

# JOE WEIDER'S VICTORY



**GET THE BEST!**

## BCAA

### Proportion 2:1:1 for heightened muscular protection

- **Leucine:Isoleucine:Valine in proportion of 2:1:1**
- **Maximum effect on recovery**
- **High content of BCAA's per serving**

Branched Chain Amino Acids (BCAA's) are composed of three essential amino acids: Leucine, Isoleucine, and Valine. Given that the body is incapable of synthesizing them naturally, it is critical to supply them through one's diet. Their importance within the processes of muscular recovery is extremely high because they stimulate the synthesis of proteins after the training is completed.

Numerous studies have demonstrated significant anabolic stimulation and a high level of effectiveness for BCAA's in portions of 2:1:1 (Leucine:Isoleucine:Valine). With this in mind, Victory has designed the supplement by combining these three amino acids in accordance with those proportions. The product provides the maximum effectiveness of BCAA's and, in turn, presents the opportunity to achieve the best results.

Among the numerous supporting functions of BCAA's in our bodies, we emphasize the following:

- **Muscular recovery:** BCAA's play an essential role in the process of regenerating muscle tissue. They stimulate protein synthesis after training and help to avoid any losses in muscle tissue.

- **Energy:** They act as a means to sustain the body's energy reserves during exercise.

- **Central Fatigue Control:** An increase in the ratio of "free tryptophan/BCAA's", in turn, increases the cerebral levels of serotonin, which holds a direct effect over the central nervous system's performance (emergence of fatigue or tiredness).

Therefore, we are able to conclude that:

- **The supplementation of BCAA's before a training session** provides a great way to slow down the emergence of fatigue and attain access to muscular glycogen deposits. Furthermore, it stimulates the preservation of lean muscle mass.

- **The supplementation of BCAA's after a training session** is essential for the processes of muscular regeneration as well as a means to achieve optimal recovery.

The intensity of your training sessions should be compensated with a correct nutritional intake. BCAA's from Victory are designed to help you get the most out of your workout, allowing you to maintain a steady, effective training regiment day after day, and achieve the goals that you set for yourself.



	per 100g	per 4 caps.
Energy	1634 kJ 384 kcal	42 kJ 10 kcal
Protein	96,2 g	2,50 g
Carbohydrates	0 g	0 g
Fat	< 1g	0 g
L-Leucine	40 g	1040 mg
L-Isoleucine	20 g	520 mg
L-Valine	20 g	520 mg
Vitamin B6	76 mg	2 mg (100%*)

\* % RDA= Percentage of Recommended Daily Allowance

## PROFESSIONAL ADVICES:

**Directions for Use:** Take 2 capsules before training and 2 after training.

**Recommendation:** Combine with Super Nitro Whey at breakfast and again after training for optimal muscular recovery.

**Presentation:** 120 y 240 capsules.