

PROTECT AND GROW YOUR MUSCLE TISSUE 18 SERVINGS

In the first moments of your workout your body begins signaling for enzymes that have only one purpose... to chew up your muscle tissue for its vital, energy-rich, essential amino acids. This process destroys your hard-earned muscle. The more muscle that is destroyed, the less growth you get and the longer it will take to recover. In a normal individual nearly all of the protein synthesis that occurs after training is wasted on rebuilding this damaged muscle and very little, if any, is left for growth.

Champion Nutrition's new AMINO SHOOTER pre-workout drink goes to work in five minutes. It's uniquely balanced combination of pharmaceutical-grade, free-form, essential amino acids are University-proven to reduce the degradation of muscle and increase protein synthesis at the same time. Protein supplements take too long to digest and BCAA's alone don't provide the necessary range of essential amino acids found in AMINO SHOOTER.*§

Goal	91-140 lbs	141-190 lbs	191-240 lbs	241 and up
Weight Loss	1 scoop	2 scoops	3 scoops	4 scoops
Muscle Gain / Fat Loss	2 scoops	3 scoops	4 scoops	5 scoops
Muscle Gain	3 scoops	4 scoops	5 scoops	6 scoops

*References:
 1. Nair KS, Schwartz RG, Welle S. "Leucine as a regulator of whole body and skeletal muscle protein metabolism in humans." Am J Physiol. 1992 Nov;263(5 Pt 1):E928-34.
 2. Louard RJ, Barret EJ, Gelfand RA. "Effect of infused branched-chain amino acids on muscle and whole-body amino acid metabolism in man." Clin Sci (Lond). 1990 Nov;79(5):457-66.
 3. Nair KS, Short KR. "Hormonal and Signaling Role of Branched-Chain Amino Acids." J Nutr. 2005 Jun;135(6 Suppl):1547S-52S.
 4. Elisabeth Borsheim, Kevin D. Tipton, Steven E. Wolf, and Robert R. Wolfe. "Essential amino acids and muscle protein recovery from resistance exercise." Am J Physiol Endocrinol Metab - Volume 283 Issue 4: E648-E657, October 2002
 Muscle growth depends on an appropriate diet and exercise program.

§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.

DIETARY SUPPLEMENT
 Net Wt. 12 oz (340 g)



PRE-WORKOUT

Stimulant Free!

Add to Bottled Water

PUNCH

Supplement Facts
 Serving Size 3 scoops (19 g)
 Servings per container 18

	Amount Per Serving	% DV*
Calories	45	
Sodium	25 mg	1%
Potassium	40 mg	1%
L-Leucine [EAA (BCAA)]	3000 mg	†
L-Isoleucine [EAA (BCAA)]	1100 mg	†
L-Valine [EAA (BCAA)]	1100 mg	†
L-Histidine (EAA)	700 mg	†
L-Lysine (EAA)	1100 mg	†
L-Methionine (EAA)	300 mg	†
L-Phenylalanine (EAA)	1100 mg	†
L-Threonine (EAA)	1100 mg	†
Taurine	1500 mg	†
Creatine monohydrate	5000 mg	†

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

OTHER INGREDIENTS
 Citric acid, natural and artificial flavors, malic acid, silicon dioxide, xanthan gum, potassium phosphate, sucralose, acesulfame-potassium, sodium citrate, red lake 40, 5-HTP.

MIXING & USAGE DIRECTIONS
 Mix 3 heaping scoops in 16 - 25 oz of cold water (for convenience just add to your bottled water). Begin drinking 10 min. before exercise. Finish during the first 20 min. For more detailed dosage recommendations please refer to usage chart on reverse panel.

ALLERGY WARNING: Produced in a facility that processes milk, egg, soy, peanuts, soybeans, tree nuts, wheat and crustacean shellfish derivatives.

This product is intended for human use by healthy physically active individuals. If you are pregnant, lactating, under medical care or using any medications, please consult your physician before using this or any other dietary supplement. **KEEP OUT OF REACH OF CHILDREN.** Contents may settle: filled by weight, not by volume.

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ASCP 0309



NO TRANS FAT

NO CHOLESTEROL

NO FAT

ZERO CARBS