



L-Valine

Storage: Keep dry, cool & dark

100g (3.53oz)

Lot Number: 20130408

Date of manufacture Apr 08 2013

Supplement Facts

Serving Size 2000 milligrams

Servings per container: 50

Amount Per Serving	% Daily Value**
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L-Valine...2000 mg	*
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* Daily Value not established.

** Based on 2,000 calorie diet

Other Ingredients: None

Free of: soy, dairy, yeast, gluten, and additives.

Directions: As a dietary supplement, take 1000 mg to 2000 mg (or 1/2 tsp) once or twice a day, depending on individual needs, or as directed by physician.

US Standard Measuring Spoons

Spoon Size (level)	milligrams
1/4 teaspoon	824
1/2 teaspoon	1649
1 teaspoon	3298

Warning: This product is not intended for use by those with a serious medical condition or pregnant or lactating women. Consult your physician before use. Keep out of reach of children.

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.