

BEFORE • DURING • AFTER • BETWEEN MEALS • ALL DAY

WHATEVER IT TAKES

Exclusively Developed & Manufactured for:



Oceanside, CA 92056

www.5percentnutrition.com



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.



SUPPLEMENTS ARE MEANT TO DO JUST THAT:

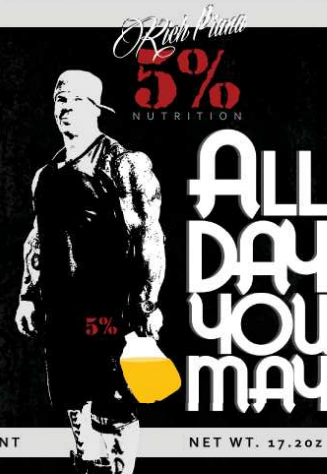
Supplement **ALLDAYUMAY** was birthed from Rich Piana's philosophy that supplements should never take the place of your meals, but rather taken in addition to the food you eat. **ALLDAYUMAY** is one of the most dynamic products on the supplement market today, formulated to aid your muscle building efforts in numerous ways.

Who says you cannot feed your body what it needs throughout the day, **ALLDAYUMAY!**

- ▶ Recover Faster
- ▶ Digest Food Better
- ▶ Grow Quicker
- ▶ Safeguard Your Liver
- ▶ Minimize Fatigue
- ▶ Stay Healthy
- ▶ Repair Joints
- ▶ Immune Strengthening

MUSCLE STAMINA ENHANCERS

JOINT & LIVER SUPPORT



BEFORE • DURING • AFTER • BETWEEN MEALS • ALL DAY

MUSCLE FEEDERS

10:1:1 RATIO

5G OF LEUCINE

2.5G OF GLUTAMINE

1G OF COPMAX™

ALL DAY DRINK

DIRECTIONS

Mix a one scoop serving of ALLDAYUMAY with 12 to 16 ounces of water and consume in between meals, right before a workout, during a workout, or after a workout.

The recommended usage for this product is to place 4 scoops in a gallon of water, mix well, and sip on through-out the day. **DO NOT EXCEED 4 SCOOPS PER DAY.**

WARNING

Consult your healthcare professional prior to use if you have or suspect a medical condition, are taking prescription drugs, are pregnant or lactating, or have an allergy to shellfish. Store in a cool, dry place, away from sunlight.

Allergy Warning: May contain traces of shellfish

Supplement Facts

Serving Size: 15.5g
Servings Per Container: 30

	Amount Per Serving	% Daily Value*
Vitamin C (as Ascorbic Acid)	200 mg	333%
Vitamin B6 (as Pyridoxine Hydrochloride)	2 mg	370%
Vitamin B12 (as Cyanocobalamin)	125 mcg	2083%
BCAA BLEND:	6,000 mg	1
L-Leucine, L-Isoleucine, L-Valine		
ESSENTIAL AMINO ACID BLEND:	155 mg	1
L-Phenylalanine, L-Threonine, L-Histidine, L-Methionine		
CONDITIONALLY ESSENTIAL AMINO ACID BLEND	2,800mg	1
L-Glutamine, L-Carnitine L-Tartrate, N-Acetyl Cysteine		
AMINO ACID SUPPORT BLEND:	900mg	1
L-Taurine, Raw Coconut Water Concentrate, Alpha-Hydroxyisopropyl Acid (Lisic Acid), Bromelain, MicroIneed Blueberry Fruit Powder		
INTRACELLULAR BUFFER BLEND:	1,500mg	1
Creatine (3-Phosphate (COPMAX™), Beta-Alanine (Carnosyn®))		
JOINT SUPPORT BLEND:	600mg	1
DL-Glucosamine Sulfate Potassium, Methylsulfonylmethane (MSM)		

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

Other Ingredients: Natural Flavors, Citric Acid, Glucose Polymers, Acesulfame Potassium, Sucralose, Sodium Phosphate, Yellow #6, and Yellow #5.

DIETARY SUPPLEMENT

NET WT. 17.2oz (465 GRAMS)

MANGO PINEAPPLE