

SUGGESTED USAGE: Spoon Stirred: Add 1 ½ level teaspoons of BCAA Powder to a glass filled with 8-10 oz. of water or your favorite beverage and mix vigorously with a spoon for about 15-20 seconds. Take 1 to 3 times daily. Can be taken before meals or before and after exercise.

Shaker: Add 1 ½ level teaspoons of BCAA Powder to your shaker cup filled with 8 oz. of water or your favorite beverage. Cover and shake for about 10 seconds to ensure a good mix. Take 1 to 3 times daily. Can be taken before meals or before and after exercise.

Tip: Try adding BCAA Powder to your favorite protein powder, meal replacement product, or weight-gainer shake.

The Branched-Chain Amino Acids (BCAAs), leucine, isoleucine and valine are essential amino acids, and thus cannot be made in the body.* BCAAs are critical for muscle protein synthesis, and because BCAAs can be used as fuel during intense exercise, BCAA supplementation can help to preserve existing muscle tissue.* In addition, BCAAs can support the recovery process by promoting the normal repair processes that take place after exertion.* BCAAs also play an important role in the maintenance of proper immune system function and the support of healthy aging.* This powder is instantized with sunflower lecithin for easy mixing.

***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.**

Caution: For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition. Keep out of reach of children.

Code 0213DN V10



BRANCHED-CHAIN AMINO ACID POWDER

● AMINO ACIDS / RECOVERY* ●



NET WT. 12 OZ. [340 G]
A Dietary Supplement



Supplement Facts

Serving Size 1 ½ Level Teaspoons (approx. 5.2 g)
Servings Per Container about 65

Amount Per Serving

L-Leucine (Free-Form)	2.3 g (2,300 mg)**
L-Isoleucine (Free-Form)	1.1 g (1,100 mg)**
L-Valine (Free-Form)	1.1 g (1,100 mg)**

** Daily Value not established.

Other ingredient: Sunflower Lecithin.

NOW FOODS, 395 S. Glen Ellyn Rd.
Bloomington, IL 60108, USA nowsportsproducts.com

Packaged and quality tested in the USA.

Not manufactured with wheat, gluten, soy, milk, egg, fish, shellfish, tree nut or sesame ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

NOW® Branched-Chain Amino Acids are pharmaceutical grade.

This product is sold by weight not volume.

Store in a cool, dry, dark place after opening.

Natural color variation may occur in this product.

Do not eat freshness packet enclosed.