

270g

# 2:one:1

## BRANCHED CHAIN AMINO ACIDS



**VEGAN SOURCED AMINO ACIDS**

**2:1:1 RATIO**

**ADDED ELECTROLYTES**

A 2:1:1 ratio of the Branched Chain Amino Acids (BCAA's) Leucine, Isoleucine and Valine plus Glutamine, Citrulline and electrolytes to support muscle growth, boost exercise performance, reduce muscle soreness and accelerate recovery.

BCAA's are 3 of the 9 essential amino acids needed by the human body. These amino acids must be consumed from food or supplements as they cannot be synthesised within the body.

BCAA's play a key role in providing energy for exercise metabolism. BCAA's are the main protein fuel source during exercise. Consuming BCAA's during exercise provides 'muscle fuel' for the workout instead of your body taking them from the working muscle, which leads to greater muscle damage.

**BCAA's have a number of scientifically proven benefits including:**

**Increase Muscle Growth** – when BCAA's are taken after a resistance (weights) session muscle protein synthesis increased by 22%. Don't forget to then take your Superior Whey or Amino Charged WPI for even greater results.

**Decrease Muscle Soreness** – when taken before or during a workout, BCAA's have been shown to decrease the muscle damage that occurs during training, which in turn reduces the muscle soreness commonly experienced post workout.

**Reduce Exercise Fatigue** - two separate studies show that exercise participants who supplemented with BCAAs improved their mental focus during exercise, which is thought to result from the fatigue-reducing effect of BCAAs

**Prevent Muscle Loss** – More than 1/3 of the essential amino acids found in muscle protein are BCAA's and 40% of the total amino acids required by the body are BCAA's. During times of heavy stress (contest dieting), illness, ageing, infection, it is critical to replace the BCAA's used by the body to prevent muscle loss and wasting.

**Boost Recovery with Added Glutamine** - Glutamine is the most abundant amino acid in skeletal muscle, so combining BCAA's with glutamine further improves muscle recovery by decreasing muscle protein breakdown and increasing muscle synthesis. Glutamine increases muscle cell volume and supports muscle glycogen replenishment after exhaustive exercise.

NUTRITION INFORMATION	Qty per 10g serving	Qty per 100g
Serving size: 10g		
Servings per Container: 27		
Energy	108 kJ 26 Cal	1080 kJ 260 Cal
Protein	5.8 g	57.5 g
- L-Glutamine	750 mg	7500 mg
- L-Leucine	2500 mg	25000 mg
- L-Isoleucine	1250 mg	12500 mg
- L-Valine	1250 mg	12500 mg
Fat - Total	0 g	0 g
- Saturated	0 g	0 g
Carbohydrates - Total	0.6 g	6.0 g
- Sugars	0.3 g	3.3 g
Electrolyte Blend		
Sodium	174 mg	1740 mg
Potassium	137 mg	1370 mg
L-Citrulline Malate (2:1)	250 mg	2500 mg

\*All specified values are averages for all flavours.

**Boost Performance with Added L-Citrulline** - Citrulline supplementation helps to reduce fatigue and improve endurance for both aerobic and anaerobic prolonged exercise. It also converts to Arginine in the body, improving blood flow during exercise.

**Boost Hydration with Added Electrolytes** – work longer and harder with hydrated muscles

**No added Sugars or Caffeine** – no unwanted crashes when the sugar and caffeine high ends, just natural muscle fuel from plant sourced BCAA's

**DIRECTIONS:** Mix 10g (1 SCOOP) in 200mL - 400mL of cold water in a shaker.

**INGREDIENTS:** 2:one:1 Amino Blend [(Branched Chain Amino Acids (L-Leucine, L-Isoleucine, L-Valine), L-Glutamine, L-Citrulline Malate 2:1), Inulin, Food Acid (Malic Acid), Electrolyte Blend (Sodium Chloride, Potassium Citrate), Natural Flavours, Sweetener (Sucralose), Natural Colours (Copper Chlorophyllin, Curcumin).

**Manufactured on equipment that also produces products containing Milk, Egg and Soy ingredients.**



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