

**SUGGESTED USAGE:** Take 4 capsules twice daily before meals or exercise.

The branched-chain amino acids (BCAAs), leucine, isoleucine and valine are essential amino acids, and thus cannot be made in the body. BCAAs are critical for muscle protein synthesis, and because BCAAs can be used as fuel during intense exercise, BCAA supplementation can help to preserve existing muscle tissue.\* In addition, BCAAs can support the recovery process by promoting the normal repair processes that take place after exertion.\* BCAAs also play an important role in the maintenance of proper immune system function and the support of healthy aging.\*

\*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. Consult physician if pregnant/nursing, taking medication, or have a medical condition. Keep out of reach of children.

Natural color variation may occur in this product.

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

Code 0054CN v8



# BRANCHED-CHAIN AMINO ACIDS

• AMINO ACIDS / RECOVERY\* •



**240 VEG CAPSULES**  
A Dietary Supplement



## Supplement Facts

Serving Size 4 Veg Capsules  
Servings Per Container 60

	Amount Per Serving	% Daily Value
Calories	10	
Branched-Chain Amino Acids (L-Leucine, L-Isoleucine, L-Valine)	2.6 g (2,600 mg)	†

† Daily Value not established.

Other ingredients: Hypromellose (cellulose capsule), Stearic Acid (vegetable source) and Sunflower Lecithin.

Manufactured by NOW FOODS, 395 S. Glen Ellyn Rd. Bloomingdale, IL 60108, USA [nowsportsproducts.com](http://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) (per 4 capsule serving):  
L-Leucine (1,170 - 1,400 mg)  
L-Isoleucine (570 - 700 mg)  
L-Valine (570 - 700 mg)

NOW® Branched-Chain Amino Acids are pharmaceutical grade.