

STARTED USE: Shake container before each use. Mix one scoop with 8-12 ounces of liquid. Drink immediately. Consume pre, post, or during training. On non-training days, consume throughout the day.

WARNING: If you are pregnant or breastfeeding, consult a health care professional before using.

Contains coconut.

ALLERGEN WARNING: This product was produced in a facility that may process ingredients containing milk, egg, and tree nuts.

DO NOT USE IF SEAL IS BROKEN OR MISSING.

KEEP OUT OF REACH OF CHILDREN.

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.



HydroCell™ is a **patent-pending** plant-based delivery system that promotes rapid nutrient absorption into cells.



Lushana™ is a **patent-pending** low-glycemic proprietary sweetener derived from all natural ingredients.

TEN PERFORMANCE®

- Enhance protein synthesis
- Promote fat loss
- Decrease muscle damage
- Promote recovery

Contains No:

- Stimulants
- Artificial sweeteners
- Artificial colors/flavors
- Additives



BCAA

2:1:1 INSTANTIZED POWDER

DIETARY SUPPLEMENT
6.4 OZ. (182g)

BRANCHED CHAIN AMINO ACIDS



Manufactured for:
TEN Performance®
1-800-640-4045

TENPERFORMANCE.COM



8

18016 01371 2

Supplement Facts			
Serving Size: 1 Rounded Scoop (8g) Servings Per Container: 30			
Amount Per Serving	%Daily Value		
Calories 0			
Total Carbohydrate	<1g	1%	†
Sugars	<1g		
L-Isoleucine	1.25g		†
L-Leucine	2.5g		†
L-Valine	1.25g		†
Red Raspberry Powder	100mg		†
Proprietary Blend	887mg		†
Lushana™ Sweetener Blend (Organic Coconut Sap (Flower), Stevia (Leaf), Luo Han Guo (Fruit))			
Proprietary Blend	83mg		†
HydroCell™ Delivery (Organic Aloe Vera (Leaf), Gogi (Fruit) Extract, Shilajit)			

†Percent Daily Values (% DV) are based on a 2,000 calorie diet.

†Daily Values not established.