



# BCAA's + Glutamine Kyowa Watermelon 275 g Sport Live Drasanvi

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## Description

The branched chain amino acids, also called BCAA's (the initials of Branched-Chain Amino Acids) are three: Leucine, Isoleucine and Valine. These are essential amino acids that our body is not able to disintegrate by itself, being necessary to incorporate them into our diet. Amino acids are the essential units of proteins, which later become part of muscles, cartilage and, even, are essential for the immune system. In certain situations such as intense exercise, our body breaks down the amino acids that are

part of our muscle proteins. For this reason, and in this situation, the consumption of branched-chain amino acids is interesting. Following the recommendations of the latest published studies, we include a ratio of BCAA's 8: 1: 1 (L-Leucine, L-Isoleucine and L-Valine, respectively), with a higher amount of L-Leucine than the ratio traditionally used, of 2: 1: 1. The formula is reinforced with L-Glutamine.

## Ingredients

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L-Leucine (*Kyowa*) 4.500 mg, L-Glutamine (*Kyowa*) 3.071,2 mg, Flavour (*Watermelon Flavour*), L-Isoleucine (*Kyowa*) 563 mg, L-Valine (*Kyowa*) 563 mg, Sweetener (*Sucralose*), Colouring (*Beetroot*)

## Directions

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**In strength training:** Consume 10 grams (2 scoops) once the effort is finished.

**In long training sessions:** Consume 10 grams (2 scoops) divided into two doses, 5 grams 30 minutes before training and 5 grams after training.

\*A flush measuring bucket corresponds to 5 g. It can be taken simultaneously with our protein shake.

## Presentation

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Contains 275 g (9.7 oz)

## Warnings

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Food supplement based on amino acids with sweetener.

Food supplements should not be used as substitutes for a varied and balanced diet and a healthy lifestyle. Do not exceed the expressly recommended daily dose. Keep out of the reach of little kids. Store in a cool, dry place.

## Additional Information

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## **8: 1: 1 amino acid ratio**

The most popularly used ratio has always been 2: 1: 1, as it is closest to BCAA ratios in animal protein, however, in recent years, L-Leucine has become the star of Amino acids and, for this reason, the use of BCAA supplements with higher Leucine content is spreading. Taking into account this change in trend, we have increased the amount of Leucine, reaching a ratio of 8: 1: 1.

## **Amino acids in free form**

It is important that these amino acids are in free form, so that the body can take advantage of them directly.

## **Enriched with L-Glutamine**

### **KYOWA amino acids**

The Kyowa brand is a benchmark in amino acids, thanks to the union of quality and innovation in its manufacturing processes. Kyowa manufactures amino acids obtained through plant fermentation (rather than by laboratory synthesis or through duck feathers), so its amino acids do not carry any chemical or synthetic products.

## **Suitable for vegans**

The origin of the amino acid extraction makes this product suitable for vegetarians and vegans.

## **Powder format**

The powder presentation allows adjusting the dose to the needs of each person and each situation; thus allowing to consume the adequate quantity at all times.

## **Free of allergens and other contaminants**

Our production system and our rigorous quality controls allow us to guarantee that our product is free of any type of allergens and other contaminants. In this way, we ensure the suitability of the product.

## **Doping-free**

Our motto is a quality sport and a way of understanding healthy life. To do this, we fully comply with the labeling regulations. In addition, the strict quality controls to which our raw materials are subjected, as well as our processes, ensure us the safe use in the world of sports.

## Nutrition Facts

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Per 100 g

Energetic Value	1582 kJ / 378 kcal
Fat	0,05 g
of which are saturated	0,01 g
Carbohydrates	1,99 g
of which hare sugar	0,39 g
Fibre	0 g
Proteins	92,51 g
Salt	0 g

## Allergen Information

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Allergen-free

## Certifications

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