

# BCAA 3:1:2<sup>™</sup>

THE FOUNDATION OF YOUR TEMPLE<sup>™</sup>



CORE SERIES

## BRANCHED CHAIN AMINO ACID COMPLEX

- SUPPORTS LEAN MASS GROWTH
- REDUCES MUSCLE BREAKDOWN
- INCREASES PROTEIN SYNTHESIS

DIETARY SUPPLEMENT  
180 CAPSULES



### SUPPLEMENT FACTS

Serving Size: 6 capsules  
Servings Per Container: 30

Amount Per Serving	% Daily Values
L-Leucine	3000 mg †
L-Valine	2000 mcg †
L-Isoleucine	1000 mg †
Zinc (as Monomethionine and Aspartate)	7.5 mg †

\* Percent Daily Values are based on a 2000 calorie diet.

† Daily value not established

**ALLERGEN WARNING:** This product was produced in a facility that may also process ingredients containing milk, egg, soybeans, shellfish, fish, tree nuts, and peanuts.

**STORAGE CONDITIONS:** Store in a cool dry place.

FUELING ATHLETES SAFELY<sup>™</sup>

BANNED-SUBSTANCE FREE  
CERTIFICATIONS



CLINICAL STUDIES  
& RESEARCH PROGRAM



## DEMAND MORE OF YOUR BODY— AND YOUR BCAA

MusclePharm's BCAA 3:1:2 offers a unique patent pending ratio—3 Leucine, 1 Isoleucine, 2 Valine—that is specifically tuned to deliver the ideal amounts of these three amino acids during all phases of muscle development and maintenance. Through this formulation, amino acids are released both before and after a workout. MP BCAA minimizes both muscle damage and weight loss, while increasing lean body mass.

**DIRECTIONS:** Consume 1 serving one to three times daily. For optimal use, take between meals, 30-45 minutes before workouts, and/or immediately after workouts.

**WARNING:** Do not exceed the recommended daily dose. Consult a physician prior to use if you have any medical conditions. Do not use if you are pregnant or lactating. **KEEP OUT OF REACH OF CHILDREN.**

\* 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.

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& MANUFACTURED FOR:

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