

**SUGGESTED USAGE:** Take 4 capsules twice daily before meals or exercise.

The branched-chain amino acids (BCAAs), leucine, isoleucine and valine are essential amino acids, and thus cannot be made in the body. BCAAs are critical for muscle protein synthesis, and because BCAAs can be used as fuel during intense exercise, BCAA supplementation can help to preserve existing muscle tissue.\* In addition, BCAAs can support the recovery process by promoting the normal repair processes that take place after exertion.\* BCAAs also play an important role in the maintenance of proper immune system function and the support of healthy aging.\*

\*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.

**Caution:** For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition. Keep out of reach of children.

Natural color variation may occur in this product.

Code 0053BN v5



# BRANCHED-CHAIN AMINO ACIDS

● AMINO ACIDS / RECOVERY\* ●



**120 CAPSULES**  
A Dietary Supplement



## Supplement Facts

Serving Size 4 Capsules  
Servings Per Container 30

### Amount Per Serving

L-Leucine (Free-Form)	1,600 mg*
L-Isoleucine (Free-Form)	650 mg*
L-Valine (Free-Form)	650 mg*

\* Daily Value not established.

Other ingredients: Bovine Gelatin (capsule) and Stearic Acid (vegetable source).

Contains milk.

Manufactured & Quality Tested by NOW FOODS  
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nowsportsproducts.com

Not manufactured with wheat, gluten, soy, egg, fish, shellfish or tree nut ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

NOW® Branched-Chain Amino Acids are pharmaceutical grade.

Store in a cool, dry, dark place after opening.