

BCAA Instant Gold

DIETARY SUPPLEMENT



BCAA Instant Gold from Virtuoo is a balanced combination of the branched-chain amino acids (BCAAs) L-Leucine, L-Iso-leucine, and L-Valine. These essential amino acids cannot be produced by your own body and must therefore be obtained from food. In the body, BCAAs are mainly found in the muscles.

No less than 35% of muscle protein is made up of BCAAs. This product contains these three amino acids in the ratio 2:1:1. This ratio is considered to be ideal, as it corresponds to the ratio of BCAAs in muscle tissue.

BCAA Instant Gold has a delicious, fresh lime flavour. The powder dissolves even better now in water or fruit juice.

NZVT Certified

BCAA Instant Gold is produced in accordance with the anti-doping standards and other standards of the NZVT system (Anti-Doping Authority for the Netherlands) and therefore displays the NZVT logo. BCAA Instant Gold can be used by top athletes with confidence.

Additional information

This product does not contain any known allergens and is also suitable for vegetarians and vegans.

Daily use

Unless advised otherwise, dissolve one level measuring scoop in water or fruit juice and drink once a day before, during, or after intensive exercise. One scoop contains approximately 5 grams.

Health Claims

- 5 grams of BCAAs per dose
- Optimum ratio of 2:1:1
- Supports muscle building and repair
- Suitable for vegetarians and vegans
- Delicious and fresh lime flavour

Composition per daily dose (level measuring scoop)

Ingredient	Quantity	% RI	Compound
Proteins	4600 mg	*	
– L-Leucine	2300 mg	*	
– L-IsoLeucine	1150 mg	*	
– L-Valine	1150 mg	*	
RI = Reference intake / * RI not determined			



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Explanation

Amino acids are the building blocks of proteins. There are twenty different amino acids in existence, nine of which are essential. These amino acids cannot be produced by the body and must therefore be consumed through food. BCAAs (Branched-Chain Amino Acids) are a group of the three essential amino acids leucine, isoleucine, and valine. These amino acids are involved in muscle protein metabolism, with leucine, in particular, playing an important role in muscle protein synthesis. During strenuous exercise, BCAAs can be used as a source of fuel. BCAAs can be found in large quantities in food products of animal origin, such as meat, fish, eggs, poultry, dairy, and whey proteins.

Main effect of BCAAs:

- Stimulates the production of muscle protein

Additional information:

- BCAAs make up approximately 35% of a muscle
- BCAAs are commonly found in animal-derived food products, such as meat, poultry, dairy products, and whey protein. These foods contain around 15–20 grams of BCAAs per 100 grams of protein
- Vegetable proteins contain relatively fewer BCAAs
- A daily diet that includes 100 to 150 grams of protein yields 15–30 grams of BCAAs

When is it useful:

- For all athletes who train intensively. It stimulates muscle building and can limit muscle damage
- During tournaments or multi-day competitions (reduces muscle aches and muscle damage)
- During low intake of animal proteins or when following a vegetarian or vegan diet

Dosage

- There are several possible doses. A commonly used dose is 3–5 grams
- This can be taken 30 minutes before exercise and within half an hour afterwards
- One measuring scoop provides 5 grams of BCAAs of which 2.5 grams are leucine
- More than 30 grams of BCAAs a day may have a detrimental effect due to an increase in ammonia



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