



# amino complex

specialty  
100 tablets  
dietary supplement

exercise  
performance<sup>v</sup>

gluten  
free

dairy  
free

soy  
free

nut  
free

actual size

## Supplement Facts

Serving Size 4 Tablets  
Servings Per Container: 25

|                                            | Amount<br>Per Serving | % Daily<br>Value |
|--------------------------------------------|-----------------------|------------------|
| <b>Calories</b>                            | 15                    |                  |
| <b>Total Carbohydrate</b>                  | 2 g                   | <1%**            |
| Dietary Fiber                              | 1 g                   | 4%**             |
| <b>Protein</b> (from rice protein isolate) | 2 g                   | 4%               |

### Typical Amino Acid Profile

|                 |        |   |
|-----------------|--------|---|
| L-Alanine       | 240 mg | * |
| L-Arginine      | 417 mg | * |
| L-Aspartic Acid | 434 mg | * |
| L-Cysteine      | 72 mg  | * |
| L-Glutamic Acid | 825 mg | * |
| L-Glycine       | 206 mg | * |
| L-Histidine     | 110 mg | * |
| L-Isoleucine    | 315 mg | * |
| L-Leucine       | 611 mg | * |
| L-Lysine        | 492 mg | * |
| L-Methionine    | 134 mg | * |
| L-Ornithine     | 128 mg | * |
| L-Phenylalanine | 326 mg | * |
| L-Proline       | 182 mg | * |
| L-Serine        | 259 mg | * |
| L-Threonine     | 182 mg | * |
| L-Tryptophan    | 38 mg  | * |
| L-Tyrosine      | 244 mg | * |
| L-Valine        | 259 mg | * |

\*\* Percent daily values are based on a 2000 calorie diet.

\* Daily Value not established.

**Other ingredients:** Rice protein isolate, microcrystalline cellulose, L-lysine HCl, L-glutamic acid HCl, L-ornithine HCl, stearic acid, magnesium stearate, silicon dioxide, aqueous coating, L-histidine, HCl, modified cellulose, L-cysteine HCl, croscarmellose sodium.

**Does not contain:** Yeast, Wheat, Gluten, Sugar, Soy, Dairy, Citrus, Fish, Preservatives, Artificial Colors or Flavors.

**DIRECTIONS:** As a dietary supplement, take four (4) to eight (8) tablets daily or as directed by a healthcare professional. Best taken in between meals on an empty stomach or after exercise to support recovery.

**WARNING:** Do not use this product if you are pregnant or nursing. Do not take this product if you are taking MAO inhibitors, antidepressant or stimulant drugs.

**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.**

STORE IN A COOL, DRY PLACE. KEEP OUT OF REACH OF CHILDREN.

TAMPER EVIDENT Do not use if outer seal is broken or missing.

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