



Sponser BCAA 350 capsules



Sponser BCAA capsules with the 3 branched-chain amino acids valine, leucine and isoleucine in free form for muscle building and delaying fatigue during endurance performance. Protein supports growth and maintenance of muscle mass. Branched-chain amino acids are more readily available than intact proteins.

CHF 48.00

- Ratio 3:1:1
- Targeted supplementation of the 3 essential amino acids
- Unflavored capsules, easy dosage

Sponser BCAA contains the so-called branched-chain amino acids (BCAA) leucine, valine and isoleucine in the optimal ratio 2:1:1.

BCAA serve on the one hand as a source for the synthesis of glutamine and on the other hand are metabolized directly in the muscle, while other amino acids are absorbed via the liver. BCAA serve the body mainly as fuel under load. In case of insufficient supply, the body resorts to muscle tissue, which consists of 35% BCAA.

Under stress, the ratio of BCAA to the amino acid tryptophan is altered, which accelerates the formation of serotonin, which promotes fatigue. The supply of BCAA already during performance prevents the excess of serotonin and thus delays the central fatigue during long endurance performances.

A targeted supplementation with BCAA helps to preserve the body's reserves, minimizes protein or muscle breakdown after exercise and promotes new muscle formation.

Directions:

Take directly before, during and/or after exercise. Max. 14 capsules daily.

In addition to a varied and balanced diet and a healthy lifestyle. Keep out of reach of children. Do not exceed recommended daily dose. Food supplements are not a substitute for a varied diet.

Recommendation Sponser:

Strength athletes: Take approx. 2 capsules per 10 kg body weight divided into 2 portions. The first



shortly before and the second shortly after training.

Endurance athletes: During long endurance loads 2-4 capsules per hour and again 1 capsule per 10 kg body weight shortly after the performance.

Ingredients:

Amino acids (L-leucine, L-isoleucine, L-valine), capsule shell vegetable (E1204), release agent magnesium stearate.

Packaging unit 350 capsules per can

Flavor: neutral

Content: 255g