

Supplement Facts

Serving Size: 1 Level Scoop (Approximately 11 grams)

Calories Per Serving: 42

Sugars: 1.5 g

Fiber: 0.1 g

Calories From Fat: 0

Amount Per Serving	% DV†	Amount Per Serving	% DV†
Vitamin C250 mg	416	L-Glutamine300 mg	*
(from magnesium ascorbate)		L-Leucine100 mg	*
Vitamin B6 (from pyridoxine HCl) ...5 mg	250	Larch Arabinogalactan100 mg	*
Magnesium111 mg	27	(from <i>Larix occidentalis</i> resin)	
(from magnesium ascorbate)		L-Isoleucine.....50 mg	*
Zinc (from zinc citrate).....4 mg	26	L-Valine50 mg	*
L-Arginine.....5,000 mg	*	Choline (from choline bitartrate) ...25 mg	*
L-Citrulline.....300 mg	*	L-Carnitine5 mg	*
		(from L-carnitine tartrate)	

† - % Daily Value * - Daily Value Not Established

Other Ingredients: Citric acid, organic evaporated cane juice, and natural citrus and berry flavors.

Optimal results will be achieved by taking Muscle Dynamics™ before and after workout, and 1 level scoop with 6 to 8 ounces of water at bedtime.

Suggested Use: Blend 1 level scoop (11 grams) of Muscle Dynamics™ with 6 to 8 ounces of room temperature water at bedtime.

Muscle Dynamics™ works best taken on an empty stomach, or as directed by your qualified health consultant.

Muscle Dynamics™ powder will dissolve more easily if stirred into room temperature water. Let stand for a few minutes, then stir again.

For improved physical performance and recovery, Muscle Dynamics™ may also be taken on an empty stomach 40 minutes before and immediately after physical activity.

Approximately 30 servings

Packaged by weight not volume. Some settling may occur in shipping.



HIGHLAND
LABORATORIES

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