



All Stars BCAA Mega Caps 150 Capsules (1495)



Gelatin-free Mega Caps with an extra portion of BCAA. Each serving contains 5g in a ratio of 2:1:1.

CHF 39.90

Each single serving consists of 5 Mega Caps, which contains a total of 5000mg BCAA (branched chain amino acids). Divided into 2500mg L-Leucine and 1250mg each L-Valine and L-Isoleucine, a now proven ratio (2:1:1) in BCAA supplements. Depending on training intensity and need, 1 serving each can be taken 30 minutes before and/or immediately after training with sufficient liquid. The capsules are gelatin-free, easy to swallow, ideal for transport and easy to dose.

BCAA are composed of L-leucine, L-valine and L-isoleucine. They belong to the essential amino acids and must be taken in through food and/or supplements, as they cannot be produced by the body itself. The body uses the branched-chain amino acids for numerous metabolic processes. Especially for athletes, their importance for muscle building and muscle maintenance is important, as well as supporting regeneration.

Therefore, numerous athletes use BCAA supplements in intensive training phases to enrich their normal protein supply or also in diet/definition phases as a low-calorie alternative. Thus, they can specifically counteract a possible loss of muscle mass due to the restricted calorie intake.

Take 5 capsules (1 serving) 30 minutes before and/or immediately after training. Swallow with sufficient liquid. The product is not suitable for children and pregnant women. Keep out of reach of small children. Pay attention to a balanced, varied diet and a healthy lifestyle.

Flavor: neutral

Packaging unit: 150 pieces

**The Shark
Fitness Company**



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