

Each capsule provides: 250mg L-Leucine, 125mg L-Isoleucine, 125mg L-Valine, 0.2mg Vitamin B6.

Six capsules provide: 1,500mg L-Leucine, 750mg L-Isoleucine, 750mg L-Valine, 1.2mg Vitamin B6.

Directions for use: Take 6 capsules 30-40 minutes before training and another 6 capsules immediately after training.

Ingredients: In a 2 piece gelatine* capsule: L-Leucine, L-Isoleucine, L-Valine, microcrystalline cellulose, maltodextrin, magnesium stearate, pyridoxine hydrochloride. *not suitable for vegetarians.

Guidance notice: This product is a dietary supplement and should be used in conjunction with food as part of a healthy balanced diet, not as a substitute for such. This product is not intended for use by persons under the age of 16. Keep out of reach of children.



Store in a cool dry place away from direct sunlight.

reflex®

bcaaa

branched-chain amino acid capsules

dietary supplement

200 Capsules

The branched-chain amino acids, L-Leucine, L-Isoleucine and L-Valine, are probably the most essential amino acids for athletes in training. They account for 33% of muscle protein. Some experts believe that even moderate exercise can increase your body's need for Leucine by up to 240%.

By taking **reflex® bcaa** capsules before and after exercise, you can increase nitrogen retention, boost protein synthesis and protect your muscles from the stress and trauma of heavy exercise.

Environmental statement

All Reflex Nutrition facilities are powered by 100% green renewable electricity. The container and lid used for this product are made from HDPE which is widely recyclable.

Made in the UK by:

Reflex Nutrition Ltd, Units 1 & 2 Stockwell Lodge, 121 -131

Conway Street, Hove, BN3 3LA

www.reflex-nutrition.com

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