

# Recover&Build

## Anti-Catabolic BCAA Complex



## WHAT IS IT?

- An anti-catabolic BCAA - branched chained amino acid complex

## WHO IS IT FOR?

- Adult exercisers and athletes seeking to reduce muscle damage, soreness and potentially enhance recovery and muscle protein synthesis



## WHAT ARE THE BENEFITS?

- Increases muscle protein synthesis
- Decreases muscle protein breakdown
- Reduces overtraining symptoms

## WHAT MAKES THIS PRODUCT UNIQUE?

- Unique Leucine-spiked formula to trigger muscle protein synthesis
- Contains the branched chain amino acids, leucine, isoleucine and valine in a ratio and potency supported by clinical evidence
- Manufactured in a regularly inspected NSF Certified facility with Good Manufacturing Practices

# BCAA

- LEUCINE
- ISOLEUCINE
- VALINE