

## Ultimate Amino Acid Complex Usage Guide

Below are the recommended quantities for Ultimate Amino Acid Complex. Keep in mind that determining the correct amount for yourself involves considering various factors. This guide serves as a starting point, and by following these recommendations, you will start to see positive changes within a few weeks.

Remember, if you take two servings in a day, it's better to take them together instead of splitting them up.

To improve overall health, boost energy levels, build lean muscle mass, stimulate collagen production, and strengthen bones, it is recommended to consume 1-3 servings of Ultimate Amino Acid Complex. This range allows for flexibility based on individual needs and goals.

### Here are the recommended starting amounts based on your body weight:

- **Up to 110lbs:** Take **1-2 servings** in the morning or before bedtime.
- **110lbs to 140lbs:** Take **2 servings** in the morning or before bedtime.
- **140lbs to 170lbs:** Take at least **2 servings** in the morning and **1 serving** before bedtime.
- **170lbs to 200+lbs:** Take up to at least **2 servings** in the morning and **1-2 servings** before bedtime.

When it comes to timing, it's ideal to take Ultimate Amino Acid Complex approximately 30 minutes before consuming other fats or proteins. This timing ensures optimal utilization of the amino acids. Alternatively, you can take them 1-2 hours after consuming fats or proteins. This timing prevents competition between the amino acids and other nutrients for absorption.



However, if this timing doesn't work for you due to personal preferences or scheduling constraints, rest assured that you will still **achieve fantastic results by taking Ultimate Amino Acid Complex** at a time that suits you best. The most important thing is to consistently incorporate them into your daily routine to experience their benefits.

As mentioned, this guide provides a starting point for determining the proper quantity of Ultimate Amino Acid Complex to take. There are various factors that can modify the amounts mentioned above, and it is recommended that you continue reading to understand the key points to consider when making modifications to optimize your amino acid intake.

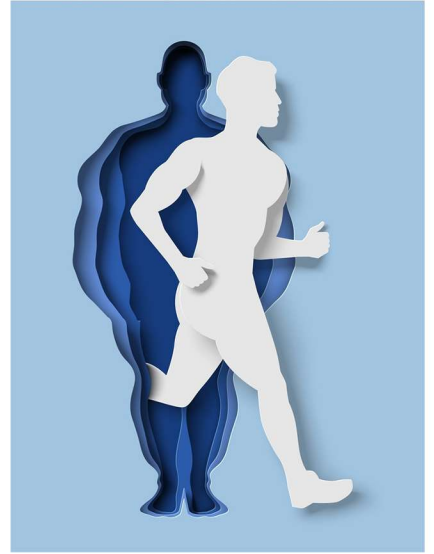
### Things To Consider

The recommended quantity of Ultimate Amino Acid Complex can vary based on various factors such as your personal goals, body size, weight, exercise routines, injuries, any pre-existing medical conditions, etc. Additionally, the body's ability to break down and utilize proteins may differ among individuals. It is important to take these factors into account when determining the appropriate quantity for you.

## Exercise

If you engage in daily workouts, there are some additional recommendations to consider. To enhance performance, consider adding 1-2 servings of Ultimate Amino Acid Complex to the above recommended amounts. Taking Ultimate Amino Acid Complex both 20-30 minutes before your workout and prior to sleeping can optimize recovery.

For people with larger body sizes who engage in more intensive workouts lasting 1-2 hours will find taking 2 servings in the morning, 2 servings before their workout and 2 servings before sleeping will have the most positive results.



We do not recommend taking more than 6 servings in a day unless you are doing elite training or extreme endurance activities.

## Recovery

For the use of [Ultimate Amino Acid Complex for recovery](#), you can start by following the recommended 1-4 servings based on your body weight and add an additional serving if necessary. Depending on your specific situation, this may be sufficient, or you may require an extra serving. Everyone's body is different so, listening to your body's needs is important.

Once fully recovered, you can reassess and potentially reduce the servings if it aligns with your goals.



## Diets & Fasting

[Ultimate Amino Acid Complex](#) have just **2-4 calories per serving**. This is less than fasting blood sugar levels, so it doesn't break a fast or stop Ketosis.

Ultimate Amino Acid Complex also help the body during dieting and fasting. For example, people on the Keto diet can face problems as their body shifts from using sugar without enough amino acids to build the body's structure. But with

Ultimate Amino Acid Complex, many find it easier to stick to their diet or fasting plan, even if they've struggled with the Keto diet or "Keto flu" before.

Additionally, some people lose muscle when they limit their calorie intake or fast, especially while exercising. Adding Ultimate Amino Acid Complex to your daily routine gives your body the amino acids it needs to support your muscles, even when you're fasting or dieting.