

RECOVERY

aminoVITAL® GOLD



Essential Amino Acids
Leucine-Enriched
4000 mg

Calorie
18.7 kcal

GRAPEFRUITS
Flavoured



1 BEFORE EXERCISE **2 DURING EXERCISE** **3 AFTER EXERCISE** (within 30 mins)

- Contains 4000 mg of essential amino acids in granulated form with special formulation of higher Leucine of branched-chain amino acids.
- Reduce muscle fatigue and soreness.
- Enhance the recovery for muscles and body.
- Improving focus and mood to keep the performance going.

Nutrition Information		Essencial Amino Acids	4000mg
Energy	18.7 kcal	BCCA	2470mg
Protein	4.0 g	Leucine	1600mg
Fat	0g	Isoleucine	430mg
Carbohydrate	0.56 g	Valine	440mg
		Other Amino Acids	1540mg

OFFICIAL NUTRITION PARTNER
SINGAPORE SWIMMING ASSOCIATION



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VITAL
アミノバイタル

Official Sports Nutrition Partner

RETAIL AND DRUG STORE

watsons



welcia BHG



Eat Well, Live Well.



AJINOMOTO (SINGAPORE) PTE. LTD.

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IN JAPAN
100% PLANT BASED
Amino Acids

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VITAL®

Energy, Endurance, Recovery
and Lean Muscles

Amino Acid Sports Nutrition Supplements
Essential for Any Exercise and Training



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ENERGY & ENDURANCE

aminoVITAL® Perfect Energy



- Amino Acids 5000mg
- Calorie 180kcal
- GRAPEFRUITS Flavoured



1 BEFORE EXERCISE **2 DURING EXERCISE** **3 AFTER EXERCISE** within 30 mins

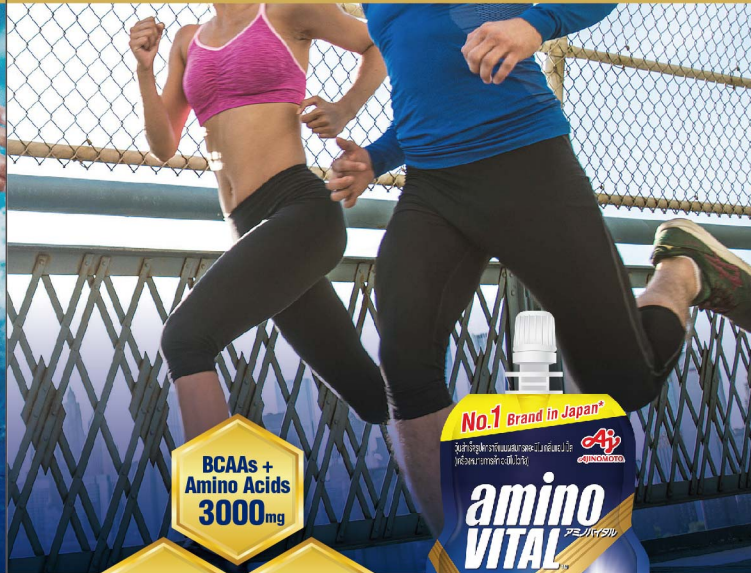
- Proprietary blend of 5000 mg of amino acids (Alanine and Proline) in **jelly drink**.
- Maintain blood glucose level during exercise to improve endurance and energy levels during exercise.
- Combination of carbohydrate as energy sources with protein to keep great performance.

Nutrition Information	
Energy	180kcal
Protein	5.0g
Fat	0g
Carbohydrate	41.0g

Total Amino Acids	5000mg
Alanine	4500mg
Proline	500mg

RECOVERY

aminoVITAL® BCAA Jelly



- BCAAs + Amino Acids 3000mg
- Calorie 110kcal
- APPLE Flavoured



1 BEFORE EXERCISE **2 DURING EXERCISE** **3 AFTER EXERCISE** within 30 mins

- Formulated with 3000 mg of amino acids with focusing on Branched-chain amino acids (BCAAs) in **jelly drink**.
- Promote production and control breakdown of muscles proteins.
- Reduce the onset of muscle soreness.
- Enhance muscle endurance and promote faster recovery.

Nutrition Information	
Energy	110kcal
Protein	4.0g
Fat	0g
Carbohydrate	24.0g

Amino Acids	3000mg
Arginine	980mg
Lysine	590mg
Leucine	690mg
Isoleucine	480mg
Valine	490mg

LEAN MUSCLES

aminoVITAL® AMINO PROTEIN



- NO MILK NO SHAKER
- Calorie 16.8kcal
- LEMON Flavoured



1 BEFORE EXERCISE **2 DURING EXERCISE** **3 AFTER EXERCISE** within 30 mins

- Contains amino acids in **granulated form** as much as 2-3 scoops of whey protein with less than 1% of fat and low calorie.
- Helps in building lean muscle and reduce fat mass.
- 1/4 Volume of protein shake, quick absorption rate and easy to carry.

Nutrition Information	
Energy	16.8kcal
Protein	4.0g
Fat	0g
Carbohydrate	0.1-0.4g

Essencial Amino Acids	3300mg
Whey Protein	1000mg