

ESSENTIAL BCAA is a blend of 3,000mg of Branch Chain Amino Acids and Glutamine for lean muscle and recovery. BCAAs are the most abundant amino acids found in muscle tissue, and are the most readily absorbed group of amino acids. ESSENTIAL BCAA contains the perfect BCAA ratio of 2:1:1 for superior results. Take post-workout for a whole new level with this essential BCAA blend.

These amino acids increase protein synthesis and nitrogen retention, both essential to building lean muscle. BCAAs are metabolized directly in the muscle, and are considered "essential" because the body cannot build them from other compounds. Instead, they must come from diet or supplementation. Take your results to a whole new level with this great food supplement.

- GREAT FLAVOR
- SPEEDY RECOVERY
- INCREASED PROTEIN SYNTHESIS
- PERFECT BCAA RATIO of 2:1:1 for superior results

Manuscript received February 1996

[KenSportsNutrition.com](http://www.KenSportsNutrition.com)

ULTIMATE  
BOCA  
GRAPE  
RECOVERY GROWTH STRENGTH

**DIRECTIONS:** Mix 1 scoop (10g) in 8-12 ounces of cold beverage. It will take a few minutes for all the powder to dissolve in the beverage. **CAUTION:** ACID is kept taken on an empty stomach and should not be taken on a full stomach.

### Supplemental Factors

[illegible][illegible]

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