

SUGGESTED USE: Take 1-2 scoops with 6-8 ounces of cold water or your favorite beverage. For best results, take with **PW-30™** immediately after workouts.

WHAT ARE BCAA'S?

Micronized BCAA's are Instantized Branched Chain Amino Acids in a 2:1:1 ratio of L-leucine, L-isoleucine and L-valine. Unlike regular BCAA's, Micronized BCAA's are recognized as the purest, best tasting, and most water soluble BCAA's available in the world.

WHAT ELSE DOES BCAA BLAST™ CONTAIN?

BCAA BLAST™ contains patented Magnesium Glycyl Glutamine Chelate (MGG), fully reacted magnesium-glycine-glutamine. This is a form of Glutamine bound with Glycine and Albion Labs Chelated magnesium. By molecularly bonding these three nutrients we can form non carbohydrate glucose in times of stress (ie training). This leads to increased cellular energy and a huge anticatabolic effect.

BCAA BLAST™ also contains HICA. HICA as a isolated metabolite of leucine (the most important metabolite yet to be discovered for muscle growth) and then concentrated so you can take it in a macro-dosage. This macro-dosage of HICA when taken by weight training athletes, increases lean body mass (muscle) and decreases symptoms of delayed-onset muscle soreness. This means when you take HICA, as in the research studies, you will recover faster from workouts. This will allow you to train harder and more often. Guess what happens when you train harder and more often? **YOU BUILD MORE LEAN MUSCLE AND STRENGTH FASTER!**¹

WARNING: Consult a physician before using this product. Keep out of the reach of children. Store in a cool, dry place 15° - 30° C (59° - 86° F). Do not use if tamper-evident seal is broken.

¹These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

**TRAIN LIKE A
MACHINE**



★ ★ ★ ★ ★ **HARDCORE SERIES** ★ ★ ★ ★ ★

BCAA BLAST

ULTRA CONCENTRATED POST-WORKOUT FORMULA

- **Micronized BCAA's**
- **Contains Revolutionary HICA - Leucic Acid**
- **Speeds Recovery¹**
- **Mixes Instantly - Tastes Amazing**

WATERMELON
DIETARY SUPPLEMENT

**NEW AND
IMPROVED**

450G (17.6oz)

SUPPLEMENT FACTS

Serving Size: 1 Scoop (15g) Servings per container: 30

Amount Per Serving		Calories from fat 0
Calories 55		% Daily Value*
Total Fat	0g	0%
Saturated Fat	0g	0%
Cholesterol	0g	0%
Sodium	0g	0%
Total Carbohydrates	5g	1%
Sugar	0g	0%
Dietary Fiber	0g	0%

BCAA Blast Ethyl Ester Recovery Complex 15g

Micronized BCAA's 2:1:1, HICA-DL-Apha-Hydroxy/Isocaproic Acid, TRAACS® Magnesium Glycyl Glutamine Chelate, L Glutamine, Glycerol, Maltodextrin (Quick Release Starch from Corn), Vitamin C (Ascorbic Acid), Vitamin B6 (Pryldoxine HCL), Piperine.

ADDITIONAL INGREDIENTS: Citric Acid, Natural and Artificial Flavors, Sucralose, FD & C Red #40.

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

**TRAACS is a registered trademark of Albion Laboratories, Inc. Chelate covered by U.S. Patent 5,888,153 and patents pending.



Manufactured exclusively for:
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RING OF CONFIDENCE
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