

THE TRUE STRENGTH OF BRANCHED CHAIN AMINO ACIDS (BCAAs)

L-Leucine, L-Isoleucine, and L-Valine are commonly grouped together and referred to as Branched Chain Amino Acids, or BCAAs, because of their unique branched chemical structure. BCAAs are essential, meaning they must be consumed through the diet, since the human body cannot make them from other compounds. BCAAs provide active adults with versatile support for training endurance and recovery.* Used with protein powders and/or protein-rich foods, these 1000 mg capsules help support muscle recovery and protein synthesis.

WARNING: CONSULT YOUR PHYSICIAN BEFORE USING THIS PRODUCT IF YOU ARE TAKING ANY MEDICATIONS OR ARE UNDER A PHYSICIAN'S CARE FOR A MEDICAL CONDITION. NOT FOR USE BY THOSE UNDER THE AGE OF 18 OR WOMEN THAT ARE PREGNANT, TRYING TO GET PREGNANT OR NURSING.

STORE IN A COOL, DRY PLACE.
CONTENTS SOLD BY WEIGHT NOT VOLUME.

* 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.

TRUE STRENGTH™
WWW.OPTIMUMNUTRITION.COM



BRANCHED CHAIN AMINO ACIDS

1000
MG

MEGA-SIZE

BCAA

1000 CAPS

400
CAPSULES

DIETARY SUPPLEMENT

Supplement Facts

Serving Size 2 Capsules
Servings Per Container 200

Amount Per Serving

L-Leucine	500 mg*
L-Isoleucine	250 mg*
L-Valine	250 mg*

* Daily Value not established.

OTHER INGREDIENTS: Gelatin, Microcrystalline Cellulose, Magnesium Stearate.

MANUFACTURED BY OPTIMUM NUTRITION  975 Meridian Lake Dr. Aurora, IL 60504

SUGGESTED USE: Consume 2 BCAA 1000 Capsules between meals, 30-45 minutes before workouts, and/or immediately after workouts.

MANUFACTURED IN THE USA 
This product contains ingredients of international and domestic origin.

1-800-705-5226 TRUESTRENGTH.COM

12-270-036

