Three powerful BCAA formulas...

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

**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 want to take a BCAA supplement in between meals, in a fasted state, or before, during, or after training, then take Muscle Mass.

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: 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).

- **Adjust the level of water that you mix with Muscle Mass to suit your desire for sweetness.**

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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