



Catalyst™

### SUPPLEMENT FACTS

Serving Size: 3 capsules  
Servings Per Container: 30

	Amt Per Serving
L-Glutamine	1,200mg*
L-Leucine	450mg*
L-Isoleucine	225mg*
L-Valine	225mg*
L-Arginine	100mg*
Betaine	50mg*
Taurine	50mg*

\*Daily Value (DV) not established.

**OTHER INGREDIENTS:** GELATIN, STEARIC ACID, MAGNESIUM STEARATE, SILICON DIOXIDE.

#### Directions for use:

Take three capsules 30 minutes prior to a meal, workout or bedtime. Up to three servings may be taken per day.

**NOTE:** IF YOU ARE PREGNANT OR NURSING, CHECK WITH YOUR HEALTH-CARE PROFESSIONAL BEFORE USING THIS PRODUCT.

**KEEP OUT OF REACH OF CHILDREN**



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