

# BCAA capsules

Supports lean muscle mass and exercise recovery<sup>†</sup>

## INDICATIONS

- Ages 18 and up
- Muscle function, composition and recovery<sup>†</sup>

## BENEFITS

- Promotes muscle function during exercise<sup>†</sup>
- Helps to maintain lean muscle mass<sup>†</sup>
- Promotes muscle sparing during prolonged exercise and post-exercise recovery<sup>†</sup>
- May support mental performance during exercise<sup>†</sup>

## 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.<sup>1</sup> 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.<sup>2</sup> They moderate the progression of central nervous system fatigue that often occurs during prolonged sessions of exertion, supporting mental and physical performance.<sup>3†</sup>

## SUGGESTED USE

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

## 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

Size 00 caps

Bottle count 90, 250

Order codes BCA9, BCA2

Bottle size 290 cc, 20 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.

## 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

Visit [PureEncapsulationsPro.com](http://PureEncapsulationsPro.com) for more information about our GMO policy.