

BCAA

leucine, isoleucine, valine

Product description

Capsules with the branched chain amino acids (BCAA) leucine, valine and isoleucine in the optimal proportion 2:1:1. In opposition with the others amino acids, the BCAA are directly taken up and metabolised by the muscles and serve the body mainly as combustible during an effort. With insufficient supply, the body falls back on muscle tissue, which consists of 35% BCAA. Out of BCAA the body produces also glutamine, the most frequently amino acid occurring in the musculature which fulfils versatile functions.

The relation between the BCAA and the amino acid tryptophan is modified under load. This accelerates the constitution of serotonin, material promoting the fatigue. The supply of BCAA already during the exertion prevents the serotonin increase and thereby delays the central tiredness of the endurance performances.

A specific completion with BCAA helps the body to preserve its own reserves, minimises the muscle reduction after an exertion and promotes muscles constitution.



Advantages

- Pure BCAA in free form.
- Very digestible under physical efforts.
- Neutral tasting capsules, easy dosage.
- Capsule envelop made out of high quality pig gelatine.

Use

Power sports: Take approx. 2 capsules per 10 kg of body weight divided in 2 portions, the first one before and the second one right after training.

Endurance sports: Take 2-4 capsules per hour during long endurance performances and again 1 capsule per 10 kg of body weight right after.



Ingredients

L-leucine, L-isoleucine, L-valine, gelatine (capsule envelop).

Flavours / packaging / nutrition facts

Neutral. Box of 300 g (500 capsules).

nutrition facts	per 100 g	per capsule (600 mg)
energy kJ (kcal)	1700 (400)	10 (2.4)
proteins	100 g	0.6 g
carbohydrates	0 g	0 g
fat	0 g	0 g

amino acids	per 100 g	per capsule (600 mg)
L-leucine	41.7 g	250 mg
L-isoleucine	20.8 g	125 mg
L-valine	20.8 g	125 mg