

Contains No sugar, salt, dairy, wheat, gluten, soy, preservatives, artificial colors or artificial flavors.

Suggested Use: As a dietary supplement, adults take two (2) capsules thirty (30) to forty (40) minutes before physical activity and/or immediately afterwards. This may be repeated two (2) to four (4) times daily. Store in a cool, dry place and away from direct light.

† 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.

VEGETARIAN BCAA 1,000 mg

**Branched Chain Amino Acids
with Glutamine and B Vitamins**

**SUPPORTS LEAN MUSCLE MASS
& POST WORK-OUT RECOVERY†**

Dietary Supplement
120 Vegetarian Capsules

SUPPLEMENT FACTS

Serving Size 2 Vegetarian Capsules
Servings Per Container 60

	Amount Per Serving	% Daily Value
Vitamin B-1 (as thiamine hydrochloride)	1.5 mg	125%
Niacin (as niacinamide)	20 mg	125%
Pantothenic Acid (as calcium pantothenate)	10 mg	200%
Branched Chain Amino Acids Complex (BCAAs)	1,000 mg	**
L-Leucine	500 mg	**
L-Isoleucine	250 mg	**
L-Valine	250 mg	**
L-Glutamine	600 mg	**

** Daily Value not established

Other ingredients: Vegetarian capsule (cellulose, water), magnesium stearate, silica and cellulose.

L-Leucine, L-Isoleucine and L-Valine, commonly known as Branched Chain Amino Acids or BCAAs, cannot be produced by the body and must be consumed through diet or dietary supplements. They are essential to building and maintaining muscle tissue and have long been used by athletes and other active individuals to activate protein synthesis and reduce muscle breakdown caused by intense training or physical activity.†

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