

DATA SHEET

Product Name

BCAA NATURAL

Product Description

Sascha Fitness BCAA's is the latest in training supplementation. This unique and powerful amino acid blend enhances performance and recovery like no other. It will also provide you clean, long lasting energy to get you through even the most grueling of workouts.

Its been formulated with 4:11 BCAA's, Glutamine, HMB, HICA and L-Carnitine.

Why ours is best? Because of the quality we offer and the blend we designed. Natural color always has batch to batch variation, which is normal.

Powder may have a coloration that goes from white to light pink. It is also normal for natural colors to be darkened when they spend time mixed in water.

Sometimes there can be some specs in the powder, those are pigments of the natural color.

Ingredients

Citric Acid, Natural Flavor, Natural Color, Stevia Extract & Non-GMO Sunflower Lecithin.



Flavors

- | | |
|--|---|
|  Watermelon |  Grape |
|  Pineapple |  Mango coco |
|  Lemon |  Piña Colada |

Directions

As a dietary supplement, mix one scoop with 10-14 oz of water and take it before, during or after workout or as directed by your qualified health consultant.: Sascha Fitness BCAA's has a sweet but refreshing taste, they are designed to be taken as soon as you prepare it, leaving the product a long time prepared can slightly change its flavor but does not change its quality.

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Nutritional Information

Supplement Facts

Serving Size 1 scoop (14 g)
Servings Per Container ~ 25

Amount Per Serving		% Daily Value*
Calories	5	<1 %
Calories from Fat	0	
Total Fat	0 g	
Carbohydrates	0 g	<1 %
Optimal BCAA Blend 4:1:1 5000mg**		
InstAminos™ (Instantized Vegan Non-GMO BCAA)		
Leucine		
Isoleucine		
Valine		
Hydration Blend		5000mg**
L-Glutamine		
L-Glutamine AKG		
Absorption & Precursor Blend		5000mg**
L-Carnitine Fumarate		
CalciumHMB (β-Hydroxy β-Methyl butyric Acid)		
HICA (α-Hydroxy isocaproic Acid)		
Percent daily values are based on 2,000 calories diet. ** Daily values not established		
Other Ingredients: Citric Acid, Natural Flavor, Purple Potato & Beet Root (Natural Colorant), Stevia Extract & non-GMO sunflower lecithin.		

Warnings

For adult use only. Consult a healthcare practitioner or a doctor prior to use, if you are pregnant or breastfeeding, if you have liver or kidney disease, or if you've been instructed to follow a low-protein diet. This product is produced in a facility with soy, dairy, egg and wheat ingredients, peanuts and tree nuts. All of our products have double protection, externally they have a clear safety band with our logo to make sure customers know the product is new, in perfect conditions and that the lid is secured. Once that band is removed it has another security seal attached to the opening of the pot, this helps protect the content of it, if for some reason the outer band is removed the product remains isolated and protected. Do not use if the seal under cap is broken, open or missing. Store away from heat and moisture. Do not exceed the recommended dosage. These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Indications

Individuals with certain food intolerance and health conditions need to watch the Sascha Fitness BCAA ingredients for possible contraindications.

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Benefits

BCAA (branched-chain amino acids; leucine, valine, isoleucine) are metabolized differently than other amino acids, they be oxidized directly in the muscles during exercise for energy. BCAA's can increase the availability of carbohydrates and help protect the muscles from exercise-induced protein breakdown. Having BCAAs in your diet may help support optimal muscle size, strength, and performance. They prevent muscle damage as well as muscle soreness. They may also help decrease cortisol levels.

GLUTAMINE During intense training, Glutamine levels are greatly depleted in your body, which decreases strength, stamina and recovery. It could take up to 6 days for Glutamine levels to return to normal - and Glutamine plays a key role in protein synthesis. Studies have shown that L-Glutamine supplementation can minimize breakdown of muscles, aid in recovery, improve protein metabolism and on top of that it may also help to lower sugar cravings.

HMB (beta-hydroxy beta-methylbutyric acid) is an active metabolite of the amino acid leucine, it has many benefits; enhances recovery, increases muscle building as well as inhibits muscle breakdown, Improves your performance, VO2max and it may help with fat loss.

HICA is also a metabolite of leucine. It has anti-catabolic properties. It helps to maintain muscle cells in a functioning state by neutralizing the waste products created during high-intensity exercise.

L- Carnitine The most critical role that L-carnitine plays in the body is in helping to transport fat, particularly long-chain fatty acids, into the mitochondria of cells. Once there, they can be oxidized, used as fuel, to generate adenosine triphosphate, or ATP= energy. L-carnitine can boost both your training and body composition. If you want to take your training and results to another level this supplement will be your ally. You can take it before, during or after your workouts. Sascha Fitness BCAA's has a sweet but refreshing taste, they are designed to be taken as soon as you prepare it, leaving the product a long time prepared can slightly change its flavor but does not change its quality.

Packaging and Storage:

12.3 OZ (350G) plastic container containing 25 servings. Dimensions 6 $\frac{3}{8}$ x 3 11/16 inches. Unopened and sealed product should be stored below 40 ° C (104 ° F), preferably between 15 and 30 ° C (59 and 86 ° F).

Manufacturer and developed:

SASCHA FITNESS CORP,
Miami, FL 33126 USA.

Class

Branched Amino Acids in 4: 1: 1

Category

Nutrition - Dietary Supplement