

# Supplement facts

Serving size: 3 capsules  
Servings per container: 60

## Amount per serving

Vitamin C (L-ascorbic acid)	225 mg
Vitamin D (cholecalciferol)	7.5 mcg
Vitamin E (d-alpha tocopheryl succinate)	10.05 mg
Thiamin (thiamin mononitrate)	0.12 mg
Vitamin B6 (as pyridoxine 5-phosphate)	2.25 mg
Folic acid	75 mcg
Vitamin B12 (methylcobalamin)	18 mcg
Alanine (as L-alanine)	52.2 mg
Arginine (as L-arginine)	66.6 mg
Aspartic acid (as L-aspartic acid)	122.4 mg
Carnitine (as L-carnitine L-tartrate)	90 mg
Citrulline (as citrulline)	5.4 mg
Cysteine (as N-acetyl-L-cysteine)	23.4 mg
Glutamic acid (as L-glutamic acid)	145.5 mg
Glutamine (as L-glutamine)	126 mg
Glycine (as L-glycine)	36 mg
Histidine (as L-histidine)	48.6 mg
Isoleucine (as L-isoleucine)	111.9 mg
Leucine (as L-leucine)	180 mg
Lysine (as L-lysine)	133.5 mg
Methionine (as L-methionine)	27 mg
Phenylalanine (as L-phenylalanine)	72 mg
Proline (as L-proline)	104.4 mg
Serine (as L-serine)	66.6 mg
Taurine (as L-aurine)	72 mg
Theanine (as L-theanine)	99.9 mg
Threonine (as L-threonine)	102.9 mg
Tryptophan (as L-tryptophan)	63 mg
Tyrosine (as L-tyrosine)	52.2 mg
Valine (as L-valine)	99 mg

\*Percent Daily Values are not established.

Other ingredients: methylcellulose (veggie cap), cellulose, silicon dioxide, magnesium stearate, natural vanilla flavour.