

interACTIVE
NUTRITION



BCAA™

CONSERVE MUSCLE MASS AND REDUCE MUSCLE BREAKDOWN

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 breastfeeding 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

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 Muscle Guard™, 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

Support Studies

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

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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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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