

AMINO ACIDS

AMINO 12500



BCAA



BCAA INSTANT



L-GLUTAMINE



AMINO EAA



EAA INSTANT



Time of usage

PREPARE BEFORE DURING AFTER

PREPARE BEFORE DURING AFTER

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Dosage form



Ready-to-drink flask



Capsules



Instant drink powder



Instant drink powder



Tablets



Instant drink powder

Flavor

Cherry

–

Neutral / cola

Neutral

–

Sweet apple

Amino acids

Full amino spectrum

Leucine, isoleucine, valine

Leucine, isoleucine, valine

L-glutamine

Essential amino acids

Essential amino acids + HMB + taurine

Add-on / combination

Stand alone / combination

Stand alone / combination

Neutral: add-on
Cola: stand alone

Add-on

Stand alone / combination

Stand alone

Usage

Resistance training: before and/or after training in combination with shake
Endurance: during long-distance, recovery

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Endurance: during long-distance, recovery

Neutral: add-on to shakes or sport drinks
Cola: zero-carb workout drink

Enrich drinks or foods

Stand alone or combined with protein/recovery shakes

Zero-carb workout drink