DIRECTIONS: Take 1 serving before training. Additional servings can be used after training and at any other time like before going to bed. Use this product in conjunction with food as part of a healthy, balanced diet, not as a substitute for such.

The Branched-Chain Amino Acids (BCAA's) are an important group of essential amino acids consisting of Leucine, Isoleucine and Valine. The BCAA's are among the nine essential amino acids for humans, because our body can't manufacture them. Their only source is our daily food or food supplementation. On the other hand, they account for 35% of the essential amino acids in muscle proteins. Vitamins B5, B6 and B12 are also included in our formula. These vitamins contribute to normal energy-yielding metabolism and to the reduction of tiredness and fatigue. Vitamin B5 (Pantothenic Acid) is connected to normal synthesis and metabolism of steroid hormones, Vitamin D and some neurotransmitters. Vitamin B6 plays a role in normal protein and glycogen metabolism and together with vitamin B12, in the normal function of the immune system*.

*These statements have been scientifically proven and authorized by the European Food Safety Authority.

Allergen info: Manufactured in a facility that processes milk, soy and egg proteins, and gluten, peanuts!

Caution: As with all exercise and nutritional programs, please consult your physician first. Keep out of the reach of children!

Store in a cool, dry place. Heat and sunlight may damage the bottle!

Best before end: see on packaging. Batch number: see on packaging.



HIGH-DOSE BCAA AMINO ACIDS



90 CAPSULES

DIETARY SUPPLEMENT

Supplement Facts

Servings size: 2 capsules Servings Per Container: 45

Amount per serving		RDA%*
Vitamin B5	5.3 mg	88%
Vitamin B6	1.3 mg	93%
Vitamin B12	0.67 mcg	27%
L-Leucine	1250 mg	
L-Isoleucine	625 mg	
L-Valine	625 mg	

* RDA%: Percent of the Recommended Daily Allowance. † RDA not established in the EU.

Ingredients: L-Leucine, L-Isoleucine, L-Valine, Calcium D-Pantothenate, Pyridoxine HCI, Cyanocobalamin, Carrier (Microcrystalline Cellulose), Gelatin (capsules).

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