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STAMINA INTENSITY

DELIVERING AMINOS TO WORKING MUSCLES

RECOVERY MATRIX

- Speed Muscle Recovery & Growth ✓
- Increase Strength & Endurance ✓
- Reduce Muscle Fatigue ✓
- Preserve Lean Muscle ✓

BCAAs AND THE BODY

BCAA Optima is fuel for recovery. Providing a mix of essential branched chain amino acids plus added electrolytes, BCAA Optima is designed to rehydrate, refuel, and rebuild. Just one scoop after a workout can help jumpstart your body's recovery process and provide the essential nutrients for building lean, healthy muscle. ✓

BCAAs SUPPORT MUSCLE GROWTH AND PREVENT BREAKDOWN

- BCAAs are the building blocks of muscle protein and are metabolized directly in muscle tissue facilitating growth & recovery. ✓
- Supplementing with BCAAs prevents the process of muscle breakdown known as catabolism during periods of intense strain. ✓
- Together these two effects contribute to sustained muscle growth, allowing you to train harder and recover faster. ✓


RECOVER FASTER GROW

RECOVERY AID



NutraKey

0 CALORIES | 0 SUGAR | 0 FAT | 0 CARBS

BCAA OPTIMA

RECOVERY COMPLEX

RAINBOW
NATURAL AND ARTIFICIAL FLAVORS



7g
ULTRA PURE
BCAAs

2.6g
GLUTAMINE

1.9g
TAURINE
ELECTROLYTES

DIETARY SUPPLEMENT



30 SERVINGS NET WT 435g (15.5oz)


REPLENISH MUSCLE

WHEN TO TAKE

- WITH MEALS**
Feed your muscles by mixing 1 scoop with 8-12 oz. of water during breakfast, lunch, or dinner.
- BEFORE WORKOUT**
Fight fatigue during training by mixing 1 scoop with 8-12 oz. of water before your workout.
- AFTER WORKOUT**
Encourage recovery after training by mixing 1 scoop with 8-12 oz. of water within 1 hour after workout.

RECOMMENDED USE

- CASUAL** - Light Activity
1 Scoop After A Workout **1x** Serving Per Day
- LIFESTYLER** - Weekly Workouts
1 Scoop After Workout & Before Bed **2x** Servings Per Day
- ATHLETE** - Daily Workout
1 Scoop With A Meal, 1 Scoop Before & After Workout **3x** Servings Per Day

Goes Well With: Take BCAA Optima with L-Carnitine 3000 for a metabolism boost during training. ✓
For Best Results: Take BCAA Optima with ISO Optima protein to supplement growth and recovery. ✓

Supplement Facts

Serving Size: 1 Scoop (14.5g) Servings per container: 30		
	Amount/Serv	%DV
Calories	0	0%
Total Fat	0g	0%
Total Carbohydrate	0g	0%
Sugars	0g	0%
Vitamin B6 (Pyridoxine HCL)	1mg	50%
Sodium	80g	3%
Potassium	90mg	3%
BCAA Recovery Matrix	12,000mg	
L-Leucine	3500mg	
L-Glutamine	2600mg	
L-Isoleucine	1750mg	
L-Valine	1750mg	
Citrulline Malate	500mg	
Taurine Electrolyte Blend	1900mg	
Taurine, Sodium Chloride, Potassium Chloride		
** Daily Value not established.		

Other Ingredients: Citric Acid, Malic Acid, Natural and Artificial Flavors, Sucralose

Warning: Pregnant or lactating women, diabetics, hypoglycemics, and people with known medical conditions and/or taking drugs should consult with a licensed physician and/or pharmacist prior to taking dietary supplements. Do not use if seal is broken.



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.