

BCAA -GLUTAMINE POWDER

BCAA: (branched-chain amino acids: leucine, valine, isoleucine) are metabolized differently than other amino acids, they can be oxidized directly in the muscles during exercise for energy. BCAAs can increase the availability of carbohydrates and help protect the muscles from exercise-induced protein breakdown. Having BCAAs in your diet may help support optimal muscle size, strength, and performance. They prevent muscle damage as well as muscle soreness. They may also help decrease cortisol levels.

HMB: (beta-hydroxy beta-methylbutyric acid) is an active metabolite of the amino acid leucine, it has many benefits; enhances recovery, increases muscle building as well as inhibits muscle breakdown, improves your performance, VO2max and it may help with fat loss.

GLUTAMINE: During intense training, Glutamine levels are greatly depleted in your body, which decreases strength, stamina and recovery. It could take up to 6 days for Glutamine levels to return to normal - and Glutamine plays a key role in protein synthesis. Studies have shown that L-Glutamine supplementation can minimize breakdown of muscles, aid in recovery, improve protein metabolism and on top of that it may also help to lower sugar cravings.

L-CARNITINE: The most critical role that L-carnitine plays in the body is in helping to transport fat, particularly long-chain fatty acids, into the mitochondria of cells. Once there, they can be oxidized, used as fuel, to generate adenosine triphosphate, or ATP= energy. L-carnitine can boost both your training and body composition.

HICA: is also a metabolite of leucine. It has anti catabolic properties. It helps to maintain muscle cells in a functioning state by neutralizing the waste products created during high-intensity exercise.

The combination of these supplements will help you to improve your workout and get better results!

BCAAs: (aminoácidos de cadena ramificada; leucina, valina e isoleucina) Son metabolizados de forma distinta, pueden ser oxidados directamente en el músculo como fuente de energía durante el entrenamiento. Los BCAAs pueden aumentar la disponibilidad de carbohidratos y así ayudar a proteger los músculos de la descomposición de proteína inducida por el ejercicio. Tomar BCAAs puede ayudar a incrementar masa muscular, fuerza y desempeño. Previenen el dolor muscular y desgaste de masa magra. También pueden ayudar a disminuir los niveles de cortisol.

HMB: (hidroximetilbutírico) es un metabolito activo de la leucina, tiene muchos beneficios. Mejora la recuperación, ayuda al incremento de masa muscular e inhibe su desgaste, mejora tu desempeño, VO2max y puede incrementar la pérdida de grasa.

GLUTAMINA: Durante el entrenamiento intenso, los niveles de la glutamina se agotan significativamente esto disminuye la fuerza, resistencia y recuperación. Puede tomar hasta 6 días para que los niveles de glutamina vuelvan a la normalidad y ella desempeña un papel clave en la síntesis proteica. Los estudios han mostrado que la suplementación de L-glutamina puede minimizar el desgaste de los músculos, acelerar la recuperación, mejorar el metabolismo proteico y además de eso también puede ayudar a disminuir los antojos de azúcar.

L-CARNITINA: El rol más importante que juega la L-Carnitina es en el transporte de la grasa, particularmente los ácidos grasos de cadena larga, los lleva a las mitocondrias en las células. Una vez allí pueden ser oxidados como combustible para generar Adenosin trifosfato, ATP = energía. La L-carnitina puede mejorar tu entrenamiento y composición corporal.

HICA: es también un metabolito de la leucina. Ayuda a mantener las células musculares en un buen estado de funcionamiento mediante la neutralización de productos de desecho generados durante ejercicio de alta intensidad.

La combinación de estos suplementos te ayudará a mejorar tu entrenamiento y lograr mejores resultados.

SASCHA
FITNESS

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FITNESS

BCAA + GLUTAMINE

P O W D E R

+HMB + L-CARNITINE + HICA

- Natural flavors and colors
- Vegan
- Sugar Free
- Sweetened with STEVIA

25
SERVINGS

HIGHEST QUALITY 5g OF BCAA 4:1:1

NATURAL PIÑA COLADA FLAVOR

Promotes muscle growth, protein synthesis and recovery

Enhances performance
Improves body composition

DIETARY SUPPLEMENT
NET WT. 12.3 OZ (350G)

Supplement Facts

Serving Size 1 scoop (14 g)
Servings Per Container ~ 25

Amount Per Serving	% Daily Value*
Calories	5 <1%
Calories from Fat	0
Total Fat	0 g
Carbohydrates	0 g <1%

Optimal BCAA Blend 4:1:1 5000 mg**

InstAminos™ (Instantized Vegan

Non-GMO BCAA)

Leucine

Isoleucine

Valine

Hydration Blend 5000 mg**

L-Glutamine

L-Glutamine AKG

Absorption & Precursor Blend 2000 mg**

L-Carnitine Fumarate

CalciumHMB (β-Hydroxy

β-Methyl butyric Acid)

HICA (α - Hydroxy isocaproic Acid)

* Percent daily values are based on 2,000 calories diet.
** Daily values not established

Other Ingredients: Citric Acid, Natural Flavor, Riboflavin (Natural Colorant), Stevia Extract & non-GMO sunflower lecithin

POWERFUL BLEND

"BCAAs can help protect your muscles against the catabolic effects of dieting!"

Directions: As a dietary supplement, mix 1 scoop with 10-14oz of water and take it before, during or after workout or as directed by your qualified health consultant.

Warning: For adult use only. Consult a healthcare practitioner prior to use if you are pregnant or breastfeeding, if you have liver or kidney disease, or if you've been instructed to follow a low-protein diet.

KEEP OUT OF CHILDREN. STORE AT ROOM TEMPERATURE. TAMPER RESISTANT: DO NOT USE IF SEAL UNDER CAP IS BROKEN OR MISSING

▲ These statements have not been evaluated by the Food and Drug Administration. This product is not a cure, treatment, or prevention of any disease

Developed by and manufactured exclusively for: SASCHA FITNESS CORP, Miami, FL 33126 USA

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FDA
REGISTERED FACILITY

MANUFACTURING PRACTICES
GMP
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