

**PRE & POST
WORKOUT**

**FOR ADULTS, TAKE TWO (2)
CAPLETS ONE TO THREE TIMES
DAILY, PREFERABLY ON AN EMPTY STOMACH.**

MET-Rx® BCAA 1800

Massive BCAA 1800 Benefits:

- BCAAs are especially important for bodybuilders since they comprise a large percentage of the amino acid composition of muscle.*
- BCAAs are also the only aminos that are directly metabolized in the muscle as opposed to the liver.
- Provides dual benefits since BCAAs can be used to build protein or broken down in muscle to supply a direct source of energy.*
- BCAAs provide muscle nitrogen support for a variety of metabolic functions, which can be especially important during heavy training.*
- Sustained release formula allows you to maintain BCAA concentrations in the body—take servings six hours apart to optimize BCAA levels.

Directions: For adults, take two (2) caplets one to three times daily, preferably on an empty stomach. See dosing chart for more information. To maintain BCAA concentrations in the body, caplets can be taken 6 hours apart.

Dosing Chart:

- 150 lbs and under: 2 caplets once daily
- 151-200 lbs: 2 caplets twice daily
- Over 200 lbs: 2 caplets three times daily

Use in conjunction with an intense daily exercise program and a balanced diet including an adequate caloric intake.

*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.

MET-Rx®

TIMED-RELEASE

**BCAA
1800**

» **6 HOUR SUSTAINED RELEASE
FORMULA**

» **2.5:1:1 BCAA RATIO**

» **HIGH LEUCINE CONTENT- 1000 MG
PER SERVING**

**120 COATED
CAPLETS**

DIETARY SUPPLEMENT

**SPECIALTY
SUPPLEMENT**

Supplement Facts

Serving Size 2 Caplets
Servings Per Container 60

Amount Per Serving		%Daily Value
Calcium (as Dicalcium Phosphate)	120 mg	12%
L-Leucine	1,000 mg (1 g)	**
L-Valine	400 mg	**
L-Isoleucine	400 mg	**

**Daily Value not established.

Other Ingredients: Hypromellose, Cellulose (Plant Origin).
Contains <2% of: Calcium Silicate, Cellulose Coating, Natural Palm Leaf Glaze, Silica, Vegetable Magnesium Stearate, Vegetable Stearic Acid.

WARNING: If you are pregnant, nursing, taking any medications or have any medical condition, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. Not intended for use by persons under the age of 18.

KEEP OUT OF REACH OF CHILDREN. STORE AT ROOM TEMPERATURE AND AVOID EXCESSIVE HEAT. TAMPER RESISTANT: DO NOT USE IF SEAL UNDER CAP IS BROKEN OR MISSING.

MET-Rx®
Shaping Every Body.™

Manufactured in the USA by
MET-Rx Nutrition, Inc.
Boca Raton, FL 33487

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Questions? Call toll free 1-800-55-MET-Rx
To learn more, please go to www.MET-Rx.com

