

AST

SPORTS SCIENCE

4.55g

Per Serving

66

Total
Servings

2:1:1

BCAA Ratio
Research
Proven

BCAA 4500

STRENGTH • SIZE • RECOVERY
BRANCHED CHAIN AMINO ACIDS

Dietary Supplement • Net Wt: 730 mg (0.03 oz) 462 Capsules

BCAA-4500

BCAA's - Branched Chain Amino Acids - are the 3 unique and essential amino acids Leucine, Isoleucine and Valine. These are naturally occurring molecules that your body uses to build lean muscle proteins. **BCAA's** are the only amino acids that are metabolized directly in muscle tissue and help to prevent muscle breakdown, promote muscle protein synthesis, provide fuel for muscular energy, speed muscle recovery, enhance endurance and support anabolic hormone production.

Each serving of AST Sports Science **BCAA's** deliver you 4550 milligrams of the highest quality branched chain amino acids in easy to swallow, rapid release capsules. Take anytime, anywhere for rapid muscle uptake to enhance recovery and performance.†

† These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Supplement Facts

Serving Size: **7 Capsules (4550mg)**

Servings Per Container: **66**

Each Serving of BCAA-4500 Contains: %DV/RDI	
L-Leucine	2275mg*
L-Isoleucine	1137.5mg*
L-Valine	1137.5mg*

*Daily Value / Recommended Daily Intake not established.

Ingredients: Gelatin, silicon dioxide, and magnesium stearate.

Recommended Use: As a dietary supplement, take 7 capsules three times per day - upon waking, between meals and before bed. On training days, take 7 capsules before, during, and after training and 7 capsules before bed. For endurance athletes take 7 capsules before and after training or event and 7 capsules before bed.

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