

SUGGESTED USE:

FOR PRE-WORKOUT:

For activity less than 1 hour in duration, mix 1 scoop of PMD's BCAA with 8–10 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 with 8–10 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 with 8–10 fl. oz. of cold water and use immediately following your exercise or training to maximize recovery and fight fatigue.*

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.

Use PMD's BCAA with any pre-workout supplement (Cardio Cuts®, ACG3® SuperCharged+, or Pump Fuel™) to take your results to the next level. You can also add it to your favorite protein (Amplify® Smoothies or Amplify® XL) immediately following exercise to enhance recovery.*

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. Discontinue use and immediately consult your healthcare professional if you experience any adverse reaction to this product. Do not use if tamper resistant seal is broken. **STORE IN A COOL, DRY PLACE AND AVOID EXCESSIVE HEAT.**

California Residents –

WARNING: Cancer and Reproductive Harm – www.P65Warnings.ca.gov/Food

*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**



Instantized BCAAs

BCAA

ANTIOXIDANTS* LEAN MUSCLE* ENDURANCE* RECOVERY*

PERFORMANCE + RECOVERY

DIETARY SUPPLEMENT | NET WT. 9.4 OZ. (267 g)

2:1:1
Instantized = Better Solubility

**HICA+
Alpha KIC**

Supplement Facts

Serving Size 1 scoop (8.9 g)
Servings Per Container 30

	Amount Per Serving	% DV
Calories	5	
Total Carbohydrates	2 g	1%**
Vitamin C (as Ascorbic Acid)	125 mg	139%
Vitamin B6 (as Pyridoxine Hydrochloride)	3 mg	176%
Vitamin B12 (as Cyanocobalamin)	100 mcg	4,167%
Calcium (as Calcium Silicate)	18 mg	1%
Potassium (as Potassium Citrate)	72 mg	2%
Instantized BCAA Blend	4.0 g	†
Leucine	2.0 g	
Isoleucine	1.0 g	
Valine	1.0 g	
Amino Catalyst Complex	2.0 g	†
Taurine, Alanine, Glycine, Serine, Threonine, HICA (Alpha-Hydroxyisocaproic Acid), Alpha KIC (Alpha Ketoisocaproate)		
Hydra-Pump Blend	250 mg	†
Potassium Citrate, Salvia Miltiorrhiza (Root) containing Tanshinones and Salvianolic Acid, Ribose® (D-ribose), Coenzyme Q10		

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

Other Ingredients: Citric Acid, Natural and Artificial Flavors,
Waxy Maize, Sucralose, Acesulfame Potassium, FD&C Blue 1.

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*

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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