

**Workout Harder & Longer.  
Recover Faster and Grow!**

## **HICA-MAX™ Muscle Growth Support**

HICA-MAX™ provides powerful, natural support for muscle growth.\*

HICA-MAX™ chewables deliver leucic acid, also known as alpha-hydroxy-isocaproic acid (HICA), a natural metabolite of the branched chain amino acid, leucine. HICA is produced within and actively transported into skeletal muscle, delaying fatigue, reducing catabolic breakdown, and promoting the anabolic effect of exercise.

How HICA-MAX™ can help you:

- **PROTECT** and preserve muscle mass during strenuous exercise (anti-catabolic)
- **PROMOTE** gains in strength and muscle mass from high-intensity exercise (adaptive training response)
- **PROLONG** workouts by buffering ammonia and acid released during exercise that exceeds the aerobic threshold (combats peripheral fatigue)\*

HICA-MAX™ chewable tablets help you work out harder and longer, recover faster, and support muscle growth.

\* 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.

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# **HICA-MAX™** **Muscle Growth** **SUPPORT**

Leucic Acid ( $\alpha$ -hydroxy-isocaproic acid (HICA))

**LABRADA**  
NUTRITION



**ASSORTED FLAVORS**

**Lime • Fruit Punch • Watermelon • Orange**  
Natural & Artificial Flavor

**Dietary Supplement**  
**90 Chewable Tablets**

### **Supplement Facts**

Serving Size: 1 Chewable Tablet  
Servings Per Container: 90

|                            | Amount Per Serving | %DV** |
|----------------------------|--------------------|-------|
| Calories                   | 4                  | †     |
| Total Carbohydrate         | 2 g                | 1     |
| Sugar Alcohol (as xylitol) | 2 g                |       |
| HICA (Leucic Acid)         | 500 mg             |       |

† Daily Value not established.

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

**Other Ingredients:** Xylitol, Natural & Artificial Flavor, Magnesium Stearate, Malic Acid, Stearic Acid, Silica, Citric Acid, Sucralose, FD&C Red #40 Lake, FD&C Yellow #5 Lake, FD&C Blue #2 Lake.

Developed by and Manufactured for:

**LABRADA NUTRITION™**

333 Northpark Central Drive  
Houston, TX 77073, U.S.A.

**Directions:** Take chewable tablets 30 minutes before workout according to bodyweight.

**up to 150 lbs...3 tablets per day**  
**over 150 lbs....6 tablets per day**

[www.labrada.com](http://www.labrada.com)

Questions or Comments?

**1.800.832.9948**

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