

Build

— MUSCLES —

OneBodē™ Build is a revolutionary formula that supports the growth of lean muscle, creates usable energy, delays muscle fatigue, and reduces recovery times of muscular use and injuries. The development of two patented ingredients (creatine magnesium chelate and magnesium glycyl glutamine) far exceeds the stability and benefits of other creatine and glutamine products on the market. Build's stabilized creatine does not readily convert to the wasted by-product creatinine; allowing for more energy to be created in muscles. Stabilized glutamine replenishes the body's supply during times of stress to prevent muscle wasting and boost immunity. The added bonus of these chelates is the supply of organic magnesium needed for muscular support. Not all amino acids are needed for muscles – this formula offers target nutrition with supplying branch chain amino acids (BCAA) specific to muscles: Leucine, Isoleucine and Valine. **

Suggested Uses

- Build lean muscle (anabolism) **
- Prevent muscle wasting (catabolism) associated with stress and trauma **
- Support the creation of ATP (energy) through the production of phosphocreatine **
- Boost immune strength **
- Reduce muscle fatigue & improve recovery times **
- Improve athletic performance **

Recommended Use

To gain lean muscle, take 5 capsules before and 5 capsules following strength training. On other days, take 5 capsules in the morning and 5 capsules in the evening. For therapeutic benefits, take 1 capsule 3 times daily with meals or as directed by a health professional.

Supplement Facts

Serving Size: 10 Capsules
Servings per container: 30

	Amount Per Serving	% Daily Value
Magnesium (as magnesium creatine chelate, magnesium glycyl glutamine chelate)†	570 mg	143%
Zinc (as amino acid chelate)†	100 mcg	<1%
Copper (as amino acid chelate)†	250 mcg	12%
Manganese (as amino acid chelate)†	100 mcg	5%
Creatine (as magnesium creatine chelate)†	2250 mg	*
Glutamine (as magnesium glycyl glutamine chelate)†	950 mg	*
Branch Chain Amino Acids (L-Leucine, L-Isoleucine, L-Valine)	450 mg	*
Cellular Delivery System (Molasses, Amylase, Protease I, Protease II, Peptizyme SP - serrapeptidase, Lipase, Invertase, Cellulase, Lactase, Maltase, Hemicellulase)	100 mg	*

*Daily Value not established.

Other ingredients: Vegetable capsule, vegetable derived magnesium stearate, bamboo extract, beet root.

**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.

†Amino acid chelates supplied by Albion Advanced Nutrition. Chelates covered by Albion International, Inc. US Patents 6,114,379 and 5,888,533.

300 Capsules ✦ Gluten Free ✦ Soy Free
Cellular Delivery System

