

2:1:1 Branch Chain AMINO ACIDS

Sparta Nutrition BCAA is the newest innovation in amino acid supplementation. Today, the hot topic is all about BCAAs vs full-spectrum EAAs. With this, you get both. You don't need to worry about which side of the fence to support. With the help of the patented ingredient Amino9™, this product supports quicker recovery, helps maintain lean muscle mass, and a healthier body composition.*

2500MG
INSTANT
L-LEUCINE

3000MG
AMINO9™
EAAs

1250MG
INSTANT
L-VALINE

DIRECTIONS: As a dietary supplement, mix 1 scoop of Sparta Nutrition BCAAs with 8-10oz of water or your favorite beverage (vary amount of liquid for taste) and shake well. Consume during or after exercise on training days or throughout the day on non-training days. For best results, use 2 scoops per day.

WHEN TO TAKE SPARTA NUTRITION BCAA



**PRE
WORKOUT**



**INTRA
WORKOUT**



**POST
WORKOUT**

SPARTA NUTRITION BCAA

RECOVERY* • MUSCLE GROWTH* • HYDRATION*
Amino Blend



WATERMELON

*Scratch
& SNIFF*

Natural & Artificial Flavors

DIETARY SUPPLEMENT • NET WT. 342 G (12.1 OZ)

SUPPLEMENT FACTS

Serving Size: 1 Scoop (11.4g)
Servings Per Container: 30

	Amount Per Serving	%DV**
Calories	5	
Total Carbohydrate	1 g	<1%**
SPARTA® Instantized Vegan BCAA'S 2:1:1	5000 mg	**
Instant L-Leucine	2500 mg	**
Instant L-Isoleucine	1250 mg	**
Instant L-Valine	1250 mg	**
Essential Amino Acid Blend (as Amino9™)	3000 mg	
(L-Leucine, L-Lysine, L-Threonine, L-Isoleucine, L-Valine, L-Phenylalanine, L-Methionine, L-Histidine, L-Tryptophan)		

* Percent Daily Values are based on a 2,000 calorie diet.
** Daily Value (DV) Not Established.

Other Ingredients: Citric Acid, Natural & Artificial Flavors, Malic Acid, Sucralose, Silicon Dioxide, Acesulfame Potassium.

**NO ARTIFICIAL
COLORS**

**CAFFEINE
FREE**

**SOY
FREE**

**GLUTEN
FREE**



*These statements have not been evaluated by the Food & Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

This product contains ingredients of international and domestic origin.

AMINO9 Amino9™ is a registered trademark of Compound Solutions, INC.

MANUFACTURED FOR SPARTA NUTRITION
82 Totowa Rd. Wayne, NJ 07470
We're here to help.
1-844-SPARTA-8 (772-7828)
WWW.SPARTANUTRITION.COM



Warning: As with any dietary supplement, consult your healthcare practitioner before using this product, especially if you are pregnant, nursing, or otherwise under medical supervision. Do not use if safety seal is broken or missing. **KEEP OUT OF REACH OF CHILDREN.** Store in a cool, dry place. Contents sold by weight not volume, some settling may occur.