

BCAA

Supports lean muscle mass and exercise recovery[†]

INDICATIONS

- Ages 18 and up
- Muscle function, composition and recovery[†]

BENEFITS

- Promotes muscle function during exercise[†]
- Helps to maintain lean muscle mass[†]
- Promotes muscle sparing during prolonged exercise and post-exercise recovery[†]
- May support mental performance during exercise[†]

FEATURES

- Offers 1,200 mg BCAA per serving
- Made with high-quality vegetarian ingredients backed by verifiable science

VERIFIABLE SCIENCE

BCAA are amino acids (leucine, isoleucine and valine) that are utilized directly by skeletal muscle for protein synthesis and repair.¹ BCAA also have a sparing effect on muscle glycogen and help to maintain muscle function during prolonged bouts of exercise. BCAA have also been shown to decrease lactate production.² They moderate the progression of central nervous system fatigue that often occurs during prolonged sessions of exertion, supporting mental and physical performance.^{3†}

SUGGESTED USE

Capsules

As a dietary supplement, take 2 capsules, 1-2 times daily, between meals.

Powder

As a dietary supplement, take 1 scoop daily, mixed with 10 oz water or juice.

STORAGE

Store in a cool, dry place.

WARNING

If you are pregnant or lactating, have any health condition or are taking any medication, consult your health professional before use.

SOURCE

- Isoleucine and valine are produced from corn dextrose fermentation
- Leucine is originally extracted from protein and is extensively processed and purified

NOTES

Capsules

Size 00 caps

Bottle count 90, 250

Order codes BCA9, BCA2

Bottle size 290 cc, 20 oz

Powder

Serving size: approximately 3.3 g

Servings per container: approximately 68

8 oz (227 g)

Order code BCAP

Bottle size 16 oz

REFERENCES

1. Liska DJ. *Altern Med Rev.* 1998 Jun;3(3):187-98.
2. Campos-Ferraz PL, et al. *Nutrition.* 2013 Nov-Dec;29(11-12):1388-94.
3. Gualano AB, et al. *J Sports Med Phys Fitness.* 2011 Mar;51(1):82-8.

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SUPPLEMENT FACTS

2 capsules, 1-2 times daily, between meals.

Two (size 00) vegetarian capsules contain:

Branched chain amino acids (free-form)	1,200 mg
Providing:	
I-Leucine	600 mg
I-Isoleucine	300 mg
I-Valine	300 mg

Other ingredients: vegetarian capsule (cellulose, water)



BCAA capsules	Quantity	Order Code
	250	BCA2
	90	BCA9

1 scoop daily, mixed with 10 oz of water or juice.

Serving size: 3.3 g (approximately 1 rounded scoop)

Servings per container: approximately 68

One rounded scoop (approximately 3.3 g) contains:

Calories	10
Branched chain amino acids (free-form)	3,000 mg
Providing:	
I-Leucine	1,500 mg
I-Isoleucine	750 mg
I-Valine	750 mg



BCAA powder	Quantity	Order Code
	8 oz (227 g)	BCAP

Visit PureEncapsulationsPro.com for more information about our GMO policy.

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

