

USAGE: Take 2 capsules 1 or 2 times per day with juice before or after exercise or as directed by your qualified health care consultant.

NOTE: If you have a medical condition, are pregnant, lactating, trying to conceive, under the age of 18, or taking medications, consult your health care practitioner before using this product.

BCAA Complex contains the ideal 2:1:1 ratio of the free form, crystalline branched chain amino acids L-Leucine, L-Isoleucine and L-Valine combined with the conditionally essential amino acid L-Glutamine.*

BCAAs exert an anticatabolic effect by reducing the breakdown of protein, thereby protecting muscle tissue.*

Glutamine is a preferred source of fuel for the intestinal cells and is in high demand by skeletal muscles following physical exertion.* **Vitamin B₆** enhances amino acid metabolism.*

Keep out of the reach of children.

* 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.

Lot #. Best Used Before:

Jarrow FORMULAS®

Branched Chain Amino Acid COMPLEX

L-Leucine
L-Isoleucine
L-Valine
L-Glutamine

Free Form Amino Acids
with Glutamine and B₆

120 Capsules
Dietary Supplement

Supplement Facts

Serving Size 2 Capsules

Servings Per Container 60

	Amount Per 2 Capsules	% DV
Vitamin B ₆ (as pyridoxine hydrochloride)	5 mg	250%
L-Leucine (BCAA)	300 mg	*
L-Isoleucine (BCAA)	150 mg	*
L-Valine (BCAA)	150 mg	*
L-Glutamine	500 mg	*

* Daily Value not established.

Other Ingredients: Cellulose and magnesium stearate (vegetable source). Capsule consists of gelatin.

No wheat, no gluten, no soybeans, no dairy, no egg, no fish/shellfish, no peanuts/tree nuts.

Distributed Exclusively by:
Jarrow FORMULAS®
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