

AMINO GOLD 1500 TABLETS

Serving size: 3 Tablets
Servings Per Container: 110

Amount per serving:

		% Daily Value*
Calories	20	
Protein	4.5 g	9%

*Percent Daily Values are based on a 2000 calorie diet

TYPICAL AMINO ACID PROFILE

Each serving contains:

ESSENTIAL AMINO ACIDS

L-Leucine*	567 mg	L-Threonine	191 mg
L-Isoleucine*	282 mg	L-Methionine	95 mg
L-Valine*	222 mg	L-Phenylalanine	176 mg
L-Lysine	485 mg	L-Tryptophan	117 mg

NON-ESSENTIAL AMINO ACIDS

L-Arginine	84 mg	L-Glycine	87 mg
L-Aspartic Acid	470 mg	L-Histidine	95 mg
L-Cystine	161 mg	L-Proline	189 mg
L-Alanine	231 mg	L-Serine	179 mg
L-Glutamic Acid	747 mg	L-Tyrosine	126 mg

*Total Branched Chain Amino Acids (BCAAs)	1071 mg
Total Essential Amino Acids (EAAs)	2135 mg
Total Amino Acids	4500 mg

Ingredients: Whey Protein Hydrolysate (Natural Enzymatic Digest), Microcrystalline Cellulose, Croscarmellose Sodium, Dicalcium Phosphate, Stearic Acid, Silica and Soy Lecithin

Contains Milk and Soy

Directions: As a dietary supplement, take 12 tablets daily (3 tablets four times per day between meals). For maximum muscle growth, take one serving pre-workout and one serving post workout.