

SPORTS SERIES

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BCAA 2:1:1

BRANCHED CHAIN AMINO ACIDS DRINK MIX

LEMON & LIME FLAVOUR



BCAAs for muscle mass and performance

Part of our **Sports Series**, BCAA is a delicious lemon and lime flavour drink mix, which contains **essential branched chain amino acids** - **leucine, isoleucine** and **valine**.

We have also included the following key synergistic nutrients in the formula...

- **Vitamin B6 and vitamin C**, both of which contribute to the normal function of the immune system, reduction of tiredness and fatigue, normal energy-yielding metabolism and normal functioning of the nervous system.
- **L-Citrulline malate**, which is a direct precursor to nitric oxide.

Suitable for use during or immediately after exercise...

BENEFICIAL FOR...

- Skeletal muscle
- Muscle mass / building muscle
- Muscle fatigue
- Muscle soreness
- Muscular endurance
- Strength performance
- Rigorous training and exercise
- Blood flow to working muscles
- ATP production and availability
- Energy levels
- Immune system
- Metabolism



About the ingredients...

Branched Chain Amino Acids (BCAA):

These amino acids are considered "**essential**" because they cannot be manufactured by our bodies. This means they have to be consumed through the diet.

Valine, leucine, and isoleucine are the branched-chain amino acids and, collectively, they are responsible for around 1/3 of skeletal muscle in the human body.

BCAA supplements have been shown to help **build muscle, decrease muscle fatigue** and **alleviate muscle soreness**.

Our BCAA powder has been specifically formulated to form the foundation of any **rigorous training and exercise** regime.

Leucine

Leucine can be used by skeletal muscle to supply energy during exercise. Leucine supports **muscle growth** and **lean body mass**, the production of human **growth hormone** and can help to control **blood sugar**.

[*https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7353448/](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7353448/)

[*https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4409315/](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4409315/)

[*https://www.sciencedirect.com/science/article/pii/S0002916522046597#:~:text=In%20conclusion%2C%20we%20have%20established,independently%20\(isoleucine\)%20of%20insulin.](https://www.sciencedirect.com/science/article/pii/S0002916522046597#:~:text=In%20conclusion%2C%20we%20have%20established,independently%20(isoleucine)%20of%20insulin.)

Isoleucine

Isoleucine is an essential amino acid and the oxygen-carrying pigment inside red blood cells. It also helps to make haemoglobin. It helps to control **blood sugar, boost energy** and **improve endurance**. It is also known to help speed healing of **injured muscle** and support **muscle development** and **lean body mass**.

[*https://www.sciencedirect.com/science/article/pii/S0002916522046597#:~:text=In%20conclusion%2C%20we%20have%20established,independently%20\(isoleucine\)%20of%20insulin.](https://www.sciencedirect.com/science/article/pii/S0002916522046597#:~:text=In%20conclusion%2C%20we%20have%20established,independently%20(isoleucine)%20of%20insulin.)

[*https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9934591/](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9934591/)

[*https://pubs.rsc.org/en/content/articlelanding/2021/fo/d0fo02156c](https://pubs.rsc.org/en/content/articlelanding/2021/fo/d0fo02156c)

Valine

Valine has stimulant activity. When used in conjunction with the other two BCAAs (leucine and isoleucine), studies have shown that valine may aid in **muscle growth** and **tissue repair**.

Research shows that using just one BCAA for muscle growth may decrease levels of the other BCAAs. This is because BCAAs compete for the same transport system to be carried into muscles.

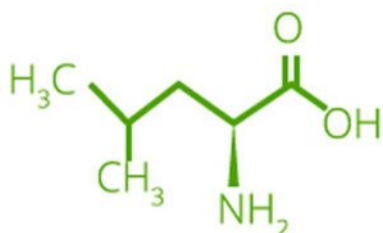
According to one review, BCAAs have been shown to stimulate muscle growth when used after **resistance exercise**. However, evidence suggests that BCAAs work best when other essential amino acids are present.

This means that BCAAs should be used alongside other proteins and/or essential amino acids to **increase muscle protein synthesis**, as provided for in this formula.

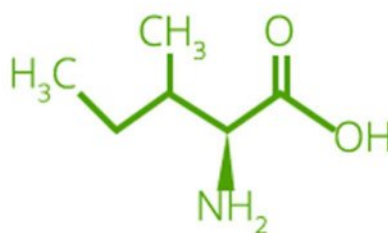
[*https://doi.org/10.1186/s12970-017-0184-9](https://doi.org/10.1186/s12970-017-0184-9)

[*https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6718193/](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6718193/)

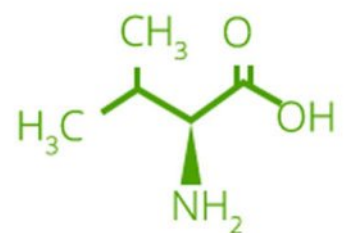
Leucine



Isoleucine



Valine



About the ingredients...

Citrulline malate:

There are two main forms of citrulline...

1. L-citrulline

The form naturally found in your body is L-citrulline - helpful for **athletic performance**, because it improves **blood flow** to working muscles.

2. Citrulline malate

Citrulline malate (used in this formula) is a combination of citrulline with malic acid and is a **direct precursor to nitric oxide**.

Malic acid is found in apples, among other fruits. This form of citrulline can help to increase adenosine triphosphate (ATP) **production and availability** - the fuel for hardworking muscles.

Citrulline malate can be beneficial for **muscular endurance** and **strength performance**.

[*https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8571142/](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8571142/)

Vitamin B6:

Vitamin B6 contributes to the normal function of the **immune system**, the regulation of hormonal activity, normal cysteine synthesis, normal **energy-yielding metabolism**, normal homocysteine metabolism, **normal protein and glycogen metabolism** and the **reduction of tiredness and fatigue**.

[*http://www.efsa.europa.eu/en/efsajournal/doc/1759.pdf](http://www.efsa.europa.eu/en/efsajournal/doc/1759.pdf)

[*http://www.efsa.europa.eu/en/efsajournal/doc/1225.pdf](http://www.efsa.europa.eu/en/efsajournal/doc/1225.pdf)

Vitamin C:

Vitamin C contributes to maintaining the normal function of the **immune system**. It also contributes to normal **collagen formation** for the normal function of blood vessels, **bones, cartilage**, gums, skin and teeth, normal **energy-yielding metabolism**, normal functioning of the nervous system, normal psychological function, **protection of cells from oxidative stress**, the **reduction of tiredness and fatigue**, the regeneration of the reduced form of vitamin E and increases **iron absorption**.

[*http://www.efsa.europa.eu/en/efsajournal/doc/1226.pdf](http://www.efsa.europa.eu/en/efsajournal/doc/1226.pdf)

[*http://www.efsa.europa.eu/en/efsajournal/doc/1815.pdf](http://www.efsa.europa.eu/en/efsajournal/doc/1815.pdf)



BCAA is available for re-sale under your own label (or our label)
and can be dropshipped by us.

*See our Trade Price List for trade prices, RRP's, discounts, dropshipping rates etc.