

Introduction to Single Dose Amino Acids:

VitaFlo's range of Single Dose Amino Acids supplies pre-measured doses of amino acids on a carbohydrate base. Suitable from 1 year of age.*

Product	Amino acid dose	Packet size
Arginine500™	500 mg of L-Arginine	4 g
Arginine2000™	2000 mg of L-Arginine	4 g
Citrulline200™	200 mg of L-Citrulline	4 g
Citrulline1000™	1000 mg of L-Citrulline	4 g
Creatine5000™	5000 mg of Creatine	6 g
Cystine500™	500 mg of L-Cystine	4 g
Glycine500™	500 mg of L-Glycine	4 g
Isoleucine50™	50 mg of L-Isoleucine	4 g
Isoleucine1000™	1000 mg of L-Isoleucine	4 g
Leucine100™	100 mg of L-Leucine	4 g
Methionine100™	100 mg of L-Methionine	4 g
Phenylalanine50™	50 mg of L-Phenylalanine	4 g
Tyrosine1000™	1000 mg of L-Tyrosine	4 g
Valine50™	50 mg of L-Valine	4 g
Valine1000™	1000 mg of L-Valine	4 g

See page 89 for directions for use

*Creatine5000 is suitable from 3 years of age.