

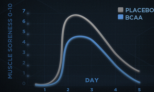
BRANCHED-CHAIN AMINO ACID STUDY



Muscle force generated by maximal voluntary isometric contractions (knee extension) with both legs measured on Day 3 in branched-chain amino acid (BCAA) and placebo trials, $M \pm SD$ ($n=12$). The muscle force is expressed as a percentage of the value obtained under control (no-pain) conditions. * Significantly different from placebo.

Citation: Branched-chain amino acid supplementation before squat exercise and delayed-onset muscle soreness. (MED:20601741) International Journal of Sport

BRANCHED-CHAIN AMINO ACID STUDY



Muscle-soreness sensation in lower limbs for the branched-chain amino acid (BCAA) and placebo trials while squatting down, $M \pm SD$ ($n=12$). * Significantly different from placebo at the corresponding time point.

* 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.

1g
CITRULLINE
MALATE

50MG
GREEN TEA

AMP'D RECOVERY

ENERGY AMPLIFYING AMINO MATRIX™



0
SUGAR

DIETARY SUPPLEMENT
Net Weight 8.04oz (228g)



Naturally and artificially flavored
BLUE RASPBERRY



100MG
CAFFEINE

3G
BCAAs

Supplement Facts

Serving Size: 1 Scoop (7.6g)

Servings Per Container: About 30

Amount per serving	% Daily Value	
Calories	10	
Total Carbohydrate	2g	1%*
Sugars	0g	†
Sodium (as sodium chloride)	160mg	7%
L-Leucine	1.5g	†
Citrulline Malate	1g	†
L-Isoleucine	750 mg	†
Taurine	750 mg	†
L-Valine	750 mg	†
L-Tyrosine	500 mg	†
Caffeine anhydrous	100 mg	†
Green Tea Extract (leaf)	50 mg	†
Glucuronolactone	50 mg	†

* Percent Daily Values are based on a 2,000 calorie diet.

† Daily value not established

OTHER INGREDIENTS: Natural & artificial flavors, Sucralose, Malic acid, Citric acid, Calcium silicate, FD&C Blue #1.

ALLERGEN WARNING: Produced in a facility that also processes PEANUTS, SOY, EGGS, WHEAT and MILK.

DIRECTIONS: As a dietary supplement mix one serving (one level scoop) with 16 oz. of water. Stir or shake and consume during exercise on training days or throughout the day on non-training days.

WARNINGS: KEEP OUT OF REACH OF CHILDREN. Check with a qualified health care professional before taking this product if you are pregnant or nursing a baby, under 18 years of age, have any known or suspected medical conditions, and/or if you are taking any prescription or OTC medications

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BODYBUILDING.com

5957 W. Vandal Rd., Ste. A, Boise, ID 83709

1-866-236-8417



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