

THE TRUE STRENGTH OF BCAAs

The Branched Chain Amino Acids (BCAAs) are essential amino acids which your body cannot produce on its own. Used in a 2:1:1 ratio of Leucine to Isoleucine and Valine, the BCAAs can help spare muscle tissue when consumed before and/or during endurance training, and help kick-start muscle building when consumed after strength training. We included vitamin C because of its antioxidant qualities and 5 grams of glutamine because this conditionally essential amino acid may help support recovery after intense exercise.▲

DIRECTIONS: Mix 2 scoops of PRO BCAA™ powder in 10 - 12 fluid ounces of cold water.

SUGGESTED USE: Use before or during endurance exercise to help spare muscle tissue and after weight training to help kick-start muscle recovery.▲

FOR MAXIMUM RESULTS: Use as needed in conjunction with a healthy balanced diet and regular exercise including both strength and cardiovascular training.

▲ 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.

PRO BCAA™ contains 13 g of amino acids, of which 8 g are BCAAs.

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INFORMED-CHOICE
Trusted by sport

TRUE STRENGTH™
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MANUFACTURED IN THE USA
This product contains ingredients of international and domestic origin.



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PRO BCAA

& 5 G GLUTAMINE SUPPORT

20
SERVINGS

NET WT 13.7 OZ (390 G)
DIETARY SUPPLEMENT

BANNED
SUBSTANCE
TESTED

SUPPORTS MUSCLE GROWTH, RECOVERY AND REPAIR*

2:1:1
RATIO

8G
BCAAs

5G
L-GLUTAMINE

FRUIT PUNCH
Flavor with 100% Artificially Flavored



Supplement Facts

Serving Size About 2 Scoops (19.5 g)
20 Servings Per Container

	Amount Per Serving	% Daily Value
Calories	10	1%*
Total Carbohydrate	2 g	256%
Vitamin C (as ascorbic acid, acerola fruit extract)	230 mg	5%
Sodium	110 mg	**
2:1:1 BCAA Blend	8 g	**
L-Leucine, L-Isoleucine, L-Valine	5 g	**
L-Glutamine	160 mg	**
PhytoBlend		
Grape Seed Extract, Whole Grape Extract (Vitis vinifera)(fruit)(MegaNatural®), Citrus Bioflavonoid Complex		

* Percent Daily Values are based on a 2,000 calorie diet.
** Daily Value not established.

OTHER INGREDIENTS: Natural and Artificial Flavor, Citric Acid, Malic Acid, Silicon Dioxide, Calcium Silicate, Salt, Tartaric Acid, Soy Lecithin, Sucralose, Potassium Chloride, Red 40.

Contains: Soy.

MANUFACTURED BY
OPTIMUM NUTRITION, INC.



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CONTENTS SOLD BY WEIGHT, NOT VOLUME