



## Optimum Nutrition BCAA 1000 400 capsules



Branched Chain Amino Acid Dietary Supplement - 1000mg of the three essential BCAAs - L-Leucine, L-Isoleucine and L-Valine in a 2:1:1 ratio - ideal as a pre- or post-workout versatile support for athletes.

CHF 57.90

BCAA 1000 Caps from Optimum Nutrition contain a potent blend of branched-chain amino acids - those building blocks that can build muscle mass and size. BCAAs are metabolized directly in the muscle and in this way improve nitrogen storage by sparing other groups of amino acids for repair and rebuilding.

**Recommended intake:**

2 capsules before or after training.

Packaging unit: 400 capsules

Flavor: neutral