

BCAA

leucine, isoleucine, valine

Product description

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

The relationship between the BCAA and the amino acid tryptophan is modified under work-out; this accelerates the constitution of serotonin, a material that promotes the fatigue. The supply of BCAA during exertion already prevents the increase of serotonin, thereby delaying the central tiredness of an endurance performance.

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



Advantages

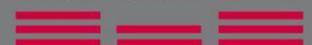
- Pure BCAA in free form
- Well digested under physical effort
- Neutral tasting capsules, easy dosage

Utilisation

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

Endurance sports : Take 2-4 capsules per hour during a long endurance performance and again 1 capsule per 10 kg of body weight directly afterwards.

BEFORE DURING AFTER



Ingredients

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

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Flavour / 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
- of which sugars	0 g	0 g
Fat	0 g	0 g
- of which saturated fatty acids	0 g	0 g
fibres	0 g	0 g
sodium	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