

**THE TRUE STRENGTH OF
BRANCHED CHAIN AMINO ACIDS (BCAAs)**

L-Leucine, L-Isoleucine, and L-Valine are commonly grouped together and referred to as Branched Chain Amino Acids, or BCAAs, because of their unique branched chemical structure. BCAAs are essential, meaning that they must be consumed through the diet, since the human body cannot make them from other compounds. BCAAs have long been used by strength-training and endurance athletes alike to activate protein synthesis and reduce muscle breakdown caused by intense training. Our Instantized BCAA 5000 Powder is made using a proprietary process that mixes easily and keeps the BCAAs suspended longer so they do not readily settle to the bottom of the glass. Because if you can't drink your BCAAs, they can't help your performance.

TRUE STRENGTH™
WWW.OPTIMUMNUTRITION.COM



DIRECTIONS:

SPOON STIRRED: Add 2 scoops of Instantized BCAA 5000 Powder to a glass filled with 10-12 oz of water or your favorite beverage. Then mix it up with a spoon. Stir for about 15-20 seconds.

SHAKER: Just add 2 scoops of Instantized BCAA 5000 Powder to your shaker cup filled with 10-12 oz of your favorite beverage. Cover and shake for about 10 seconds to ensure a good mix. Don't have a shaker cup? Order one at optimumnutrition.com or check your local health food store or gym. **TIP:** Try adding Instantized BCAA 5000 Powder to your favorite protein powder, meal replacement product, or weight-gainer shake.

KEEP OUT OF REACH OF CHILDREN. CHECK WITH A QUALIFIED HEALTHCARE PROFESSIONAL BEFORE TAKING THIS PRODUCT IF YOU ARE PREGNANT, NURSING A BABY, UNDER 18 YEARS OF AGE, OR IF YOU HAVE ANY KNOWN OR SUSPECTED MEDICAL CONDITION(S) AND/OR ARE TAKING ANY PRESCRIPTION OR OTC MEDICATION(S).

STORE IN A COOL, DRY PLACE.
CONTENTS SOLD BY WEIGHT NOT VOLUME.

Carefully Manufactured
in the  by:  Sunrise, FL 33325
Consumer Affairs
(630) 236-0097
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FRUIT PUNCH

Naturally and Artificially Flavored

**INSTANTIZED
BCAA
5000 POWDER**

5,000 MG

BRANCHED CHAIN AMINO ACID SUPPLEMENT



2.5G
L-LEUCINE
1.25G
L-ISOLEUCINE
1.25G
L-VALINE
40
SERVINGS

Supplement Facts

Serving Size 2 Scoops (9.5g)
Servings Per Container 40

Amount Per Serving	% Daily Value
Calories	10
Total Carbohydrate	3 g 1%*
Micronized L-Leucine	2.5 g †
Micronized L-Isoleucine	1.25 g †
Micronized L-Valine	1.25 g †

*Percent Daily Values are based on a 2,000 calorie diet.
†Daily Value not established.

OTHER INGREDIENTS: Natural & Artificial Flavors, Citric Acid, Inulin, Lecithin, Sucralose, Tartaric Acid, Silicon Dioxide, FD&C Red #40.

ALLERGEN INFORMATION: CONTAINS SOY (LECITHIN) INGREDIENTS.

SUGGESTED USE: Consume Instantized BCAA 5000 Powder between meals, 30-45 minutes before workouts, and/or immediately after workouts.



10-106-520

NET WT. 380 G (13.38 OZ)