

INTRA WORKOUT MUSCLE SUPPORT



**6G
BCAA**



**500MG
COCONUT
WATER**



**4G
LEUCINE**



Branched Chain Amino Acids

Why use Branched Chain Amino Acids (BCAA)? BCAA are the primary building blocks for muscle growth, muscle protein synthesis, and lean muscle tissue. Unlike other non-essential amino acids, BCAAs – Leucine, Valine and Isoleucine – cannot be produced by the body, so they must be provided through diet or supplementation.*

Not all BCAA are created equal. AMINOCORE® delivers 6 g of BCAA in a precise 4:1:1 ratio to help maximize muscle protein synthesis and recovery. Each serving provides 4 g of Leucine; the optimal threshold identified in research to initiate protein synthesis pathways in muscle.*

Each serving of AMINOCORE® fuels your muscles with 500 mg of coconut water powder to support hydration during your most intense workouts. Additionally, AMINOCORE® delivers four (4) B-Vitamins, which help in energy metabolism and support the formation of red blood cells – the molecules responsible for delivering oxygen to your muscles, helping you power through grueling workouts.*

AMINOCORE® 4:1:1 BCAA helps to activate key pathways involved in muscle protein synthesis and support the body's natural muscle building and repair processes. Supplementing with BCAAs has been shown to activate signaling pathway, which drives muscle building and repair.*

DIRECTIONS: To activate protein synthesis and increase muscle recovery*, take 1 scoop of AMINOCORE® during weight training or any athletic event. On non-training days, AMINOCORE® can be taken anytime on an empty stomach. Mix one scoop (9 g) with 12 oz (355 mL) of water. Shake or stir well. Take during workouts.

Supplement Facts

Serving Size 1 Scoop	9 g
Servings Per Container	30
AMOUNT PER SERVING	% DAILY VALUE
Total Carbohydrate	0 g 0% ^Δ
Sugars	0 g †
Niacin (as Nicotinic Acid)	20 mg 125%
Vitamin B6 (as Pyridoxine HCl)	2 mg 118%
Folate (as Folic Acid 300 mcg & Calcium 5-Methyltetrahydrofolate)	680 mcg DFE 170%
Vitamin B12 (as Cyanocobalamin)	6 mcg 250%
AMINOCORE® BCAA [4:1:1]	6,000 mg
L-LEUCINE	4,000 mg †
L-VALINE	1,000 mg †
L-ISOLEUCINE	1,000 mg †
Coconut Water (<i>Cocos nucifera</i>)	500 mg †

^Δ Percent Daily Value based on a 2,000 calorie diet

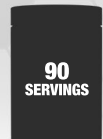
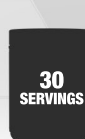
[†] Daily Value not established

OTHER INGREDIENTS: Citric Acid, Malic Acid, Natural & Artificial Flavors, Sucralose, Calcium Silicate, Acesulfame Potassium.

7 FLAVORS AVAILABLE



**2 SIZES
AVAILABLE**



ALLMAX®
PROFESSIONAL GRADE SUPPLEMENTS

ESSENTIALS

Naturals

SPORT

www.ALLMAXNutrition.com

@TeamALLMAX

@ALLMAX