

# BEST SELLER AMINOS

WITH 100% GLUTAMINE  
Kyowa Quality®

**HERO**★  
TECH NUTRITION



LEMON

COLA-LIME

WATERMELON

APPLE



## DESCRIPTION

**BCAA+GLM** contains branched amino acids BCAAs with a ratio of 2:1:1. and glutamine **Kyowa Quality**®.

**Amino branched acids BCAAs:** Support muscle recovery after exercise, BCAAs also reduce muscle breakdown after intense training due to its anabolic effect also supporting protein synthesis.

**L-Glutamine (Kyowa Quality®):** The L-glutamine supports the replenishment of glycogen after an exhaustive exercise, it also constitutes most of the skeletal muscle. Anaerobic exercise decreases plasma levels of glutamine, which means that the supplement of this amino acid will reduce the depletion of this amino acid from our skeletal muscle reserves.

A dose of BCAA+GLM will give us 9 g total of BCAAs and GLUTAMINE in a 1:1 ratio for optimal muscle recovery and recovery.

**KQ**  
Kyowa  
Quality

## DIRECTIONS

Mix a daily dose (12 g) in 200ml of water. Take before, during or after exercise, or before bedtime.

## PRESENTATION

Jar of 400 g.

## FLAVORS

Cola-Lime / Lemon / Watermelon / Apple



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## INGREDIENTS



### INGREDIENTS COLA-LIME:

L-Glutamina (Kyowa Quality®), L-leucine, L-isoleucine, L-valine, emulsifier (**soy** lecithin), flavours (cola, lemon-lime), acid (citric acid), colour (sulphite ammonia caramel), sweetener (sucralose).



### INGREDIENTS LEMON:

L-Glutamine (Kyowa Quality®), L-leucine, lemon powder, flavor (lemon), L-isoleucine, L-valine, acid (citric acid), colour (curcumin), sweetener (sucralose).



### INGREDIENTS WATERMELON:

L-Glutamine (Kyowa Quality®), L-leucine, L-isoleucine, L-valine, flavor (watermelon), acid (citric acid), maltodextrin, colour (beetroot red), sweetener (sucralose).



### INGREDIENTS APPLE:

L-Glutamine (Kyowa Quality®), L-leucine, flavors, L-isoleucine, L-valine, acids (citric acid, malic acid), sweetener (sucralose).

Flavors: Cola-Lime / Lemon / Watermelon

NUTRITIONAL INFORMATION		100g
Energy	.....	1506,07 KJ / 359,96 Kcal
Fat	.....	0 g
Of which saturates	.....	0 g
Carbohydrates	.....	14,90 g
Of which sugars	.....	0,75 g
Proteins	.....	75 g
Salt	.....	0 g
<b>Amino acids</b>		<b>Dose 12 g</b>
L-Glutamine (Kyowa Quality®)	.....	4.50 g
L-Leucine	.....	2.25 g
L-Isoleucine	.....	1.125 g
L-Valine	.....	1.125 g
Recommended daily dose: 12 g (1 scoop). Dose per container: 33		

Flavor: Apple

NUTRITIONAL INFORMATION		100g
Energy	.....	1566,96 KJ / 374,87 Kcal
Fat	.....	0,59 g
Of which saturates	.....	0,59 g
Carbohydrates	.....	17,39 g
Of which sugars	.....	0,75 g
Proteins	.....	75 g
Salt	.....	0 g
<b>Amino acids</b>		<b>Dose 12 g</b>
L-Glutamine (Kyowa Quality®)	.....	4.50 g
L-Leucine	.....	2.25 g
L-Isoleucine	.....	1.125 g
L-Valine	.....	1.125 g
Recommended daily dose: 12 g (1 scoop). Dose per container: 33		