# THE TRUE STRENGTH OF BRANCHED CHAIN AMINO ACIDS (BCAAs)

L-Leucine, L-Isoleucine, and L-Valine are commonly grouped together and referred to as Branched Chain Amino Acids, or BCAAs, because of their unique branched chemical structure. BCAAs are essential meaning they must be consumed through the diet, since the human body cannot make them from other compounds. BCAAs provide active adults with versatile support for training endurance and recovery. Used with protein powders and/or protein-rich foods, these 16 capsules help support muscle recovery and protein synthesis.\*

WARNING: CONSULT YOUR PHYSICIAN BEFORE USING THIS PRODUCT F YOU ARE TAKING ANY MEDICATIONS OR ARE UNDER A PHYSICIAN'S CARE FOR A MEDICAL CONDITION, NOT FOR USE BY THOSE UNDER THE AGE OF 18 OR WOMEN THAT ARE PREGNANT, TRYING TO GET PREGNANT OR NURSING.

STORE IN A COOL, DRY PLACE.

### TRUE STRENGTH

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\*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.

BRANCHED CHAIN AMINO ACIDS





## **MEGA-SIZE**

1000 CAPS

## **Supplement Facts**

Serving Size 2 Capsules Servings Per Container 100

**Amount Per Serving** 

| Micronized L-Leucine    | 500 mg* |
|-------------------------|---------|
| Micronized L-Isoleucine | 250 mg* |
| Micronized L-Valine     | 250 mg* |

Daily Value not established.

THER INGREDIENTS: Gelatin, Microcrystalline Cellulose Magnesium Stearate

MANUFACTURED BY OPTIMUM NUTRITION



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SUGGESTED USE: Consume 2 BCAA 1000 Capsules between meals, 30-45 minutes before workouts, and/or immediately after workouts. Intended for use in healthy adults and as part of a healthy, balanced diet and exercise program.





DIETARY SUPPLEMENT