

BCAA POWDER

4:1:1 RATIO

▲ **SUPPORTS MUSCLE GROWTH & RECOVERY**



**CERTIFIED
FOR SPORT®**

DIETARY SUPPLEMENT
Net Wt. 6.66 oz. (188.7 g)



TRUE ATHLETE®

TRUE ATHLETE® NATURALLY DRIVEN®

True Athlete BCAA 4:1:1 provides a 4:1:1 ratio of the essential branched chain amino acids: L-Leucine, L-Isoleucine and L-Valine. During times of metabolic stress (such as high intensity exercise), BCAAs may become fuel for your muscles and help aid in protein synthesis and prevent catabolism (muscle breakdown). L-Leucine, in conjunction with exercise, may activate the mTOR pathway that supports muscle growth.

- ▲ SUPPORTS MUSCLE GROWTH
- ▲ SUPPORTS MUSCLE RECOVERY
- ▲ HIGH RATIO OF LEUCINE TO ISOLEUCINE AND VALINE
- ▲ NO ARTIFICIAL COLORS, FLAVORS OR SWEETENERS
- ▲ NO BANNED SUBSTANCES, UNLISTED INGREDIENTS OR HARMFUL INGREDIENTS

Supplement Facts

Serving Size 1 Scoop (6.3 g)
Servings Per Container 30

	Amount Per Serving	% Daily Value
L-Leucine	4 g	*
L-Isoleucine	1 g	*
L-Valine	1 g	*

* Daily Value not established.

Other ingredients: Sunflower lecithin.

Does not contain: Wheat, Gluten, Sugar, Salt, Soy, Dairy, Fish, Preservatives, Artificial Colors or Flavors.

Products that are designated "NSF Certified for Sport®" are rigorously tested to help ensure that they contain no banned substances, unlisted ingredients, or harmful impurities.

▲ 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.

DIRECTIONS: As a dietary supplement, mix one (1) scoop (6.3 g) with 6 - 8 ounces of water, sports drink or protein supplement. Use before, during or after training.

WARNING: Consult your healthcare provider prior to use if you are pregnant, nursing, taking any medication or have any medical conditions.

STORE IN A COOL, DRY PLACE
KEEP OUT OF REACH OF CHILDREN

TAMPER EVIDENT Do not use if outer seal is broken or missing.

Distributed by: Vitamin Shoppe, Inc.
Secaucus, NJ 07094

Visit www.vitaminshoppe.com
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www.true-athlete.com

Item No.
VS-6022
1867878

