

**100% CRYSTALLINE BCAA**

Serving size: 3 capsules

40 servings

Amount per serving: L-Valine 600 mg  
L-Leucine 600 mg  
L-Isoleucine 300 mg

Directions: Take three capsules, 2-3 times per day. For optimal use, take between meals and immediately after a training session.

Other Ingredients: gelatin and magnesium stearate.