



**VERY IMPORTANT STOPS MUSCLE SORENESS  
+  
RECOVERY IMMEDIATELY AFTER TRAINING**

**BCAA's - Branch Chain Amino Acids are the "Building Blocks" of the body.**

(click above link for PDF file on BCAA's prepared by Graham Healy) and further referenced on 1<sup>st</sup> link below)

They make up 35% of your muscle mass and must be present for molecular growth and development to take place. Besides building cells and repairing tissue, they form antibodies, they are part of the enzyme & hormonal system; they build RNA and DNA and they carry oxygen throughout the body.

Reference and shopping:

<http://www.healyshealth.com/#!c1supplement-analysis/c1zke>

<http://www.healyshealthsupplements.com/>

<http://www.healyshealth.com/#!supplement-store/cymz>

<http://www.healyshealthstore.com/>