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