

BCAA+G™ contains a precise, bioengineered ratio of Branched Chain Amino Acids (BCAAs) and L-Glutamine, which are clinically proven to be essential for building muscle size and strength. **BCAA+G™** increases protein synthesis, nitrogen retention and most importantly, protects hard earned muscle from the stress of heavy training and intense exercise.** Clinical investigations have proven that the amino acids found in **BCAA+G™** help the body recover quicker after intense training and promote lean muscle gains, while reducing unwanted body fat.** **Vitamin B6** has been added to enhance amino acid utilization directly into the muscle tissue.

During intense training or dieting, free amino acid pools (in muscle tissue) decrease, drastically reducing protein synthesis (the ability to build muscle). Research has indicated that BCAAs and Glutamine supplementation support this free amino acid pool in the muscle tissue, increasing protein synthesis and allowing the body to build lean muscle mass.** Because the body cannot manufacture its own BCAAs, their importance in the diet are vital for maximum muscle growth and recovery.**

BCAA+G™ is the **Ultimate Muscle Recovery** formula nutritionally engineered for today's serious athlete. This powerful, anticatabolic formula promotes lean muscle gains, faster recovery and explosive energy to enhance any training regimen.

**This statement has not been evaluated by the Food and Drug Administration (FDA).
This product is not intended to diagnose, treat, cure or prevent any disease.

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Lot #:

Best if used by:



BCAA+G™

MUSCLE SIZE, STRENGTH & RECOVERY**



MUSCLE**

DIETARY SUPPLEMENT

- ULTIMATE MUSCLE RECOVERY FORMULA ENHANCED WITH L-GLUTAMINE •
- INCREASES NITROGEN RETENTION** •

LEMONADE



RECOVERY**

NET WEIGHT: 0.396LBS (180g)

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Suggested Usage: Take 3 scoops (2g scoop included) 2 times daily. 1 serving should be taken prior to exercise and 1 serving immediately following exercise. **PLEASE NOTE:** BCAA+G™ does not mix well in water and must be shaken or swirled prior to each drink. It is normal for BCAA+G™ to float on top of the water. Also, BCAA+G™ can be consumed as powder directly into the mouth and chased with water.

Elite Training Athletes: To enhance muscle strength and recovery from intense training best results are seen when BCAA+G™ is used before, during and immediately following training. For example: 3 scoops prior to training, 3 scoops during training and 3 scoops after training.

Supplement Facts

Serving Size 3 scoops (2 gram scoop inside)

Servings Per Container 30

Amount Per Serving	% Daily Value*	
Vitamin B6 (pyridoxine HCl)	2mg	100%
L-Leucine	2,500mg	†
L-Valine	1,500mg	†
L-Isoleucine	1,000mg	†
L-Glutamine	1,000mg	†

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

† Daily Value not established.

Other Ingredients: Natural and Artificial Flavors, Citric Acid, and Sucralose.

Contains **NO** peanut, tree nut, fish, shellfish, wheat, gluten or yeast.

This product is manufactured in a facility that produces other products and may contain trace amounts of milk, egg or soy.



Formulated by & Manufactured for:
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