

# Supplement Facts

Serving Size 2 Packs

Servings Per Container 22

Amount Per Serving	%DV	Amount Per Serving	%DV
Calories	40	Glutamine	123mg **
Total Carbohydrates	4g <2%*	Glycine	287mg **
Dietary Fiber	2g 8%*	Histidine	93mg **
Protein	6g 12%*	Isoleucine (BCAA/EAA)	282mg **
Vitamin A (as carotenoids [β-carotene, α-carotene], acetate)	9900IU 198%	Leucine (BCAA/EAA)	514mg **
Vitamin C (as ascorbic acid, ascorbyl palmitate)	1g 1667%	Lysine (EAA)	417mg **
Vitamin D (as cholecalciferol)	680IU 170%	Methionine (EAA)	157mg **
Vitamin E (as d-α, d-β, d-γ, d-Δ tocopherols & tocotrienols)	300IU 1000%	Phenylalanine (EAA)	232mg **
Thiamin (as mononitrate)	76mg 5067%	Proline	143mg **
Riboflavin	76mg 4471%	Serine	285mg **
Niacin (as niacinamide)	82mg 410%	Threonine (EAA)	266mg **
Vitamin B6 (as pyridoxine AKG, pyridoxine HCl)	180mg 9000%	Tryptophan (EAA)	84mg **
Folic Acid	400mcg 100%	Tyrosine	192mg **
Vitamin B12 (methylcobalamin, cyanocobalamin)	17mcg 283%	Valine (BCAA/EAA)	314mg **
Biotin	300mcg 100%	<b>Performance Complex</b>	
Pantothenic Acid	76mg 760%	Argentine Liver (bovine)	3900mg **
Calcium	2g 200%	Carnitine	25mg **
Phosphorus	1330mg 133%	Choline Bitartrate	950mg **
Iodine (from kelp)	150mcg 100%	Eleuthero (root)	1750mg **
Magnesium (as oxide)	400mg 100%	Hawthorne (berry)	250mg **
Zinc (as oxide)	30mg 200%	Milk Thistle	500mg **
Selenium (as sodium selenite)	50mcg 71%	Oriental Ginseng (root)	250mg **
Copper (as sulfate)	600mcg 30%	Para-Aminobenzoic Acid	400mg **
Manganese (as sulfate)	5mg 250%	Pyridoxine α-Ketoglutarate	200mg **
Chromium (as chloride)	60mcg 50%	<b>Antioxidant Complex</b>	
Potassium (as sulfate)	200mg 6%	Alpha Lipoic Acid (ALA)	100mg **
		Citrus Bioflavonoids	1000mg **
		Coenzyme Q10 (CoQ10)	5mg **
		Grapeseed Extract	50mg **
		Lutein	1mg **
		Lycopene	1mg **
		Pine Bark Extract	200mg **
		<b>Digestive Enzyme Complex</b>	
		Bromelain	100mg **
		Inulin	250mg **
		Lipase (6000 LU)	10mg **
		Pancreatin	700mg **
		Papain	64mg **
		Pepsin	64mg **

\* Percent Daily Values are based on a 2,000 calorie diet.

\*\* Daily Value (DV) not established.

**OTHER INGREDIENTS:** Dicalcium phosphate, whey protein concentrate (milk), microcrystalline cellulose, glucose polymers, arginine α-ketoglutarate, stearic acid, magnesium stearate, calcium carbonate, d-calcium pantothenate, silicon dioxide, carnitine fumarate, calcium citrate, alfalfa, rose hips, rice bran, parsley, burdock. Made in a GMP facility that uses milk, soy, egg, peanuts.

**DOSAGE:** Take a single pack with breakfast or any other meal, with plenty of water. For those who compete or are training with higher intensity, take two packs daily, separated by 4-12 hours.

\*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.



MADE PROUDLY IN THE U.S.A.  
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**WHO WE ARE** In 1983, Animal was founded with the birth of Animal Pak, the venerable training “pack” that started it all. Born from the real needs and desires of professional bodybuilders, Animal has grown prodigiously over the decades. Today, as yesterday, the name Animal stands for trust, integrity and a unique no nonsense approach to the game. Animal also represents a group of products that have stood the test of time, proven again and again in the labs, and in the trenches where it counts most... The gym and the stage. Dedicated to serious nutrition for the serious athlete, Animal is your choice when it comes to complete and comprehensive supplementation. Animal. The choice of champions. **WHAT ANIMAL PAK® IS** The true original since 1983... For close to three decades, Animal Pak has been the choice for hard-nosed, uncompromising strength athletes all over the world. A complete and potent training pack, it is specifically designed and formulated for competitive and world-class bodybuilders and powerlifters. Animal Pak is foundational supplementation, “core” nutrition that provides the basic and fundamental nutritional framework for any lifter serious about iron warfare. Think of it as the power athlete’s nutritional “insurance”. Alone or “stacked” with other Animal products, Animal Pak is the starting point. There are many imitators the world over, but there’s only one Animal Pak. The one and only. **OUR IRONCLAD GUARANTEE** Animal is dedicated to being the best in the business, no two ways about it. That’s why we stand behind every single can we make with our ironclad guarantee. If this product doesn’t meet with your tough requirements for any reason, take the remainder along with your receipt back to where you bought it for a full and immediate refund or exchange. No questions asked. It’s as simple as that. When it comes to standing behind our products, we don’t mess around.