



# BCAA + B6



120 TABS

**BCAA+B6 Tabs provides the essential amino acids as an easy to use tablet. Amino Acids are the basic building blocks of protein.**

People who exercise may require greater amounts of protein and amino acids. So don't miss your daily dose! First of all BCAA (short for branched chain amino acids) are essential for humans, which means that they have to be consumed with your daily diet and cannot be created in your body. BCAA's are metabolized in the liver which means they go straight into the muscle cells. Furthermore BCAA represent the highest amount of amino acids in muscle tissue.

### Two main aspects are important for the athlete

1) From BCAA the metabolism can obtain glucose and this is very important during intense exercise or for those on a low carb diet. when BCAA's are restricted it is possible that the body will convert its own muscle tissue to create them.

2) BCAA, especially l-leucine, trigger growth processes in the human body through the activation of an important enzyme called mThor. This enzyme is the starting point for activating protein synthesis. In addition relevant amounts of BCAA 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. Pack contains 120 easy to swallow tablets.



### INGREDIENTS

L-leucine (30,8 %), filling agent cellulose, L-valine (15,4 %), L-isoleucine (15,4 %), tri-calcium phosphate, separating agent (magnesium salts of fatty acids, silicon dioxide), vitamin B6 hydrochloride.



### ALLERGEN INFORMATION

May contain traces of gluten, lactose, soy and hen's egg protein.



### RECOMMENDED CONSUMPTION

5 tablets before and after workout with a glas of water. Keep out of reach of children. Food supplements should not be taken as a sub-stitute for varied and balanced diet.

NUTRITION INFORMATION - PROTEIN BASIC		5 tablets
VALUE	100g %	8.123 mg
Energie / energy	1264 kJ 300 kcal	103,0 kJ 24,5 kcal
Fett / fat	0,9 g	0,0 g
- davon gesättigte Fettsäuren / thereof saturated fatty acids	0,9 g	0,0 g
Kohlenhydrate / carbohydrates	< 0,1 g	< 0,1 g
- davon Zucker / thereof sugar	< 0,1 g	< 0,1 g
Eiweiß / protein	61,6 g	5,0 g
Salz / salt	< 0,1 g	< 0,1 g
L-Leucin/L-leucine	30.781 mg	2.500 mg
L-Isoleucine/L-isoleucine	15.390 mg	1.250 mg
L-Valin/L-valine	15.390 mg	1.250 mg
Vitamin B6 / vitamin B6	20,3 mg	1,65 mg

Driven by Science and Experience

Created by Rainer Zirkelbach

Rainer Zirkelbach



# BCAA + B6 TABS

FOR PROTEIN METABOLISM & RECOVERY!

## YOUR SUCCESS IS OUR KONZEPT!



- 5000 mg of pure BCAA per serving
- BCAA in 2:1:1 formula
- with Vitamin B6 that helps absorption and protein synthesis



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



### CONTRIBUTION OF INGREDIENTS

5000 mg per serving;  
Protein 2:1:1 formula; with Vitamin B6



### USE

Before training  
After workout



# ✓ FREE

- DOPING
- GMO
- ASPARTAME