

BCAA POWDER

4:1:1 RATIO

▲ **SUPPORTS MUSCLE GROWTH & RECOVERY**



**CERTIFIED
FOR SPORT®**

DIETARY SUPPLEMENT
Net Wt. 6.35 oz. (180 g)



TRUE ATHLETE®

TRUE ATHLETE® NATURALLY DRIVEN®

True Athlete BCAA 4:1:1 provides a 4:1:1 ratio of the essential branched chain amino acids: L-Leucine, L-Isoleucine and L-Valine. During times of metabolic stress (such as high intensity exercise), BCAAs may become fuel for your muscles and help aid in protein synthesis and prevent catabolism (muscle breakdown). L-Leucine, in conjunction with exercise, may activate the mTOR pathway that supports muscle growth.

- ▲ SUPPORTS MUSCLE GROWTH
- ▲ SUPPORTS MUSCLE RECOVERY
- ▲ HIGH RATIO OF LEUCINE TO ISOLEUCINE AND VALINE
- ▲ NO ARTIFICIAL COLORS, FLAVORS OR SWEETENERS
- ▲ NO BANNED SUBSTANCES, UNLISTED INGREDIENTS OR HARMFUL INGREDIENTS

Supplement Facts

Serving Size 1 Scoop (6g)

Servings Per Container 30

	Amount Per Serving	% Daily Value
L-Leucine	4 g	*
L-Isoleucine	1 g	*
L-Valine	1 g	*

* Daily Value not established.

Other ingredients: Sunflower lecithin.

Does not contain: Yeast, Corn, Wheat, Gluten, Sugar, Salt, Soy, Starch, Dairy, Citrus, Fish, Preservatives, Artificial Colors or Flavors.

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.

Products that are designated "NSF Certified for Sport®" are rigorously tested to help ensure that they contain no banned substances, unlisted ingredients, or harmful impurities.

DIRECTIONS: As a dietary supplement, mix one (1) scoop (6 g) with 6 - 8 ounces of water, sports drink or protein supplement. Use before, during or after training.

WARNING: Consult your healthcare provider prior to use if you are pregnant, nursing, taking any medication or have any medical conditions.

Distributed by: Vitamin Shoppe, Inc.
Secaucus, NJ 07094

Visit www.vitaminshoppe.com
or call 1-800-223-1216 for more information and to reorder.

STORE IN A COOL, DRY PLACE
KEEP OUT OF REACH OF CHILDREN

TAMPER EVIDENT
Do not use if outer seal is broken or missing.

www.true-athlete.com

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