

### THE TRUE STRENGTH OF BCAAs

The Branched Chain Amino Acids Leucine, Isoleucine and Valine are valued for their anabolic and anti-catabolic properties. Used in the 2:1:1 ratio before and/or during endurance exercise, they may help spare muscle tissue. Used after strength training, BCAAs help kick-start protein synthesis which plays an important role in muscle growth. We included 5 grams of glutamine because this conditionally essential amino acid may help support recovery after intense exercise.▲

**DIRECTIONS:** Mix 2 scoops of PRO BCAA™ in 10-12 oz of cold water or your favorite beverage and consume before, during or after exercise.

**SUGGESTED USE:** To help spare muscle tissue during endurance effort and/or support muscle building after strength training.▲

**FOR MAXIMUM RESULTS:** Use as needed in conjunction with a healthy balanced diet and regular exercise including both strength and cardiovascular training.

▲ 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.

■ PRO BCAA™ contains 13g of amino acids, of which 8g are BCAAs  
Contents sold by weight not volume, some settling may occur.

 MegaNatural® Red Wine Grape Extract is a trademark of Constellation Wines U.S. Inc.

**TRUE STRENGTH™**  
WWW.OPTIMUMNUTRITION.COM



1 (800) 705-5226  
TRUESTRENGTH.COM



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



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# PRO

# BCAA™

**& GLUTAMINE SUPPORT**  
NET WEIGHT 13.7 OZ (390 G)  
DIETARY SUPPLEMENT

**20**  
SERVINGS

**8G**  
BCAAs

**13G\***  
AMINO ACIDS

**RASPBERRY LEMONADE**  
Naturally & Artificially Flavored



## Supplement Facts

Serving Size 2 Scoops (19.5 g)  
Servings Per Container 20

Amount Per Serving		% Daily Value
Calories	5	
Total Carbohydrate	1 g	<1%*
Vitamin C (as ascorbic acid, acerola fruit extract)	230 mg	383%
Sodium (as sodium chloride)	100 mg	4%
Potassium (as potassium chloride)	50 mg	1%
2:1:1 BCAA Blend (L-Leucine, L-Isoleucine, L-Valine)	8 g	†
L-Glutamine	5 g	†
PhytoBlend Grape Seed Extract, Red Wine Grape Extract ( <i>Vitis vinifera</i> )(fruit) (Meganatural®), Citrus Bioflavonoids	160 mg	†

\* Percent Daily Values are based on a 2,000 calorie diet.

† Daily Value not established.

**OTHER INGREDIENTS:** Citric Acid, Natural and Artificial Flavors, Malic Acid, Silicon Dioxide, Calcium Silicate, Salt, Lecithin, Sucralose, Potassium Chloride, Beet Juice Powder.

**ALLERGEN INFORMATION:** Contains Soy (Lecithin) Ingredients.

**MANUFACTURED BY OPTIMUM NUTRITION, INC.**  
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