

THE TRUE STRENGTH OF BRANCHED CHAIN AMINO ACIDS (BCAAs)

L-Leucine, L-Isoleucine, and L-Valine are commonly grouped together and referred to as Branched Chain Amino Acids, or BCAAs, because of their unique branched chemical structure. BCAAs are essential, meaning they must be consumed through the diet, since the human body cannot make them from other compounds. BCAAs provide active adults with versatile support for training endurance and recovery. Used with protein powders and/or protein-rich foods, these 1 G capsules help support muscle recovery and protein synthesis.*

WARNING: CONSULT YOUR PHYSICIAN BEFORE USING THIS PRODUCT IF YOU ARE TAKING ANY MEDICATIONS OR ARE UNDER A PHYSICIAN'S CARE FOR A MEDICAL CONDITION. NOT FOR USE BY THOSE UNDER THE AGE OF 18 OR WOMEN THAT ARE PREGNANT, TRYING TO GET PREGNANT OR NURSING.

STORE IN A COOL, DRY PLACE.

TRUE STRENGTH™
WWW.OPTIMUMNUTRITION.COM



* 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.



MEGA-SIZE BCAA 1000 CAPS

BRANCHED CHAIN AMINO ACIDS

1G

200
CAPSULES

DIETARY SUPPLEMENT

Supplement Facts

Serving Size 2 Capsules
Servings Per Container 100

Amount Per Serving

Micronized L-Leucine	500 mg*
Micronized L-Isoleucine	250 mg*
Micronized L-Valine	250 mg*

* Daily Value not established.

OTHER INGREDIENTS: Gelatin, Microcrystalline Cellulose, Magnesium Stearate.

MANUFACTURED BY  **OPTIMUM NUTRITION** 975 Meridian Lake Dr.
Aurora, IL 60504

SUGGESTED USE: Consume 2 BCAA 1000 Capsules between meals, 30-45 minutes before workouts, and/or immediately after workouts. Intended for use in healthy adults and as part of a healthy, balanced diet and exercise program.



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1-800-705-5226 TRUESTRENGTH.COM

MANUFACTURED IN THE USA
This product contains ingredients of one national and domestic origin.