



BCAA INSTANT DRINK

500 g POWDER / 50 servings

Lemon ■

Exotic Melon ■

100% BCAA instant powder offers essential amino acids as an easy to use powder. Amino Acids are the basic building blocks of protein.

People who exercise may require greater amounts of protein and amino acids. First of all BCAA (short form for branched chain amino acids) are essential for humans, what means that they have to be consumed with your nutrition and cannot be created in your body. In contrast to all other amino acids BCAA are metabolized directly by the liver. which means they go straight into the muscle cells. BCAA's represent the highest amount of amino acids in muscle tissue.

Two main aspects are important for the athlete

1) From BCAA's the body can obtain glucose and this is very important during intense exercise or low carb diet, where the availability of glucose can be restricted and then BCAA from muscle tissue would be used. (gluco-neogenesis). This catabolic effect can be prevented by taking a BCAA supplement.

2) BCAA's especially l-leucine, trigger growth processes in the human body thru the activation of an important enzyme called mThor. This enzyme is the starting point for activating protein synthesis. Additionally relevant amounts of BCAA's push the release of insulin which is the strongest anabolic hormone in the body. That means BCAA's taken straight after training accelerates muscle growth process. 100%BCAA instant is a pure instantly mixing powder that can be added to any meal, drink or supplement.



INGREDIENTS

(e.g. lemon flavour):

L-leucine (30 %), L-isoleucin (15 %), L-valine (15 %), emulsifier (soy lecithine), potassium citrate, maltodextrin, thickener(carrageen), separating agent (silicone dioxid), sweetener (sucralose), pyridoxine hydrochloride, riboflavin, colouring agent (beta carotene).



ALLERGEN INFORMATION

Contains soy, lactose and hens egg protein. May contain traces of gluten.



RECOMMENDED CONSUMPTION

Dosage/ Directions for use:

Stir 1 portion = 10 g in a glas of water or juice or add into a meal. Not exceed recommended daily intake. Don't use as a replacement for a balanced and varied diet. Store out of reach of young children.

Durchschnittliche Nährwerte / Nutrition value	100 g	10 g in 300 ml Wasser / water
Energie / energy	1547 kJ 363 kcal	155 kJ 36 kcal
Fett / fat	< 0.1 g	< 0.1 g
- davon gesättigte Fettsäuren / thereof saturated fatty acids	< 0.1 g	< 0.1 g
Kohlenhydrate / carbohydrates	23 g	2.3 g
- davon Zucker / thereof sugar	1.4 g	< 0.1 g
Eiweiß / protein	60 g	6.0 g
Salz / salt	0.07 g	< 0.01 g

Gehalt zugesetzter Aminosäuren: Content of added amino acids:

L-Leucin	30 g	3.0 g
L-Isoleucin	15 g	1.5 g
L-Valin	15 g	1.5 g
Gesamtgehalt BCAAs ¹ / Total content BCAA	60 g	6.0 g

Vitamine pro / vitamins per	100 g	% NRV ²	10g in 300 ml Wasser/water	% NRV ²
Vitamin B6 / vitamin B6	28 mg	2000	2.8 mg	200
Vitamin B2 / vitamin B2	10 mg	714	1.0 mg	72

¹ BCAAs = branched chain amino acids

(verzweigt-kettige Aminosäuren (L-Isoleucin, L-Leucin, L-Valin))

² NRV = % der Nährstoffbezugswerte (nach VO (EU) Nr. 1169/2011)/

NRV = % of nutrient reference values (according to Directive EU (No.) 1169/2011)

Driven by Science and Experience

Created by Rainer Zirkelbach

Rainer Zirkelbach



BCAA INSTANT DRINK POWDER

EXTREME FAST BCAA SUPPLY

YOUR SUCCESS IS OUR KONZEPT!



- fast absorbing BCAA drink with best solubility formulation
- extrem fast BCAA supply delivering 6.000 mg of pure BCAA per serving
- branched-chain amino acids in 2:1:1 ratio with vitamin B2 & B6 helps reduce fatigue and muscle tiredness
- stimulates muscle protein synthesis
- optimizes recovery time
- real fruit taste

- **PRODUCED IN GERMANY**
- meeting the highest standards of food
- supplements production.



CONTRIBUTION OF INGREDIENTS
BCAA supply for fast muscle recovery,
helps reduce fatigue and muscle tiredness



USE
Before training
After workout



✓ FREE

- DOPING
- GMO
- ASPARTAME