

Three powerful BCAA formulas...

And the secrets to using them for maximum muscle gain and fat loss!



Muscle Mass single-handedly packs on lean mass, increases your strength, and prevents muscle loss even under the most difficult circumstances.

MUSCLE MASS

What it is: A branched-chain amino acid (BCAA) tablet.

Ingredients: One serving (5 tablets) supplies a total of 4.5 g of BCAAs; namely, leucine, isoleucine, and valine.

Who it's ideal for: Anyone who is trying to increase lean muscle mass or enhance recovery.

When to use it: Muscle Mass is ideally taken:

- Upon awakening in the morning.
- Before, during, or after training.
- In the middle of the night. (For instance, bodybuilders sometimes consume a small amount of protein if they wake up in the middle of the night. Doing so can aid in muscle preservation. This would be a good time to take Muscle Mass.)

How much to take: The number of Muscle Mass tablets you take will depend in part on your goals. Here are some suggestions for maximum results:

- **To gain lean muscle mass:** Take a total of 1 tablet per 10 lb of body weight during your workout (e.g. 18 tablets for a 180-lb individual; 12 tablets for a 120-lb individual). Divide your allotment of tablets into smaller doses (e.g. 4-5 tablets per dose). Take 1 dose every 10-15 minutes during your workout.
- **For overall physical performance:** Take 5 tablets with your pre-workout and post-workout meals (10 tablets total).
- **When preparing for a physique competition:** Take 10 tablets upon arising and with your pre-workout meal (20 tablets total).



Muscularity is an advanced BCAA formula designed to help you retain lean muscle mass – while you lose fat.

MUSCULARITY

What it is: A BCAA capsule.

Ingredients: One serving (6 capsules) supplies 4.2 g of BCAAs plus B vitamins, zinc and chromium.

Who it's ideal for: Anyone who is on a weight-loss or fat-loss diet and wants to hold on to as much lean muscle as possible.

When to use it: Muscularity is ideally taken right before meals.

How much to take: For maximum results:

- Take 2 capsules with breakfast, lunch, and dinner (6 capsules total).
- Work up to 6 capsules with each of 3 meals (18 capsules total).

How to choose between Muscle Mass and Muscularity:

- If you're on a weight-loss or fat-loss diet, then take Muscularity. Taking it right before meals will promote muscle preservation. The vitamins and minerals in Muscularity, especially chromium, will also support blood sugar and appetite regulation. We all know how hard it is to avoid giving in to cravings when dieting!
- If you're trying to gain lean muscle mass or want to take a BCAA supplement in between meals, in a fasted state, or before, during, or after training, then take Muscle Mass.



All things considered this may be the most important nutrient-combo you can take.

GLUTAMINE SELECT

What it is: A glutamine + BCAA powder (cherry-flavored drink mix).

Ingredients: Each serving supplies 5 g of glutamine and 3 g of BCAAs.

Who it's ideal for:

- Anyone who performs long, exhaustive workouts or workouts that tend to produce a lot of DOMS (delayed-onset muscle soreness) (e.g. CrossFit).
- Anyone following a low-carb or calorie-restricted diet who wants help controlling cravings and preserving lean muscle.

When to use it: Glutamine Select will have the greatest impact when your blood sugar is low or when taken in close proximity to your workouts.

How much to take: For maximum results:

- To enhance recovery and help reduce DOMS: Mix 2 scoops (3 scoops for large or very hard training individuals) with 12-16 oz of water and drink before, during, and/or immediately after workouts.
- When dieting: Take 1-2 scoops in between meals to help alleviate cravings and preserve lean muscle.
- Adjust the level of water that you mix with Glutamine Select to suit your desire for sweetness.

To learn more about Muscle Mass, Muscularity and Glutamine Select:

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