

## LIQUID AMINO

Serving Size: 4 Tablespoons (about 50 mL or 1.7 fl. Oz.)

19 servings

Amount per serving:

		% Daily Value*
Calories	108	
Total Carbohydrates	5g	2%
Protein	22 g	44%

\*Percent Daily Values are based on a 2000 calorie diet

### TYPICAL AMINO ACID PROFILE

Each serving contains:

#### ESSENTIAL AMINO ACIDS

L-Leucine	689 mg	L-Threonine	489 mg
L-Isoleucine	378 mg	L-Methionine	178 mg
L-Valine	578 mg	L-Phenylalanine	489 mg
L-Lysine	1000 mg	L-Tryptophan	98 mg

#### NON-ESSENTIAL AMINO ACIDS

L-Arginine	1900 mg	L-Glycine	5976 mg
L-Aspartic Acid	1467 mg	L-Histidine	164 mg
L-Cystine	16 mg	L-Proline	3289 mg
L-Alanine	2067 mg	L-Serine	711 mg
L-Glutamic Acid	2467 mg	L-Tyrosine	44 mg

Directions: As a dietary supplement, consume 4 tablespoons, approximately 50 mL (1.7 fl oz) before each meal, and again before and after training, or as directed by a health care professional.

Ingredients: Protein Blend (hydrolyzed gelatin and whey protein isolate), filtered water, vegetable glycerin, crystalline fructose, natural and artificial flavors, sucralose, citric acid, sodium benzoate (preservative), L-tryptophan, potassium sorbate (preservative), and FD&C Red #40.