

# Herbalife24 BCAAs

Essential amino acids. Consume before, during or after workouts.

Herbalife24 BCAAs\* provides 5 grams of branched-chain amino acids, including 3 grams of leucine, 1 gram of isoleucine and 1 gram of valine to spark lean muscle growth and recovery.\* Made with non-GMO ingredients, containing only 25 calories per serving, and with its crisp green apple flavour, Herbalife24 BCAAs is the perfect addition to your healthy, active lifestyle.

# Herbalife

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## What are the key ingredients?

- Branched-chain amino acids; Leucine, Isoleucine and Valine

## How does it benefit you?

- Supports lean muscle growth
- Reduces muscle breakdown
- Supports muscle recovery
- Fuels your workout

## How do I take it?

- Mix one scoop (about 7 g) in 14 fl. oz of water 1–2 times a day before or during your workout.

Always read the label – use only as directed. This food is not a sole source of nutrition and should be consumed in conjunction with a nutritious diet and an appropriate physical training or exercise program. Not suitable for children under 15 years of age or pregnant women: should only be used under medical or dietetic supervision. All Herbalife24 products are tested by an independent laboratory for banned substances.

To learn more, visit [Herbalife.com.au](https://www.Herbalife.com.au)

All information is intended for your general knowledge only and is not a substitute for medical advice or treatment for specific medical conditions. These products are not intended to diagnose, treat, cure, or prevent any diseases. This information is not intended to replace the advice of your personal medical professional.

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