



BCAA

- Increases Lean Muscle Mass*
- Decreases Muscle Loss*
- Reduces Muscle Soreness*

INSTANTIZED
2:1:1
BCAA POWDER

Branched Chain Amino Acids



ALLMAX brings you Branched Chain Amino Acid (BCAA) powder in a 2:1:1 ratio. Unlike other aminos, BCAAs are unique in that they are taken up by the muscles directly whereas other aminos are processed by the liver. BCAAs are critical to building quality muscle fast. BCAAs are widely known to increase the rate of muscle growth in response to training, in fact research indicates that as much as 35% of muscle tissue is comprised of BCAAs. BCAAs are highly Anti-Catabolic. Since muscle tissue absorbs BCAAs directly, your muscle tissue has the fuel it needs and dramatically limits muscle tissue break down. For competitive athletes looking to increase strength and muscle size, BCAAs are the “must-have” supplement.**

L-LEUCINE - provides support to lean muscle tissue and provides energy, specifically when training intensely, and helps to maintain a positive nitrogen balance within the body. Leucine is referred to as a “limiting nutrient”; meaning the body requires L-Leucine in a specific ratio to other aminos to assimilate protein into the body. Leucine activates a major anabolic pathway called the mTOR pathway which stimulates muscle protein synthesis.**

L-VALINE - plays a role in glucose metabolism, protein synthesis and provides immune support. It provides extra glucose for energy during times of hardcore training, making it a valuable addition for any athlete. It is also involved in the detoxification of excess nitrogen in the liver.*

L-ISOLEUCINE - provides muscle recovery post-workout and has been found to be helpful to assist in supporting blood sugar levels already within normal range. Isoleucine plays a role in hemoglobin formation and can increase energy levels and extend endurance.*†

Supplement Facts

Serving Size 1 Scoop (5g)
Servings Per Container 80

Amount Per Serving	% Daily Value
Branched Chain Amino Acids (BCAA) 2:1:1	5g †
Instantized L-Leucine	50%
Instantized L-Valine	25%
Instantized L-Isoleucine	25%

† Daily Value not established.

Other Ingredients: Lecithin (Sunflower).

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

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