

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

Morning Boost
or Pre-Cardio

OR

MID-DAY



1 Scoop

Afternoon
Boost

OR

EVENING



1-2 Scoops

Pre-Workout
& Exercise

EFFECTIV[®]

www.EfectivNutrition.com

Manufactured and Distributed in the U.K by

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EFFECTIV[®]

ENERGY[†] & METABOLISM[†] FORMULA

AMINO LEAN

WITH GREEN TEA, CLA & L-CARNITINE

▶ **INCREASES ENERGY
& FOCUS[†]**

▶ **REDUCES FATIGUE^{††}**

**30 SERVES
SUGAR FREE**

180g

MANGO DAIQUIRI 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 (Milk), Maltotigosaccharide), L-Tyrosine, Citric Acid, Beta Alanine, Flavouring, L-Carnitine, Ascorbic Acid, Magnesium Oxide, Caffeine Anhydrous, Green Tea Extract, Colour (Beta Carotene 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

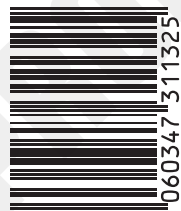
FOLLOW US



#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**