



Steadfast NUTRITION
PREMIUM SPORTS NUTRITION

THE INTRA WORKOUT ESSENTIAL



Introduction

Steadfast's Active BCAA is crafted to get the best out of you. Active BCAA is advanced muscle repair and growth formula in ideal 2:1:1 ratio of three of the most essential amino acids L-leucine, L-Isoleucine and L-Valine along with muscle maximiser and fatigue reducer. L-Arginine and Muscle Maintenance Amino Acid, L-Glutamine making Active BCAA the intra-workout essential for every sport.

Each 15 g serving sachet of Active BCAA provides :

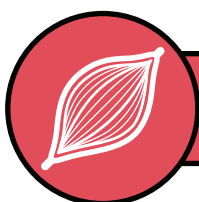
BCAAs 5000 mg
(L-Leucine 2500 mg, L-Isoleucine 1500 mg and L-Valine 1500 mg)

L-Glutamine 1000 mg

L-Arginine 500 mg

Why Active BCAA?

Leucine, Isoleucine and Valine are three essential amino acids which are grouped as Branched Chain Amino Acids (BCAA). These aminos play a role in stimulating muscle protein synthesis, reduced muscle soreness and fatigue.



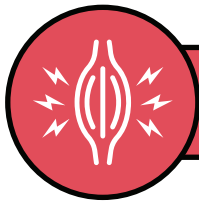
Muscle Growth

Active BCAA promotes muscle growth by providing leucine which acts as an activator of muscle synthesis pathway in our body.



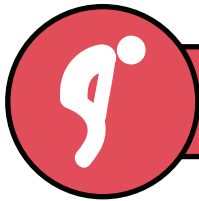
Enhances Recovery

BCAAs has been shown to enhance muscle recovery when consumed after an intense workout session. Athletes and active people prefer taking it during workout as it quickly gets absorbed by the body and aids in muscle repair. Presence of glutamine further assists BCAA in inflating muscle recovery.



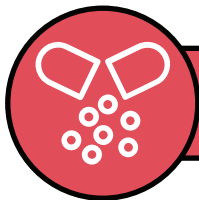
Delay Muscle Soreness

BCAAs are also effective for reducing muscle soreness. Vigorous exercise often results in soreness which is called as DOMS (Delayed Onset of Muscle Soreness). Active BCAA helps reduce the length and intensity of DOMS, provides strength, stamina and allows the body to perform for a longer duration.



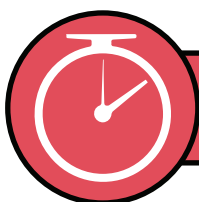
Reduces Fatigue

Exercise-induced fatigue is experienced by almost every athlete. It happens when energy and certain Amino acids levels decline in our body during exercise and the level of tryptophan increases. Our body utilizes this tryptophan to synthesize serotonin, as a result of which fatigue sets in. Active BCAA is a powerful stress and fatigue buster which helps improve mental alertness and allows greater concentration hence, enhances performance.



Increased Nutrient Supply

Active BCAA contains L-Arginine which acts as a precursor of nitric oxide (NO). Arginine increases nitric oxide activity in the body, resulting in vasodilation. Improved blood flow, enhanced and constant supply of oxygen and nutrients to the muscles empowers athletic performance and increases tenacity.



Increased Endurance

Active BCAA is an ideal intra-workout for improving endurance. During long duration matches or training, it reduces muscle fatigue, muscle breakdown and acts as an intra-muscular fuel when glucose or glycogen levels gets depleted.



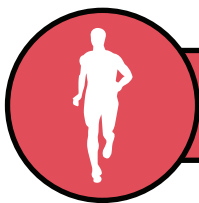
Boosts Immunity

Presence of BCAA and L-Glutamine acts together in the body in boosting immune health. Active BCAA is excellent for fighting against infections, inflammation and protecting our body from foreign pathogens because it provides glutamine necessary for the synthesis of immune cells.



Promotes Lean Mass

Active BCAA promotes lean muscle gain by boosting metabolism, enabling fat loss and preventing fat gain. When BCAA is combined with an intense exercise session, it promotes use of fat for energy and build lean muscle mass.



Boosts Athletic Performance

Active BCAA provides three of the most essential aminos along with L-Arginine and L-Glutamine to prevent catabolism and promote anabolism. It increases the availability of nutrients during workout or intense training session so as to prevent you from “hitting the wall”. It simultaneously works on recovery, repairing of muscles and inflates your stamina to boost overall athletic performance.

What does Active BCAA constitute?

Amino Acid Mix (L-Leucine, L-Isoleucine, L-Valine, L-Glutamine, L-Arginine HCl), Fructose, Acidity Regulator (INS 330), Emulsifier {INS 322 (i)}, Sweeteners (INS 950, INS 955 and INS 960).

Who can take Active BCAA?



Strength Athletes - Active BCAA is a perfect intra-workout drink for strength athletes like bodybuilders, weightlifters, powerlifters etc. It comes with three vital aminos in an ideal ratio to work on the repair and recovery of muscles during workout. The beauty of BCAAs is that it aids in recovery after your workout as well. Presence of L-Arginine and L-Glutamine provides an additional support to BCAA by improving the blood flow, better absorption of aminos and other needed nutrients. 1 sachet of Active BCAA is recommended to strength athletes per day.

Endurance Athletes - Endurance athletes like cyclists, runners and swimmers can also make use of Active BCAA in enhancing their performance during training sessions and event days. It assists in carbohydrate metabolism and works to ensure a continual supply of energy. If you prefer taking an energy drink during your matches then Active BCAA can easily be mixed and taken along with the same. A balanced proportion of carbs and aminos will prevent depletion of glycogen stores and muscle damage. 1 sachet of Active BCAA is recommended to endurance athletes per day.

When to take Active BCAA?

Active BCAA can be consumed at anytime during the day, preferably during your workout.

How to take Active BCAA?

Mix one sachet (15 g) in 300 ml of water or juice. Consume one serving daily by adults.

INTRA WORKOUT

5000 mg BCAA

2:1:1 Ratio

500 mg L-Arginine

1000 mg L-Glutamine

Easy to Carry

Increased Strength & Performance

Energised Recovery

Watermelon Flavour

SN
Steadfast NUTRITION
PREMIUM SPORTS NUTRITION

ACTIVE BCAA™
INTRA WORKOUT

5000 mg Branched Chain Amino Acids with 1000 mg L-Glutamine & 500 mg L-Arginine HCl Helps:

- Muscle Growth
- Muscle Recovery
- Reduce Muscle Fatigue

Watermelon Flavour

HEALTH SUPPLEMENT Net Weight: 15 g

All nutritional products of **Steadfast NUTRITION** dutifully adheres to the practices that are:



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Steadfast Nutrition

A Division of Steadfast MediShield Pvt. Ltd.

A - 67, Sector - 4, Noida, UP - 201301, INDIA

Regd. Off: 106, Anupam Plaza-1, LSC Ghazipur, DELHI - 110096, INDIA

CIN: U74900DL200BPTC1B4339

+91 920 579 9705

info@steadfastnutrition.in

www.steadfastnutrition.in

18001 0 25825