

AMINO SOFTGELS

Serving Size: 3 softgels

Servings Per Container: 100

Amount per serving:

% Daily Value*

Calories	40	
Calories from Fat	25	
Total Fat	3 g	5%
Protein (from wheat and bovine gelatin)	3 g	6%
Vitamin E (from d-alpha-Tocopheryl Acetate)	6 IU	20%

*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* 236 mg	L-Arginine 116 mg
L-Isoleucine* 125 mg	L-Aspartic Acid 107 mg
L-Valine* 139 mg	L-Cystine 63 mg
L-Lysine 50 mg	L-Alanine 87 mg
L-Threonine 85 mg	L-Glutamic Acid 881 mg
L-Methionine 51 mg	L-Glycine 111 mg
L-Phenylalanine 183 mg	L-Histidine 68 mg
L-Tryptophan 27 mg	L-Proline 394 mg
	L-Serine 165 mg
	L-Tyrosine 112 mg

*Total Branched Chain Amino Acids (BCAAs)	500 mg
Total Essential Amino Acids (EAAs)	896 mg
Total Amino Acids	3000 mg

Other Ingredients: Soybean Oil, glycerin, soy lecithin, purified water, and titanium dioxide.

Contains soy and wheat

Directions: Take 3 softgels twice daily. For maximum results, take one serving pre-workout and one serving post-workout.