

# S U P P L E M E N T F A C T S

ADVOCARE 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.

FORMULATED/MANUFACTURED EXCLUSIVELY FOR  
ADVOCARE® INTERNATIONAL, LLC  
RICHARDSON, TX 75082 • 800-542-4800  
**FOR MORE INFORMATION VISIT [ADVOCARE.COM](http://ADVOCARE.COM)**

### **DIRECTIONS FOR USE:**

TAKE THREE CAPSULES 30 MINUTES PRIOR TO A MEAL, WORKOUT OR BEDTIME. IF DESIRED, MAY TAKE UP TO 3 SERVINGS A DAY (MULTIPLY INGREDIENT AMOUNTS BY 3 FOR TOTAL DAILY SERVING SIZE).

**STORE AWAY FROM EXCESSIVE HEAT, LIGHT AND HUMIDITY.**

**CAUTION:** CHECK WITH YOUR HEALTHCARE PROFESSIONAL BEFORE USING THIS PRODUCT.

**KEEP OUT OF REACH OF CHILDREN.**

This online information is correct and accurate at the time of publication. Please consult product labeling for current revision.