

Supplement Facts

Serving Size: 1 scoop (~17g)

Servings Per Container: 40

Amount Per Serving		% Daily Value*
Calories	25	
Total Carbohydrate	6 G	2%
Sugar	6 G	**
Phosphorus	375 Mg	40%
IDEAL BCAA™ Proprietary Blend	3000 Mg	**
L-Leucine, L-Valine, L-Isoleucine		
Creatine HCL	2500 Mg	**
Glutamine	2500 Mg	**
IDEAL GHRH™ Proprietary Blend	280 Mg	**
Alanine, Arginine, Serine, Glycine, Asparagine Monohydrate, Aspartic Acid, L-cysteine, Tyrosine, Methionine, Phenylalanine, Threonine		
Cinnamon Bark Extract	75 Mg	**

* % Daily Values are based on a 2,000 calorie diet.

** Daily Value not established.

Other Ingredients: Dextrose, Di-calcium Phosphate, Nat. & Art. Fruit Punch Flavor, Beet Powder, Acesulfame Potassium, Sucralose