



amino complex

exercise
performance[▼]

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	*

* Daily Value not established.

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

Other ingredients: Rice protein isolate, microcrystalline cellulose, L-lysine HCl, L-glutamic acid HCl, L-arginine 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.

▼ This statement has 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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