

WEIDER®

BCAA JELLY BAR

|| 3000 mg BCAA's 2:1:1

|| ZERO SUGAR

|| ZERO FAT



**Take your BCAAs
in a more enjoyable way!**

BCAA JELLY BAR

Delicious BCAA Bar

3000 mg of BCAA 2:1:1

Zero Sugar

Zero Fat



Take your BCAAs in a more enjoyable way! This is the precise objective and the reason why **BCAAs Jelly Bar** has been designed! It is a delicious gummy bar with a total of **3000 mg of BCAAs 2:1:1** per bar. With no need to worry about fat or sugar, given that this bar is sugar and fat free.

Branched-chain amino acids (BCAAs) include leucine, isoleucine and valine, which are essential amino acids. They are called essential because they can only be obtained by the body through food. It is important to maintain a correct balance of these amino acids due to their close relationship with different metabolic pathways, including **protein synthesis**.

The determining factor for the quality of proteins in food is the content and availability of amino acids, especially essential **amino acids**, which must be in the right proportions to meet the nitrogen demands for the growth, synthesis, and repair of muscle tissues*.

Numerous studies have shown a greater anabolic effect and effectiveness of BCAAs in a 2:1:1 ratio (leucine:isoleucine:valine), which is why Weider has formulated this product with this exact ratio of amino acids (2:1:1) in order to provide you with the maximum BCAAs with the most effectiveness per dose.

When should I take BCAA Jelly Bar?

We recommend taking BCAA Jelly bar during and after training. It is also ideal as a snack at any time of the day. Add it to your daily routine to achieve your goals!

What's more, in Weider we always strive to reach all audiences, and that is why we have made our BCAA Jelly Bar vegan! As of course, we are committed to sustainability and animal protection.

In addition to its ideal format that enables you to take it wherever you go, its delicious melon flavour together with its pleasant texture makes it irresistible!

Description: Pectin-based bar with amino acids. With sweetener. Melon flavour.

Ingredients: Humectants: Sorbitol syrup, Maltitol syrup, Maltitol; Water, BCAA's (L-leucine, L-isoleucine, L-valine), Pectin (3%) (Pectin, Acidity Regulators: Sodium Potassium Tartrate, Polyphosphate; Maltodextrin); Acidity Regulator: Citric Acid; Flavouring, Corn Starch, Coconut Oil, Glazing Agent: Carnauba Wax; Sweetener: Sucralose; Colour: Tartrazine, Brilliant Blue FCF.

*Proteins contribute to muscle growth and maintenance.

Nutritional Information	per bar
Energy	234 kJ / 56 kcal
Fat	0 g
- of which saturated fatty Acids	0 g
Carbohydrates	17 g
- of which Sugars	0 g
- of which Polyols	17 g
Protein	3 g
Salt	0,04 g
L-Leucine	1500 mg
L-Isoleucine	750 mg
L-Valine	750 mg

PROFESSIONAL ADVICES

INSTRUCTIONS FOR USE: Take 1 bar with 200 ml of water during or after exercise

PRESENTATION: 30g **FLAVOUR:** Melon

ADVICE: Excessive consumption may have laxative effects. Tartrazine may have negative effects on children's activity and attention. Store in a cool, dry and dark place

