DIRECTIONS: Take 1-3 servings a day, before and after training, and at any other time like before going to bed.

The Branched-Chain Amino Acids (BCAA's) are an important group of essential amino acids consisting of Leucine, Isoleucine and Valine. The BCAA's are among the nine essential amino acids for humans, because our body can't manufacture them. Their only source is our daily food or food supplementation. On the other hand, they account for 35% of the essential amino acids in muscle proteins. Leucine, Isoleucine and Valine are indispensable amino acids provided by mixed dietary protein intakes from different sources. BCAA's can also be consumed as food supplements, especially suggested around intense workouts or physical work. Our BCAA 6400 formula contains a 2:1:1 ratio of Leucine, Isoleucine and Valine.

Caution: As with all exercise and nutritional programs, please consult your physician first. Keep out of the reach of children! Use this product as a food supplement only.

Store in a cool, dry place. Heat and sunlight may damage the bottle!

Best before end: see on packaging. Batch number: see on packaging.

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Supplement Facts

 Serving Size: 5 tablets
 Servings Per Container: 25

 Amount Per Serving
 RDA%*

 L-Leucine
 2240 mg
 †

 L-Isoleucine
 1120 mg
 †

 L-Valine
 1120 mg
 †

* RDA%: Percent of the Recommended Daily Allowance. † RDA not established in the EU.

Ingredients: L-Leucine, L-Isoleucine, L-Valine, microcrystalline cellulose, colloidal silicon dioxide, magnesium stearate.

Allergen info: Manufactured in a facility that processes milk, soy and egg proteins, and gluten, peanuts!

Formulated by and manufactured for SCITEC NUTRITION P.O. Box 431975, Miami, FL 33243, USA Made in EU www.ScitesChutrition com

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