

**WARNING:** NOT FOR USE BY INDIVIDUALS UNDER THE AGE OF 18. DO NOT USE IF PREGNANT OR NURSING. Discontinue use and immediately consult your health care professional if you experience any adverse reaction to this product. Do not exceed recommended serving. KEEP OUT OF REACH OF CHILDREN.

**NO STARCH OR PRESERVATIVES ADDED.**



Sustamine® is a registered trademark of KYOWA HAKKO BIO CO. LTD.

† 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 FREE OF BANNED SUBSTANCES  
IN A NSF GMP CERTIFIED FACILITY.**





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# BULGARIAN SUPPLEMENTS

## PLUS HYDRATION COMPLEX



**FEATURES SUSTAMINE®**  
A combination of the amino acids L-Alanine and L-Glutamine to help your body rehydrate, replenish and recover †

**PROMOTES GROWTH,  
PROTEIN SYNTHESIS,  
PERFORMANCE & STRENGTH.†**

**PROMOTES FAT LOSS AND  
ENHANCED RECOVERY †**

**CANDY  
WATERMELON**

30 SERVINGS  
DIETARY SUPPLEMENT  
Net Wt. 15.87OZ (450 G)



**DIRECTIONS:** Mix 1 scoop with 8 oz. of water and drink before, during and after training.

## Supplement Facts

Serving Size: 1 scoop (15g)  
Servings per Container: 30

|                                         | Amount Per Serving | % DV |
|-----------------------------------------|--------------------|------|
| Vitamin C (as ascorbic acid)            | 500 mg             | 833% |
| L-Leucine                               | 3,200 mg           | *    |
| L-Glutamine                             | 2,000 mg           | *    |
| Hydrolyzed Bovine Collagen              | 2,000 mg           | *    |
| L-Valine                                | 1,000 mg           | *    |
| L-Isoleucine                            | 1,000 mg           | *    |
| L-Citrulline                            | 1,000 mg           | *    |
| L-Carnitine (as L-carnitine L-tartrate) | 1,000 mg           | *    |
| Glycogenic Hydration Blend              | 280 mg             | *    |
| Glycine                                 |                    |      |
| Sustamine® (L-Alanine and L-Glutamine)  |                    |      |

\* Daily Value not established.

**OTHER INGREDIENTS:** Maltodextrin, malic acid, watermelon natural & artificial flavor, citric acid, sucralose, sodium chloride, silicon dioxide, acesulfame potassium and red 40.  
Store in a dry place at room temperature (59F - 86F). Do not use this product if printed inner seal under cap is missing or broken.