

## BCAA Branched Amino Acids 60 Tablets

EAN: 5019781022595    FABRICANTE: HEALTH AID



*Bcaa Aminoàcids ramificats és un complement alimentaris a base de L-leucina, L-isoleucina, L-valina i vitamina B6. Aquests aminoàcids ramificats augmenten el rendiment atlètic, afavoreixen la reparació muscular i protegeixen el fetge.*

### DESCRIPTION

#### What are BCAA branched chain amino acids?

It is a food supplement based on amino acids and vitamin B6 indicated for athletes to increase their muscle mass or to lose weight.

Vitamin B6 contributes to normal energy metabolism and normal protein and glycogen metabolism, and helps reduce tiredness and fatigue.

#### What are BCAAs used for?

- For athletes and individuals who want to lose weight and increase muscle mass.
- For people who are on a weight loss plan.
- To help in the recovery of muscle injuries such as tears or micro-tears.

#### What are the active ingredients in Health Aid BCAAs?

One tablet contains: 225 mg of L-leucine, 200 mg of L-isoleucine, 150 mg of L-valine and 10 mg of Vitamin B6. Bulking agents (calcium phosphates, cellulose), coating agent (polyvinylpyrrolidone), anti-caking agent (fatty acids, magnesium stearate).

#### How should I take BCAAs?

For adults and children over 16 years of age, one or two tablets a day on an empty stomach.

#### Does Health Aid Bcaa contain allergens?

It is suitable for vegetarians, it does not contain gluten.

No salt or added sugars. Does not contain yeast, starch, corn, wheat or dairy derivatives. Free from colors, preservatives and artificial flavors.





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### Should I take any precautions before taking BCAAs?

You should consult your doctor before taking this product if you are pregnant.

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