



GET THE BEST!

BCAA 8:1:1 + L-Glutamine

Recovery and Protection

- **Recovery formula with BCAAs + Glutamine and a plus of Vit. B6**
- **With the best BCAA ratio 8: 1: 1 (Leu:Iso:Val)**
- **Increases and protects muscle mass**

After re-examining numerous studies Weider has developed BCAA 8: 1: 1 + Glutamine the best formula to develop muscle mass. No matter your sport.

This excellent formula contains:

- **BCAAs:** Essential chain amino acids Leucine, Isoleucine and Valine with a ratio of 8:1:1 respectively. They support recovery and are also energizing. According to latest studies Leucine initiates protein synthesis processes, but must be taken with by Isoleucine and Valine in order to complete these processes. That is why we have chosen this new ratio 8: 1: 1 which gives Leucine a higher value, the most important of the three.

- **L-Glutamine:** A semi-essential amino acid, the most abundant in our body, it is key to protect and repair muscle tissue. It supports the recovery of both the muscle fiber (since it favors protein synthesis) and the glycogen which runs out during workouts. In addition L-Glutamine increases and improves the immune system function and it also has antioxidant effects.

- **Vitamina B6:** Very important since it rules many functions. One of its key functions is to support a normal protein and glycogen metabolism, key in the muscle recovery processes.

WHEN SHOULD IT BE TAKEN?

- **After training:** Because it accelerates the recovery of muscle breakdown produced by both aerobic and anaerobic intense training.

- **Before training:** It protects muscle mass because these four amino acids are able to enter the energy cycles providing energy. Its formula works as anticatabolic and protector of muscle mass if we take it before or during training. It prevents the use of muscle glycogen and, thus, delays fatigue key while following strict or a definition diets.

INGREDIENTS: L-Glutamine, instant branched chain amino acids (83,5% BCAA: L-Leucine, L-Isoleucine y L-Valine), powdered dehydrated orange (*Citrus sinensis* (L.) Osbeck), acidifier (citric acid), orange flavor, sweeteners (Acesulfame-K and sucralose), coloring (tartrazine) y vitamin B6 (Pyridoxine HCl). **May contain soy, lactose, gluten and egg traces.**



	per 100g	per 10g
Energy	1662 kJ 391 kcal	166,2 kJ 39,1 kcal
Fats	< 0,2 g	< 0,02 g
Carbohydrates	19,35 g	1,94 g
Protein	78,4 g	7,84 g
L-Leucine	28,46 g	2846 mg
L-Isoleucine	3,56 g	356 mg
L-Valine	3,56 g	356 mg
Total BCAAs	35,6 g	3558 mg
L-Glutamine	42,8 g	4281 mg
Vitamine B6	76 mg	2 mg (100%*)

*% NRV Nutrients Reference Value

PROFESSIONAL ADVICES

Directions: Take 10 g (one level scoop) mixed with 250 ml of water

Recommendation:

- For recovery take one after training.
- For energy and/or protection take one before training.
- During highly intense training or strict dieting take one before and another after training.

Presentation: Tin of 500 grams (50 portions)

Flavor: Orange