

**GNC**  
**PRO PERFORMANCE**

Branched Chain Amino Acids, or BCAA, are Leucine, Isoleucine, and Valine.\* BCAA are essential for protein synthesis, and help reduce muscle breakdown during exercise.\* These crucial amino acids also help to preserve glycogen in the muscle to support recovery.\*

\*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.

KEEP OUT OF REACH OF CHILDREN.  
Store in a cool, dry place.

For More Information:  
1-888-462-2548

**SHOP NOW @ GNC.COM**

Distributed by:  
General Nutrition Corporation  
Pittsburgh, PA 15222



# BCAA 1800

**DIETARY SUPPLEMENT**

***Improves Anabolic Environment with 1800mg Dose***

***Powerful Blend of Leucine, Isoleucine & Valine***

***Helps Reduce Muscle Protein Breakdown\****

**240**  
**CAPSULES**

CODE 677220

BRG

**DIRECTIONS:** As a dietary supplement, take six capsules daily, either in the morning, evening or between meals on an empty stomach with a full glass of water. Use in conjunction with your strenuous exercise program.

## Supplement Facts

Serving Size Six Capsules  
Servings Per Container 40

| Amount Per Serving                |        | % Daily Value |
|-----------------------------------|--------|---------------|
| Vitamin E (as d-alpha Tocopherol) | 12 IU  | 40%           |
| L-Leucine                         | 900 mg | *             |
| L-Isoleucine                      | 630 mg | *             |
| L-Valine                          | 270 mg | *             |

\* Daily Value not established.

**OTHER INGREDIENTS:** Soybean Oil, Gelatin, Glycerin, Caramel Color, Titanium Dioxide (Natural Mineral Whitener).

Conforms to USP <2091> for weight. Meets USP <2040> disintegration.

No Sugar, No Starch, No Artificial Colors, No Artificial Flavors, No Preservatives, Sodium Free, No Wheat, Gluten Free, No Corn, No Dairy, Yeast Free.