

## THE ES FIT STORY

We're on a mission to help people become stronger every day. We've taken an innovative approach to nutrition and packed all our expertise and passion into this line of supplements. Our supplements deliver the perfect blend of nutrition and taste. We use only the highest quality ingredients and each product is third party tested so you can use them with confidence to reach your fitness goals.

## KEY FEATURES

Packed with 10 grams of powerful essential amino acids which are the building blocks of muscle growth and assist in muscle recovery. Enhanced with an electrolyte blend for hydration.\*

**\*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.**



**muscle  
growth**



**better  
recovery**

# ESFIT AMINO



NATURALLY/ARTIFICIALLY FLAVORED  
DIETARY SUPPLEMENT

420g (14.8oz)

## Supplement Facts

Serving Size: 14g (1 Scoops)  
Servings Per Container: 30

	Amount Per Serving	% Daily Value**
Calories	10	
Total Carbohydrate	2 g	1%
Sugars	1 g	**
Calcium	36 mg	4%
Magnesium	39 mg	10%
Sodium (as Sodium Chloride)	40 mg	2%
Potassium	45 mg	1%
L-Leucine	3000 mg	**
L-Glutamine	2000 mg	**
L-Valine	1500 mg	**
L-Isoleucine	1500 mg	**
L-Phenylalanine	500 mg	**
L-Lysine HCl	500 mg	**
L-Threonine	500 mg	**
L-Histidine	250 mg	**
DL-Methionine	150 mg	**
Electrolyte Blend	400 mg	**
Potassium Citrate,		
Calcium Carbonate,		
Magnesium Aspartate,		
Sodium Chloride		

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

**Ingredients:** Natural & Artificial Flavors, Citric Acid, Sucralose, Silicon Dioxide.

**WARNING:** As with any supplement, consult your doctor before use. This product is only intended to be consumed by adults 18 years of age or older. Do not use if you are pregnant, nursing, trying to conceive, taking any medications, have any medical condition or anticipate surgery. Discontinue use and consult your doctor if any adverse reactions occur after use. Do not exceed daily recommended dosage on the label. Keep out of reach of children. Store at room temperature and avoid excessive heat. Tamper resistant: do not use product if seal around cap is broken.

**SUGGESTED USE:** As a dietary supplement, mix 1 scoop (14g) with 8 fl. Oz of cold water and shake vigorously for 30 seconds in a shaker or blender. Can be consumed at anytime. For maximum results, on training days, use 1 serving 20 minutes pre workout, and 1 serving immediately post workout.



**Distributed by Shake This**  
1900 W. Sunset, Springfield, MO 65807  
[www.ShakeThis.com](http://www.ShakeThis.com) 866-224-8265