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

<table>
<thead>
<tr>
<th>CATEGORY</th>
<th>MALE</th>
<th>FEMALE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Up to 140 lbs.</td>
<td>6-7 tablets</td>
<td>Up to 110 lbs.</td>
</tr>
<tr>
<td>140-170 lbs.</td>
<td>8-10 tablets</td>
<td>110-130 lbs.</td>
</tr>
<tr>
<td>Over 170 lbs.</td>
<td>10 tablets</td>
<td>Over 130 lbs.</td>
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</tbody>
</table>

**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](http://www.PerfectAmino.com) to learn more about when to take PerfectAmino. **TIP:** On work-out days, take 5 grams before bed.

1 tablet = 1 gram of bioavailable protein

Also available: PerfectAminoXP (powder drink mix)

1 scoop = 5 tablets

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*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