

BCAA MAXX**BCAA 6000 MAXX**

Pharmaceutical and Research-Grade

What is the difference between essential and non-essential amino acids?

Essential amino acids cannot be made by the body. You must get them from complete protein foods or combinations of incomplete vegetable foods. There are 9 essential amino acids: histidine, isoleucine, leucine, lysine, methionine, phenylalanine, threonine, tryptophan, and valine. Your body can make non-essential amino acids by itself from vitamins and other amino acids. The term “non-essential” can be misleading since all amino acids are essential for proper metabolism and certain non-essential amino acids, such as glutamine, become very essential during illness or trauma. The 12 nonessential amino acids are alanine, arginine, aspartic acid, cysteine, cystine, glutamic acid, glutamine, glycine, hydroxyproline, proline, serine, and tyrosine.

The essential branched chain amino acids (BCAAs) are of special importance for athletes because they are metabolized in the muscle, rather than in the liver. After digestion, protein is broken down into individual amino acids. These aminos can either be used to build new proteins or be burned as fuel to produce energy. The BCAAs are distributed to the various tissues of the body via systemic circulation. The BCAAs appear to be preferentially taken up by skeletal muscle, where they undergo similar reactions to those described above. Skeletal muscle appears to be the major site of both BCAA transamination and oxidation in humans. BCAAs are also taken up by other organs, particularly the brain and kidneys.

BCAA basics

Among the most beneficial and effective supplements in any sports nutrition program are BCAAs. These are the essential amino acids leucine, isoleucine, and valine. Although these supplements have been around for a long time, and the exercise performance benefits of BCAA supplementation are supported with scientific research, many people don't know the full effects and results that will be achieved through supplementation. Amino acids are the building blocks of protein; when you eat a protein food, it is digested in the stomach and intestine into individual amino acids and short chains of amino acids that are small enough to be absorbed into the bloodstream. These amino acids have far-reaching effects in the body, from building and repairing tissues to producing chemicals that enable our brains to function optimally.

What is Instant Dispersion Technology?

Instant Dispersion Technology (IDT) is a process that reduces particle size for easier dispersion into water. With IDT, previously hydro-phobic supplements, such as glutamine or BCAAs, can be mixed in liquid. This allows for quicker uptake of the supplement into your muscles and blood cells. IDT ensures a fully “reacted” molecularly bonded product for improved stability and superior solubility – thus giving us better results than other BCAA products!

Why do you need BCAAs?

During periods of physical stress, such as intense weight lifting and running, the body can enter a catabolic state – that is, a state in which muscle tissue is broken down. When this happens, supplementing with BCAAs – especially leucine and its derivatives ketoisocaproate (KIC) and hydroxymethylbutyrate (HMB) – is very beneficial in reducing protein breakdown.

- The only amino acids that are metabolized in the muscle, rather than in the liver
- Help to maintain muscle tissue during periods of high stress or low calories
- Serve as important fuel sources for skeletal muscle during periods of metabolic stress
- Promote protein synthesis while suppressing protein catabolism
- Serve as substrates for gluconeogenesis
- Stimulate the production of, among other substances, L-alanine and L-glutamine
- Help improve strength and endurance
- Make you less susceptible to infections caused by the stress of exercise
- Improve performance under extreme conditions, such as high altitude or heat
- Considered essential amino acids because human beings cannot survive unless these amino acids are present in the diet

Warnings: Before altering your diet or beginning any program of weight loss, consult your health care practitioner. Not intended for use by persons under the age of 18. Keep out of reach of children. Do not store in direct sunlight. Store in a cool dry place. Tamper evident outer seal; do not use if broken or missing. These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.

MAXX
ESSENTIALS

BCAA MAXX



BCAA MAXX is the strongest pharmaceutical & research grade Branch Chain Amino Acid (BCAA) supplement.

Suggested Use: As a dietary supplement, take 4 capsules on training days one hour before training and another 4 after training. On non-training days take 4 capsules in the morning and 4 capsules in the afternoon.



BCAA 6000 MAXX



BCAA 6000 MAXX is the only super instant pharmaceutical grade blend of the 3 BCAAs (Branch Chain Amino Acids) L-Leucine, L-Valine & L-Isoleucine. Delivers the preferred 2:1:1 dosing ratio, and is certified Ajipure, for Maxx Essentials in Canada, exclusively.

Recommended use or purpose: Amino acid supplement for the maintenance of good health. Helps to stimulate protein synthesis in muscle and encourage muscle recovery.

Recommended dose: (Adults) Take 2 scoops daily. Mix with 2 cups of water, juice or your favourite drink.



Ajipure® is a registered trademark of Ajinomoto AminoScience LLC. Only products Certified AjiPure by Ajinomoto are guaranteed to be #1 for total quality. For More information on AjiPure see maxxessentials.com.



Supplement Facts

Serving Size 4 Capsules

Amount Per Serving	% Daily Value (DV)
Pharma Grade BCAA Mix 2,405 mg †	
(L-Leucine 1200 mg, L-Isoleucine 600 mg, L-Valine 600 mg, Vitamin B6 5 mg [250% DV], Vitamin B12 3 mcg [50% DV])	

† DV Not Established.



Medicinal ingredients: per 2 scoops (about 6.04 g)
Scoops per container: about 113

L-Leucine (USP Grade)	3.0 g
L-Valine (USP Grade)	1.5 g
L-Isoleucine (USP Grade)	1.5 g

Non-medicinal ingredients: soya lecithin.

⚠ 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.



TELEPHONE: 1-888-337-0127 FAX: 1-888-464-8598