

ALLERGY: This product is contraindicated in an individual with a history of hypersensitivity to any of its ingredients.

PREGNANCY: If pregnant, consult your health-care practitioner before using this product.

INTERACTIONS: There are no known adverse interactions or contraindications at publication date.

TAMPER EVIDENT: Use only if bottle is sealed.

Store tightly sealed in a cool, dry place.



LTFL2762
LTFL276201



Developed by the healthy way of life experts at Life Time

Fitness, this patented essential amino acid formula helps build lean muscle mass, is readily absorbed and available for the body to use.* Delicious, all-natural flavor and sweetener.

Recommended Use:
Mix 1 scoop with 6 oz. of water one to two times daily or as recommended by your health-care professional.

TO REORDER shop.lifetimefitness.com

LIFETIME
FITNESS

PERFORMANCE

**Amino
complex**
essential branched-chain
amino acids

Berry

Net wt. 8.1 oz / 231 g
increases protein synthesis
and helps maintain normal
blood sugar levels*
dietary supplement

SUPPLEMENT FACTS

Serving Size: One Level Scoop (7.7 g)
Servings Per Container: 30

Each Level Scoop (7.7 g) Contains:	%DV	Each Level Scoop (7.7 g) Contains:	%DV
Calories	20 *	L-Histidine (as L-Histidine Chloride Monohydrate)	150 mg **
Total Carbohydrate	1 g <1%*	L-Cystine	150 mg **
Sugars	0 g *	L-Phenylalanine	100 mg **
Other Carbohydrate	0 g *	L-Methionine	50 mg **
L-Leucine	1.25 g **	L-Tyrosine	30 mg **
L-Lysine (as L-Lysine Chloride)	650 mg **	L-Tryptophan	20 mg **
L-Isoleucine	625 mg **		
L-Valine	625 mg **		
L-Threonine	350 mg **		

*Percent Daily Values are based on a 2,000 calorie diet.

**Daily Value (DV) not established

OTHER INGREDIENTS: Citric Acid, Flavors, Stevia extract (leaf) (Rebaudioside A 95%), Silicon Dioxide, Vegetable Juice (color).

*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.

Manufactured For: Thorne Research, Inc.
Formulated by: Life Time Fitness, Inc.
2902 Corporate Place, Chanhassen, MN 55317