

RECOVERY

Pro BCAA is a scientifically-based formula to provide the body with high potency branched chain amino acids (BCAA Xtreme™) in the ideal 2:1:1 ratio of leucine, isoleucine, and valine. As a dual action formula, **Pro BCAA** is specifically designed to benefit both pre- and post-workouts. For the pre-workout, this comprehensive formula is designed to support the energy fuels needed for high intensity and endurance workouts. For the post-workout, it functions to support rapid recovery, muscle anabolism and anti-catabolic effects.[†]

The BCAAs are known to be highly concentrated in muscles and have been shown to serve as important fuel sources for skeletal muscles during periods of high-intensity exercise. The highly concentrated levels of leucine found in **Pro BCAA** promotes protein synthesis by mediating the signaling pathways controlling protein synthesis involving the phosphorylation of the target enzymes Akt/mTOR, a protein kinase and the sequential stimulation of p70 ribosomal S6 kinase (p70 S6K) through enhanced translation of specific mRNAs.[†]

Citrulline malate promotes anaerobic energy production for high-intensity exercise along with aerobic energy production for lower to moderate intensity workouts. Citrulline malate promotes the removal of lactate and ammonia from muscle cells, reduces muscle fatigue and supports arginine synthesis and superior for nitric oxide (NO) production.

Glutamine is the most abundant amino acid in the body and in muscles. Studies have confirmed that athletes may not produce enough glutamine to support muscle requirements during recovery. Glutamine is a "workhorse" amino acid to prevent protein catabolism (breakdown) and clearly anti-catabolic. Glycine supports natural Growth Hormone. Vitamins C, B6, B12 and Biotin are metabolic cofactors for enhanced biochemical utilization of the BCAAs.[†]

Pro BCAA is designed to be used as a pre-workout, during workout, anti-catabolic, post-recovery formula. **Pro BCAA** is to be used during strength or endurance exercise to decrease the catabolic activity of muscles.

[†]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.



PRO BCAA

Advanced Branched Chain Amino Acid Formula

- Anti-Catabolic, Endurance and Recovery Modulator[†]
- Provides the Only Amino Acids Delivered Directly to Muscles for Protein Synthesis and Repair[†]
- Supports Optimal Carbohydrate Utilization During and Post-Exercise[†]
- Promotes Muscle mTOR Activation[†]

DIETARY SUPPLEMENT • NET WT. 351 G (0.773 LBS)

WATERMELON

Directions: As a dietary supplement mix two (2) scoops (approximately 11.7 g) with 16 ounces of pure cold water. Stir briskly or shake in a closed container until mixed. Best if consumed immediately before, during or after a workout. Add sweetener, increase water or juice content for taste preference.

Supplement Facts

Serving Size: Two (2) scoops (Approx. 11.7 g)
Servings Per Container: Approx. Thirty (30)

	Amount Per Serving	% DV*
Vitamin C (ascorbic acid)	60 mg	100%
Vitamin B6 (pyridoxine HCl)	10 mg	500%
Vitamin B12 (cyanocobalamin)	6 mcg	100%
Biotin	300 mcg	100%

Pro BCAA & Amino Acid Proprietary Blend 11.4 g **
Leucine, Isoleucine, Valine, Glutamine,
Glycine, Citrulline Malate

*Percent Daily Values are based on a 2,000 calorie diet.
**Daily Value not established.

Other Ingredients: Natural and artificial flavors (FD & C Red No. 40), acesulfame potassium, sucralose sweetener, potassium citrate.

Contains: Soy (BCAA pre-mix).
Manufactured in a cGMP facility that processes milk, egg, fish, Crustacean shellfish, tree nuts, wheat and soybeans.



WARNING STATEMENT: Consult a physician before starting any diet and exercise program and before using this product. Discontinue use and call a physician or licensed qualified health care professional immediately if you experience unexpected side effects. If pregnant, nursing or taking prescription medications, consult a licensed health care practitioner prior to use.

KEEP OUT OF THE REACH OF CHILDREN.

STORE IN A COOL, DRY PLACE AWAY FROM MOISTURE, SUNLIGHT AND EXCESS HEAT.

ALWAYS KEEP TIGHTLY SEALED.

To report a serious adverse event, contact:
Max Muscle Sports Nutrition
210 W. Tolt Ave., Orange, CA 92665
www.maxmuscle.com



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