**350% MORE ANABOLIC ACTIVITY**

AMINOCORE delivers 8.18g of BCAA in a 45:30:25 ratio clinically proven to provide a 350% increase in activation of muscle growth signals. 1,2,3,4, 5, 6, 7, 8, 9, 11, 12, 14, 18, 19, 21 The purest, free-form source of BCAA, AMINOCORE has no added fillers or non-BCAA aminos. AMINOCORE’s BCAAs are 100% pure prior to flavoring. Typical 2:1:1 sources contain impurities resulting in cloudiness, oily foam, sediment, and the worst – a harsh bitter taste! AMINOCORE is the cleanest, purest, best-tasting BCAA supplement money can buy.\*

**Optimal ratio of BCAAs:** AMINOCORE provides a scientifically-validated 45:30:25 ratio of L-Leucine, L-Valine and L-Isoleucine and an unrivalled 8.18g of BCAAs to maintain, and sustain for longer, the highest degree of muscle protein synthesis. 7, 10, 15  The study from the Karolinska Institute, a world leading medical university also responsible for selecting Nobel laureates in Physiology or Medicine, found this ratio and dosage is the catalyst that increases the muscle cell’s anabolic signaling by 350%. 5,7

**Powerful BCAAs:** Along with its powerful anabolic and anticatabolic (muscle preserving) benefits, the BCAAs in AMINOCORE also help the body to tap into fat stores while hanging on to hard-earned muscle.13, 16, 17

**Additional power of B Vitamins**: AMINOCORE supplies a uniquely-powerful matrix of six B-Vitamins (varied forms of B3, B6, B9, and B12) to upregulate metabolic power, release cellular energy, support muscle protein synthesis and optimize nutrient absorption. 10, 15

**UNDERSTANDING AMINOS**

* Amino acids are the building blocks of proteins, and vital for functions such as protein synthesis, tissue repair, and nutrient absorption. 17
* Essential Amino Acids (EAAs) are amino acids that can’t be made by the body – instead are obtained from diet. Diets lacking in amino acids force the body to break down muscle tissue in order to obtain the EAAs needed for other physiological functions. EAAs include: leucine, isoleucine, valine, histidine, lysine, methionine, phenylalanine, threonine, and tryptophan.
* Branch Chain Amino Acids (BCAAs) are key triggers for protein synthesis, reduced fatigue and improved focus. 5, 20 BCAAs include: leucine, isoleucine, and valine.
* BCAAs act as a gas pedal to ignite fuel; EAAs serve as the fuel.

**WHY TAKE BCAAS?**

* Improves recovery by slowing muscle breakdown, repairing or building muscle.
* Better exercise efficiency and exercise capacity by optimizing energy.
* Increases red blood cell count, hemoglobin, hematocrit and serum albumin to help with overall performance.
* Lowers fasting blood glucose and decreases creatine phosphokinase, which means less inflammation, better red blood cell formation, and better formation of carbohydrate storage.

**BENEFITS OF COMBINING EAAS AND BCAAS**

* Retain, stimulate and build muscle.
* Enhance mental focus during training.
* Enhance fat burning and glucose tolerance.
* Support hormonal balance during intense training.
* Enhance endurance performance and decrease fatigue.

**STACK FOR FASTER LEAN MUSCLE GROWTH AND FAT LOSS**

To develop a complete physique and improve training performance, we must first be sure that our EAA levels are suitably high. The best way to do this is to take both a reputable EAA product like MUSCLEAA and BCAA formula like AMINOCORE. This, combined with a high protein powder supplement like ISOFLEX, are the keys to building a lean, muscular physique.22

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1Department of Health and Sport Sciences, University College of Physical Education and Sports, Stockholm S-114 86;

2Section Integrative Physiology, Department of Surgical Sciences, Karolinska Institute, Stockholm, S-171 77;

3Department of Physiology and Pharmacology, Karolinska Institute, Stockholm, S-171 76, Sweden

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