



amino complex

exercise
performance^v

specialty
100 tablets
dietary supplement

gluten
free

dairy
free

soy
free

nut
free

actual size

Supplement Facts

Serving Size 4 Tablets
Servings Per Container: 25

	Amount Per Serving	% Daily Value
Calories	15	
Total Carbohydrate	2 g	<1%**
Dietary Fiber	1 g	4%**
Protein (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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