INTRA/POST RECOVERY STACK AMINO RECOVERY



The Most Powerful Muscle Building BCAA Ratio In The World:

6.2g of Leucine in every scoop!

Isoleucine

Valine

The 3 BCAAs

(Branched-Chain Amino Acids)

eucine is by far the most powerful of the 3 BCAAs as it cannot convert to energy. This muscle building superstar is strictly ketogenic, so it is used to trigger muscle protein synthesis (growth).*

ISOI FUCINE

Fssential Amino Acid

Isoleucine while essential, is both glucogenic and ketogenic, and can be converted to glucose for energy during your workout.*



Feential Amino Acid

Valine while essential, is strictly glucogenic and can also be converted to alucose for energy during your workout.*

GLUTAMINE 2.5a to 5a

Glutamine makes up approximately 60% of muscle tissue. It has been shown to act as a powerful muscle cell volumizer, stimulate protein synthesis and decrease muscle protein loss.*

IA25527



***Informed-Choice is a quality assurance program for sports nutrition products. The program certifies that all nutritional supplements that bear the Informed-Choice logo have been tested for banned substances by the world class sports anti-doping lab, LGC.

INNERARMOUR.COM

SERVINGS

6.2_G

GLUTAMINE

CARBS & CALORIES

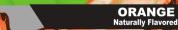
GLUTEN FREE





ALL NATURAL FLAVORS & SWEETENERS

DIETARY SUPPLEMENT NET WT. 463.6g (16.3oz.)



INTRA/POST RECOVERY STACK

Supplement Facts

Serving Size: 1 scoop (15.45a) 2 scoops (30.9g) Servings Per Container: 30 Servings 15 Servings Amount Per Serving %DV Amount Per Serving %D Calcium (as Calcium Silicate) 47mg 5% 94mg 9% BCAA Peak 12:1:1 L-Leucine 6.2a t 12.4a + 1000ma L-Isoleucine 500mg † I -Valine 1000mg + 500ma L-Glutamine 2.5g †

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

Other Ingredients: Stevia, Citric Acid Anhydrous, Malic Acid, Sodium Citrate, Natural Flavors. Beta Carotene.

ALLERGEN INFORMATION: Produced in a facility that also processes milk. tree nuts, peanuts, eggs, soy, shellfish, fish, and wheat.

Suggested Use: As a dietary supplement, mix 1 scoop with 16 oz of water and consume before, during and/or after training, BCAA Peak TM is best taken in one of two ways: 1. As an intra/post workout drink mix. 2. Immediately after exercise and before your post workout shake (Nitro-Peak™ or Lean Mass-Peak™). Additional servings may be used to meet your daily amino acid requirements.

Manufactured in a

certified facility.

Manufactured for and Distributed by Sports Nutrition 83 White Oak Dr Berlin, CT 06037 860-656-7720

Protect from heat, light and moisture.

Do not purchase if seal is broken.

Keep out of reach of children.

Store at 15-30°C (59-86°F).

OR ARE PREGNANT, OR LACTATING.

*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