

## 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 that they must be consumed through the diet, since the human body cannot make them from other compounds. BCAAs have long been used by strength-training and endurance athletes alike to support protein synthesis and recovery from intense training. Our Instantized BCAA 5000 Powder is made using a proprietary process that mixes easily and keeps the BCAAs suspended longer so they do not readily settle to the bottom of the glass. Because if you can't drink your BCAAs, they can't help your performance. ^

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



### DIRECTIONS:

**SPOON STIRRED:** Add 2 scoops of Instantized BCAA 5000 Powder to a glass filled with 10-12 oz of water or your favorite beverage. Then mix it up with a spoon. Stir for about 15-20 seconds.

**SHAKER:** Just add 2 scoops of Instantized BCAA 5000 Powder to your shaker cup filled with 10-12 oz of your favorite beverage. Cover and shake for about 10 seconds to ensure a good mix. Don't have a shaker cup? Order one at optimumnutrition.com or check your local health food store or gym. **TIP:** Try adding Instantized BCAA 5000 Powder to your favorite protein powder, meal replacement product, or weight-gainer shake.

**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.



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# INSTANTIZED BCAA 5000 POWDER

2.5G  
L-LEUCINE

1.25G  
L-ISOLEUCINE

1.25G  
L-VALINE

FRUIT PUNCH  
Naturally & Artificially Flavored

40  
SERVINGS

NET WT. 13.40 OZ (380G) 5 G BRANCHED CHAIN AMINO ACID SUPPLEMENT

## Supplement Facts

Serving Size 2 Scoops (9.5g)  
Servings Per Container 40

Amount Per Serving	% Daily Value
Calories	10
Total Carbohydrate	3 g 1%*
Micronized L-Leucine	2.5 g †
Micronized L-Isoleucine	1.25 g †
Micronized L-Valine	1.25 g †

\*Percent Daily Values are based on a 2,000 calorie diet.  
†Daily Value not established.

**OTHER INGREDIENTS:** Natural & Artificial Flavors, Citric Acid, Inulin, Lecithin, Sucralose, Tartaric Acid, Silicon Dioxide, FD&C Red #40.  
**ALLERGEN INFORMATION:** CONTAINS SOY (LECITHIN) INGREDIENTS.

MANUFACTURED BY  
OPTIMUM NUTRITION 975 Meridian Lake Dr.  
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**SUGGESTED USE:** Consume Instantized BCAA 5000 Powder between meals, 30-45 minutes before workouts, and/or immediately after workout. Intended for use in healthy adults and as part of a healthy, balanced, diet and exercise program.

1 (800) 705-5226 [TRUESTRENGTH.COM](http://TRUESTRENGTH.COM)

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