

Living Fuel SuperEssentials™ Aminos

Living Fuel's new SuperEssentials Aminos is the most powerful free form amino acid supplement available today. Amino acids are the building blocks of protein and, in fact, the building blocks of life itself. They are essential to optimal metabolic function and critical to growing and maintaining both muscle mass and lean body mass, therefore, the key to human performance. These amino acids are called 'essential amino acids' because they must be supplied to the body by food or supplementation to maintain life, metabolic function and to optimize health and maximize performance. Essential amino acids are the primary reason humans eat protein. Unfortunately, not all protein is alike. Protein comes in varying levels and strengths of essential amino acids and all protein requires time to digest and assimilate in the body, some quite a long time. SuperEssentials Aminos is more powerful than any protein source because of its superior formulation and rapid absorption.

SuperEssentials Aminos contains an optimized proprietary blend of twelve essential and conditionally essential amino acids which have been scientifically formulated to provide the essential amino acids strengths of nature's best protein sources plus enhanced levels of branched chain amino acids. SuperEssentials Aminos are quickly absorbed by the body to help boost energy levels, increase mental clarity and maximize muscle growth and performance. For more on the importance and the strategic use of essential amino acids for peak performance, weight optimization and Super Health read *The Super Health Diet: The Last Diet You Will Ever Need!* by Living Fuel Founder KC Craichy. Visit www.LivingFuel.com or call 1-866-580-FUEL(3835).



Lot # & Expiration Date:

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and Distributed By:
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LIVING FUEL SUPER ESSENTIALS AMINOS™

The Ultimate in Essential Amino Acids

ULTRA PURE FREE FORM ESSENTIAL AMINO ACIDS

Certified For Sport
Vegetarian Friendly
No Added Flavors, Colors, Preservatives or Sweeteners
All Natural Dietary Supplement
Purity Guaranteed

Net Wt. 300 g



DIRECTIONS

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

To maximize blood levels of essential amino acids with minimal endocrine response, take with water only on an empty stomach 30 minutes to 1 hour 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.

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
SuperEssentials Aminos	
Proprietary Blend 10,000 mg	**
L-Leucine, L-Lysine HCl, L-Phenylalanine, L-Isoleucine, L-Valine, L-Threonine, L-Glutamine, L-Arginine, L-Histidine, Glycine, L-Methionine, L-Tryptophan	

** 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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