ON NON-TRAINING DAYS: Take 1 scoop (1/3 serving = 5,000mg) three times throughout the day. Make sure to space out the doses at least 4-6 hours to achieve optimal recovery.





- INCREASES PROTEIN SYNTHESIS AND NITROGEN RETENTION \*
- MEDIATE MUSCLE RECOVERY G POSITIVE NITROGEN BALANCE \*
- INCREASES ATP (SYNTHESIS/RESYNTHESIS) AND CELL HYDRATION \*
- DELAYS THE ONSET OF MUSCLE FATIGUE AND EXHAUSTION \*

<sup>‡</sup>These statements have not been evaluated by the Food and Drug Administration. This product is not intended to prevent, treat, diagnose, or cure any disease.

















# KILL THE COMPETITION



SUPPLEMENT **GRAMS** 

## Supplement Facts

Serving Size: 3 Scoops (15 grams) Servings Per Container: 28

	Amount Per Serving	%DV
Calcium	117mg	10%
Vitamin B6 (as Pyridoxal-5-Phosphate)	2.5mg	250%
Vitamin D3 (as Cholecalciferol)	500IU	125%
BRANCH CHAIN AMINO ACID MATRIX	9,500mg	**

L-Leucine Di and Tri Peptides, L-Leucine, L-Isoleucine, L-Valine Alpha-Hydroxyisocaproic Acid (HICA).

#### PERFORMANCE ENHANCING & ABSORPTION MATRIX 3,500mg

Citrulline Malate, Alpha-glycerylphosphorylcholine, Phosphatidylserine, Choline Bitartrate, DMAE Bitartrate, Piperine.

### **AMINO ACID MATRIX**

L-Aspartic Acid, L-Lysine, L-Threonine, L-Proline, L-Alanine, L-Serine, L-Phenylalanine, L-Tyrosine, L-Cystine, L-Tryptophan, L-Arginine, L-Methionine, L-Glycine, L-Histidine.

#### \*\* Percent Daily Value "DV" Not Established.

Other Ingredients: Malic Acid, Natural & Artificial Flavors, Acesulfame-K, Beet Juice Powder, Silicon Diloxide.

Check with a qualified health care professional before taking this product if you are pregnant or nursing a baby, under 18 years of age, have any known or suspected medical conditions, and/or if you are taking any prescription or OTC medications. Please consult your physician before starting any exercise or nutritional program. Keep this bottle tightly closed in a cool, dry place, away from moisture.

KEEP OUT OF REACH OF CHILDREN.