

DIRECTIONS: MIX 1/2 A SCOOP (6.5G) IN 8 - 10 OUNCES OF COLD BEVERAGE. IT WILL TAKE A FEW MINUTES FOR ALL THE POWDER TO DISSOLVE IN THE BEVERAGE. BEST TAKEN PRE-WORKOUT, POST-WORKOUT OR BETWEEN MEALS.

WARNING: CONSULT WITH A PHYSICIAN PRIOR TO USE IF YOU HAVE ANY MEDICAL CONDITIONS. DO NOT USE IF PREGNANT OR LACTATING.

BCAA SHOCK: IS A BLEND OF 5000MG OF BRANCHED CHAIN AMINO ACIDS AND GLUTAMINE FOR LEAN MUSCLE AND RECOVERY. BCAAS ARE THE MOST ABUNDANT AMINO ACIDS FOUND IN MUSCLE TISSUE, AND ARE THE MOST READILY ABSORBED GROUP OF AMINO ACIDS.

BCAA SHOCK CONTAINS THE IDEAL RATIO OF 2 PARTS LEUCINE TO 1 PART ISOLEUCINE AND VALINE. THESE AMINO ACIDS INCREASE PROTEIN SYNTHESIS AND NITROGEN RETENTION, BOTH ESSENTIAL TO BUILDING LEAN MUSCLE. BCAAS ARE METABOLIZED DIRECTLY IN THE MUSCLE, AND ARE CONSIDERED "ESSENTIAL" BECAUSE THE BODY CANNOT BUILD THEM FROM OTHER COMPOUNDS. INSTEAD, THEY MUST COME FROM DIET OR SUPPLEMENTATION. TAKE YOUR RESULTS TO A WHOLE NEW LEVEL WITH THIS GREAT TASTING DRINK.

- GREAT FLAVOR
- SPEEDY RECOVERY
- INCREASED PROTEIN SYNTHESIS\*
- PERFECT BCAA RATIO OF 2:1:1 FOR SUPERIOR RESULTS\*

\*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.

LOT # AND EXPIRATION DATE PRINTED ON BOTTOM OF BOTTLE.  
SKU:ROC603 V3R0

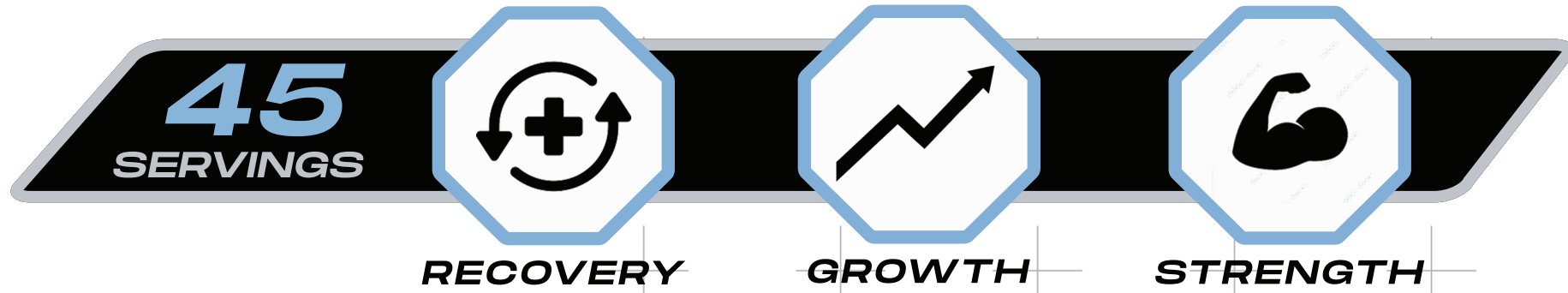
LFTD SUPPLY CO.



PREMIUM GRADE

BCAA

BRANCHED-CHAIN AMINO ACID



- » AIDS IN MAINTAINING MUSCLE GROWTH
- » IMPROVES CONCENTRATION†
- » PREVENTS FATIGUE†



FRUIT PUNCH  
NATURALLY AND ARTIFICIALLY FLAVORED

NET WT. 10.58oz (292g)

## Supplement Facts

Serving Size: 6.5g Servings Per Container: 45

	Amount Per Serving	%DV
Vitamin B6 (As Pyridoxine Hydrochloride)	2.5mg	125%
L-Glutamine	1000mg	**
BCAA 2:1:1	4000mg	**

\*\* Daily Value (DV) Not Established

OTHER INGREDIENTS: CITRIC ACID, NATURAL FLAVORS, POTASSIUM CITRATE, SILICON DIOXIDE, SUCRALOSE, SODIUM CHLORIDE, ACESULFAME POTASSIUM, FD&C RED #40.

DISTRIBUTED BY:

LFTD SUPPLY CO.  
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KEEP OUT OF REACH OF CHILDREN.  
DO NOT USE IF SAFETY SEAL  
IS DAMAGED OR MISSING.  
STORE IN A COOL, DRY PLACE.

