations.

WARNING: Do not use if safety seal is broken or missing. Keep out of reach of children. Keep your licensed healthcare practitioner informed when using this product, especially if

**Directions:** Use only as directed. Mix 1 heaping teaspoon (5.37 g) into 3-6 ounces of water or desired beverage twice daily or as directed by your healthcare practitioner. Keep tightly capped and store in a cool, dry place.

Muscle Aid is a blend of vitamins, minerals, and amino acids designed to help support healthy muscles and cellular energy.\*

## **Supplement Facts** Serving Size 1 Tsp (5.37 g) Servings Per Container 30

	Amount Per Serving	% Daily Value
Calories	10	
Total Carbohydrate	<1 g	<1%†
Vitamin E (as d-alpha-tocopheryl acetate)	10 mg	67%
Thiamine (B-1) (as thiamine mononitrate)	25 mg	2,083%
Viacin (as niacinamide)	20 mg	125%
Vitamin B-6 (as pyridoxine HCI, pyridoxal-5'-phosphate monohydrate)	50 mg	2,941%
Folate (from (6S)-5-methyltetrahydrofolic acid, glucosamine salt) (15)	255 mcg DFE 0 mcg folic acid)	64%
Vitamin B-12 (as methylcobalamin)	20 mcg	833%
Calcium (from calcium phosphate)	18 mg	1%
Magnesium (from magnesium oxide)	280 mg	67%
Selenium (as selenomethionine)	25 mcg	45%
Molybdenum (from sodium molybdate) Potassium (from potassium phosphate, potassium aspartate)	60 mcg 200 mg	133%
Glycine	1,220 mg	*
Malic Acid	900 mg	*
Taurine	500 mg	*
L-Glutamine	500 mg	*
Citric Acid	400 mg	*
L-Carnitine	50 mg	*

†Percent Daily Value based on a 2,000 calorie diet. \*Daily Value not established.

Other Ingredients: Natural orange juice flavor, silica, stevia (leaf extract).

Quatrefolic® is a registered trademark of Gnosis S.p.A., patent no. 7,947,662.

\*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.

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