

**USAGE:** Take 2 capsules 1 or 2 times per day with juice before or after exercise or as directed by your qualified healthcare professional.

**NOTE:** If you have a medical condition, are pregnant, lactating, trying to conceive, under the age of 18, or taking medications, consult your healthcare professional before using this product.

**BCAA Complex** contains the ideal 2:1:1 ratio of the free form, crystalline branched chain amino acids L-Leucine, L-Isoleucine and L-Valine combined with the conditionally essential amino acid L-Glutamine.

**BCAAs** exert an anticatabolic effect by reducing the breakdown of protein (thereby protecting muscle tissue) and promoting muscle growth as well as recovery after workouts.\* **Glutamine** is a preferred source of fuel for the intestinal cells and is in high demand by skeletal muscles following physical exertion.\* **Vitamin B<sub>6</sub>** is essential for amino acid metabolism.\*

Keep out of the reach of children.  
Store in a cool, dry place.

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

**Jarrow**  
FORMULAS

# BCAA

Branched Chain Amino Acid Complex

BCAAs with Glutamine and B<sub>6</sub>  
Support Muscle Growth\*  
and Post-Workout Recovery\*

**120** DIETARY  
VEGGIE CAPS SUPPLEMENT



## Supplement Facts

Serving Size 2 Capsules  
Servings Per Container 60

	Amount Per Serving	% DV
Vitamin B <sub>6</sub> (as Pyridoxine Hydrochloride)	5 mg	290%
L-Glutamine	500 mg	†
L-Leucine (BCAA)	300 mg	†
L-Isoleucine (BCAA)	150 mg	†
L-Valine (BCAA)	150 mg	†

† Daily Value not established.

Other Ingredients: Magnesium stearate (vegetable source) and cellulose. Capsule consists of hydroxypropylmethylcellulose. No wheat, gluten, soybeans, dairy, egg, fish/shellfish, or peanuts/tree nuts.

Suitable for vegetarians/vegans.

Distributed Exclusively by:  
**Jarrow FORMULAS**<sup>®</sup>  
Superior Nutrition and Formulation<sup>SM</sup>  
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02419BCAA PROD # 115053



Lot #. Best Used Before:

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