

**Directions for use:** Take 6 capsules 30-40 mins before training and another 6 capsules immediately after training.

**1 Capsule Provides:**

L-Leucine	250mg
L-Isoleucine	125mg
L-Valine	125mg
Vitamin B6	0.2mg

**Ingredients:** In a 2 piece gelatine capsule L-Leucine, L-Isoleucine, L-Valine magnesium stearate, silicone dioxide, pyrodoxine, hydrochloride.

Reflex Nutrition Ltd offers a full unconditional money back guarantee. If for any reason you are not 100% satisfied you may return your purchase for a full refund of your purchase price.

Reflex Nutrition cares for the environment. The electricity used at our factory is 100% green renewable energy. Please remember to recycle this container.

**Store in a cool dry place away from direct sunlight**



Reflex® is a registered trademark of Reflex Nutrition Ltd.

reflex®

**B.C.A.A's**  
Pure Branch Chain Amino Acid Capsules

500 Capsules

reflex®  
Tomorrows Nutrition Today

The BCAA's, L-leucine, L-isoleucine and L-valine, are probably the most essential amino acids for athletes in training. They account for 33% of muscle protein. Some experts believe that even moderate exercise can increase your body's need for leucine by up to 240%.

By taking Reflex Nutrition BCAA's before and after exercise, you can increase nitrogen retention, boost protein synthesis, and protect your muscles from the stress and trauma of heavy exercise.

Made in the U.K by:  
Reflex Nutrition Ltd  
Units 1 & 2 Stockwell Lodge,  
121-131 Conway Street,  
Hove, BN3 3LA



www.reflex-nutrition.com