



interACTIVE
NUTRITION™

BCAA™

CONSERVE MUSCLE MASS AND REDUCE MUSCLE BREAKDOWN

Benefits

- Stimulates Protein Synthesis
- Improves Both Mental & Physical Performance
- Reduces Muscle Breakdown
- Prolongs Moderate Exercise Performance

Among the most beneficial and effective supplements in any sports nutrition program are BCAA (Branch Chain Amino Acids). These are the essential amino acids: Leucine, Isoleucine, and Valine.

Features

BCAAs, the core ingredients of BCAA ELITE™, features many advantages to conserve muscle mass and to reduce muscle breakdown.

BCAA supplementation, before and after exercise, has beneficial effects for decreasing exercise-induced muscle damage and promoting muscle-protein synthesis.¹

BCAAs are not only substrate for protein synthesis, but also modulate several components to the synthetic machinery and help to conserve muscle mass.²

BCAA supplementation may prevent muscle loss during chronic hypobaric hypoxia.³

Intake of BCAA during exercise can prevent or decrease the net rate of protein degradation caused by intense exercise.⁴

BCAA supplementation can reverse the reduction in serum glutamine concentration observed after prolonged intense exercise such as an Olympic triathlon.⁵

Consumption of BCAA before or during endurance exercise may improve both mental and physical performance.⁶

The result of studies suggest that an intake of BCAA has an anabolic effect on protein metabolism during the recovery period after exercise rather than during the actual exercise.⁷

Support Studies

An experimental result indicated that ingestion of BCAA reduces the perceived exertion and mental fatigue during exercise and improves cognitive performance after the exercise.⁸

The data suggests that increased BCAA availability before exercise, when initial muscle glycogen is normal, results in significantly greater plasma NH₃ response during exercise than placebo administration.⁹

No toxic effects of BCAAs were observed in humans at a dose of 2.5 g/kg/day for 3 months or 1.25 g/kg/day for 1 year. There are no reports concerning BCAA toxicity in relation to exercise and sports.¹⁰

A variety of regimen has been studied in human clinical trial. No adverse reaction was reported with the consumption of 14, 30, 22 and 40 g / day.¹¹

References

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4. Blomstrand E, Newsholme EA: "Effect of branched-chain amino acid supplementation on the exercise-induced change in aromatic amino acid concentration in human muscle." Acta Physiol Scand. 1992 Nov;146(3):293-8
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7. Blomstrand E, Saltin B: "BCAA intake affects protein metabolism in muscle after but not during exercise in humans." Am J Physiol Endocrinol Metab. 2001 Aug;281(2):E365-74.
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11. Anura V Kurpad, Tony Raj, Antoine El-Khoury, Rebecca Kuriyan, Kalburgi Maruthy, Sudhir Borgohain, Deepak Chandukudlu, Meradith M Resan and Vernon R Young "Daily requirement for and splanchnic uptake of leucine in healthy adult Indians" American Journal of Clinical Nutrition, Vol. 74, No. 6, 747-755, Dec. 2001.

BCAA Elite™
Available in Tropical Punch, 600g
BCAA Muscle Guard™
Available in 240 capsules

Recommended Use or Purpose:

This product stimulates muscle protein recovery and decreases exercise-induced muscle breakdown.

Ingredient Info

	Per 1 scoop (5g) powder	Per 1 capsule (0.675g)
L-Leucine USP	2.25g	0.304g
L-Valine USP	1.5g	0.202g
L-Isoleucine USP	1.25g	0.169g

*Non-Medicinal Ingredients:

Microcrystalline cellulose, Magnesium stearate, Gelatin.

Dose (adults):

BCAA Muscle Guard — 4 capsules before and 4 capsules after daily intense exercise with a glass of water.

BCAA Elite — Mix one scoop (20g) in 250mL of water and consume immediately. Take one serving prior to exercise and one serving following exercise.

Consult a health care practitioner for long-term consumption.

Cautions: Not intended for children, pregnant or breast feeding women. People with health conditions should consult a health care practitioner before consuming this product.

*Ingredients and nutrition facts may vary per flavour.

All ingredients meet the quality standards set by The United States Pharmacopeia

• L-Leucine • L-Valine • L-Isoleucine

BCAA
Branch Chain Amino Acids

For further information please contact InterACTIVE Nutrition at:
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www.interactivenutrition.com

InterACTIVE Nutrition is the leader in blending top quality premium ingredients into the purest and cleanest sport supplements on the market

