



Supplement Facts

Serving Size: 1 Scoop (17.3g)
Servings Per Container: 37

	Amount Per Serving	% Daily Value
Calories	5	
Total Carbohydrate	2 g	<1%*
Sodium (as Sodium Chloride)	90 mg	4%
Amino XXXL Complex	11.9g	**
L-Leucine	4g	**
L-Phenylalanine	1.67 g	**
L-Lysine HCl	1.67 g	**
L-Threonine	1.3 g	**
L-Valine	11 g	**
L-Histidine Base	900 mg	**
L-Isoleucine	900 mg	**
L-Methionine	360 mg	**

* Percent Daily Value Based on a 2,000 Calorie Diet
** Daily Value Not Established

Who is this for?

- Anyone looking for maximum recovery and growth from their training program, or help offset age related muscle loss. The essential amino acids in this formula, including the branched-chain (BCAA's), have been shown to increase muscle protein synthesis, activate new muscle growth and improve recovery from intense training.

What makes this product unique?

- It contains the eight (8) essential amino acids required for triggering muscle protein synthesis.
- Consuming these essential amino acids around workouts triggers muscle repair and stimulates protein synthesis, supporting new muscle growth, less soreness and better recovery. Better recovery helps maintain high quality training sessions.
- Four (4) grams of leucine is included, which is key for muscle protein synthesis.
- NSF Certified for Sport - independently tested for purity, potency and banned substances

How should I take this?

Exercisers

- ≤150 lbs: Use 1 scoop, 10 minutes before workout and may continue to consume throughout workout; repeat dose immediately after
- >150 lbs: Use 1.5 scoops, 10 minutes before workout and 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 formula ~40 min. before workout; 1 does AminoFormula 10 min. before/during workout and repeat dose immediately after workout; take post workout complete protein 30-40 min. **after** AminoFormula post workout dose.
- Repeat AminoFormula dose before bedtime.