



## BCAA, PROPRIETARY BLEND OF BRANCHED CHAIN AMINO ACIDS

Branched-chain amino acids (BCAAs) are a group of three essential amino acids: leucine, isoleucine and valine. BCAA supplements are commonly taken in order to boost muscle growth, enhance exercise performance and may also help with weight loss and reduce fatigue after exercise.



### AVAILABLE IN 3 EXCELLENT FLAVOURS



### WHY CHOOSE PROTEIN?

Branched chain amino acids, or BCAAs, include the three amino acids leucine, isoleucine and valine. These amino acids can be found in dietary protein, such as meat or eggs, or they can be supplemented. Branched chain amino acids are most commonly used for their role in building muscle, improving exercise performance and decreasing post-exercise soreness and recovery time.

For those who wish to decrease their recovery time and soreness after endurance exercise, such as running or cycling, BCAAs may provide the answer. Research shows that branched chain amino acids can improve exercise performance by both increasing the resistance to fatigue as well as sparing muscle glycogen, or energy stored in muscles.

It appears that branched chain amino acids may have an anabolic effect on the body, which makes them particularly useful for those interested in increasing muscle size and strength. BCAAs provide an anabolic effect by increasing the rate of protein synthesis – or muscle building – while decreasing the rate of protein degradation, or muscle breakdown.

### HIGHLIGHTS

- **Leucine, Isoleucine & Valine in 8:1:1 Ratio**
- **With glutamine**
- **Promotes muscle growth**
- **Helps reduce muscle breakdown**
- **Fuels source during intense workout**
- **Mixes instantly**
- **Great flavour**

*Food supplements cannot replace a varied and balanced diet and a healthy lifestyle. Do not exceed the daily recommended amount. Keep out of the reach of children. Store in a cool, dry place. Always keep tightly sealed.*

**500 g**  
41 Servings per pot



Ludwig Burchardstraat 23  
2050 Antwerpen  
[www.eatgoodfeelgood.be](http://www.eatgoodfeelgood.be)



## INGREDIENTS

Instant BCAA 8:1:1, L-Glutamine, citric acid, flavour, sucralose & acesulfame-K (sweeteners), beta carotene E160a11 (colouring).

## SUGGESTED USE

As a dietary supplement mix one scoop (12 g) with 250-500 ml cold water, juice or just add it to your sportsdrink. Stir briskly or shake in a closed container until mixed. Best if consumed immediately before, during or after a workout or within 30 minutes of preparation. Add sweetener, increase water or juice content for taste preference.

## ALLERGENS

Allergen free. Manufactured in a facility that processes milk, soy, shellfish, eggs, peanuts, nuts and wheat.

## PACKAGING

Available in a pot of of 500 g.

## SUPPLEMENT FACTS

	/100 g	/12g
Energy (kJ)	1384.31	166.12
Energy (kcal)	325.77	39.09
Fat	0.06 g	0.01 g
> of which Saturated	0.04 g	0.01 g
Carbohydrates	7.29 g	0.87 g
> of which Sugar	0.05 g	0.01 g
Fibres	0.55 g	0.07 g
Protein (Dry matter)	73.86 g	8.86 g
Salt	0.12 g	0.01 g
L-Leucine	52.00 g	6.24 g
L-Glutamine	26.00 g	3.12 g
L-Valine	6.50 g	0.78 g
L-Isoleucine	6.50 g	0.78 g



## INGREDIENTS

Instant BCAA 8:1:1, L-Glutamine, citric acid, flavour, sucralose & acesulfame-K (sweeteners), beta carotene E160a11 & quinoline E104 (colouring). E104 may have an adverse effect on activity and attention on children.

## SUGGESTED USE

As a dietary supplement mix one scoop (12 g) with 250-500 ml cold water, juice or just add it to your sportsdrink. Stir briskly or shake in a closed container until mixed. Best if consumed immediately before, during or after a workout or within 30 minutes of preparation. Add sweetener, increase water or juice content for taste preference.

## ALLERGENS

Allergen free. Manufactured in a facility that processes milk, soy, shellfish, eggs, peanuts, nuts and wheat.

## PACKAGING

Available in a pot of of 500 g.

## SUPPLEMENT FACTS

	/100 g	/12g
Energy (kJ)	1397.78	167.73
Energy (kcal)	328.95	39.47
Fat	0.00 g	0.00 g
> of which Saturated	0.00 g	0.00 g
Carbohydrates	7.69 g	0.92 g
> of which Sugar	0.39 g	0.05 g
Fibres	0.55 g	0.07 g
Protein (Dry matter)	74.26 g	8.91 g
Salt	0.13 g	0.02 g
L-Leucine	51.70 g	6.20 g
L-Glutamine	25.83 g	3.10 g
L-Valine	6.46 g	0.78 g
L-Isoleucine	6.46 g	0.78 g



## INGREDIENTS

Instant BCAA 8:1:1, L-Glutamine, citric acid, flavour, sucralose & acesulfame-K (sweeteners), red beetroot E162 & ponceau E124 (colouring).

## SUGGESTED USE

As a dietary supplement mix one scoop (12 g) with 250-500 ml cold water, juice or just add it to your sportsdrink. Stir briskly or shake in a closed container until mixed. Best if consumed immediately before, during or after a workout or within 30 minutes of preparation. Add sweetener, increase water or juice content for taste preference.

## ALLERGENS

Allergen free. Manufactured in a facility that processes milk, soy, shellfish, eggs, peanuts, nuts and wheat.

## PACKAGING

Available in a pot of of 500 g.

## SUPPLEMENT FACTS

	/100 g	/12g
Energy (kJ)	1396.37	167.56
Energy (kcal)	328.56	39.43
Fat	0.00 g	0.00 g
> of which Saturated	0.00 g	0.00 g
Carbohydrates	9.56 g	1.15 g
> of which Sugar	0.01 g	0.00 g
Fibres	0.03 g	0.00 g
Protein (Dry matter)	72.57 g	8.71 g
Salt	0.14 g	0.02 g
L-Leucine	51.20 g	6.14 g
L-Glutamine	26.00 g	3.12 g
L-Valine	6.40 g	0.77 g
L-Isoleucine	6.40 g	0.77 g