

**WARNING:** DO NOT USE IF PREGNANT, NURSING, OR PLAN ON BECOMING PREGNANT. THIS PRODUCT IS INTENDED FOR USE BY HEALTHY ADULTS OVER THE AGE OF 18. Do not use this product continuously for more than 8 weeks. Do not combine with alcohol. Not intended for use by those with a medical condition. Use only as directed. Do not exceed recommended daily intake. Consult a physician or licensed qualified health care professional prior to use if you are pregnant, or nursing, or if you are taking medication, or if you have a medical condition, including, but not limited to, heart, liver, kidney, or thyroid disease, psychiatric or epileptic disorders, enlarged prostate or glaucoma. Discontinue 2 weeks prior to surgery or if you experience rapid heart beat, dizziness, severe headache or shortness of breath, DO NOT USE IF SAFETY SEAL UNDER CAP IS BROKEN. KEEP OUT OF THE REACH OF CHILDREN.

Store in a cool, dry place. Please recycle. ♻️

MADE IN THE USA Proudly made in the USA with carefully selected ingredients of international and domestic origin.

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

Item ANS-124 1.1



**3:1:1 RATIO  
BCAA +  
HYDRATION\***

**AMINH<sub>2</sub>O** CONTAINS  
**4G OF BCAAS**

DESIGNED TO FUEL  
**RECOVERY,  
REPLENISH  
ELECTROLYTES  
AND SUPPORT  
MUSCLE  
GROWTH.**

THIS PRODUCT CAN BE  
TAKEN **BEFORE,  
DURING OR  
AFTER YOUR  
WORKOUT** TO  
PROVIDE YOUR BODY  
WITH THE NUTRIENTS  
IT NEEDS TO **STAY  
HYDRATED,  
PROMOTE  
ENDURANCE  
AND BUILD  
STRENGTH.†**

30 SERVINGS  
NET WT.  
10.67 OZ  
(302.4 G)  
DIETARY  
SUPPLEMENT

**AMINH<sub>2</sub>O**  
**3:1:1 BCAA + HYDRATION\***



**STRENGTH\***



**HYDRATION\***



**RECOVERY\***



**CHERRY LIMEADE**  
NATURALLY AND ARTIFICIALLY FLAVORED

**SUGGESTED USE:** As a dietary supplement, adults mix each serving (1 scoop) with 8 oz of water 20-30 minutes before, during or immediately after your workout. Please read the entire label before use.

**Supplement Facts**

Serving Size: 1 Scoop (10.08 g)  
Servings Per Container: 30

Amount Per Serving		% Daily Value
Potassium (as Potassium Phosphate)	90 mg	3%
BCAA 3:1:1 Blend	4 g	**
L-Leucine, L-Isoleucine, L-Valine		
Recover and Hydrate Blend†	4 g	**
L-Citrulline DL-Malate 2:1, Betaine Anhydrous, L-Glutamine, Taurine, Coconut (Cocos nucifera) Water Powder		

\* Percent Daily Values are based on a 2,000 calorie diet.  
\*\* Daily Value not established.

OTHER INGREDIENTS: Citric Acid, Malic Acid, Calcium Silicate, Natural and Artificial Flavors, Sucralose, Silicon Dioxide, Acesulfame Potassium, FD&C Red #40

Contains: Tree Nut (Coconut)

Manufactured exclusively for and distributed by:

**AV** ADVANCED NUTRITION SYSTEMS™  
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