

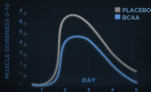
## BRANCHED-CHAIN AMINO ACID STUDY



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 8.25oz (234g)



100MG  
CAFFEINE

3G  
BCAAs

## Supplement Facts

Serving Size: 1 Scoop (7.8g)

Servings Per Container: About 30

| Amount per serving          | % Daily Value |     |
|-----------------------------|---------------|-----|
| Calories                    | 10            |     |
| Total Carbohydrate          | 2g            | 1%* |
| Sugars                      | 0g            | †   |
| Sodium (as sodium chloride) | 130mg         | 5%  |
| 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: Tartaric acid, Artificial flavors, Malic acid, Sucralose, Calcium silicate, FD&C Red #40.

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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