

## **AMINO ACIDS**

	AMINO 12500	BCAA	BCAA INSTANT	L-GLUTAMINE	AMINO EAA	EAA INSTANT
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Time of usage	PREPARE BEFORE DURING AFTER	PREPARE BEFORE DURING AFTER	PREPARE BEFORE DURING AFTER	PREPARE BEFORE DURING AFTER	PREPARE BEFORE DURING AFTER	PREPARE BEFORE DURING AFTER
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	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	Resistance training: before and/or after training in combination with shake 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