

ALL NEW!
PLANT-BASED ESSENTIALS

KETO
APPROVED

**NORTH
COAST
NATURALS** TM/MC

FERMENTED BCAA^{TM/MC}

- ▲ 100% pure BCAAs (branched-chain amino acids)
- ▲ Provides the optimal 2:1:1 ratio of leucine, isoleucine & valine
- ▲ Each serving delivers 6 g
- ▲ Micronized for greater solubility & uptake
- ▲ Naturally gluten-free
- ▲ Zero fillers—mixes easily



BCAAs are the most abundant essential amino acids in the human body. Research has shown they are important for the maintenance of good health, increase muscle protein synthesis and promote muscle recovery following exercise. BCAAs are the most sought-after amino acids for performance and active lifestyles, as they also act as an energy source. Studies show that they allow us to perform for extended periods, making them highly valuable for endurance exercises. Most experienced BCAA users take them during or after exercise.



NON-GMO



NATURAL



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BCAA SOUR BERRY BLASTER

Mix Sour Berry Blast in cold water and enjoy!

For a twist make a refreshing slushy. Combine in blender 1 scoop of BCAA, 1 cup of watermelon (or your favourite berry), a ¼ cup of water, 1 cup of ice and blend on high. Enjoy!

BCAA COCOA CINNAMON DELIGHT

This recipe provides a healthy serving of BCAAs while the cinnamon, stevia & cocoa help balance blood sugar.

1 c. unsweetened almond or coconut milk or water.

1 scoop unflavoured BCAA

½ tbsp cocoa powder

¼ - ½ tsp of stevia powder (look for debittered stevia extract)

Pinch of ground cinnamon

1 scoop of your favourite North Coast Naturals protein powder

Blend all ingredients on high until smooth. Enjoy!

Inexpensive Branched-Chain Amino Acid (BCAA) supplements are traditionally sourced from duck/chicken feathers. Yuk! Although chemically they're the same as BCAAs sourced from other substances like plants, they don't sound quite as appealing. Our fermented BCAAs are derived entirely from non-GMO beets that have been fermented using bacterial cultures.

BCAAs are the most anabolic (tissue/muscle building) of all the amino acids & they play the most prominent role in stimulating muscle growth. Of these three amino acids, Leucine has been shown to play the biggest role in stimulating the synthesis of muscle. That's why North Coast Naturals uses a 2:1:1 ratio, with twice as much leucine as the other two amino acids. Most amino acids are both transported too & metabolized in the liver. BCAAs bypass the liver & gut tissue & go directly into the bloodstreamⁱ. BCAAs are primarily metabolized in the skeletal muscle tissue & some by adipose (fat) tissueⁱⁱ. Based on their increased physical demands, athletes & hard training individuals often require more protein. They need more protein to support muscle growth but they also can use it for fuel when they deplete their muscle glycogen (stored carbohydrate in muscle used for fuel). Between 3 to 18% of the energy demands of athletes come from branched-chain amino acids.

Under stress, our glutamine stores can become depleted. Glutamine is made from BCAAs so when glutamine levels decline, there's an increased need for BCAAs. Given the synergy that exists between these two, consider using Glutamine & BCAAs together.

BCAA Rich Foods include: whey (highest BCAA food known), milk proteins, red meat, chicken, fish, soy, eggs, baked beans, brown rice, pumpkin seeds, nuts, lentils and yellow peas.

ⁱ A Primer On Branched Chain Amino Acids. 2009 Huntington College of Health Sciences

ⁱⁱ Ibid

Medicinal Ingredients

Per 1 scoop (9 g)

Micronized Fermented BCAA (Branched Chain Amino Acids) 6 g
(L-Leucine, L-Valine, L-Isoleucine in 2:1:1 ratio)

Micronized for greater uptake. Fermented for greater purity.

Non-medicinal ingredients: Glycine, malic acid, natural flavours, potassium citrate, stevia leaf extract (decaffeinated), magnesium oxide, sodium citrate, citric acid, MCT oil (fractionated coconut oil), sunflower lecithin.

Recommended use: The essential amino acids L-Leucine, L-Isoleucine, and L-Valine are involved in protein synthesis. Stimulates muscle protein recovery and decreases exercise-induced muscle breakdown. L-Leucine helps enhance muscle endurance. Branched chain amino acids help reduce soreness following exercise.

Recommended dose: (Adults) Take 1 serving mixed with 250 ml (~8 fl oz) of water, juice or your favourite drink.

Cautions: Consult a health care practitioner prior to use: if you are pregnant or breastfeeding; if you are following a low protein diet; if you have any product, ingredient, or health concerns.



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