

USAGE: Take 2 capsules 1 or 2 times per day with juice before or after exercise or as directed by your qualified healthcare professional.

NOTE: If you have a medical condition, are pregnant, lactating, trying to conceive, under the age of 18, or taking medications, consult your healthcare professional before using this product.

BCAA Complex contains the ideal 2:1:1 ratio of the free form, crystalline branched chain amino acids L-Leucine, L-Isoleucine and L-Valine combined with the conditionally essential amino acid L-Glutamine.

BCAAs exert an anticatabolic effect by reducing the breakdown of protein (thereby protecting muscle tissue) and promoting muscle growth as well as recovery after workouts.* **Glutamine** is a preferred source of fuel for the intestinal cells and is in high demand by skeletal muscles following physical exertion.* **Vitamin B₆** is essential for amino acid metabolism.*

Keep out of the reach of children.

* 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.

Jarrow
FORMULAS

BCAA

Branched Chain Amino Acid Complex

Free Form Amino Acids with Glutamine and B₆
Supports Muscle Growth
and Post-Workout Recovery*

120 DIETARY
VEGGIE CAPS SUPPLEMENT



Supplement Facts

Serving Size 2 Capsules
Servings Per Container 60

	Amount Per Serving	% DV
Vitamin B ₆ (as Pyridoxine Hydrochloride)	5 mg	290%
L-Glutamine	500 mg	†
L-Leucine (BCAA)	300 mg	†
L-Isoleucine (BCAA)	150 mg	†
L-Valine (BCAA)	150 mg	†

† Daily Value not established.

Other Ingredients: Magnesium stearate (vegetable source) and cellulose. Capsule consists of hydroxypropylmethylcellulose. No wheat, gluten, soybeans, dairy, egg, fish/shellfish, or peanuts/tree nuts.

Suitable for vegetarians/vegans.

Distributed Exclusively by:

Jarrow FORMULAS®
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Lot #. Best Used Before:

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