

# RAMTECH® BCAA 2:1:1

BCAA FOOD SUPPLEMENT WITH  $\beta$ -ALANINE, ZINC AND VITAMINS B6-B1



TO NOURISH THE MUSCLES AND REDUCE RECOVERY TIME



- B.C.A.A. USEFUL IN THE ATHLETE'S DIET
- WITH  $\beta$ -ALANINA TO MANAGE VERY INTENSE PHYSICAL EFFORT
- WITH ZINC FOR AN OPTIMAL PROTEIN SYNTHESIS
- WITH PepFORM® FOR A BETTER ABSORPTION

## POWERED WITH



PACKAGING: 120 TABLETS, 1500 MG EACH  
360 TABLETS, 1500 MG EACH  
(1 G OF BCAA / TABLET)

## RECOMMENDED FOR

SUITABLE FOR ALL SPORTS REQUIRING GREAT MUSCULAR EXERTION

- People who want to improve recovery
- People who need to nourish their muscles
- People who do very intense and high-load training
- People who needs to reinforce muscle tissue



Warnings: supplements are not intended as substitutes for a varied diet, but are intended to be used as part of a varied balanced diet and a healthy lifestyle. Do not exceed the recommended daily dosage. Keep out of reach of children under the age of 3. Do not use in pregnancy, in children or for long periods without any medical advice. Store in a cool, dry place away from light. The expiration date applies to the product in its intact container when stored as directed. This product is tested free from Nandrolone and Testosterone with their precursors, amphetamines and ephedrine.

## INFORMATION

Branched-Chain Amino Acids (B.C.A.A) are essential to human nutrition. They represent the main constituent of muscular tissue and are useful in the diet of athletes. Peptides are small chains of amino acids that often are faster to assimilate than amino acids

## FEATURES

Ramtech® BCAA 2:1:1 provides branched-chain amino acids,  $\beta$ -Alanine and Vitamins B. B-group vitamins (B6 and B1) contribute to normal energy metabolism. Vitamin B6 contributes to the reduction of tiredness and fatigue and to normal protein and glycogen metabolism. Zinc contributes to protein synthesis. Pepform® - Leucine Peptides allows an effective absorption of leucine. This product is useful for people who do intense sports. This product does not contain gluten (Gluten Free), therefore is suitable also for people suffering from celiac disease or gluten intolerance.

## INDICATIONS

Branched-chain amino acids are useful to supplement the athlete's diet.

## HOW TO USE AND RECOMMENDED DAILY DOSE

It is recommended to take the product between meals and preferably after exercise. Maximum dosage allowed is 5 tablets per day. BCAA may be used even during particularly long and intense workouts.

## INGREDIENTS

L-leucine, L-isoleucine, L-valine, Bulking agent: cellulose, stabilizers: hydroxypropyl methylcellulose, Cross-linked sodium carboxymethyl cellulose; Pepform® - Leucine Peptides (hydrolysed whey proteins, L-leucine) tit. 40% L-leucine tot, B-Alanine, Anti-caking agents: silicon dioxide, magnesium salts of fatty acids; Citrate zinc, pyridoxine hydrochloride (vitamin B6), thiamine hydrochloride (vitamin B1)

## TYPICAL VALUES

	Per 1 tablet	Per 5 tablets (daily dosis)
L-Leucine	468 mg	2340 mg
PepForm® Leucine Peptides of which L-Leucine	80 mg 32 mg	400 mg 160 mg
L-Isoleucine	250 mg	1250 mg
L-Valine	250 mg	1250 mg
$\beta$ -Alanine	80 mg	400 mg
Thiamine (Vit B1)	0,17 mg (15% NRV)	0,83 mg (75% NRV)
VitaminB6	0,35 mg (25%NRV)	1,8 mg (125%NRV)
Zinc	3,0 mg (30% NRV)	15 mg (150% NRV)

NRV: Nutrient Reference Values (adults) according to Reg. (EU) No 1169/2011  
L-Leucine tot. 5 tablets = 2500 mg

PepForm® Leucine Peptides is a brand owned by Glanbia Nutritionals Limited.