

Doctor's Best Instantized BCAA Powder contains a blend of L-Leucine, L-Isoleucine and L-Valine, which are essential amino acids that the body cannot synthesize on its own and therefore must be obtained from dietary sources.*

BCAAs, unlike most other amino acids, are metabolized within muscle tissue, allowing them to be used as a quick source of energy by muscle cells to produce cellular energy in the form of adenosine triphosphate (ATP).*

Helps support muscle growth*

Helps support muscle recovery from exercise-induced fatigue*

***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.**

Manufactured for **Doctor's Best, Inc.**
California, 92612 USA
(800) 777-2474 www.drbbvitamins.com



YDRB380-2



**Dietary
Supplement**

**Doctor's
BEST**

**Science-Based
Nutrition™**

**Instantized
Branched Chain Amino Acids**

**BCAA
Powder**

**HELPS SUPPORT MUSCLE GROWTH
AND RECOVERY***

Net Wt. 10.6 oz (300 grams) **Vegan™**

Supplement Facts

Serving Size 1 scoop (5 grams)
Servings Per Container 60

	Amount Per Serving	% Daily Value
Calories	20	
BCAA Blend	5 g	†
L-Leucine	2.5 g	†
L-Isoleucine	1.25 g	†
L-Valine	1.25 g	†

† Daily Value not established.

Other Ingredients: Sunflower lecithin.

Suggested Adult Use: Add 1 scoop of powder to 8 oz. of juice or protein shake and mix well. For best results, drink 1 hour before exercise. Repeat after exercise, before bedtime, or as recommended by a nutritionally-informed physician.

WARNING: Consult your physician prior to use if you are taking corticosteroids or any medication for diabetes or thyroid. Avoid using if you are pregnant, lactating, 2 weeks prior and after surgery. Keep out of reach of children.

Non-GMO / Gluten Free / Soy Free / Vegan

Store in a cool dry place.

NOTE: Settling of contents may occur, which may cause slight variations in number of servings.