

WHAT ARE BCAAs?

BRANCHED-CHAIN AMINO ACIDS (BCAAs) are the building blocks of protein, and are known to promote healthy muscle growth and retention.

BCAAs ALLOW FOR MORE
INTENSE WORKOUTS
& FAST RECOVERY TIMES.



UP TO
18%
OF ENERGY USED
WHILE WORKING
OUT COMES
FROM BCAAs.

**CHRONIC
MUSCLE LOSS
IMPACTS
APPROXIMATELY
30%**
OF THOSE OVER
THE AGE OF 60.

BCAAs ARE
THE **ONLY AMINO
ACIDS METABOLIZED
INSIDE OF THE
MUSCLE ITSELF**, &
MAKE UP ABOUT
35%
OF MUSCLE TISSUE.

MUSCLE MASS
DECLINES AN
AVERAGE OF
2%
EACH YEAR
AFTER THE
AGE OF 50.

HOW & WHEN THEY'RE EFFECTIVE

P.M.

- Reduce hunger
- Reduce muscle breakdown during the night

A.M.

- Stop breakdown of muscle from the nightlong fast
- Provide energy boost
- Reduce hunger

POST-WORKOUT

- Aid muscle recovery

PRE-WORKOUT

- Provide energy boost
- Aid muscle strength

SOURCES

- *The Biophysical Foundations of Human Movement*, Second Edition
- *The American Journal of Clinical Nutrition*, May 2008

- *International Journal of Sports Nutrition*, June 1996