

BCAA+G™ contains a precise, bioengineered ratio of Branched Chain Amino Acids (BCAAs) and L-Glutamine, which are clinically proven to be essential for building muscle size and strength. **BCAA+G™** increases protein synthesis, nitrogen retention and most importantly, protects hard earned muscle from the stress of heavy training and intense exercise.** Clinical investigations have proven that the amino acids found in **BCAA+G™** help the body recover quicker after intense training and promote lean muscle gains, while reducing unwanted body fat.** **Vitamin B₆** has been added to enhance amino acid utilization directly into the muscle tissue.

During intense training or dieting, free amino acid pools (in muscle tissue) decrease, drastically reducing protein synthesis (the ability to build muscle). Research has indicated that BCAAs and Glutamine supplementation support this *free amino acid pool* in the muscle tissue, increasing protein synthesis and allowing the body to build lean muscle mass.** Because the body cannot manufacture its own BCAAs, their importance in the diet are vital for maximum muscle growth and recovery.**

BCAA+G™ is the **Ultimate Muscle Recovery** formula nutritionally engineered for today's serious athlete. This powerful, anti-catabolic formula promotes lean muscle gains, faster recovery and explosive energy to enhance any training regimen.

** This statement has not been evaluated by the Food and Drug Administration (FDA).
This product is not intended to diagnose, treat, cure or prevent any disease.

6 09492 71027 _ Lot #:
Best if used by:



METABOLIC RESPONSE MODIFIERS

BCAA+G 1000™

THE ULTIMATE MUSCLE RECOVERY FORMULA
ENHANCED WITH L-GLUTAMINE

INCREASES NITROGEN RETENTION**
OPTIMIZES MUSCLE SIZE, STRENGTH & RECOVERY**
ASPARTAME & SUGAR FREE

Lemonade Flavor

Dietary Supplement
NET WEIGHT: 2.2 LBS (1000g)

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Suggested Usage: Take 3 scoops (2g scoop included) 2 times daily. 1 serving should be taken prior to exercise and 1 serving immediately following exercise. To maximize results, take this product with your favorite meal or supplement containing protein and carbohydrates (high glycemic) at a 1:3 ratio. **PLEASE NOTE:** BCAA+G™ does not mix well in water and must be shaken or swirled prior to each drink. It is normal for BCAA+G™ to float on top of the water. Also, BCAA+G™ can be consumed as powder directly into the mouth and chased with water.

Elite Training Athletes: To enhance muscle strength and recovery from intense training, it is recommended 0.17g of BCAA+G™ per lb of body weight per day. Best results are seen when entire daily portion is used before, during and immediately following training.
For example, 180 lb person needs 0.17g x 180 lbs = 30g (or 15 scoops) BCAA+G™. Ideally, 10g BCAA+G™ prior to training, 10g BCAA+G™ during training and 10g BCAA+G™ after training.

Supplement Facts		
Serving Size 3 scoops (2 gram scoop inside)		
Servings Per Container 166		
	Amount Per Serving	% Daily Value*
Vitamin B ₆ (pyridoxine HCl)	2mg	100%
L-Leucine	2,500mg	†
L-Valine	1,500mg	†
L-Isoleucine	1,000mg	†
L-Glutamine	1,000mg	†
* Percent Daily Values are based on a 2,000 calorie diet.		
† Daily Value not established.		

Ingredients: BCAA Blend (L-Leucine, L-Valine, L-Isoleucine, L-Glutamine), Natural & Artificial Flavors, Citric Acid, Pyridoxine HCl & Sucralose.

Contains **NO** dairy, egg, peanut, tree nut, fish, shellfish, soy, wheat, gluten or yeast.

Formulated by & Manufactured for:
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