

TRUE ATHLETE®

FERMENTED BCAA 4:1:1

0 calories

NO artificial colors,
flavors or sweeteners

dietary supplement

0 g sugar



NET WT 7.1 oz. (201 g)

Supplement Facts

Serving Size: 1 Scoop (6.7 g)

Servings Per Container 30

	Amount Per Serving	% Daily Value
L-Leucine	4000 mg	*
L-Isoleucine	1000 mg	*
L-Valine	1000 mg	*

* Daily Value not established.

Other Ingredients: Sunflower lecithin.

Does not contain: Gluten, Sugar, Salt, Artificial Colors, Flavors or Sweeteners.

▲ 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.

DIRECTIONS: Mix one (1) scoop (6.7 g) with 6 - 8 ounces of water, sports drink, or protein supplement. Use before, during or after training.

WARNING: Consult your healthcare provider prior to use if you are pregnant, nursing, taking any medication or have any medical conditions.

- ▲ True Athlete Fermented BCAA 4:1:1 provides a 4:1:1 ratio of essential branched chain amino acids: L-Leucine, L-Isoleucine and L-Valine. During times of metabolic stress (such as high intensity exercise), BCAAs may become fuel for your muscles and help aid in protein synthesis and prevent catabolism (muscle breakdown). L-Leucine, in conjunction with exercise, may activate the mTOR pathway that supports muscle growth.
- ▲ Supports muscle growth and recovery
- ▲ Plant-sourced

NSF Certified for Sport® products have been rigorously tested for more than 270 banned substances and potentially harmful contaminants.

STORE IN A COOL, DRY PLACE. KEEP OUT OF REACH OF CHILDREN.

TAMPER EVIDENT Do not use if outer seal is broken or missing.

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Item No.
VS-6022
1867878

