### SUGGESTED USE:

Mix each serving (1 scoop) of Alpha Amino™ in 8-12 fl. oz. of cold water, juice or sports drink one to two times daily. For enhanced performance on training days, take two servings before and after training. See chart below for usage occasions and benefits. DO NOT EXCEED 4 SERVINGS PER DAY.

Usage Occasion	Servings	Benefits*
Before/During Training	1 - 4	Replenishes Electrolytes to Support Hydration. Helps Decrease Muscle Breakdown (Catabolism)
Post Training	1 - 4	Supports Muscle Protein Synthesis, Lean Muscl Muscle Recovery and Repair.
Non-Training Days	1-2	Replenishes Electrolytes to Support Hydration.

## WARNING:

THIS PRODUCT IS ONLY INTENDED TO BE CONSUMED BY HEALTHY ADULTS, 18 YEARS OF AGE OR OLDER. Do not use this product if you are pregnant or nursing, Before using this product, consult a licensed, qualified, health care professional Immediately discontinue use and contact a medical doctor if you experience any adverse reaction to this product. Discontinue use 2 weeks prior to surgery. Do not exceed recommendations for Suggested Use. Use only as directed. Do not use if safety seal is broken or missing. KEEP OUT OF REACH OF CHILDREN

Store in a cool, dry place to reduce risk of clumping.

### PHENYLKETONURICS: CONTAINS PHENYLAL ANINE

NOTE: Alpha Amino™ does not contain aspartame. The phenylketonurics notice is intended for people with the genetic disorder, phenylketonuria.

This product is sold by weight, not volume. Some settling of powder may occur during shipping and handling, which may affect density of powder. This product contains the servings indicated when measured exactly by weight.

evaluated by the Food and Drug Administration. This product is no



## PERFORMANCE BCAAS\* 10g SERS

HYDRATION\* · RECOVERY\* · Og SUGAR

## LEMON LIME

DIETARY SUPPLEMENT

NET WT 635g (22.3 oz)





# SUPPLEMENT FACTS Serving Size: 1 scoop (12.7g) Servings Per Container: 50

	Amount Per Serving	% DV
Phosphorus (as Dipotassium Phosphate, Disodium Phosphate, Dimagnesium Phosp	65mg ohate)	7%
Magnesium (as Dimagnesium Phosphate)	13mg	3%
Sodium (as Disodium Phosphate)	30mg	1%
Potassium (as Dipotassium Phosphate)	70ma	2%

Instantized BCAA 2:1:1 Blend Instantized BCAA 2:1:1 Blend 5000mg Instantized L-Leucine, Instantized L-Isoleucine, In<u>stantized L-Valine</u>

Alpha Amino™ Hydration Blend 1750mg BetaPower® Betaine Anhydrous (1250mg), Coconut (Cocos nucifera) water powder, Dipotassium Phosphate, Disodium Phosphate, Dimagnesium Phosphate

†Daily Value (%DV) not established.

Other Ingredients: Citric Acid, Natural & Artificial Flavors, Sucralose, Acesulfame Potassium, Sunflower Lecithin, FD&C Yellow #5, FD&C Blue #1.

ALLERGEN WARNING: Contains Tree Nuts (Coconut).

Made in the U.S.A. using U.S. and Imported Ingredients and Components.

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