

AminoXXXL New Usage Instructions

Exercisers

<150 lbs.: Use 1 scoop, 10 min. before workout & may continue to consume throughout workout; repeat dose immediately after.

>150 lbs.: Use 1.5 scoops, 10min. before workout & may continue to consume throughout workout; repeat dose immediately after

Non-exercisers >30 years of age

Use ~1.25 scoops, three times daily, between meals with one of the doses before bedtime.

Aging (>50 years old) may increase dosage needs 20% for each decade (i.e. at age 60, dosage may be 1.5 scoops).

Athletes Maximizing MPS (protein stacking)

Consume pre-workout complete protein formula ~40min. before workout; 1 dose AminoXXXL 10 min. before/during workout and repeat dose immediately after workout; take post workout complete protein 30-40 min. after AminoXXXL post workout dose. Repeat AminoXXXL dose before bedtime.