

BCAA 12,000 Powder

Serving size: 1 scoop (about 6g)

About 67 servings

Amount per serving: L-Leucine (USP) 3000 mg
L-Valine (USP) 1500 mg
L-Isoleucine (USP) 1500 mg

Other Ingredients: Waxy Maize and Soy Lecithin.

Directions: Mix one scoop (about 6g) with 6-8 ounces of water or your favorite cold beverage. For optimal use, take between meals and immediately after your workout. For serious bodybuilders we recommend mixing two scoops.