

# MAXI-BCAA

**Maxi-BCAA** represents the most comprehensive post-workout/recovery product on the market today.\* In addition to a 4:1:1 ratio of BCAA's, this formula boasts 4 g of glutamine, 1 g of L-Citrulline and an electrolyte profile all in a great tasting raspberry lemonade powdered drink mix.

BCAAs (leucine, isoleucine, and valine), in particular leucine, have the potential to produce anabolic effects on protein metabolism by increasing the rate of protein synthesis and simultaneously decreasing the rate of protein degradation in skeletal muscle tissue. The ratio of BCAA's can vary from formula to formula and in this case the emphasis was placed on leucine primarily due to its role in providing metabolic support for insulin sensitivity.\*

Many studies have indicated that exercise-induced blood ammonia elevation and blood lactate increments have been supported by L-citrulline supplementation. Further, citrulline may support the detoxification of ammonia via the urea cycle and also support healthy levels of additional glycolysis needed during exercise.\*

L-glutamine is a mainstay in many workout products, specifically because of the role this amino acid plays in muscle recovery. The most notable mechanism is the impact it has on nitrogen balance, which is vital to building muscle mass and perhaps more importantly, muscle repair.\*

**Suggested Use:** As a dietary supplement, mix 12.5 g (approximately 1 scoop) with cold water or juice once daily or as directed by your healthcare provider.

## Supplement Facts

Serving Size 12.5 g (approximately 1 Scoop)  
Servings Per Container 30

Amount Per Serving	% Daily Value
Calories 45	
Total Carbohydrates 2 g	1%†
Vitamin C (as Ascorbic Acid) 120 mg	133%
Sodium (as Na Citrate) 60 mg	3%
Potassium (as K Chloride) 210 mg	4%
Branched Chain Amino Acid Blend 4,500 mg	*
Containing:	
L-Leucine 3,000 mg	*
L-Isoleucine 750 mg	*
L-Valine 750 mg	*
L-Glutamine 4,000 mg	*
L-Citrulline Malate 1,000 mg	*
Stevia Leaf Extract 300 mg	*

† Percent Daily Values are based on a 2,000 calorie diet.  
\* Daily Value not established

Other Ingredients: pineapple juice powder, citric acid, silicon dioxide, lemon flavor, wild berry flavor, red cherry powder, Luo Han Guo (*Momordica grosvenori*) fruit extract.

**Warning:** Consult your healthcare practitioner before taking this product if you are pregnant, nursing, planning to become pregnant, if you have heart or liver disease, or if you are taking blood pressure medications or antidepressants. Do not take this product if you are taking medications for erectile dysfunction.

GLUTEN FREE / SOY FREE

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

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