

INGREDIENTS: Branched chain amino acids (L-leucine, L-isoleucine, L-valine), acidity regulator (citric acid), flavourings, maltodextrin, sweetener (sucralose).

NUTRITIONAL INFORMATION

Typical values	Per 100g	Per 6g (serving)
BCAA, g	83.2	5.0
Leucine, g	50.0	3.0
Isoleucine, g	16.6	1.0
Valine, g	16.6	1.0

HOW TO SERVE



For one serving, add one scoop of powder (6g) to 250ml of water. Alternatively add two scoops of powder (12g) to 500ml of water. Shake to blend and enjoy!

Ideal during your workout. Can also be used before or after training. Consume up to 3 servings (6g each) per day.