

WEIDER®

BCAA + L-GLUTAMINE

Premium formula, maximum quality

3.600 mg BCAAs and L-Glutamine per serving

Free form quality amino acids

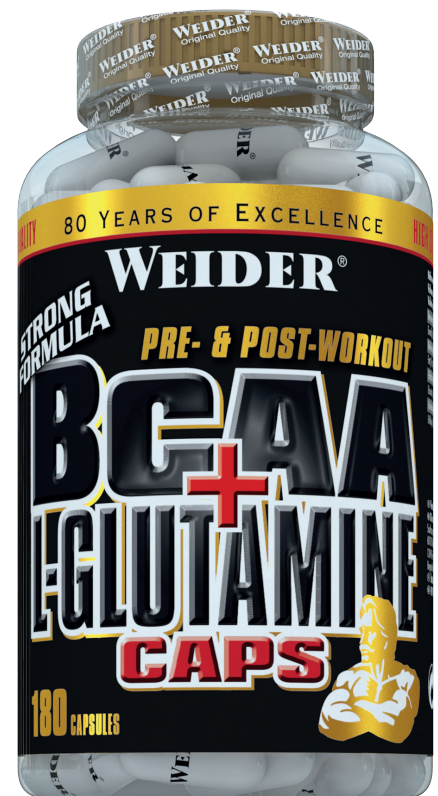
Very highly concentrated

The practical combination of BCAAs and branched chain amino acid L-glutamine. This powerful formula is perfect to use either before or after your workout.

BCAA + L-GLUTAMINE combines the regenerative and protective properties of BCAA's and L-Glutamine in a single product. 50% combination between L-Glutamine and BCAAs.

- The BCAAs prevent the loss of muscle mass during training and also improve the muscle building phase after it.
- The combination with L-Glutamine further increases this process because it allows more water to enter the muscle cells, thus increasing its volume. The muscles will adopt more size and hardness.
- Glutamine also shortens recovery times. This means that workouts can be intensified by shortening the recovery intervals between one and the other, thus obtaining faster results.
- With this combination of nutrients, a highly anabolic recovery effect is achieved. In this way, you can maintain strength and muscle mass during the definition phase.
- Increasing the absorption of BCAA + L-GLUTAMINE by muscle cells is recommended to be taken in combination with carbohydrates. During the volume or muscle building phase it should be combined with a carbohydrate intake after training.

Ingredients: 42,1% L-Glutamine, 21,1% L-Leucine, Gelatine, 10,5% L-Isoleucine, 10,5% L-Valine, Anticaking Agents: Magnesium Salts of fatty Acids; Palm Oil, Colour: E172. May contain traces of milk, lactose, gluten, soy and egg.



	Per 6 capsules
L-Glutamine	3600 mg
L-Leucine	1800 mg
L-Isoleucine	900 mg
L-Valine	900 mg

PROFESSIONAL ADVICES

DIRECTIONS FOR USE: 6 capsules per day

PRESENTATION: 180 caps.

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