

· No added fillers · No flow agents · No driers · No other ingredients

Ingredients: BCAA Instant Grade 2:1:1 Powder.

Suggested Use: The suggested dosage for BCAA is from 5 to 20 grams per day with most performance athletes taking between 10 and 20 grams per day. Split the dosage into mornings and evenings. Mix the powder into water, juice, smoothies or a protein shake for best results. As with all our powders, a micro scale is strongly recommended for proper dosage.

Storage: Store in a cool & dry place. Keep away

from strong light & heat.

**Disclaimer:** These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

WARNING: A scale is required for accurate measurements. Keep away from children. Do not take this or any other supplement if you are pregnant or nursing. Do not take if you have high blood pressure or any medical complications. Always consult with your physician before taking any new dietary supplements.

Expiration date on back of pouch.

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DIETARY SUPPLEMENT
USP-FCC
NET WT. 500G (1.1 LB)

## Supplement Facts

Serving Size: 10 grams	Amount Per serving	% Daily Value**
Servings per container: About 50		
L-Leucine	2500 mg	*
L-Isoleucine	1250 mg	
L-Valine	1250 mg	

<sup>\*</sup> No Daily Value Established

Ingredients: BCAA Instant Grade 2:1:1 Powder

Suggested Use: Suggested dosage can range from 5 to 20 grams, split dosage into morning and evening. Mix with water, juice or shakes for best results.

Allergens: This product contains NO Milk & Byproducts, Eggs, Fish, Shellfish, Wheat, Gluten, Tree Nuts, or Sesame Seeds.

This is a NON-GMO ingredient produced with organic material.

Storage: Store in a cool & dry place. Keep away from direct sunlight and heat.

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WARNING: A micro scale is required for accurate measurements. Keep away from children. Do not take this or any other supplement if you are pregnant or nursing, have high blood pressure or taking other prescription drugs. Always consult with a physician before taking any new dietary supplement.

## Lot Number: Expiration Date:



<sup>\*\*</sup> Based on a 2,000 calorie diet