

Before buying BCAAs

One page to check your diet, product label and reason for buying.

Start with your meals

- ☐ Log a complete day: meals, snacks and protein supplements.
- ☐ Count complete-protein foods before choosing an amino-acid powder.
- ☐ If you follow a clinical nutrition plan, use that plan instead.

Compare what the product supplies

- ☐ BCAAs: leucine, isoleucine and valine, three essential amino acids.
- ☐ A complete EAA formula lists all nine essential amino acids.
- ☐ Complete protein supplies all nine in adequate proportions.

Check the whole label

- ☐ Check serving size, exact amounts, allergens and extra ingredients.
- ☐ Verify any independent certification for the exact product.
- ☐ Compare cost per serving; do not treat a bigger ratio as proof.

My meal gap / product questions:

Acute protein synthesis and reduced soreness do not establish long-term muscle gain.

Educational checklist. Ask your clinician about medical restrictions or interactions.

Evidence and full guide: primeformen.com/bcaa-supplements/