

# SUPPLEMENT FACTS

ADVOCARE

## CATALYST™ - 216 Capsules

### Supplement Facts

Serving Size: 3 capsules

Servings Per Container: 72

	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.

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

**DIRECTIONS FOR USE:** TAKE THREE CAPSULES 30 MINUTES PRIOR TO A MEAL, WORKOUT OR BEDTIME. UP TO THREE SERVINGS MAY BE TAKEN PER DAY.

**KEEP OUT OF REACH OF CHILDREN.**

Store away from excessive heat, light and humidity.

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