

Leucine is an Essential Amino Acid

As an essential amino acid, Leucine cannot be made by the body, and must be acquired through food or dietary supplements. Leucine is classified as a branched-chain amino acid (BCAA). It comprises about 8% of the total amino acids in your body's protein structures and is the fourth most concentrated amino acid in skeletal muscle tissue.

Leucine Stimulates Muscle Protein Synthesis

Leucine may be the major fuel involved in anabolic (tissue building) reactions. This makes Leucine especially important for body builders and other athletes that demand explosive strength. The branched chain amino acids: valine, leucine, and isoleucine enhance protein synthesis in liver cells and muscle cells and help promote muscle recovery after exercise. BCAAs contribute to energy production in the body by being oxidized in the cell's mitochondria. BCAAs are used by body builders and athletes to produce an anabolic effect and assist in the repair of micro-tears in muscle tissue that are a normal result of exercise. Leucine is thought to be the most effective BCAA for preventing the body's burning of muscle stores for energy during intense workouts because it's utilized more quickly than isoleucine or valine.

High-Performance Liquid Chromatography (HPLC) Verified



Exp 07/2019 Lot LE500887

975 Bennett Drive
Longwood, FL 32750



NutraKey
Health Performance INC

MUSCLE
PERFORMANCE

ULTRA PURE
NO FILLERS

LEUCINE

Ultra Micronized **Max** Bioavailability

PROMOTE LEAN MUSCLE

- INITIATE ANABOLIC RESPONSE
- VITAL FOR PROTEIN SYNTHESIS
- ESSENTIAL AMINO ACID

HPLC Verified

PHARMACEUTICAL GRADE

150 Grams (0.33 lbs)

DIETARY SUPPLEMENT

Supplement Facts

Serving Size: 1 Scoop (5 grams)
Servings per container: 30

Amount Per Serving

%DV

L-Leucine

5000 mg

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** Daily Value not established.

Other Ingredients: None. Contains absolutely no added fillers, excipients, or substances.

Recommended Use: Take 1 serving (1 scoop) with water or your favorite beverage 1-2 times daily or as directed by your physician. Mix for 15 to 20 seconds using a shaker cup or mix thoroughly with a spoon. Product may not mix very easily. May be hygroscopic and may clump during shipment. This does not affect the efficacy of the product, just the texture.

- **SUPPLY** THE BODY WITH ENERGY WHEN UNDER STRESS
- **MAINTAIN** NITROGEN BALANCE
- **PRESERVE** LEAN MUSCLE TISSUE
- **PRESERVE** MUSCLE GLYCOGEN
- **ENHANCE** COGNITIVE ABILITIES FOR MORE FOCUS DURING INTENSE PHYSICAL ACTIVITIES

Pure Nutrition *Go Green*

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.

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