BCAA´s 2:1:1 Instant

POWDERED BRANCHED CHAIN AMINO ACIDS WITH 2:1:1 RATIO OF INSTANT DISSOLUTION

GREEN APPLE

- The 3 Branched Chain Amino Acids: Leucine, Isoleucine & Valine
- In Ratio 2:1:1, the one with the most scientific evidence
- Indicated for endurance and strength athletes
- Allergens Free
- Suitable for Vegans

VEGAN

ALLERGENS FREE

BCAA´s 2:1:1 Instant is a powder made up of Leucine, Isoleucine and Valine. It is very easy to take due to its instant dissolution and its pleasant flavor. These amino acids are approximately one third of the muscle protein in skeletal muscle. Likewise, they are essential amino acids because humans cannot produce them and they need to be ingested through the diet.

Research conducted so far concludes that consuming BCAAs along with carbohydrates before, during, and after exercise has positive impacts to support muscle protein synthesis, help regenerate glycogen, delay the onset of fatigue, and maintain mental function during prolonged efforts. In addition, positive effects have been seen to reduce muscle pain and loss of strength that occurs after intense training sessions.

And like all Crown Sport Nutrition® products with spectacular taste, solubility and digestibility.

Ingredients (Green Apple): Instant aminoacids ratio 2:1:1 (L-Leucine, L-Isoleucine, L-Valine), acid: citric acid; flavoring, coloring: curcumin; sweetener: sucralose; coloring: indigotine.

Instructions for use: Mix approx. 7 g powder (1 scoop) with 340 ml water or other drinks.
As an extra energy intake take one scoop (approx. 7g) before or during physical activity. As a recovery enhancer take one scoop (approx. 7g) immediately after physical activity.
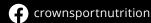
Available flavors: Lemon and Green Apple.
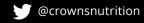
Available formats: Tin of 210 g.

NUTRITIONAL INFORMATION	Per serving of 7 g (1 scoop)	
TOTAL BCAA´s	6,35	g
• of which L-Leucine	3,17	g
• of which L-Isoleucine	1,59	g
• of which L-Valine	1,59	g

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