

# BIOGENA SPORTS - BCAA 500



## Proteins support muscle building

Regular physical activity and a balanced diet are essential cornerstones for building and maintaining muscle mass. Providing growth stimuli through sport during competition or training phases leads to an increase in the muscle cross-section (muscle hypertrophy), which is characterised by a growth in the thickness of the muscle fibres while the number of muscle fibres remains constant. Intense physical exertion, such as that experienced by competitive athletes, can even lead to an increase in fibre size (hyperplasia). Proteins play a particularly important role in increasing muscle mass, as the amino acids they contain are the building blocks of muscle.

Leucine, valine and isoleucine belong to the branched-chain amino acids (BCAAs), whose primary structure distinguishes them from the other amino acids and are also essential amino acids, as they cannot be produced by the body itself and must therefore be supplied through the daily diet. In contrast to other amino acids, which are mostly metabolised in the liver, BCAAs are mainly utilised in the muscles. For this reason, BCAAs support the development and maintenance of muscle mass and provide an additional source of energy during exercise.

BIOGENA SPORTS BCAA 500 contains all three branched-chain amino acids, L-leucine, L-valine and L-isoleucine in pure form and in the proven 2:1:1 ratio, making it an ideal source of amino acids for athletes as a daily food supplement. BIOGENA SPORTS BCAA 500 - raises athletic performance to a new level.


## BIOGENA SPORTS BCAA 500

- High-quality source of amino acids for athletes without additives
- L-leucine, L-valine and L-isoleucine in the proven 2:1:1 ratio
- Product of the Cologne List®

## Possible applications

- To increase protein intake when there is an increased requirement, particularly through sporting activity
- For the targeted supply of branched-chain essential amino acids (BCAAs)
- As a nutritional-physiological measure for building and maintaining muscle mass
- Proteins contribute to the maintenance of muscle mass.
- Proteins contribute to an increase in muscle mass.
- Proteins contribute to the maintenance of normal bones.

Biogena GmbH & Co KG  
Strubergasse 24, A-5020 Salzburg, [biogena.com](mailto:info@biogena.com)

Part of the  
Biogena Group 

**Toll-free Infoline Austria:** T +43 662 23 11 11, [info@biogena.com](mailto:info@biogena.com)  
**Infoline Germany, Italy and International:** T +49 8654 774 00-0, [deutschland@biogena.com](mailto:deutschland@biogena.com),  
[italien@biogena.com](mailto:italien@biogena.com), [worldwide@biogena.com](mailto:worldwide@biogena.com)  
**Infoline Switzerland:** T +41 43 215 20 59, [schweiz@biogena.com](mailto:schweiz@biogena.com)

Online orders: [biogena.com](https://www.biogena.com)



**BIOGENA**  
WELCOME TO YOURSELF

### Bioavailable micronutrients in a pure form

- According to the pure substance principle
- Without colours, flavours or glazing agents
- Gluten-free
- Lactose-free
- Fructose-free
- Hypoallergenic
- Vegetable capsule shell
- 100% vegan
- Quality tested

INGREDIENTS per daily dose	4 capsules	% NRV*
Branched-chain amino acids (total)	2000 mg	-
L-leucine	1000 mg	-
L-valine	500 mg	-
L-isoleucine	500 mg	-

\* % OF NUTRIENT REFERENCE VALUES IN ACCORDANCE WITH EU REGULATION 1169/2011.

### INGREDIENTS

L-leucine, L-valine, L-isoleucine, hydroxypropyl methyl cellulose (capsule shell), bulking agent: powdered cellulose

### RECOMMENDED DOSAGE

2 x 2 capsules daily taken at meal times with plenty of liquid. Or 1 x 4 capsules 1 hour before intensive muscular exertion.

### NOTE

Food supplement in accordance with EU Directive 2002/46/EC


### PACKAGE SIZE AND CONTENT

120 capsules (1 month supply), 77 g

Food supplement: The recommended daily dosage should not be exceeded. Not a substitute for a balanced and varied diet and a healthy lifestyle. Store in a dark, dry place at room temperature. Protect from heat. Keep out of reach of children. Suitable for diabetics. The information provided here is not a statement on healing or a recommendation to self-medicate. Vcaps(R) Plus is a trademark of Lonza or its affiliates, registered in the USA. Subject to print or typographical errors. Version: 1.12.2023.



**Biogena GmbH & Co KG**  
Strubergasse 24, A-5020 Salzburg, biogena.com

Part of the  
Biogena Group 

**Toll-free Infoline Austria:** T +43 662 23 11 11, info@biogena.com  
**Infoline Germany, Italy and International:** T +49 8654 774 00-0, deutschland@biogena.com, italien@biogena.com, worldwide@biogena.com  
**Infoline Switzerland:** T +41 43 215 20 59, schweiz@biogena.com

Online orders: [biogena.com](http://biogena.com)



**BIOGENA**  
WELCOME TO YOURSELF