

# BCAA, GLUTAMINE & D3 528g



BCAA, Glutamine and D3 is a sports nutrition supplement designed to give you the necessary nutrients to help Muscle Recovery, Muscle Repair, Muscle Growth and Protein Synthesis. Branched Chain Amino Acids or BCAAs are three essential amino acids that your body cannot produce. BCAAs are a key component in the repair and rebuilding of muscle tissues. L-Glutamine is a conditionally essential amino acid that helps boost growth hormone levels, recovery, fat loss and repair the digestive system. Vitamin D3 is often overlooked in sports nutrition but it plays a vital role in protein synthesis and boosting immune system. These are two areas when neglected can greatly halt or stall athletic progress. BCAA, Gutamine & D3 is ideal for anyone looking to improve recovery, repair and protein synthesis. Sipped throughout the day, BCAA, Glutamine & D3 can be added to your water bottle or used to make icepops or slushies.



Apple



Blue Raspberry



Kiwi & Lime



Orange

5g

BCAAs

1000IU

VITAMIN D3

5g

L-GLUTAMINE

0g

SUGARS

## Nutritional Information

Typical Values	Per 100g	Per 12 g (serving)
Energy	1568 kJ 375 kcal	189 kJ 45 kcal
Fat	0 g	0 g
of which saturates	0 g	0 g
mono - unsaturates	0 g	0 g
poly unsaturates	0 g	0 g
Carbohydrates	8.78 g	1.05 g
of which sugars	0.47 g	0.05 g
polyols	0 g	0 g
starch	7.28 g	0.87 g
Fibre	0.01 g	0 g
Protein (dry basis)	83.39 g	10 g
Salt	0 g	0 g
	Per 100 g	Per 12 g
L-Glutamine	41.67 g	5000 mg
L-Leucine	20.83 g	2500 mg
L-Isoleucine	10.41 g	1250 mg
L-Valine	10.41 g	1250 mg
Vitamin D3	8333 IU	1000IU

NXT NUTRITION