

BCAA - Branch Chain Amino Acids

(Free-form)

Presentation

A white powder in a clear hard shell capsule.

Each capsule delivers:

L-Leucine	250mg
L-Isoleucine	125mg
L-Valine	125mg

Encapsulated with:

Bulking Agent (Rice Flour), Capsule Shell (Hydroxypropyl Methylcellulose), Magnesium Stearate, Silicon Dioxide.

Disintegration time: Less than 30 minutes.

Suitable for vegetarians  **and vegans** 

quantity
180

type
capsules

code
8332



Uses

This product supplies three essential amino acids, Leucine, Isoleucine and Valine, combined in a 2:1:1 ratio which is thought to be the optimal ratio for these three amino acids. As with our other amino acids they are presented in their 'free-form' which means they are ready to be absorbed and used by the body.

The BCAAs are present in high protein foods such as meat and dairy products. There is much interest amongst sports therapists in the BCAAs, since they are the only amino acids actually metabolised in the muscle. Indeed they make up approximately 33% of muscle protein and hence are a popular supplement for people undertaking high intensity sport or resistance training.

Usage and administration

6 capsules daily. It is preferable to take Amino Acids with fruit juice or water, rather than milk.

An Amino Acid is best taken 1/2 hour before any meal or at bedtime.

Allergen advice

None (see page 194).

Cautions

This product is not recommended for children, or pregnant or lactating women.

Storage instructions

To be stored in a cool, dry place and protected from light.

Legal category

Food supplement.

