

SUGGESTED USE:

FOR PRE-WORKOUT:

For activity less than 1 hour in duration, mix 1 scoop of PMD's BCAA CHARGED+ with 8 fl. oz. of cold water 30 minutes before exercise or training to maximize your performance and endurance.*

FOR INTRA-WORKOUT:

For activity lasting more than 1 hour, mix 1 scoop of PMD's BCAA CHARGED+ with 8 fl. oz. of cold water during your exercise/training (ie. Running, Cycling, Swimming, etc...) and drink throughout.*

FOR POST-WORKOUT:

Mix 1 scoop of PMD's BCAA CHARGED+ with 8 fl. oz. of cold water and use immediately following your exercise or training to maximize recovery and fight fatigue.*

FOR DAILY ENERGY:

Mix 1 scoop of PMD's BCAA CHARGED+ with 8 fl. oz. of cold water and take in the morning for energy and focus.*

To avoid sleeplessness do not take within 6 hours of bedtime. To be used as part of a physical conditioning program. Contents may settle after shipping. Moisture and humidity can cause clumping and discoloration. Discard after expiration date.

WARNING:

KEEP OUT OF REACH OF CHILDREN. For use by Healthy Individuals only. Not for use by those under the age of 18. Do not exceed recommended dose. Do not use if you are pregnant or nursing. Before consuming seek advice from a health care professional if you are unaware of your current health condition. Contains caffeine. Discontinue use and immediately consult your healthcare professional if you experience any adverse reaction to this product. **WARNING** for California residents only: This product contains a chemical known in the state of California to cause birth defects or other reproductive harm. Do not use if tamper resistant seal is broken. **STORE IN A COOL, DRY PLACE AND AVOID EXCESSIVE HEAT.**

*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.

**30 SERVINGS
CREATINE FREE**

PMD

Instantized BCAAs

**BCAA
CHARGED+**

PERFORMANCE + RECOVERY
DIETARY SUPPLEMENT | NET WT. 10.0 FL. OZ. (285 g)

2:1:1
Instantized = Better Solubility

**HICA+
Alpha KIC**



STRAWBERRY LEMONADE
Natural and Artificial Flavor

Supplement Facts

Serving Size 1 scoop (9.5 g)
Servings Per Container 30 Servings

	Amount Per Serving	% DV**
Calories	10	
Total Carbohydrates	2 g	1%
Vitamin C (as Ascorbic Acid)	125 mg	208%
Vitamin B6 (as Pyridoxine Hydrochloride)	3 mg	150%
Vitamin B12 (as Cyanocobalamin)	100 mcg	1,667%
Calcium (as Calcium Silicate)	19 mg	2%
Potassium	90 mg	3%
Instantized BCAA Blend:	4.0 g	†
Leucine	2.0 g	
Isoleucine	1.0 g	
Valine	1.0 g	
Amino CHARGED+ Blend	2.125 g	†
Amino Catalyst Complex	2.0 g	
Taurine, Alanine, Glycine, Serine, Threonine, HICA (Alpha-Hydroxyisocaproic Acid), Alpha KIC (Alpha Ketoisocaproate)		
CHARGED+ Complex	125 mg	
Caffeine Anhydrous, Green Tea (<i>Camellia sinensis</i>) Leaf Extract, Green Coffee Bean Extract (50% Chlorogenic Acid)		
Hydra-Pump Blend	250 mg	†
Potassium Citrate, <i>Salvia Miltiorrhiza</i> containing Tanshinones and Salvianolic Acid, Ribose® (D-ribose), CoQ-10		

**Percent Daily Values (DV) are based on a 2,000 calorie diet
† Daily Value (DV) not established

Other Ingredients: Natural and Artificial Flavors, Malic Acid, Sucralose, Calcium Silicate, Acesulfame Potassium, Waxy Maize, FD&C Red 40. **CONTAINS SOY. GLUTEN FREE.**

Sequenced 2:1:1 Ratio for Maximum Performance*

- Amino Acids are the building blocks of protein. Branched Chain Amino Acids are Essential amino acids, meaning they must be ingested through the diet.*
- BCAAs support muscle repair and recovery from exercise, decrease muscle soreness, and increase muscle function.*
- Research supports BCAA supplementation before and after exercise in promoting muscle-protein synthesis.*

Formulated with Two Powerful Ingredients:

HICA (Alpha-Hydroxyisocaproic Acid)

- Supports maintenance of lean muscle mass*
- Promotes reduction in muscle soreness post-workout

Alpha KIC (Alpha Ketoisocaproate)

- Intermediate in the metabolism of Leucine*
- Supports improved muscle function*

Charged+ Complex

- Effective blend of three energy sources to help amplify your workout*
- Green Tea Leaf and Green Coffee Bean to support natural energy with antioxidant elements*

CONSUMER NOTICE: FitLife Brands can only confirm product purity when our brands are purchased from authorized retailers, on gnc.com, or on pmdsports.com. For an approved list of retailers, go to pmdsports.com.



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