

www.sporteda.com.ua

**DIRECTIONS:** Take 1-3 servings a day, before and after training, and at any other times like before going to bed.

The Branched-Chain Amino Acids (BCAA's) are an important group of essential amino acids consisting of Leucine, Isoleucine and Valine. The BCAA's are among the nine essential amino acids for humans, because our bodies can't manufacture them. Their only source is our daily food or food supplementation. On the other hand, they account for 35% of the essential amino acids in muscle proteins. Leucine, Isoleucine and Valine are indispensable amino acids provided by mixed dietary protein intakes from different sources. BCAA's can also be consumed as food supplements, especially suggested around intense workouts or physical work. BCAA-X contains a 2:1:1 ratio of Leucine, Isoleucine and Valine and it is in convenient, precisely dosed capsule form!

**Caution:** As with all exercise and nutritional programs, please consult your physician first. Keep out of the reach of children! Use this product as a food supplement only.

**Allergen info:** Manufactured in a facility that processes milk, soy and egg proteins, and gluten, peanuts!

**Store in a cool, dry place. Heat and sunlight may damage the bottle!**

**Best before end:** see on packaging.  
**Batch number:** see on packaging.

## Supplement Facts

Serving size: 2 capsules      Servings per container: 165

Amount per serving		RDA%*
L-leucine	600 mg	†
L-isoleucine	300 mg	†
L-valine	300 mg	†

\* RDA%: Percent of the Recommended Daily Allowance.  
† RDA not established in the EU.

**Ingredients:** L-Leucine, L-Isoleucine, L-Valine, Gelatin (capsules).

Formulated by and manufactured for

**SCITEC NUTRITION®**

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Made in EU.

[www.ScitecNutrition.com](http://www.ScitecNutrition.com)

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