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 1 scoop 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.

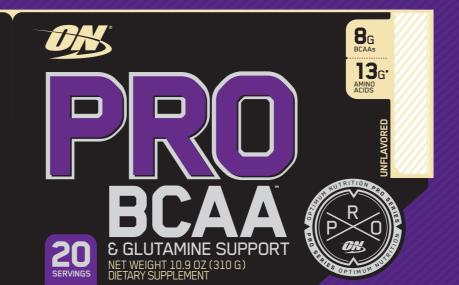






MANUFACTURED IN THE USA

This product contains ingredients international and domestic origi



Supplemen Serving Size 1 Scoop (15.5 g) Servings Per Container 20	t Fac	cts
Amount Per Serving	%Da	ily Value
Vitamin C (as ascorbic acid, acerola fruit extract)	230 mg	
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	160 mg	1
	Extract	s
PhytoBlend Grape Seed Extract, Red Wine Grape	Extract rus Bioflavonoid	s

ALLERGEN INFORMATION: Contains Soy (Lecithin) Ingredients.

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