

# AMINO LEAN

Athletes who look to maintain a lean physique or figure follow a balanced nutritional plan and daily exercise programme. To help them achieve their exercise goals and for energy when they need it most, they reach for AMINOLEAN.

AMINOLEAN contains Branch Chain Amino Acids, CLA, Green Tea, L-Carnitine, plus Magnesium which contributes to 'normal energy yielding metabolism'. Vitamin C is also added to maintain normal function of the immune system during and after physical exercise.

\*Each serving also contains Magnesium to contribute to the reduction of tiredness and fatigue and Caffeine to increase alertness and attention. With Pantothenic Acid to contribute to normal mental performance.

## USAGE CHART

MORNING



1-2 Scoops

OR

MID-DAY



1 Scoop

OR

EVENING



1-2 Scoops

Morning Boost  
or Pre-Cardio

Afternoon  
Boost

Pre-Workout  
& Exercise

### EFFECTIV<sup>®</sup>

[www.EfectivNutrition.com](http://www.EfectivNutrition.com)

Manufactured and Distributed in the U.K. by

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# EFFECTIV<sup>®</sup>

## ENERGY<sup>†</sup> & METABOLISM<sup>†</sup> FORMULA

# AMINO LEAN

### WITH GREEN TEA, CLA & L-CARNITINE

- ▶ INCREASES ENERGY & FOCUS<sup>†</sup>
- ▶ REDUCES FATIGUE<sup>††</sup>

30 SERVES  
SUGAR FREE

180g

BLACKCURRANT FLAVOUR

RECOMMENDED USE: Mix one serving (one scoop) in 150-200ml of water. Use one to three servings daily as required

## NUTRITIONAL INFORMATION

Serving Size: 1 Scoop (6g)	Servings Per Container 30	
	per 6g serving	*RI per serving
Energy kJ/kcal	91/21	1%
Vitamin C (mg)	200	250%
Pantothenic Acid (mg)	3.0	50%
Magnesium (mg)	100	27%
Chromium (µg)	25	62%
Leucine (mg)	1500	-
Isoleucine (mg)	750	-
Valine (mg)	750	-
Conjugated Linoleic Acid (mg)	500	-
L-Tyrosine (mg)	500	-
Beta Alanine (mg)	400	-
L-Carnitine (mg)	250	-
Caffeine (mg)	100	-
Green Tea Extract (mg)	100	-

\*RI = Reference intake of an average adult (8400kJ/2000kcal)  
- RI Not Established

INGREDIENTS: Instantised Branch Chain Amino Acid Powder (L-Leucine, L-Isoleucine, L-Valine, Emulsifier: Soya Lecithin), Conjugated Linoleic Acid (Conjugated Linoleic Acid, Sodium Caseinate (MRS)), Maltitoligosaccharide, L-Tyrosine, Citric Acid, Beta Alanine, Flavouring, L-Carnitine, Ascorbic Acid, Magnesium Oxide, Caffeine Anhydrous, Green Tea Extract, Colour (Anthocyanin Extract), Sweetener (Sucralose), Calcium D-Pantothenate, Chromium Picolinate.

ALLERGEN ADVICE: For Allergens See Ingredients in Bold.

Do not exceed recommended intake. Do not use as a substitute for a varied and balanced diet and a healthy lifestyle. Store in a cool, dry place.  
**KEEP OUT OF REACH OF CHILDREN.**

**WARNING:** Contains caffeine (100mg per serving). Not recommended for children or pregnant women.

180g FOOD SUPPLEMENT WITH VITAMINS, MINERALS, HERBS, AMINOS & SWEETENER

FOLLOW US



#STAYSTRONG

🌱 Suitable for Vegetarians.  
Gluten Free.

Contents sold by weight, not volume.  
Settling may occur.



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BEST BEFORE  
DATE & BATCH  
NUMBER  
SEE BASE