



All Stars BCAA Powder 420g can



Micro-instantized BCAA powder (super solubility!) in the 4 delicious flavors

CHF 32.30

Branched Chain Amino Acids, BCAA for short, are branched chain amino acids. They consist of the essential amino acids leucine, isoleucine and valine. It is this combination that makes them particularly valuable for the body. Unlike other amino acids, BCAA's enter the muscles directly through the intestines. BCAA's are used in strength and endurance sports. They can also be used to support diets and for faster convalescence after illness.

Leucine serves as a valuable source of energy and prevents protein breakdown in the muscles, i.e. BCAA's slow down muscle breakdown. BCAA's are supposed to reduce fat and increase the build-up of muscle mass during muscle building training. An addition of BCAA's also increases the release of insulin. Insulin transports glucose into muscle cells where it can be released into energy.

One serving provides 10g of BCAA branched chain amino acids in the scientifically recommended ratio of 2:1:1 = 5000mg leucine + 2500mg valine + 2500mg isoleucine.

Directions:

Mix 14g of BCAA powder (1 scoop = 1 serving) with 250ml of water in a shaker. Drink 1-2 servings of BCAA daily, preferably with breakfast, before or after training.

Packaging unit: 420g can

Flavor: Watermelon, Mango Passionfruit, Strawberry Kiwi, Berry Blast

**The Shark
Fitness Company**



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Content: 420g