

# BCAA

BCAA - BCAA acts as an anti-catabolic agent sparing muscle mass. The preservation of muscle mass may enhance the body composition and exercise performance when combined with a proper weight training program.

Benefits:

- Increased Endurance;
- Prevention of Fatigue;
- Improved Mental Performance;
- Increased Energy Levels;
- Prevents Muscle Catabolism (breakdown);
- Speeds up Regeneration.

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## Drug name

BCAA

## Drug Uses

BCAA acts as an anti-catabolic agent sparing muscle mass. The preservation of muscle mass may enhance the body composition and exercise performance when combined with a proper weight training program.

Benefits:

- Increased Endurance;
- Prevention of Fatigue;
- Improved Mental Performance;
- Increased Energy Levels;
- Prevents Muscle Catabolism (breakdown);
- Speeds up Regeneration.

## How Taken

As a dietary supplement, take 3 capsules before and after training.

## Drug Class and Mechanism

BCAAs act as a fuel source for skeletal muscle during times of trauma or stress, help prevent catabolism (the breakdown of muscle for energy), while encouraging protein synthesis. BCAAs are administered to victims of severe burns or serious trauma for this reason.

Branched-chain amino acids are popular with athletes and strength trainers for their anti-catabolic properties, and possible glycogen sparing. Additionally, BCAAs are also used as part of treatment for h

epatic encephalopathy, and may help symptoms of tardive dyskinesia and phenylketonuria. While BCAAs were once thought to help improve symptoms of amyotrophic lateral sclerosis (ALS, or Lou Gehrig disease), it is now unclear as to whether there is any benefit. Recent studies have even shown that BCAAs may increase mortality rate in those with ALS, therefore it is not currently recommended that these individuals take BCAA supplements.

## Missed Dose

If you miss a dose of BCAA, take it as soon as possible. If it is almost time for your next dose, skip the missed dose and go back to your regular dosing schedule. Do not take 2 doses at once.

## Storage

Store BCAA at room temperature, between 68 and 77 degrees F (20 and 25 degrees C). Store away from heat, moisture, and light. Keep BCAA out of the reach of children and away from pets.

## Warnings Precautions

No absolute contraindications.

## Possible Side Effects

This product contains only 100% pure pharmaceutical grade ingredients and is regularly tested to ensure the safety and quality. Each ingredient has been approved as safe by the FDA and all appear on the FDA's GRAS (Generally Recognized As Safe) list. This product is manufactured in the USA under stringent GMP guidelines that have been set by the FDA. Each bottle comes with a 2 year expiration date and is double sealed to ensure freshness and potency. BCAA is completely Ephedra-free.

## More Information

Because BCAA is an all natural nutritional supplement containing only the finest nutritional ingredients, there is no need to obtain a prescription.

**Site:**

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