#### DIRECTIONS:

SUGGESTED USE: Mix 1 heaping scoop of Amplify® XL to 8 oz. of cold water, and consume immediately following your workout to maximize recovery and fight fatigue.\* If extra thickness is desired, add a handful of ice cubes and blend. Due to settling, a natural occurrence with powders, variations in the powder height level may vary from bottle to bottle. Additionally, powder density may be affected as a result of the settling which may cause slight variations in the scoop serving size. To be used as part of a physical conditioning program.

WARNING: If you are pregnant, nursing or taking medications, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur.

### **AMPLIFY® XL IS YOUR COMPLETE ALL-IN-ONE PROTEIN**



**FACILITATES LEAN MUSCLE TISSUE GROWTH** AND ENHANCES RECOVERY!

#### **ADVANTAGE OF A PREMIUM PROTEIN BLEND**

Amplify® XL offers a superior and premium blend of quick release whey protein isolate. hydrolysate and concentrate, and is loaded with glutamine and amino acids. Controlled release egg protein facilitates muscle recovery two-three hours post-workout. This combination gives you both an immediate and time-release recovery mechanism. It is the ultimate post-workout protein to support protein absorption, muscle recovery, and lean muscle gains.\*

### HYDRO GREENS BLEND

Amplify® XL is fortified with a seeds and greens health blend to support additional health benefits (antioxidants, heart health, healthy appearance (skin), and anti-aging). Coconut helps provide electrolytes and supports rehydration post-workout.\*

#### BIOAVAILABILITY

The protein sources found in Amplify® XL rank highest on the biological value scale.

Stack Amplify® XL with any PMD® sports nutrition product for greater increases in muscle strength, mass, energy, toning, recovery and performance.



Trans Fat

Preservatives

Caffeine

Amino Acids (Approx. Values) 25 g

# **Supplement Facts**

Serving Size 37.85 g (1 scoop) Servings Per Container 48

Amount Per Serving		%DV*	
Calories	140		
Calories from Fat	15		
Total Fat	2 g	3%*	
Saturated Fat	0.83 g	3%*	
Cholesterol	67 mg	22%*	
Total Carbohydrate	7 g	2%*	
Dietary Fiber	3 g	12%*	
Sugar††	2 g		
Protein	25 g	50%*	
Vitamin A (as Retinyl Palmitate)	500 IU	109	
Vitamin C (as Ascorbic Acid)	15 mg	259	
Vitamin E (as D L-Alpha Acetate)	7.5 IU	259	
Thiamin (as Thiamin HCl)	150 mcg	109	
Riboflavin	170 mcg	109	
Niacin (as Niacinamide/Nicotinamid	le) 2 mg	109	
Vitamin B6 (as Pyridoxine HCI)	200 mcg	109	
Folate (as Folic Acid)	40 mcg	109	
Vitamin B12 (as Cyanocobalamin)	0.6 mcg	109	
Vitamin B5 (as Pantothenic Acid)	1 mg	109	
Calcium	124 mg	129	
Iron	0.47 mg	39	
Sodium	125 mg	59	

Amount Per Se	%DV**	
Premium Protein Blend	25 g	t
<b>Quick Release Blend</b>		
Whey Protein Concentrat	to	

Whey Protein Isolate. Whey Protein Hydrolysate, Controlled Release Blend Ega Protein

## Hydro Greens Blend Seed Health Blend

Flax Seed Powder, Chia (Savia hispanica) Seed Powder

#### Greens Health Blend

Coconut (Cocos nucifera) Water Por Spirulina (Blue Green Algae), Chlor pyrenoidosa Whole Plant Powder, Wheat Grass (Triticum aestivum) Arial Powder (Gluten Free), Maca (Lepidium meyenii) Root Extract 4:1

# Promax™ Enzyme Blend 300 mg

Lipase, Protease, Amylase, Bromelain (Anana comosus) Stem Extract, Cellulase

\*\*Percent Daily Values (DV) are based on a 2.000 calorie diet.

† Daily Value (DV) not established.

Other Ingredients: Fibersol® -2, Natural and Artificial Flavors, Xanthan Gum, Carboxymethylcellulose, Salt, Sucralose, Acesulfame Potassium, Soy Lecithin (Emulsifier)

CONTAINS: Milk, Egg, Soy, Tree Nut (Coconut) and Wheat products. This product was produced in a facility that also processes ingredients containing fish, shellfish and peanuts.

FREE OF: ADDED SUGAR, ASPARTAME, GLUTEN, TRANS FATS, YEAST, PRESERVATIVES, ARTIFICIAL

ΔDenotes naturally occurring and added free form amino acid.

††Indicates naturally occuring sugar derived from whey protein blend sources

	BCAA+ INFUSION L-Glutamine∆	5.00 g
DV**	L-Giutamine A	2.50 g
	L-Isoleucine	
	L-Isoleucine L-Valine	1.50 g 1.41 g
	L-Tryptophan	
		572 mg
	L-Lysine	2.10 g
	L-Threonine	1.72 g
	L-Phenylalanine	835 mg
	L-Methionine	620 mg
g t wder, rella	L-Histidine	453 mg
	L-Tyrosine	739 mg
	L-Arginine	572 mg
	L-Glycine	453 mg
	L-Aspartic Acid	3.29 g
	L-Alanine	1.22 g
	L-Proline	1.46 g
	L-Serine	1.22 g

Manufactured in accordance with current Good Manufacturing Practices (cGMP)





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