

**Contains No Dairy, Yeast, Wheat, Gluten, Eggs, Peanuts, Soy, Tree Nuts, Fish Shellfish, Sesame, Preservatives, Artificial Colors or Artificial Flavors**

**Suggested Use:** As a dietary supplement, adults add one (1) scoop to 12-16 ounces of water and mix thoroughly before consuming. Best to sip during exercise, and finish within 30 minutes after training.

This product is sold by weight, not volume.

Store in a cool, dry place and away from direct light.

†These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

**KEEP OUT OF REACH OF CHILDREN.**

**OPTIMIZED**  
**BCAA**  
**WITH GLUTAMINE**



**Raspberry Ice**  
Naturally Flavored

*Dietary Supplement*  
**Net Wt. 15.56 oz. (441 g)**

## SUPPLEMENT FACTS

Serving Size 1 Scoop (14.7 g)  
Servings Per Container About 30

	Amount Per Serving	% Daily Value
Calories	45	
Total Carbohydrate	2 g	1%*
Magnesium (from magnesium citrate)	35 mg	8%
Chloride (from pink himalayan salt)	130 mg	6%
Sodium (from sodium citrate and pink himalayan salt)	330 mg	14%
Potassium (from potassium citrate and coconut water)	100 mg	2%
Optimized Branched Chain Amino Acid	5000 mg	**
L-Leucine	2500 mg	**
L-Isoluecine	1250 mg	**
L-Valine	1250 mg	**
L-Glutamine	3000 mg	**
Coconut Water Powder	300 mg	**

\*Percent Daily Values are based on a 2,000 calorie diet  
\*\*Daily Value Not Established

**Other Ingredients:** Natural flavors, citric acid, malic acid, silica, allulose†, stevia leaf extract (Reb M).

‡Adds a dietarily insignificant amount of sugar.

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