

RECOVER**

ENERGY**

GROW**

SUGGESTED USE:** Take 2 tablets, 3x per day.

WHAT ARE BCAA'S?

Leucine, Isoleucine and Valine are referred to as Branch Chain Amino Acids (BCAA) and are a part of the Essential Amino Acid family. BCAA's are important for muscle recuperation, muscle energy and muscle growth.**

HOW DOES BCAA 4 HOUR™ WORK?

BCAA's can not be produced by the body and must be supplied through your diet. BCAA's enter your bloodstream and attach directly to muscle where they repair damaged muscle tissue. This process helps ensure maximum muscle recovery and growth!**

WHAT ELSE DOES BCAA 4 HOUR™ CONTAIN?

BCAA 4 HOUR™ also contains Vitamin C, Vitamin B6 and Bioperine®. This combination of Vitamins aid in bioavailability, while Bioperine® ensures maximum absorption of the primary BCAA ingredients.**

HOW LONG DOES BCAA 4 HOUR™ LAST?

During the manufacturing process, BCAA 4 HOUR™ undergoes a special process to glaze each tablet with a film coat. This coating prevents stomach acid from dissolving the BCAA tablet. Therefore the BCAA tablet is passed into the small intestine where it is does not have to compete with other nutrients and is better absorbed into your blood stream. The digestion in the small intestine will take up to 4 hours, therefore allowing your muscles to benefit from the nutrients during the entire digestion period.**



ELITE SERIES

BCAA 4 HOUR™

ADVANCED SUSTAINED RELEASE

- ◆ L-LEUCINE ETHYL ESTER HCL
- ◆ L-ISOLEUCINE ETHYL ESTER HCL
- ◆ L-VALINE ETHYL ESTER HCL

SUPPLEMENT FACTS

Serving Size - 2 Tablets

Servings per container - 45

Amount Per Serving	% Daily Value*
L-Leucine Ethyl Ester HCL	1000mg †
L-Isoleucine Ethyl Ester HCL	500mg †
L-Valine Ethyl Ester HCL	500mg †
Vitamin C	100mg †
Vitamin B6	20mg †
Bioperine®	10mg †

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

OTHER INGREDIENTS: Magnesium Stearate, Silica, Vegetable Glaze.

Manufactured exclusively for:

Nutrition Global, LLC

MILFORD, CT 06460

Lifestyle Changing Nutritional Products

QUESTIONS/COMMENTS:

Phone: 1 (888) 663-1113 Web: www.nutritionglobal.net

WARNING: Consult a physician before using this product. Keep out of the reach of children. Store in a dry place 15°-30°C (59°-86°F). DO NOT USE IF TAMPER-EVIDENT SEAL IS BROKEN.



** 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.

90 TABLETS - DIETARY SUPPLEMENT

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