

**THE BIGGER PICTURE  
OF BRANCHED CHAIN AMINO ACIDS (BCAAs)**

L-Leucine, L-Isoleucine, and L-Valine are commonly grouped together and referred to as Branched Chain Amino Acids, or BCAAs, because of their unique branched chemical structure. BCAAs are essential, meaning that they must be consumed through the diet, since the human body cannot make them from other compounds. BCAAs have long been used by strength-training and endurance athletes alike to activate muscle synthesis and reduce muscle breakdown caused by intense training.

**KEEP OUT OF REACH OF CHILDREN. CHECK WITH A QUALIFIED HEALTHCARE PROFESSIONAL BEFORE USING THIS PRODUCT IF YOU ARE UNDER 18 YEARS OF AGE, PREGNANT OR NURSING A BABY OR IF YOU HAVE ANY KNOWN OR SUSPECTED MEDICAL CONDITION(S) AND/OR ARE TAKING ANY PRESCRIPTION OR OTC MEDICATION(S).**

STORE IN A COOL, DRY PLACE.

Carefully Manufactured  
in the  by: 

Sunrise, FL 33325  
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(830) 236-0097  
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**THE BIGGER PICTURE™**  
WWW.OPTIMUMNUTRITION.COM



→ **200**  
→ CAPSULES

# BCAA 1000 CAPS

1,000 MG

BRANCHED CHAIN AMINO ACIDS



DIETARY SUPPLEMENT

## Supplement Facts

Serving Size 2 Capsules  
Servings Per Container 100

**Amount Per Serving**

L-Leucine	500 mg*
L-Isoleucine	250 mg*
L-Valine	250 mg*

\* Daily Value not established.

**OTHER INGREDIENTS:** Gelatin, Microcrystalline Cellulose, Magnesium Stearate.

**SUGGESTED USE:** Consume 2 BCAA 1000 Capsules between meals, 30-45 minutes before workouts, and/or immediately after workouts.



07-129-037