

## Branched Chain Amino Acids

### 90 capsules

Item Catalog Number: 00253

The branched chain amino acids (BCAAs) L-valine, L-leucine, and L-isoleucine enhance protein synthesis in liver cells and muscle cells. Because they can be oxidized in the cell's mitochondria, the branched chain amino acids may also provide energy and may serve as fuel sources for skeletal muscles during periods of metabolic stress.<sup>53-55</sup> As a result, BCAAs have been used with success to support liver function.<sup>56-58</sup> A recent study also showed BCAAs supplementation improved insulin resistance and beta cell function as well as energy metabolism and glucose tolerance in certain people.<sup>59</sup> They are also used by athletes to improve mental and physical performance and repair the microtears that are a normal result of exercise.<sup>171-172</sup> Branched chain amino acids also reduce perceived exertion and mental fatigue during exercise.<sup>60-65</sup>

## References

## Supplement Facts

Serving Size 4 capsules

Servings Per Container approximately 22

### Amount Per Serving

Vitamin B6 (as pyridoxine hydrochloride)

10 mg

L-Leucine

1200 mg

L-Isoleucine

600 mg

L-Valine

600 mg

Other ingredients: rice flour, magnesium stearate, gelatin, water.

Contains soybeans. Contains corn and rice.

This product contains NO milk, egg, fish, peanuts, crustacean shellfish (lobster, crab, shrimp), tree nuts, wheat, yeast, or gluten.

Contains NO artificial sweeteners, flavors, colors, or preservatives.

## Dosage and Use

- To be used by adults 18 years and older.
- Take four capsules daily with or without food, or as recommended by a healthcare practitioner.

## Caution

Those affected with Pellagra should not use this product.

## Warnings

- Keep out of reach of children.
- Do not exceed recommended dose.
- Do not purchase if outer seal is broken or damaged.
- If you have a bad reaction to product discontinue use immediately.
- When using nutritional supplements, please consult with your physician if you are undergoing treatment for a medical condition or if you are pregnant or lactating.

without first consulting your physician.