



## BCAA'S 3:1:1 LOADED

### *Package Insert*

- 1. Scheduling status:** SO
- 2. Proprietary name and dosage form:**  
PSNLifestyle BCAA's 3:1:1 LOADED powder 500g
- 3. Composition:**  
Each serving (6g) contains:

L-Leucine	3g
L-Valine	1g
L-Isoleucine	1g

**OTHER INGREDIENTS:** Aminogen™, Sweetener (Stevia), Permitted Flavourants & Colourants
- 4. Pharmacological classification:**  
Dietary supplement
- 5. Pharmacological action:**  
Targeted amino acid support to reduce exercise induced muscle damage and improve immune function, muscle morphology and muscle regeneration for enhanced training adaptations.
- 6. Indication:**
  - Strength, power and endurance training
  - Recurrent episodes of untimely mental and physical weakness during training
  - Exercise induced muscle damage and delayed onset muscle soreness
  - Overtraining syndrome, injury or illness
  - Muscle wasting
  - Weakened immune function during strenuous long-term training
- 7. Contraindications:**  
Consult your physician before use if you have
  - impaired kidney or liver function.
- 8. Caution:**
  - Consult with your doctor before using this product if you are taking any prescription or non-prescription drugs or have any pre-existing medical condition like kidney or liver disease, diabetes or Parkinson's disease.
  - Do not use if you have kidney disease or if you are using nephrotoxic medication.
  - Do not use if you are allergic to any of the ingredients.
  - Do not exceed the recommended dosage.
  - This product is not intended to diagnose, treat, cure or prevent any disease.
  - Keep out of reach of children.
- 9. Interactions:**  
BCAA's can reduce the effectiveness of anti-Parkinson's medication like Levodopa.
- 10. Pregnancy and lactation:**  
Consult your physician before use while pregnant or breast feeding.
- 11. Dosage and directions for use:**  
Mix one (1) rounded scoop (6g) together with 50ml to 100ml of water and consume 1 to 3 times daily. For optimal results, use before and after training. PSNLifestyle BCAA'S 3:1:1 Loaded can also be used as an intra-workout or between meals.
- 12. Side effects:**  
Headaches and nausea from abnormally high doses.
- 13. Overdose:**  
Abnormal high doses can cause headaches and nausea.

**14. Identification**

This product consists of a white powder.

**15. Presentation:**

This product is packed into a sealed black plastic container.

**16. Storage instructions:**

Store in a cool dry place below 25°C and keep out of reach of children.

**17. Registration number:**

This product has not been evaluated by the Medicines Control Council.