

How Much **PERFECTAMINO™** Should I Take?



PerfectAmino is the perfect blend of the 8 Essential Amino Acids, which give your body the resources to make or repair proteins.

Although it is recommended to consult with your physician when determining your ideal protein intake, here are some general guidelines.



For average, every day use, follow the guide below. For athletes or those dealing with physical situations, see the additional information below.



DAILY

MALE	CATEGORY	FEMALE
Up to 140 lbs. 6-7 tablets	A	Up to 110 lbs. 5-6 tablets
140-170 lbs. 8-10 tablets	B	110-130 lbs. 6-8 tablets
Over 170 lbs. 10 tablets	C	Over 130 lbs. 8-10 tablets

CHILDREN: *Up to 1 tablet for every 5lbs. of bodyweight.*



ATHLETES:

Days with **moderate** exercise **double** your daily intake.

Days with **heavy** exercise or competition, you can **triple** your daily intake.



HEALTH ISSUES:

People with **moderate** health situations can **double** their daily intake.

People with **severe** health situations or recovering from surgery can **triple** their daily intake.

Not to exceed 30 tablets in 1 day or 10 tablets in one dose.



WHEN IS THE BEST TIME TO TAKE PERFECTAMINO?

PerfectAmino should be taken 20-30 minutes before (or 1-2 hours after) eating other proteins or fats. Visit www.PerfectAmino.com to learn more about when to take PerfectAmino. **TIP: On work-out days, take 5 grams before bed.**



“This is the best! My wife and I both use this before working out and have noticed significant reduction in soreness as well as improved strength. You have to try it!” - K.W.”



1 tablet = 1 gram of bioavailable protein



Also available: PerfectAminoXP (powder drink mix)



1 scoop = 5 tablets

PERFECTAMINO™ is great for:

weight loss, vegans & vegetarians, children, athletes, seniors, low hormone levels, fatigue, menopausal women, liver or kidney disease, detoxification, pregnant women and nursing mothers.



* The statements on this webpage have not been evaluated by the Food & Drug Administration. The products referenced are not intended to diagnose, treat, cure or prevent any disease.”

** Testimonials appearing on this page are individual experiences of people who have used our nutritional supplements in conjunction with a low-calorie diet, however, as with all products, results may vary

www.bodyhealth.com

