Product Description	BCAAS 8:1:1 150 CAP
Ingredients List	BCAA Profile: (L-Leucine, L-Isoleucine and L-Valine), Bulking agent (Magnesium Stearate), Gelatine Capsule (Gelatine, Colour: Titanium dioxide)
Allergen Statement	Wheat Free, GMO Free, Gluten Free
Net Quantity	150 caps
Storage Instructions	Store in a cool dry place
Instructions for Use	Training Days: take one (1) serving (5 Capsules) with water 30 minutes prior to exercise. For maximum results an additional serving can be taken post-workout. Non-Training Days: take one (1) serving (5 Capsules) with water upon waking.
Origin/Provenance	UK
Nutrition Information	BCAA PROFILE Per Serving (5 Capsules) L-Leucine 2400mg L-IsoLeucine 300mg L-Valine 300mg
Nutrition Claims	
Health Claims	
Marketing Claims	

WARNINGS	WARNING: DO NOT exceed two servings (10 Capsules) per day. Not to be used by those under 18 years of age. This product is to be used in conjunction with a sensible diet and exercise programme for best results. Grenade® Essentials BCAA 8:1:1 is a food supplement but should not be used as a substitute for a healthy, balanced diet and lifestyle. This product is not intended to diagnose, cure or prevent disease. Store in a cool, dry place away from strong light and odours. Store out of the reach of children.