

## **BCAA SOFTGELS**

Serving size: 1 softgel  
Servings Per Container: 180

Amount per serving: % Daily Value

Calories 10

Calories from Fat 10

Total Fat 0.5g <1%

L-Valine (USP) 125 mg

L-Leucine (USP) 250 mg

L-Isoleucine (USP) 125 mg

Other Ingredients: Soybean oil, gelatin, glycerin, purified water, yellow beeswax, caramel color, soy lecithin, chlorophylline (for color), sodium-copper (for color).

### **Contains Soy**

Directions: Take 1 softgel 2-3 times per day. For optimal use, take between meals and immediately after a training session.