

SUGGESTED USAGE: Add 1 level scoop of BCAA Blast to a glass or shaker cup filled with 10-12 oz. of water or your favorite beverage. Stir or shake vigorously for about 15-20 seconds to ensure a good mix. Take 1-3 scoops daily. Can be taken before, during, or after exercise. Adjust your scoop amount per serving based on your caffeine tolerance or anticipated intensity of your workout.

NOW® Sports BCAA Blast powder is a simple, yet effective pre-workout supplement that can help maximize output during workouts.* Each serving blasts you with 5 g of branched-chain amino acids (BCAAs) to support muscle growth, retention, and recovery.* These BCAAs are not blended with other amino acids. With 100 mg of natural caffeine per scoop, this thirst-quenching supplement assists in maintaining physical energy and focus during workouts, while supporting the body's natural recovery processes.* The electrolyte sodium is added to supplement and replenish what is lost during strenuous activity.*

*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.

Caution: For adults only. Do not use if sensitive to caffeine. Not recommended for use by pregnant or nursing women. Consult physician if taking medication (especially blood pressure and heart medications) or have a medical condition (especially high blood pressure, glaucoma, and heart conditions). Discontinue use if nervousness, sleeplessness or nausea occurs. Keep out of reach of children.

Code 0216N V2



TROPICAL PUNCH



BCAA BLAST

● **ENERGY PRODUCTION* / ENDURANCE*** ●

**100 MG
CAFFEINE**

**5 G
BCAAs**

**SPORTS
RECOVERY***

NET WT. 600 G (21.16 OZ.)

A Dietary Supplement



Supplement Facts

Serving Size 1 Level Scoop (approx. 17.5 g)
Servings Per Container about 34

	Amount Per Serving	% Daily Value
Calories	30	
Total Carbohydrate	9 g	3%**
Erythritol	1 g	†
Sodium	130 mg	6%
Branched-Chain Amino Acids (L-Leucine, L-Isoleucine, L-Valine)	5 g (5,000 mg)	†
Natural Caffeine (from Green Coffee Beans) (<i>Coffea robusta</i>)	100 mg	†

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

Other ingredients: Maltodextrin (non-GMO), Natural Flavors, Erythritol (non-GMO), Citric Acid, Malic Acid, Sodium Bicarbonate Powder, Beet Powder (non-GMO), Stevia Leaf Extract (Rebaudioside A), Silicon Dioxide, Guar Gum and Xanthan Gum.

NOW FOODS, 395 S. Glen Ellyn Rd.
Bloomington, IL 60108, USA nowsportsproducts.com

Made and quality tested in the USA with globally sourced ingredients.

Not manufactured with wheat, gluten, soy, milk, egg, fish, shellfish, tree nut or sesame ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

Typical Branched-Chain Amino Acid composition (2:1:1 approximate ratio):
L-Leucine (2,250 - 2,700 mg), L-Isoleucine (1,100 - 1,350 mg),
L-Valine (1,100 - 1,350 mg)

Store in a cool, dry, dark place after opening.

This product is sold by weight not volume.

Natural color variation may occur in this product.

Do not eat freshness packet enclosed.