

Making a great BCAA product may be complicated, and other companies may get it wrong, but Core Nutritionals makes a superior BCAA product elementary. Tested amino ratios. Proven formulas. No unnecessary fillers.

A: Aminos in the only clinically-verified and tested BCAA (branched chain amino acid) ratio of 2:1:1 to support endurance, recovery, and the building of lean muscle.^{1*}

B: Beta-Alanine has been shown to increase muscle strength and performance, increase endurance, and decrease muscular fatigue.^{1*}

C: Citrulline malate, at a clinical serving size, that may help to increase NO (nitric oxide) synthesis and ATP production.^{1*}

**When combined with regular weight/resistance training and a healthy, balanced diet.*

⚠ WARNING: Consuming this product can expose you to chemicals including lead, which is known to the State of California to cause cancer. For more information, go to www.P65Warnings.ca.gov.

WARNING: This product is only intended for use in healthy adults 18 years of age or older. Pregnant or nursing women should not use this product. Consult your healthcare provider before using this product, especially if you are taking any prescription, over the counter medication, dietary supplement product, or if you have any pre-existing medical condition including but not limited to: high or low blood pressure, cardiac arrhythmia, stroke, heart, liver, kidney or thyroid disease, seizure disorder, psychiatric disease, diabetes, difficulty urinating due to prostate enlargement or if you are taking a MAOI (Monoamine Oxidase Inhibitor) or any other medication. Immediately discontinue use and consult your health care professional if you experience adverse reaction to this product. Do not exceed recommended serving. Do not use if safety seal is broken or missing. Keep out of reach of children.

DIRECTIONS: Mix 2 scoops in 16-32 ounces of water and shake well. Adjust water level according to taste. Consume immediately before and during training. Additional servings can be taken throughout the day to maximize effectiveness.

¹These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



CORE NUTRITIONALS®

ABC

ADVANCED BCAA SUPPLEMENT

ENDURANCE⁺ | RECOVER⁺ | REBUILD⁺ | REFRESH⁺

PATRIOT POP

NATURALLY AND ARTIFICIALLY FLAVORED DIETARY SUPPLEMENT

20 SERVINGS • NET WT. 15.2 OZ (432 G)



Supplement Facts

Serving Size: 2 Heaping Scoops (21.6g)

Servings Per Container: 20

	Amount Per Serving (2 scoops)	% DV
Branched-Chain Amino Acids (BCAAs)		
L-Leucine	5.0g	**
L-Isoleucine	2.5g	**
L-Valine	2.5g	**
L-Glutamine	2.5g	**
Beta-Alanine	2.5g	**
Citrulline Malate	2.5g	**

** Daily Value not established.

OTHER INGREDIENTS: Citric Acid, Natural & Artificial Flavors, Sucralose, Malic Acid, Acesulfame Potassium.

ALLERGEN INFORMATION: Manufactured in a facility that also process ingredients containing milk, eggs, fish, shellfish, tree nuts, peanut, wheat, sesame, and soy.

Manufactured in a U.S. cGMP Facility.
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>> Protect from heat, light and moisture.
>> Store at 10-25°C (50-77°F)

