

# Branch Chain Amino Acids (BCAA)

*Micronized formulation for greater  
solubility and absorption*



## DESCRIPTION

Branch Chain Amino Acids (BCAA) provides a balanced blend of leucine, isoleucine, and valine that has been synergized with Vitamin B-1, B-3, B-5, and glutamine for enhanced utilization. Unlike other forms of BCAAs, this form provides a “micronized” form of BCAA for better solubility in water and enhanced absorption.

## FUNCTIONS

Leucine, isoleucine, and valine are three essential amino acids with a unique branched chain structure. They comprise about one-third of the protein content of muscle tissue and are used preferentially by muscle tissue for energy production. In the mitochondria, the BCAAs are the only amino acids used to produce energy. Supplementation with BCAAs has been shown to decrease exercise-induced muscle protein breakdown, increase protein synthesis, and enhance post-exercise recovery. The inclusion of the B-vitamins facilitates cellular respiration and energy production. Glutamine, another amino acid, supports muscle recovery as well.

## INDICATIONS

Branch Chain Amino Acids may be a useful supplement for individuals leading an active lifestyle or undergoing intense physical exercise.

## STORAGE

Store in a cool, dry place, away from direct light. Keep out of reach of children

## FORMULA (VW #10283)

### One scoop contains:

Potassium.....	34 mg
Vitamin B-1.....	1.5 mg
Niacin.....	20 mg
Pantothenic Acid.....	10 mg
Leucine.....	2500 mg
Isoleucine.....	1250 mg
Valine.....	1250 mg
Glutamine.....	3000 mg
Other Ingredients: Xylitol, glycine, stevia, inulin, natural watermelon flavor, natural beetroot, potassium chloride, citric acid, and silica.	

This product contains NO sugar, salt, dairy, yeast, wheat, gluten, corn, soy, preservatives, artificial colors, or flavors.

## SUGGESTED USE

Adults take 1 scoop, 30-40 minutes before physical activity and/or immediately afterwards. Add one serving size to 8-12 ounces of water and stir or shake vigorously before consuming.

This water soluble formula of BCAAs, Glutamine, and B Vitamins is instantized and mixes readily into water for maximum absorption.

## SIDE EFFECTS

No adverse effects have been reported.

Manufactured For:

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