



# 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.

#### AVAILABLE FLAVOURS



LEUCINE INSTANTIZED  
- RASPBERRY LEMONADE  
400G: 70019900508-3



LEUCINE INSTANTIZED  
- ELECTRIC FRUIT PUNCH  
400G: 70019900507-6



LEUCINE INSTANTIZED  
1KG: 70019900498-7



LEUCINE INSTANTIZED  
400G: 70019900497-0

#### Medicinal Ingredients / Ingrédients Médicinaux

Serving Size: 1 Scoop (5.0 g) / Portion: 1 cuillerée (5,0 g)  
Servings Per Container: 80 / Portions par contenant : 80

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

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

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