

feel good **HEALTHY 'N FIT®** look good...
NUTRITIONALS

FOR OVER 20 YEARS, PROVEN LEADERS IN NUTRITIONAL TECHNOLOGIES IN THE U.S. AND OVER 40 COUNTRIES WORLDWIDESM

ADVANCED OKG 5000™

When our competition was checked on the quality of their OKG, most companies did not use 100% L-Ornithine Alpha-Ketoglutarate, which is OKG and what is used in ADVANCED OKG 5000™. What they did use was Ornithine hydrochloride mixed with Alpha-Ketoglutarate powder, which is not OKG, is less expensive, less effective and does not behave like OKG in the human body. Just as important, none had AAT™. OKG is quite a remarkable and amazing nutrient. It is strongly involved in the anabolic process. It is also an anti-catabolic nutrient, aids the energy generating process and is involved in the ammonia detoxifying process (ammonia causes muscle fatigue). There is an overwhelming amount of research and technical literature which strongly indicates the values of OKG. While OKG taken by itself can be beneficial, now Advanced OKG 5000™ with AAT™ is a step above all other supplements.

SCIENTIFIC INFORMATION PROVIDED IS BASED ON
PUBLISHED SCIENTIFIC DOCUMENTATION

PRESENT AAT™ FORMULATIONS INCLUDE:

ADVANCED CREATINE 5000™
ADVANCED OKG 5000™
ADVANCED ANTI-CATABOLICS™
ADVANCED CHROMIUM-KIC™

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CALL 1-800-338-5200 or email us at healthynfit@aol.com

FORMULATED
WITH THE
SCIENCES OF
AAT™



BEST SELLING
ADVANCED
FORMULA

HEALTHY 'N FIT®
NUTRITIONALS

ADVANCED
**OKG
5000™**

90 CAPLETS

Only
1/2 serving
of this high potency
scientific formulation is
necessary; only those in
advanced-competition
may need 1 full
serving.

THE POTENCY AND QUALITY OF AAT™ FORMULATIONS
ARE LABORATORY TESTED AND ASSAYED.

Supplement Facts

Serving Size: 6 Caplets

Amount per serving:	% Daily Value*	
L-Ornithine Alpha-Ketoglutarate	5000 mg.	
Magnesium Alpha-Ketoglutarate	250 mg.	13.3
L-Glutamine	200 mg.	
Potassium Alpha-Ketoglutarate	100 mg.	**
L-Carnitine	100 mg.	
Pantothenic Acid	5 mg.	50
Choline	5 mg.	**
Chromium Picolinate	200 mcg.	**
Antioxidants:		
Beta-Carotene (pro-vitamin A)	5000 IU	100
Vitamin C	250 mg	416.7
Bioflavonoids (vitamin P)	100 mg.	**
Vitamin E	100 IU	333.3
Zinc	15 mg.	100
Selenium	50 mcg.	**

*Daily Value not established

SUGGESTED USE: BEGINNER AND INTERMEDIATE TRAINING, 1/2-1 SERVING (3-6 CAPLETS) DAILY. ADVANCED AND COMPETITIVE TRAINING, 1 SERVING (6 CAPLETS) DAILY. THIS PRODUCT IS A FOOD AND DIETARY SUPPLEMENT. BEST WHEN TAKEN DAILY, BEFORE BEDTIME OR TRAINING.

KEEP OUT OF REACH OF CHILDREN.

* U.S. RECOMMENDED DAILY ALLOWANCE

** NO U.S. RDA HAS BEEN ESTABLISHED.

THIS PRODUCT MAY BE PACKAGED IN AN OVERSIZED BOTTLE TO ACCOMMODATE PROTECTIVE PACKAGING MATERIAL AND/OR NECESSARY LABELING INFORMATION.

NO SUGAR, STARCH, SALT, ARTIFICIAL FLAVORS, COLORS, WAXES, PRESERVATIVES, YEAST, LACTOSE, CORN OR WHEAT ARE ADDED.



HEALTHY 'N FIT® INTERNATIONAL, INC. NEW YORK 10520 USA DIST.