

## DIRECTIONS

Take one scoop with 3-4 ounces of water, juice, or sports drink in a shaker or blender 1-2 times per day or as directed by a health care practitioner.

To maximize blood levels of essential amino acids, take with water only on an empty stomach 20-30 minutes prior to a meal or in lieu of a regular snack and at bedtime. For more information, see *The Stealth Technique of Preloading with Essential Amino Acids* in the book *The Super Health Diet: The Last Diet You Will Ever Need!* by Living Fuel Founder KC Craichy.

To use in lieu of a protein source or to enhance the essential amino acid intake of a meal, take during a meal in a smoothie, in water or in juice.

Mix with water or a carbohydrate beverage before, during and after workouts or athletic events.

Visit [www.livingfuel.com](http://www.livingfuel.com) for product videos and more information.

Store in a cool, dry place and keep out of reach of children.

## Supplement Facts

Serving Size: 10 g (1 scoop)

Servings Per Container: 30

Amount Per Serving	% Daily Value
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SuperEssentials Aminos	
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Proprietary Blend	10,000 mg	**
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L-Leucine, L-Lysine HCl, L-Phenylalanine, L-Isoleucine,	
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L-Valine, L-Threonine, L-Glutamine, L-Arginine,	
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L-Histidine, Glycine, L-Methionine, L-Tryptophan	
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\*\* Daily Value not established

Contains no fat, sodium, sugar, yeast, gluten, soy, corn, wheat, rice, GMO, preservatives, excipients, dairy or animal products. Contains no added flavors, colors or sweeteners.

Other Ingredients: None

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