RAMTECH[®] HYDRO BRANCHED-CHAIN AMINO ACID FOOD SUPPLEMENT WITH β -Alanine, Zinc, and Vitamins B6–B1, with sweetener





PACKAGING: 250 G JAR **ORANGE FLAVOR**

MAIN FUNCTIONS



INFORMATION

Branched-chain amino acids (BCAAs) are essential in human nutrition, representing a significant fraction of muscle tissue and are useful in an athlete's diet. Peptides are small chains of amino acids that are often absorbed more quickly than the free amino acids themselves

FEATURES

Ramtech® Hydro provides branched-chain amino acids, B-Alanine, and B Vitamins. Vitamins B6 and B1 contribute to normal energy metabolism. Vitamin B6 also helps reduce tiredness and fatigue and supports the normal metabolism of proteins and glycogen. The Zinc content contributes to normal protein synthesis. The inclusion of PepForm® Leucine Peptides completes the formulation and enables effective leucine absorption. This product is useful for those engaging in intense physical activity. It is gluten-free and therefore suitable for individuals with celiac disease or gluten intolerance.

INDICATIONS

Branched-chain amino acids are useful as a dietary supplement for athletes.

HOW TO USE AND RECOMMENDED DAILY DOSE

Dissolve 1 dose (10 g = 2 scoops) in at least 250 ml of water. The product can be taken during intense activities (intra-workout), dissolved in a bottle, and can also be combined with other supplements. The product is also suitable for use post-workout. The maximum allowed dosage is 5 g of BCAAs per day, equivalent to 2 scoops

INGREDIENTS

BCAA 2:1:1, fructo-oligosaccharides, acidifier: citric acid; beta-alanine, flavors, PepForm® Leucine (hydrolyzed whey protein, L-Leucine) standardized to 40% total L-leucine, anti-caking agent: silicon dioxide; sweetener: sucralose; emulsifier: sucrose esters of fatty acids; zinc gluconate, coloring agent: carotenoids; pyridoxal-5-phosphate (Vitamin B6), thiamine hydrochloride (Vitamin B1).



RECOMMENDED FOR

SUITABLE FOR ALL SPORTS THAT REQUIRE **INTENSE MUSCULAR EFFORT**

- For those who train intensely
- For those who want to nourish their muscles
- For those aiming to enhance muscle mass
- For those looking to improve recovery times
- For those who need high-quality BCAAs for intra-workout use

HOW TO USE RAMTECH HYDRO

2h 1h 30' 0)	0	30'1h 2h	
BEFORE	DURING	А	AFTER	

WARNINGS:

Dietary supplements should not be intended as a substitute for a varied diet but should be used as part of a varied and balanced diet and a healthy lifestyle. Do not exceed the recommended maximum daily dose. Keep out of reach of children under 3 years of age. Product intended for adults. Do not use during pregnancy or in children, or for prolonged periods without medical advice. Store in a cool, dry place, away from direct sunlight and localized heat sources. The expiration date refers to the product correctly stored in its intact packaging. Do not disperse into the environment after use.

Produced in a facility that processes ingredients containing soy, peanuts, other nuts, sesame seeds, eggs, crustaceans, fish.

The product is tested free from anabolic steroids, stimulants, and SARMs.

AVERAGE CONTENTS			
ACTIVE INGREDIENTS	PER DOSE 10g		
BCAA 2:1:1 INSTANT of which L-Leucine of which L-Valine of which L-Isoleucine Total BCAA	5000 mg 2420 mg 1250 mg 1250 mg 5000 mg		
PepForm® Leucine Peptides of which L-Leucine: Total PepForm® Leucine Peptides	200 mg 80 mg 200 mg		
β - Alanine	350 mg		
Vitamin B1	0.83 mg (75%*)		
Vitamin B6	1.8 mg (129%*)		
Zinc	15 mg (150%*)		

NRV (Nutrient Reference Values - EU Regulation No. 1169/2011) Total L-Leucine provided per dose = 2500 mg

1 dose = 10 g (2 scoops, max daily dose)

PepForm® Leucine Peptides is a registered trademark of Glanbia Nutritionals Limited