

**Doctor's Best Instantized BCAA Powder** contains a blend of L-Leucine, L-Isoleucine and L-Valine, which are essential amino acids that the body cannot synthesize on its own and must be obtained from dietary sources.\*

BCAAs, unlike most other amino acids, are metabolized within muscle tissue, allowing them to be used as a quick source of energy by muscle cells to produce cellular energy in the form of adenosine triphosphate (ATP).\*

**Helps support muscle growth\***

**Helps support faster muscle recovery from exercise-induced fatigue\***

**\*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.**

Manufactured for **Doctor's Best, Inc.**  
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YDRB380-3

Dietary  
Supplement

**Doctor's  
BEST**

**Science-Based  
Nutrition™**


**Instantized  
Branched Chain Amino Acids**

**BCAA**

**UNFLAVORED  
Less Bitter Taste!**

**Powder**

**HELPS SUPPORT MUSCLE  
GROWTH AND RECOVERY\***

**Net Wt. 10.6 oz (300 grams)** 

## Supplement Facts

Serving Size 1 scoop (~5 grams)  
Servings Per Container 60

	Amount Per Serving	% Daily Value
BCAA Blend	5 g	†
L-Leucine	2.5 g	†
L-Isoleucine	1.25 g	†
L-Valine	1.25 g	†

† Daily Value not established.

**Other Ingredients:** Glycine, sunflower lecithin.

**Suggested Adult Use:** Add 1 scoop of powder to 8 oz. of juice or protein shake and mix well. For best results, drink 1 hour before exercise. Repeat after exercise, before bedtime, or as recommended by a nutritionally-informed physician.

**WARNING:** Consult your physician prior to use if you are taking corticosteroids or any medication for diabetes or thyroid. Avoid using if you are pregnant, lactating, 2 weeks prior and after surgery. Keep out of reach of children.

**Non-GMO / Gluten Free / Soy Free / Vegan**

Store in a cool dry place.

NOTE: Settling of contents may occur, which may cause slight variations in number of servings.