

SUGGESTED USE:

FOR PRE-WORKOUT:
For activity less than 1 hour in duration, mix 1 scoop of PMD's BCAA with 8-10 oz. of cold water 30 minutes before exercise/training to maximize your performance and endurance.

FOR INTRA-WORKOUT:
For activity lasting more than 1 hour, mix 1 scoop of PMD's BCAA with 8-10 oz. of cold water during your exercise/training (ie. Running, Cycling, Swimming, etc...) and drink throughout.

FOR POST-WORKOUT:
Mix 1 scoop of PMD's BCAA with 8-10 oz. of cold water and use immediately following your exercise/training to maximize recovery and fight fatigue.

To be used as part of a physical conditioning program. Contents may settle after shipping. Moisture and humidity can cause clumping and discoloration. Discard after expiration date.

Stack PMD's BCAA with any pre-workout supplement (Cardio Cuts®, ACG3®, Pump Fuel® v.2, or Pump Fuel® INSANITY). You can also add PMD's BCAA to your favorite protein (like Amplify Smoothies or Amplify XL) immediately following exercise for greater recovery.*

WARNING:

KEEP OUT OF REACH OF CHILDREN. For use by Healthy Individuals only. Not for use by those under the age of 18. Do not exceed recommended dose. Do not use if you are pregnant or nursing. Before consuming seek advice from a health care professional if you are unaware of your current health condition. Discontinue use and immediate consult your healthcare professional if you experience any adverse reaction to this product. Do not use if tamper resistant seal is broken.

STORE IN A COOL, DRY PLACE AND AVOID EXCESSIVE HEAT.

*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.

PERFORMANCE + RECOVERY

30 SERVINGS



BCAA

ANTIOXIDANTS

LEAN MUSCLE

ENDURANCE

RECOVERY

CREATINE FREE

DIETARY SUPPLEMENT

CAFFEINE FREE

NET WT. 9.2 OZ (261 G)

2:1:1

Instantized = Better Solubility

HICA+

Alpha KIC

WATERMELON
Natural and Artificial Flavor

Supplement Facts

Serving Size	1 scoop (8.7 g)	Servings Per Container	30
	Amount Per Serving	% DV**	
Calories	5		
Total Carbohydrates	2 g	1%	
Vitamin C (as Ascorbic Acid)	125 mg	208%	
Vitamin B6 (as Pyridoxine Hydrochloride)	3 mg	150%	
Vitamin B12 (as Cyanocobalamin)	100 mcg	1,667%	
Calcium (as Calcium Silicate)	18 mg	2%	
Sodium	20 mg	1%	
Potassium	80 mg	2%	
BCAA Blend	4 g		
Leucine	2 g		
Isoleucine	1 g		
Valine	1 g		
Amino Catalyst Blend	2 g		
Taurine, Alanine, Glycine, Serine, Threonine			
HICA (Alpha-Hydroxyisocaproic Acid)			
Alpha KIC (Alpha Ketoisocaproate)			
Hydra-Pump Blend	250 mg		
Potassium Citrate, Salvia Miltiorrhiza containing Tanshiones and Saviannolic Acid, Ribose®, CoQ-10			

**Percent Daily Values (DV) are based on a 2,000 calorie diet
† Daily Value (DV) not established

Other Ingredients: Citric Acid, Natural and Artificial Flavors, Waxy Maize, Sucralose, Acesulfame Potassium, Salt, FD&C Red 40
Gluten Free.

Formulated with 2 Powerful Ingredients:

HICA (Alpha-Hydroxyisocaproic Acid)

- Support Lean Muscle Mass*
- Train Harder and Longer*
- Less Soreness Between Workouts*

Alpha KIC (Alpha Ketoisocaproate)

- Muscle Cells Recovery*
- Increase Muscle Strength*
- Reduce Muscle Damage During Workouts*

Sequenced 2:1:1 Ratio for Maximum Performance.

2 - Leucine, 1 - Isoleucine, 1 - Valine

Ratio offering an effective path to stimulate protein synthesis. PMD's BCAA offers essential amino acids that your body can't synthesize from other compounds, and that must be obtained thru diet. Branched chain amino acids have a strong and potent history of providing the means necessary to accelerate recovery times, support lean muscle mass, enhance endurance, and increase performance.* Coupled with vitamin B-6 and B-12, PMD's BCAA helps boost your natural energy levels so you can maximize your potential.*

 Mfd. Exclusively for NDS Nutrition Products, Inc.
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