

# Branched Chain Amino Acid

If you're working out hard to gain lean muscle tissue, then, the **Branched Chain Amino Acid Formula** may be right for you. This state-of-the-art formula plays a principle role in **muscle recovery, muscle growth and energy maintenance**. It accomplishes this by precisely **balancing** the 3 branched chain aminos, **L-Leucine, L-Isoleucine and L-Valine** along with a **supporting amino acid complex**.

This formula also contains the highest grade **chromium** (polynicotinate) and vitamin **B-6** to further enhance uptake. The Branched Chain Amino Acid Formula was especially developed for fitness enthusiasts by top sport nutrition researchers including Dr. Edward Lieskovan-Pharm. D. / professor at University of Southern California; William Register-5 times Mr. America Finalist and Director of Services for SporTelesis, Inc., and John E. Logsdon, nutrition expert and developer of several specialized sports nutrition programs. Its precise formulation is based on studies conducted by the National Academy of Science. Each BCAA tablet contains 600 mg of isolated free form and peptide bonded Branched Chain Amino Acids.

## What You Should Know About Leucine, Isoleucine & Valine

**Leucine, Isoleucine and Valine** are the branched chain amino acids that comprise 70 percent of the available free **nitrogen** necessary for the synthesis of lean muscle tissue. It is critical that these three essential amino acids are accessible to the body **during and after strenuous physical activity** in order to **reduce** endogenous protein degradation.

**Leucine** -- The undisputed pre-eminent amino acid, leucine not only builds muscle tissue, but also promotes the healing of wounded **bone, tissue and skin**. Leucine has also been found to be helpful in lowering high levels of **blood sugar**, and **detoxifying high ammonia counts** in cells which have been produced by faulty amino acid metabolism (ketoaciduria).

**Isoleucine** -- This amino acid is essential not only for optimal growth in infants, but also to help maintain nitrogen equilibrium in adults. Isoleucine is necessary in the formation of red blood cells and is an important intermediary in the **Kreb's Cycle** of energy production.

**Valine** -- In addition to working strongly with leucine to reduce ketoaciduria, valine is also used clinically to treat sever amino acid deficiencies (which are the result of various drug-related addictions). Three of valine's carbon atoms are used to manufacture succinates, which in turn help isoleucine to work more efficiently during cellular respiration.

TYPICAL AMINO ACID PROFILE***			
L-Isoleucine	1,500 mg	L-Proline	526 mg
L-Leucine	3,000 mg	L-Serine	452 mg
L-Valine	1,500 mg	L-Threonine	592 mg
L-Alanine	420 mg	L-Tyrosine	266 mg
L-Arginine	234 mg	L-Glycine	164 mg
L-Lysine	818 mg	L-Methionine	194 mg
L-Histidine	174 mg	L-Aspartic Acid	990 mg
L-Cystine	210 mg	L-Glutamic Acid	1,566 mg
L-Tryptophan****	108 mg	L-Phenylalanine	288 mg

This high potency muscle support formula contains 6,000 mg of isolated free form and peptide bonded Branch Chain Amino Acids (L-Isoleucine, L-Leucine and L-Valine) per serving.

Supplement Facts		
Serving Size 10 Tablets		
Servings per Container 9		
Amount Per Serving	% D.V.*	
<b>Calories</b>	65	
Calories from Fat	5	
<b>Total Fat</b>	1 g	2 %
<b>Total Carbohydrates</b>	0.5 g	< 1 %
<b>Sodium</b>	30 mg	1 %
<b>Potassium</b>	90 mg	3 %
<b>Protein</b>	14 g	28 %
Vitamin B6 (as pyridoxine HCl)	50 mg	2,500 %
Calcium	50 mg	5 %
Phosphorus	50 mg	5 %
Chromium (as chromium polynicotinate)**	100 mcg	83 %
Amino Acid Complex	14 g	†
Partially Hydrolyzed Whey Protein Concentrate, L-Leucine, L-Valine & L-Isoleucine		

\*Percent Daily Values are based upon a 2,000 calorie diet.  
†Daily Value not established

Other Ingredients: Magnesium Stearate

**Vitamin B6** -- Vitamin B6 is a water soluble vitamin consisting of three related compounds: **pyridoxine, pyridoxal** and **pyridoxamine**. Vitamin B6 facilitates the **conversion** of stored liver and muscle **glycogen** into useable **energy** and is intimately involved in the **active transport** of amino acids from the intestinal mucosa into the cells for metabolism.

**Chromium** (polynicotinate) -- A pure niacin-bound form of chromium that works to **increase** the **effectiveness** of **insulin**. Insulin is required for transpost of amino acids into the cell where they are used to build new muscle tissue.

Each Branched Chain Amino Acid tablet contains **600 mg of isolated free form and peptide bonded branched chain amino acids**. In addition, a scientifically balanced amino acid complex has been added to each BCAA tablet to further support the maintenance of lean muscle tissues and vigor during exercise.

## Suggested use:

Take one tablet for every 25 lbs. of body weight. Total dosage to be split before and after exercise.