



Essential Branched Chain Amino Acids

BCAAs are essential within your diet, as they are not able to be synthesised by the human body.

About 35% of muscle protein is comprised of BCAAs, so it is important to have enough available in your body when you are trying to gain and or maintain muscle.

Train and Sustain.

With a 2:1:1 ratio of leucine, isoleucine, and valine — our BCAA blend provides the optimal ratio of essential amino acids to help you achieve your goals. Compact and convenient for your gym bag!

Features

- 2:1:1 Ratio
- High-quality ingredients.
- Easy-to-take capsules for daily support.

Benefits



Muscle Building



Helps Aid Recovery



Burn More Fat



Limits Fatigue

Use

Consume 2 BCAA capsules either: between meals; 30-45 minutes before workouts; and/or immediately after workouts.

Do not take more than two capsules per day.

NOTICE: Consult your physician if you have allergies and if you are pregnant, nursing, taking medication, or have a medical condition.

Ideal For

Those looking for increased muscle growth and improved performance.

Individuals who train regularly and need support with recovery.

People wanting to maintain muscle mass.

Try This

BCAA can be taken at any point in the day/night. As a dietary supplement we recommend taking BCAA capsules: pre; during; or post workout.



Ingredients



L-Leucine

Leucine is an essential amino acid that is used in the biosynthesis of proteins.



L-Isoleucine

It may help control blood sugar. It may also boost energy and endurance. It is also said to help speed the healing of injured muscles.



L-Valine

L-valine helps build muscle by bringing more glucose to the muscles when they are stressed and worked.

GYMFOX BCAA

FAQs

Is it Vegan?

Yes, Gymfox BCAA is a vegan-friendly supplement.

Can women take BCAA?

Women can take BCAAs; however pregnant or breastfeeding women should avoid taking BCAAs due to the lack of testing and evidence to suggest that they are safe for these conditions.

What is Branched Chain Amino Acid made up of

BCAAs contain L-Leucine 49.8%, L-Valine 24.5%, L-Isoleucine 23.9% which are all among the 20 amino acids found naturally in the human body.

What are BCAA uses?

Branched-chain amino acids are essential nutrients that help support muscle metabolism and are important for building muscle tissue protein.

Side Effects

BCAAs are considered to be safe with no reported side effects, even with very high doses. However, people with medical conditions such as kidney disease, high blood pressure or other blood conditions should not take BCAAs and they should never be administered to ALS patients (Amyotrophic lateral sclerosis).



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*Note: Maintaining a healthy diet, exercise regimen and getting plenty of sleep will help support a healthy immune system.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

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