

SUGGESTED USE:† Take three (3) tablets, three (3) times per day.

WHAT ARE BCAA'S?

Leucine, Isoleucine and Valine are referred to as Branch Chain Amino Acids (BCAA) and are a part of the Essential Amino Acid family. BCAA's are important for muscle recuperation, muscle energy and muscle growth.†

HOW DOES BCAA 4 HOUR™ WORK?

BCAA's can not be produced by the body and must be supplied through your diet. BCAA's enter your bloodstream and attach directly to muscle where they repair damaged muscle tissue. This process helps ensure maximum muscle recovery and growth!†

WHAT ELSE DOES BCAA 4 HOUR™ CONTAIN?

BCAA 4 HOUR also contains Vitamin C, Vitamin B6 and Piperine. This combination of Vitamins aid in bioavailability while Piperine ensures maximum absorption of the primary BCAA ingredients.†

HOW LONG DOES BCAA 4 HOUR™ LAST?

During the manufacturing process, BCAA 4 HOUR undergoes a special process to glaze each tablet with a film coat. This coating prevents stomach acid from dissolving the BCAA tablet. Therefore the BCAA tablet is passed into the small intestine where it does not have to compete with other nutrients and is better absorbed into your blood stream. The digestion in the small intestine will take up to 4 hours, therefore allowing your muscles to benefit from the nutrients during the entire digestion period.†

†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.



HARDCORE SERIES



BCAA 4 HOUR™

ADVANCED SUSTAINED RELEASE

DIETARY SUPPLEMENT

240 TABLETS

SUPPLEMENT FACTS

Serving Size: 3 Tablets
Servings per Container: 80

Amount Per Serving	% Daily Value*
BCAA Ethyl Ester Complex	
L-Leucine	1000mg †
L-Isoleucine	500mg †
L-Valine	500mg †
Vitamin C (Ascorbic Acid)	100mg †
Vitamin B6 (Pyridoxine HCL)	20mg †
Piperine	10mg †

* Percent Daily Values are based on a 2,000 calorie diet.
† Daily Values not established.

OTHER INGREDIENTS: Maltodextrin, Di-calcium Phosphate, Microcrystalline Cellulose, Stearic Acid, Silica, Talc, Vegetable Glaze.

WARNING: Consult a physician before using this product. Keep out of the reach of children. Store in a cool, dry place 15°-30°C (59°-86°F). Do not use if tamper-evident seal is broken.

Manufactured exclusively for:



53 E, Merrick Road #218, Freeport, NY 11520

Questions/Comments:

1(888) 663-1113 www.sniglobal.com

