



New PMD BCAA Stim Free Lemonade (30 Servings)

SUPPORT FOR: Lean muscle growth, enhanced endurance and stronger recovery.*

SUGGESTED USE: FOR PRE-WORKOUT: For activity less than 1 hour in duration, mix 1 scoop of PMD's BCAA with 8-10 fl. oz. of cold water 30 minutes before exercise or training to maximize your performance and endurance.*

FOR INTRA-WORKOUT: For activity lasting more than 1 hour, mix 1 scoop of PMD's BCAA with 8-10 fl. oz. of cold water during your exercise/training (Running, Cycling, Swimming, etc...) and drink throughout.*

FOR POST-WORKOUT: Mix 1 scoop of PMD's BCAA with 8-10 fl. oz. of cold water and use immediately following your exercise or training to maximize recovery and fight fatigue.*

To be used as part of a physical conditioning program. Contents may settle after shipping. Moisture and humidity can cause clumping and discoloration. Discard after expiration date.

WARNING: KEEP OUT OF REACH OF CHILDREN. For use by healthy individuals only. Not for use by those under the age of 18. Do not exceed recommended dose. Do not use if you are pregnant or nursing. Before consuming seek advice from a health care professional if you are unaware of your current health condition. Discontinue use and immediately consult your health-care professional if you experience any adverse reaction to this product. Do not use if tamper resistant seal is broken. **STORE IN A COOL, DRY PLACE AND AVOID EXCESSIVE HEAT.**

CONSUMER NOTICE: FitLife Brands can only confirm product purity when our brands are purchased from authorized retailers, GNC, or pmdsports.com.

CALIFORNIA RESIDENTS

WARNING: Cancer and Reproductive Harm - www.P65Warnings.ca.gov/Food

*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.

PROFESSIONAL MUSCULAR DEVELOPMENT



BCAA

STIM FREE

HICA +
ALPHA KIC

2:1:1
BCAA RATIO

INSTANTIZED
BCAA

LEMONADE
NATURAL AND ARTIFICIAL FLAVOR

DIETARY SUPPLEMENT | 30 SERVINGS | NET WT 9.4 OZ (267 G)

Supplement Facts

Serving Size 1 Scoop (8.9 g)
Servings Per Container 30 Servings

	Amount Per Serving	%DV
Calories	40	
Total Carbohydrate	1 g	<1%**
Vitamin C (Ascorbic Acid)	125 mg	139%
Vitamin B6 (as Pyridoxine Hydrochloride)	3 mg	176%
Vitamin B12 (as Cyanocobalamin)	100 mcg	4,167%

	Amount Per Serving	%DV
Instantized BCAA Blend	4,000 mg (4.0 g)	†
L-Leucine	2,000 mg (2.0 g)	
L-Isoleucine	1,000 mg (1.0 g)	
L-Valine	1,000 mg (1.0 g)	
Amino Catalyst Complex	2,000 mg (2.0 g)	†
L-Taurine, L-Alanine, L-Glycine, L-Serine, L-Threonine, HICA (Alpha-Hydroxyisocaproic Acid), Alpha KIC (Alpha Ketoisocaproate)		
Hydra-Pump Blend	250 mg	†
Potassium Citrate, Salvia miltiorrhiza (Root) containing Tanshinones and Salvianolic Acid, Ribose® (D-ribose), Coenzyme Q10		

** Percent Daily Values (DV) based on a 2,000 calorie diet. † Daily Value (DV) not established.

Other Ingredients: Citric Acid, Natural and Artificial Flavor, Sucralose, Turmeric (Color), Acesulfame Potassium, Calcium Silicate, Waxy Maize. **Gluten Free.**

CREATINE FREE

Manufactured in accordance with current Good Manufacturing Practices (cGMP) for: FitLife Brands,® Inc. \ 5214 South 136th Street \ Omaha, NE 68137

Colors derived from natural sources.



For Product Questions: PMDsports.com



Share what #BCAA did for you @PMDSPORTS