

AMINO GOLD 1000mg CAPSULES

Serving size: 3 Capsules
Servings Per Container: 84

Amount per serving:

Calories	10	% Daily Value*
Protein	3 g	6%

*Percent Daily Values are based on a 2000 calorie diet

TYPICAL AMINO ACID PROFILE

Each serving (3 capsules) contains:

ESSENTIAL AMINO ACIDS

L-Leucine*	378 mg	L-Threonine	127 mg
L-Isoleucine*	188 mg	L-Methionine	63 mg
L-Valine*	148 mg	L-Phenylalanine	117 mg
L-Lysine	323 mg	L-Tryptophan	78 mg

NON-ESSENTIAL AMINO ACIDS

L-Arginine	56 mg	L-Glycine	58 mg
L-Aspartic Acid	313 mg	L-Histidine	63 mg
L-Cystine	107 mg	L-Proline	126 mg
L-Alanine	154 mg	L-Serine	119 mg
L-Glutamic Acid	498 mg	L-Tyrosine	84 mg

*Total Branched Chain Amino Acids (BCAAs)	714 mg
Total Essential Amino Acids (EAAs)	1422 mg
Total Amino Acids	3000 mg

Ingredients: Whey Protein Hydrolysate (Natural Enzymatic Digest), Gelatin, Magnesium Stearate and Soy Lecithin.

Contains Milk and Soy

Directions: As a dietary supplement, take 9 capsules daily (3 capsules three times per day between meals).