

SUGGESTED USAGE: Spoon Stirred: Add 2 level teaspoons of BCAA Powder to a glass filled with 8-10 oz. of water or your favorite beverage and mix vigorously with a spoon for about 15-20 seconds. Take 1 to 3 times daily. Can be taken before meals or before and after exercise.

Shaker: Add 2 level teaspoons of BCAA Powder to your shaker cup filled with 8-10 oz. of water or your favorite beverage. Cover and shake for about 10 seconds to ensure a good mix. Take 1 to 3 times daily. Can be taken before meals or before and after exercise.

Tip: Try adding BCAA Powder to your favorite protein powder, meal replacement product, or weight-gainer shake.

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.

Code 0213CN v8



BRANCHED-CHAIN AMINO ACID POWDER

● AMINO ACIDS / RECOVERY* ●



NET WT. 12 OZ. (340 G)

A Dietary Supplement



Supplement Facts

Serving Size 2 Level Teaspoons (approx. 5.2 g)
Servings Per Container about 65

Amount Per Serving

L-Leucine (Free-Form)	2.3 g (2,300 mg)*
L-Isoleucine (Free-Form)	1.1 g (1,100 mg)*
L-Valine (Free-Form)	1.1 g (1,100 mg)*

* Daily Value not established.

Other ingredients: None.

Contains milk.

Manufactured & Quality Tested by NOW FOODS
395 S. Glen Ellyn Rd., Bloomingdale, IL 60108, USA
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.

This product is sold by weight not volume.

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

Natural color variation may occur in this product.

Do not eat freshness packet enclosed.