

BCAA Stack: The Perfect Branched-Chain Amino Acid/Glutamine Recovery Drink Mix

BCAA Stack, with its clinically proven ratio of branched-chain amino acids and glutamine, can actually help you increase strength, boost performance, provide energy during dieting, and promote lean mass gains while increasing bodyfat loss. BCAA Stack is perfect for all serious athletes, from the bodybuilder to the marathoner, the gainer to the dieter. Studies have proven that the formula in BCAA Stack can increase nitrogen retention, which in turn helps your body accumulate lean mass. Furthermore, recent studies have shown that the BCAA/glutamine stack could increase strength and positively influence body composition. While taking this powerful stack in addition to a calorie-restricted diet, individuals gained lean mass while dramatically decreasing bodyfat! Whether you're dieting to make weight or are trying to maintain (or even increase) lean mass, studies prove there's no better amino acid combination than the BCAA/glutamine stack. If you're looking for that extra edge, there's only one BCAA Stack, only from Universal Nutrition.*

Selected Sources:

- Blomstrand E, Hassmen P, Ekblom B, et al. Administration of branched-chain amino acids during sustained exercise—effects on performance and on plasma concentration of some amino acids. *Eur J Appl Physiol* 1991;63:83-88.
- Blomstrand E, et al. Influence of ingesting a solution of branched chain amino acids on perceived exertion during exercise. *Acta Physiol Scand* 1997;159:41-49.
- Blomstrand E, et al. Effect of branched chain amino acid supplementation on the exercise induced change in aromatic amino acid concentrations in human muscle. *Acta Physiol Scand* 1992;146:293-98.
- Candelor N, Bertini I, Melchiorri G, DeLorenzo A. Effects of prolonged administration of branched-chain amino acids on body composition and physical fitness. *Minerva Endocrinol* 1995;20(4):217-223.
- Hamby D, Pearson D, McGovern B, Harris T, Russell W. Comparison of creatine monohydrate and amino acid supplementation on strength and body composition after strength training in collegiate football players. *J Strength Cond Res* 2000;14(3):363.
- Mourier A, et al. Combined effects of caloric restriction and branched chain amino acid supplementation on body composition and selected performance parameters in elite wrestlers. *Int J Sports Med* 1997;18:47-55.

*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.

Clinically-Proven
Amino Acid Formula

BCAA Stack™

100% Pharmaceutical Grade

►► Anabolic Amino Complex

Grape Flavor

① Nitrogen retention
lean body mass

with Glutamine
& Proven BCAA Ratio

MAXIMUM NITROGEN-RETENTION SUPPORT

250 Grams

Recovery Supplement

Supplement Facts

Serving Size 10g (2 Teaspoons)
Servings Per Container 25

Amount Per Serving	%DV
Calories	0
Total Fat	0g 0%*
Saturated Fat	0g 0%*
Total Carbohydrates	0g 0%*
Glutamine	2.75g **
Leucine (as L-leucine)	2.5g **
Isoleucine (as L-isoleucine)	1.25g **
Valine (as L-valine)	1.25g **

* Percent Daily Values are based on a 2,000 calorie diet.

** Daily Value (DV) not established.

Other Ingredients: Grape flavor, citric acid, grape skin (coloring), aspartame†.

† Phenylketonurics: contains phenylalanine.

Store in a cool, dry place away from direct heat and sunlight. KEEP OUT OF REACH OF CHILDREN.

NOTE: As with all exercise and nutrition programs, please consult your physician prior to use.

100% GUARANTEE: If not completely satisfied, return remainder of product and receipt to place of purchase within 30 days for immediate refund or exchange.

Recommended Use: For its potential anti-catabolic benefits during intense training or when dieting, take 2 servings per day, with one serving immediately following exercise. For general benefits, take only 1 serving per day. For optimum results, take this product in conjunction with your favorite post-training protein/carb shake.

MADE IN THE U.S.A.
Formulated and Manufactured By:

 **Universal Nutrition**

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