

Supplement Facts

Serving Size 2 Level Teaspoons (approx. 5.2 g)
Servings Per Container about 65

Amount Per Serving

L-Leucine (Free-Form)	2.5 g (2,500 mg)*
L-Isoleucine (Free-Form)	1.25 g (1,250 mg)*
L-Valine (Free-Form)	1.25 g (1,250 mg)*

* Daily Value not established.

Other ingredients: None.

Contains milk.

NOW FOODS, 395 S. Glen Ellyn Rd.
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Not manufactured with wheat, gluten, soy, egg, fish, shellfish or tree nut ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

NOW® Branched Chain Amino Acids are Pharmaceutical Grade.

This product is sold by weight not volume.

Store in a cool, dry, dark place after opening. Please Recycle.

Natural color variation may occur in this product.

Branched Chain Amino Acid Powder

L-Leucine, L-Isoleucine, L-Valine
Pharmaceutical Grade

Net Wt. 12 oz. (340 g)
A Dietary Supplement



SUGGESTED USAGE: Spoon Stirred: Add 2 level teaspoons of BCAA Powder to a glass filled with 8-10 oz. of water or your favorite beverage and mix vigorously with a spoon for about 15-20 seconds. Take 1 to 3 times daily. Can be taken before meals or before and after exercise.

Shaker: Add 2 level teaspoons of BCAA Powder to your shaker cup filled with 8-10 oz. of water or your favorite beverage. Cover and shake for about 10 seconds to ensure a good mix. Take 1 to 3 times daily. Can be taken before meals or before and after exercise. **Tip:** Try adding BCAA Powder to your favorite protein powder, meal replacement product, or weight-gainer shake.

The Branched Chain Amino Acids (BCAAs), Leucine, Isoleucine and Valine are essential amino acids, and thus cannot be made in the body.* BCAAs are critical for muscle protein synthesis, and because BCAAs can be used as fuel during intense exercise, BCAA supplementation can help to preserve existing muscle tissue.* In addition, BCAAs can support the recovery process by promoting the normal repair processes that take place after exertion.* BCAAs also play an important role in the maintenance of proper immune system function and the support of healthy aging.*

*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.

Caution: For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition. Keep out of reach of children. Do Not Eat Freshness Packet Enclosed.



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