

*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.

If pregnant or nursing consult a healthcare professional before using this product.

Store in a cool, dry place. Container is filled by weight not volume. Settling may occur. Included measuring scoop may settle to the bottom during shipping.



DIRECTIONS and USE: Mix one level scoop of Gnarly BCAAs into 12-16 oz of water. Gnarly BCAAs can be taken before, during or after intense training.

PER 1 SCOOP	5g	2.5g	35mg	20
	BCAAs	LEUCINE	NATURAL CAFFEINE	CALORIES
PER 1 SCOOP (16oz)	10g	5g	70mg	40



goGNARLY.com



gmw.3.5

NO ARTIFICIAL COLORS, FLAVORS OR SWEETENERS
NO GMOS • NO GLUTEN • VEGAN

CLEAN SPORTS NUTRITION 
GNARLY
BCAA

With Natural Caffeine

BRANCHED CHAIN AMINO ACID SUPPLEMENT
REDUCE MUSCLE SORENESS & RECOVERY TIME*

PER SERVING

5g
BCAA's

2:1:1
BCAA RATIO

30
SERVINGS



LEMON LIME

NET WT 356.98g (12.59oz)

Supplement Facts

Serving size 1 level scoop (12g)
Servings per container about 30

Amount Per Serving	% Daily Value**
Calories 20	
Total Carbohydrate 6g	2%
Dietary Fiber 1g	4%
Sugar Alcohol 2g	†
Potassium (as potassium citrate) 70mg	2%
BCAA Blend 5g	†
L-Leucine 2.5g	†
L-Isoleucine 1.25g	†
L-Valine 1.25g	†
Aquamin® Red Algae (<i>Lithothamnium calcareum</i>) 100mg	†
Blackberry Juice 50mg	†
Caffeine (from Green Tea leaf) 35mg	†

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

Other Ingredients: Erythritol, Citric Acid, Natural Flavor, IMO (Isomalto-Oligosaccharide) (Fiber), Stevia (Leaf) extract, Silicon Dioxide (anti-caking), Riboflavin (for color)

Aquamin® is a registered trademark of Marigot Limited

Manufactured by

 **GNARLY**
NUTRITION

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