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BCAA's - Branched Chain Amino Acids - are the 3 unique and essential amino acids **Leucine**, **Isoleucine** and **Valine**. These are naturally occurring molecules that your body uses to build lean muscle proteins. **BCAA's** are the only amino acids that are metabolized directly in muscle tissue and help to prevent muscle breakdown, promote muscle protein synthesis, provide fuel for muscular energy, speed muscle recovery, enhance endurance and support anabolic hormone production.

Each serving of AST Sports Science BCAA's deliver you 4550 milligrams of the highest quality branched chain amino acids in easy to swallow, rapid release capsules. Take anytime, anywhere for rapid muscle uptake to enhance recovery and performance.†

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

AST Sports Science

120 Capital Drive, Golden, CO 80401

1-800-627-2788 • www.ast-ss.com REV#BCAA614



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STRENGTH • SIZE • RECOVERY

**BCAA
4500**

**BRANCHED CHAIN
AMINO ACIDS**

4.55g
Per
Serving

66
Total
Servings

2:1:1
BCAA Ratio
Research
Proven

Dietary Supplement

462 Capsules Net wt: 730 mg (0.03 oz)

Supplement Facts

Serving Size: **7 Capsules (4550 mg)**

Servings Per Container: **66**

Each Serving of BCAA Contains:	%DV/RDI
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4550 mg of BCAA Blend (2:1:1), 93% (Containing L-Leucine, L-Isoleucine and L-Valine)	*
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*Daily Value / Recommended Daily Intake not established.

Other Ingredients: Gelatin, silicon dioxide, and magnesium stearate.

Recommended Use: As a dietary supplement, take 7 capsules three times per day - upon waking, between meals and before bed. On training days, take 7 capsules before, during, and after training and 7 capsules before bed. For endurance athletes take 7 capsules before and after training or event and 7 capsules before bed.

Max-OT
TRAINING SERIES

**More Muscle Faster
Online Now!**

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