

BCAA's - Branched Chain Amino Acids - are the 3 unique and essential amino acids **Leucine**, **Isoleucine** and **Valine**. These are naturally occurring molecules that your body uses to build lean muscle proteins. **BCAA's** are the only amino acids that are metabolized directly in muscle tissue and help to prevent muscle breakdown, promote muscle protein synthesis, provide fuel for muscular energy, speed muscle recovery, enhance endurance and support anabolic hormone production.

Each serving of AST Sports Science BCAA's deliver you 4550 milligrams of the highest quality branched chain amino acids in easy to swallow, rapid release capsules. Take anytime, anywhere for rapid muscle uptake to enhance recovery and performance.†

†These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

AST Sports Science
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REV#BCAA1212



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STRENGTH • SIZE • RECOVERY

BCAA 4500

**BRANCHED CHAIN
AMINO ACIDS**

Dietary Supplement
462 Capsules Net wt: 650 mg

4.55g
Per
Serving

66
Total
Servings

2:1:1
BCAA Ratio
Research
Proven

Supplement Facts

Serving Size: **7 Capsules (4550 mg)**
Servings Per Container: **66**

Each Serving of BCAA Contains:	%DV/RDI
BCAA 2:1:1 Blend (Containing L-Leucine, L-Isoleucine and L-Valine)	4,550mg *

*Daily Value / Recommended Daily Intake not established.

Other Ingredients May Contain: Gelatin, Brown Rice Flour, Silicon Dioxide, Magnesium Stearate, and Water

Recommended Use: As a dietary supplement, take 7 capsules three times per day - upon waking, between meals and before bed. On training days, take 7 capsules before, during, and after training and 7 capsules before bed. For endurance athletes take 7 capsules before and after training or event and 7 capsules before bed.



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