

LIQUID AMINO

Serving Size: 4 Tablespoons (about 50 mL)

Servings Per Container: 19

Amount per serving:		% Daily Value*
Calories	110	
Total Carbohydrates	5 g	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	Non-Essential Amino Acids
L-Leucine* 689 mg	L-Arginine 1900 mg
L-Isoleucine* 378 mg	L-Aspartic Acid 1467 mg
L-Valine* 578 mg	L-Cystine 16 mg
L-Lysine 1000 mg	L-Alanine 2067 mg
L-Threonine 489 mg	L-Glutamic Acid 2467 mg
L-Methionine 178 mg	L-Glycine 5976 mg
L-Phenylalanine 489 mg	L-Histidine 164 mg
L-Tryptophan 98 mg	L-Proline 3289 mg
	L-Serine 711 mg
	L-Tyrosine 44 mg

*Total Branched Chain Amino Acids (BCAAs)	1645 mg
Total Essential Amino Acids (EAAs)	3899 mg
Total Amino Acids	22000 mg

Directions: As a dietary supplement, consume 4 tablespoons, (about 50 mL), before each meal, as well as 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.

Contains Milk