



BCAAs

Support for muscle protein synthesis*

Form: Powder

Flavor: Orange Mango

Size: 7.72 oz (219 g)

Muscle Up! Complement your workout lineup with **Metagenics BCAAs**, featuring clean, highquality branched-chain amino acids. Metagenics BCAAs is formulated with a 2:1:1 ratio of leucine to isoleucine to valine. Branched-chain amino acids can be an important part of workout recovery—helping to support muscle protein synthesis and reduce temporary muscle soreness after exercise.*

Ingredients	Amount Per Serving	% Daily Value
Serving Size	1 Scoop (7.3 g)	
Servings Per Container	30	
Calories	25	
Sodium (as sodium chloride)	40 mg	2%
L-Leucine	3 g	*
L-Valine	1.5 g	*
L-Isoleucine	1.5 g	*

Other Ingredients: Natural flavors, ^ citric acid, malic acid, rebaudioside A (from *Stevia rebaudiana* leaf extract), and silica.

Directions: Blend, shake, or briskly stir 2 scoop (7.3 g) into 8 oz of chilled water before and after exercise or with a meal as directed by your healthcare practitioner.

This product is non-GMO, gluten-free, and vegetarian.

Storage: Keep tightly closed in a cool, dry place.

*Daily Value not established.

^No MSG