



# BCAAs

## What Is It?

The branched chain amino acids (BCAAs) are leucine, isoleucine, and valine. These essential amino acids provide nutritional support for athletes and individuals seeking optimal lean muscle mass. Branched chain amino acids are unique in that they are not metabolized by the liver.\*

## Uses For BCAAs

**Promotes Healthy Muscle Mass:** BCAAs may play a role in athletic support by promoting muscle nitrogen, enhancing alanine and glutamine production, decreasing lactate production and boosting energy while attenuating protein breakdown. These actions help to sustain muscle work capacity and recovery. Studies have reported that post-exercise protein intake helps to enhance the repair of muscle protein. Additionally, some research has suggested that BCAAs may moderate the progression of central nervous system fatigue during exercise, supporting mental performance.\*

## What Is The Source?

Isoleucine and valine are produced from corn dextrose fermentation. Leucine is originally extracted from protein and is extensively processed and purified.

## Recommendations

Pure Encapsulations recommends 1200-3000 mg per day, in divided doses, between meals.

## Are There Any Potential Side Effects Or Precautions?

If pregnant or lactating, consult your physician before taking this product. Until more research is conducted, individuals with ALS, a history of depression, or kidney or liver disease should consult a doctor before supplementing with BCAAs.

## Are There Any Potential Drug Interactions?

At this time, there are no known adverse reactions when taken in conjunction with medications.

### BCAA capsules

#### each vegetable capsule contains



branched chain amino acids (free-form) .....	600 mg.
providing:	
l-leucine .....	300 mg.
l-isoleucine .....	150 mg.
l-valine .....	150 mg.

2-4 capsules per day, in divided doses, between meals.

### BCAA powder

#### each supplied scoop contains

branched chain amino acids (free-form) .....	3,000 mg.
providing:	
l-leucine .....	1,500 mg.
isoleucine .....	750 mg.
l-valine .....	750 mg.

1/2-1 scoop per day, mixed with 10 oz. of water or juice.

\*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.