

**BCAA Capsules** contain a blend of L-Leucine, L-Isoleucine and L-Valine, which are essential amino acids that the body cannot synthesize on its own and therefore must get through dietary sources.\*

BCAAs, unlike most other amino acids, are metabolized within muscle tissue, allowing them to be used as energy by muscle cells to produce cellular energy in the form of ATP.\*

**Helps stimulate muscle growth\***  
**Helps prevent muscle breakdown\***  
**Helps prevent exercise-induced fatigue\***

**\*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.**

Manufactured for **Doctor's Best, Inc.**  
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# BCAA

## Branched Chain Amino Acids Capsules

**HELPS STIMULATE MUSCLE GROWTH  
& PREVENT MUSCLE BREAKDOWN\***

*500 mg / 240 Veggie Caps*

### Supplement Facts

Serving Size 1 capsule  
Servings per container 240 servings

|              | Amount per serving | % Daily Value |
|--------------|--------------------|---------------|
| BCAA Blend   | 500 mg             | †             |
| L-Leucine    | 250 mg             | †             |
| L-Isoleucine | 125 mg             | †             |
| L-Valine     | 125 mg             | †             |

† Daily Value not established.

**Other Ingredients:** Modified cellulose (vegetarian capsule), microcrystalline cellulose, magnesium stearate (vegetable source), silicon dioxide.

**Suggested Adult Use:** Take 1 capsule, up to 3 times daily, before or after physical exercise, or as recommended by a nutritionally-informed physician.

**Non-GMO and Gluten Free**  
Store in a cool dry place.



YDRB381