

*HEALTHY 'N FIT® Correct Proportion™ BCAA's are different than those found in your protein product—they are 100% pure pharmaceutical grade Free Form Amino Acids, and have the quickest absorption and delivery of amino acids to muscle, even more so than Whey protein.

*HEALTHY 'N FIT® was the first to introduce groundbreaking technology to take BCAA's (Branched Chain Amino Acids) to a higher level of efficacy. Before HEALTHY 'N FIT®, typical dosages of BCAA's were low potency and incorrectly formulated with the same or equal ratio, containing 500mg each of L-Isoleucine, L-Leucine and L-Valine. Today you'll see many brands boasting of "ratio technology" which we created over 30 years ago. However, different brands currently can't seem to agree on the correct proportion (also known as ratio or profile) of BCAA's in their product to produce the most effective formulation and while virtually every brand has a different ratio, each claims that theirs is the best.

*While BCAA's can be quite effective, they should be taken in their correct proportion to produce the highest effectiveness. In determining the correct and most effective proportion (ratio, profile), HEALTHY 'N FIT® utilizes Correct Proportion™ Ratio Technology, which is based on the advanced methodology for the quality and effectiveness of amino acids known as Chemical Score. Chemical Score is based on the amino acids profile and how it most closely matches that needed by the human body. Products that are high ratio/leucine heavy, meaning that L-Leucine has a much higher potency than L-Isoleucine and L-Valine (some ratios are 3:1:1, 4:1:1, 8:1:1), may appear impressive to some, however in reality they upset the natural balance of the BCAA's trio of amino acids and are antagonistic and counterproductive to the product's or BCAA's Chemical Score, hence its effectiveness. Furthering the problem, high ratio Leucine or Leucine-heavy products are also too low in the two other very effective BCAA's L- Isoleucine and L-Valine. Therefore, HEALTHY 'N FIT® Correct Proportion™ BCAA's are not high ratio Leucine or Leucine-heavy, and contain the correct and most effective ratio and potency of L-Leucine, L-Valine and L-Isoleucine. BCAA's in a 2:1:1 ratio are closer to the correct ratio, but are still not in the ideal ratio as are HEALTHY 'N FIT® Correct Proportion™ BCAA's at a ratio of 1.60:1.25:1 – the same ratio as found in egg protein (the highest rated protein source).

A proper diet and exercise program are essential to reach your training goals.

*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.

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Spanning Five Decades, The #1 BRAND in Technology and Purity.™



OVER 5000 MG
MEGA POTENCY
DOSAGE

ADVANCED
DIETARY
SUPPLEMENT
SCIENTIFICALLY
SHOWN TO BE
EFFECTIVE

ANABOLIC AMINO BCAA™

CORRECT PROPORTION BRANCHED CHAIN AMINO ACIDS.

- *NUTRITIONALLY SUPPORTS INCREASED MUSCLE MASS AND STRENGTH
- *STIMULATES MUSCLE PROTEIN SYNTHESIS
- *ENHANCES ANTI-CATABOLIC ACTIVITY
- *STIMULATES ANABOLIC ACTIVITY
- *ENHANCES RECOVERY

180 CAPLETS

Supplement Facts

Serving Size: 6 Caplets

Servings Per Container: 30

Amount per Serving	% Daily Value	
Vitamin C (Ascorbic Acid)	100mg	166%
Vitamin B6 (Pyridoxine)	10mg	500%
L-Leucine	2250mg	*
L-Valine	1739mg	*
L-Isoleucine	1346mg	*

* Daily Value not established

Other Ingredients: (may contain any of the following): Magnesium Stearate, Microcrystalline Cellulose, Dicalcium Phosphate, Silica, Calcium Sulfate, Croscarmellose Sodium, Pharmaceutical Glaze, Carnauba Wax, Titanium Dioxide.

Suggested Use: As a dietary supplement, take 3 to 6 tablets daily. Best when taken after training; on non-training days take between meals. As a reminder, it is always recommended to check with your physician before taking any dietary supplements, changing your diet, or starting an exercise program, especially if you are pregnant, nursing, taking any medications, or have a medical condition. This product is formulated for adults only. Keep out of the reach of children. Store in a cool, dry place. Do not refrigerate. If this product or any product does not agree with you, stop taking them. This is a natural product and the appearance may vary. May be packaged in an oversized bottle to accommodate necessary labeling information.

Made Exclusively in the USA
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