

BCAA
DRINK MIX

Pure-Amino™ attempts to improve upon the typical 2:1:1 BCAA ratio by providing a 4:1:1 ratio focusing on L-Leucine; the BCAA responsible for anabolic signaling for optimizing muscle growth.† The BCAA's can be considered to be the most important of the Essential Amino acids for muscle performance as they promote muscle tissue repair. Recent research on NAC: N-Acetylcysteine, has shown that it promotes the protection of muscle cells during exertion by promoting Glutathione.† Selenium also promotes Glutathione as well and the combination of these two muscle cell protecting ingredients have been shown to be endurance and possibly hormone boosting performance aids.†

Pure-Amino™ can be taken at any time during the day:

- Pre-exercise: for a non-stimulant boost in exercise performance and a delay in fatigue.†
- Intra-workout: can be taken during training to promote muscle repair or a delay in fatigue.†
- Post-exercise: the 4:1:1 BCAA blend featuring L-Leucine will promote recovery from intense exercise.†
- Also supplement with Pure-Amino™ at any time during the day in between meals to promote an anabolic state.†



PURE-AMINO™

BCAA ENDURANCE & RECOVERY DRINK MIX

WARNING: Not intended for use by persons under the age of 18. Do not combine with any other Selenium supplement, persons living in areas with high soil selenium such North and South Dakota should consult a physician before use. Do not consume more than 5 servings in one day. Do not use if you are pregnant or nursing. Consult your physician prior to use if you have a medical condition or if you are unaware of your current health status.

Citral M™ is a registered trademark of Creative Compounds PO Box 4011, Scott City, MO 63780.

MADE IN THE USA

KEEP OUT OF REACH OF CHILDREN. STORE IN A COOL DRY PLACE.

Formulated, tested and certified exclusively by Betancourt Nutrition, Inc.,
14620 NW 60th Ave., Miami Lakes, FL 33014
Toll-free: 800-443-4153 • Phone: 305-593-9296 • Fax: 202-449-8275
www.betancourtnutrition.com



† These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.



GLYCINE TO PROMOTE GLUCOSE FORMATION FOR MUSCULAR ENERGY†
NAC & SELENIUM COMBO FOR OPTIMIZING PERFORMANCE†
4:1:1 RATIO OF BCAA'S & ELECTROLYTES

857487004188

POWDER
DIETARY SUPPLEMENT
28 Servings, Net. WT. 11.85 oz, (336 g)

**NO ARTIFICIAL COLORS OR SWEETENERS†
IMPROVE GLUTATHIONE CONCENTRATION WHICH MAY REDUCE CELL DAMAGE†**

Grape

Supplement Facts

Serving Size: 1 Scoop (12g) Servings per Container: 28

Amount Per Serving	% Daily Value*	
Calories	40	
Total Carbohydrates	1g	<1%
Sugars	0g	
Vitamin B 6 (as Pyridoxine HCL)	2mg	100%
Vitamin B 12 (as Methylcobalamin)	300mcg	5,000%
Magnesium (as Magnesium Citrate)	125mg	31%
Zinc (as Zinc Citrate)	22mg	147%
Selenium (as L-Selenomethionine)	70mcg	100%
Sodium (as Sodium Chloride)	20mg	1%
Potassium (as Potassium Citrate)	35mg	1%

Advanced Water Soluble BCAA Blend

L-Leucine	4,000mg	*
L-Isoleucine	1,000mg	*
L-Valine	1,000mg	*

Glucose & VO₂ Max Blend 2,110mg *

L-Taurine, L-Glycine, N-Acetylcysteine, Citral M™ (L-Citrulline Malate 2:1).

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

** Daily Value not established.

OTHER INGREDIENTS: Natural Grape Flavor, Citric Acid, Stevia 98%, Maltodextrin, Silica.

RECOMMENDED USAGE: Mix 1 scoop with 8 oz of water either before, during or after training. Pure-Amino™ can be used stand alone as a BCAA supplement or in conjunction with exercise for the purposes of boosting performance (especially endurance) and recovery.†