



# 100% PURE LEUCINE



PROLINE's **Leucine** promotes muscle protein synthesis via two different methods. Both, lead to the activation of mTOR – the fundamental route to all cell synthesis in the body. Studies have shown that adding a leucine supplement to your diet improves the synthesis of muscle protein.

Leucine's effects on muscles focus on the production of skeletal protein, this means that the additional protein is produced as muscle mass. Leucine works as an anabolic trigger, and is metabolized directly in muscle tissue. Increasing muscle protein synthesis keeps you in a state of positive nitrogen balance, which is what you want to be if you're trying to build muscle mass.

## Medicinal Ingredients / Ingrédients Médicinaux

Serving Size: 1 Scoop (5.0 g) / Portion: 1 cuillerée (5,0 g)

Servings Per Container: 200 / Portions par contenant : 200

Amount / Quantité	per 1 Scoop (5.0 g) / par 1 cuillerée (5,0 g)	per 100g / par 100 g
<b>Leucine</b>	<b>5.0 g</b>	<b>100.0 g</b>

**SUGGESTED USE:** Mix 1 scoop of **100% PURE LEUCINE** in 250ml of water or your favourite beverage, preferably on an empty stomach, twice per day.

**UTILISATION SUGGÉRÉE :** Mélanger 1 cuillerée de **100% PURE LEUCINE** dans 250ml d'eau ou de votre beverage préféré 2 fois par jour.

**RISK INFORMATION:** Do not use if pregnant or breast feeding. Consult a health care provider if you have been treated for or diagnosed with a medical condition, or if you are using any medication. Use only as directed. Discontinue use if you have any of the following side effects: diarrhea, vomiting, nausea and/or abdominal swelling.

**INFORMATIONS SUR LES RISQUES :** Ne pas utiliser si vous êtes enceinte ou si vous allaitez. Consultez un fournisseur de soins de santé si vous avez été traité ou diagnostiqué avec une condition médicale, ou si vous utilisez des médicaments. Utilisez uniquement comme indiqué. Cesser l'utilisation si vous présentez l'un des effets secondaires suivants : diarrhée, vomissements, nausées et/ou gonflement abdominal.

LEUCINE INSTANTIZED  
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