

DIRECTIONS: As a dietary supplement, add one scoop (12.5 g) to 8 fl oz of water, juice or sports drink and mix or shake until smooth. Mixes instantly without the use of a blender.

BLUEBONNET'S BCAA & GLUTAMINE POWDER

Is designed to be a comprehensive muscle recovery product that delivers the scientifically substantiated 4:1:1 ratio (leucine: isoleucine: valine) of fermented branched chain amino acids, 1000 mg of free-form L-glutamine, which works in conjunction with L-leucine to improve muscle growth and repair, in a base of delicious coconut water powder and strawberry kiwi flavor. BCAAs, leucine, in particular, helps improve workout intensity and stimulates protein synthesis for increased muscle mass. Use it once, and you will never train without it again!*

MAY SUPPORT



MUSCLE
GROWTH •



MUSCLE
RECOVERY •



MUSCLE
REPAIR •



Free of milk, egg, fish, crustacean shellfish, peanuts, wheat, soybeans and sesame.

Also free of gluten, barley and rice.

Ajipure® is a registered trademark of Ajinomoto Amino Science LLC.



Caution: For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition. Keep out of reach of children.

* 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.



Bluebonnet

BCAA & GLUTAMINE

5 GRAMS OF BCAAs 4:1:1

MUSCLE
GROWTH •
RECOVERY •
REPAIR •



EASY-TO-MIX POWDER

DIETARY SUPPLEMENT NET WT. 13.23 oz (375 g)

Supplement Facts

Serving Size 1 scoop (12.5 g)
Servings Per Container 30

Amount Per Serving		% Daily Value
Calories	35	
Total Carbohydrate	6 g	2% **
Total Sugars	3 g	*
Includes 2 g added sugars		4% **
Sugar Alcohol	1 g	
Branched Chain Amino Acid Complex	5000 mg	*
L-Leucine	3334 mg	*
L-Isoleucine	833 mg	*
L-Valine	833 mg	*
L-Glutamine	1000 mg	*
Coconut Water Powder	250 mg	*

**Percent Daily Value based on a 2,000 calorie diet.

*Daily Values not established.

Other ingredients: Sugar, erythritol, natural flavors, malic acid, coconut oil creamer, silicon dioxide, rebaudioside (stevia extract), beet juice (colorant), sunflower lecithin.

Contains: Tree nuts (coconut)

Manufactured by
Bluebonnet Nutrition Corp.
12915 Dalry Ashford
Sugar Land, Texas 77478 USA
bluebonnetnutrition.com

KEEP TIGHTLY CLOSED. STORE IN A COOL, DRY
PLACE AWAY FROM HEAT, LIGHT AND MOISTURE.

NOTE: THIS PRODUCT IS SOLD BY WEIGHT, NOT VOLUME.
THIS PRODUCT REQUIRES AERATION AT THE TIME OF FILLING.
SETTLING OF CONTENTS MAY OCCUR. NET WEIGHT AND
SERVINGS ARE CLEARLY MARKED.



STAY CONNECTED

