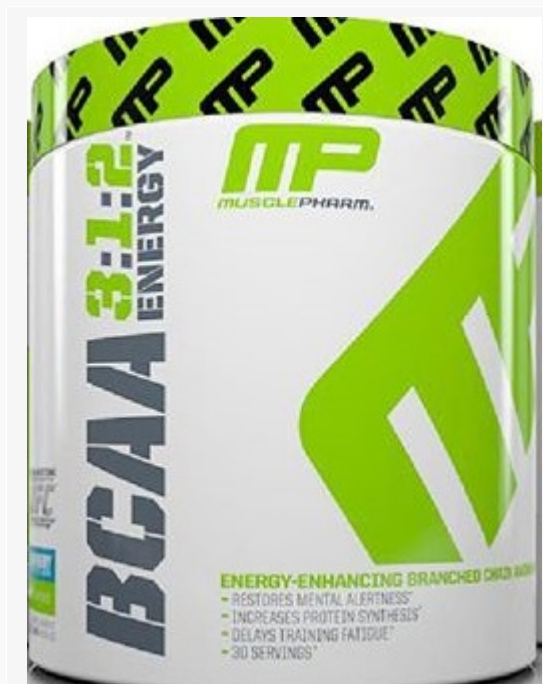


MusclePharm BCAA 3:1:2 Energy: 6g BCAAs with a Jolt

written by Mike Roberto | October 8, 2015



MusclePharm enters the energy amino category with BCAA 3:1:2 Energy bringing a full dose of BCAAs with a solid hit of caffeine.

MusclePharm has been one of the busiest companies this year in terms of releasing new products and “graduate” line of supplements to the masses. As we get deeper into the calendar year, *The Athlete’s Company* isn’t showing any signs of slowing down, either.

A few weeks ago they announced the impending release of their all new energy aminos product, **BCAA 3:1:2 Energy**, but no details were released at the time. This week, MP finally released the profile of their entry into the ever-expanding categorized of energy aminos.

The quick bullet points

- It has a legit dose of actual *BCAAs* (6g) – unlike most of its competition in the “energy aminos” department – so we like it already.
- 100mg caffeine

Will this land on our Best BCAA Supplement list? Find out below!

But first, make sure to check for the best deal and sign up for PricePLOW Alerts:

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BCAA 3:1:2 Energy Ingredients

- BCAAs (6g)

Supplement Facts		
Serving Size: 1 Scoop (7.7 g)		
Servings Per Container: 30		
Amount Per Serving		% DV*
Calories	5	
Total Carbohydrate	1 g	<1%
L-Leucine	3 g	†
L-Valine	2 g	†
L-Isoleucine	1 g	†
Caffeine Anhydrous	100 mg	†
Green Tea Leaf Extract		
(45% EGCG) 98% Polyphenols	50 mg	†
Panax Ginseng Root Powder	50 mg	†

* Percent Daily Values are based on a 2,000 calorie diet.
† Daily value not established.

The energy aminos category is continuing to expand, and this is a solid offering that boasts a full dose of BCAAs, something not as common as it should be.

As the name of the product states, MP has chosen to use the rather unique 3:1:2 ratio of BCAAs as opposed to the more conventional 2:1:1 ratio that most other products opt for.

This means that in each scoop of BCAA Energy, you'll get **3g of Leucine**, **1g of Isoleucine**, and **2g of Valine**.

The ratio used here mimics similar amino products from the company with their

capsule for of BCAAs and two other amino products, Aminol and the non-energized BCAA 3:1:2 powder (which is just plain BCAAs).

Although the ratio used here is somewhat unconventional, it contains 6g of BCAAs and 3g of Leucine, both of which we're huge fans of. This amount of leucine is just the right amount to trigger muscle protein synthesis in the body.

BCAAs will also delay the onset of muscle soreness and speed recovery following your intense workouts.[2,3]

A quality dose is more rare than it should be

We love this because as of right now, there are literally only two other products in the Energy Aminos category that actually have 5g or more of BCAAs: Scivation Xtend Go and EVL's BCAA Energy (7g and 5g BCAAs, respectively – with BCAA 3:1:2 Energy having 6). Finally, another company gets it!

- **Caffeine Anhydrous (100mg)**

There wouldn't be much of an "energy" component to this product if it didn't have caffeine somewhere in it, lucky for you, there is a moderate amount contained in BCAA 3:1:2 Energy. 100mg is roughly the amount you'll get from your standard cup of coffee, so this won't send you through the roof should you be sensitive to caffeine.

This dose could be a great pick me up during the day and tired or drinking coffee, or give you some extra energy to push through your workouts if you either opted for a stim-free pre workout (like those on our Best Caffeine-Free Pre Workouts) or have really LONG gym sessions.

- **Green Tea Leaf Extract (50mg)**

Green tea extracts are widely used in fat burners and pre workouts for their numerous health benefits in addition to helping burn fat and boosting energy.[4,5,6] The particular extract used here contains 45% EGCG and 98% polyphenols.

The upside to using the whole leaf extract is that research has demonstrated that combining all the components in tea leaves works better than just EGCG alone.[7] Plus pairing it alongside caffeine just further enhances the effects of the polyphenolic compounds in green tea extracts!

- **Panax Ginseng (50mg)**



Panax Ginseng, sometimes referred to as *True Ginseng*, is a plant long used in Ancient Chinese medicine for the prevention of a variety of illnesses. In clinical trials, it's been shown to improve mood, reduce fatigue and increase reaction time.[8]

Other research points to ginseng being useful in suppressing appetite and helping regulate blood glucose levels.[9,10] If you're taking aminos during the day to help stave off a hunger on a drastic cut, this could help you in the hours in between meals.

Flavors Available

While we do have the profile of the product, we don't yet have the list of flavors available. If we had to venture a guess, they'll most likely be the same flavors used in the basic version of BCAA 3:1:2.

Those flavors include: **Blue Raspberry**, **Watermelon**, and **Unflavored** – a great idea in case you want to add this to something that doesn't have energy, such as your favorite stimulant-free pre workout supplement!

Hopefully they eventually include some more *interesting* flavors like they have for Amino1 and Assault...

Takeaway



Today, we like what they're bringing to #MPNation! But comes tomorrow is anybody's guess. MusclePharm remains to be our favorite company to keep an eye on.

MusclePharm's entry in the the *energized amino* category is a solid, if albeit basic, product that delivers what you'd expect: a moderate dose of caffeine and a full dose of BCAAs that can enhance your recovery and maintain protein synthesis in the hours in between meals.

But given that there's only two other energy amino supplements out there with legit amounts of BCAAs, this one will rise to the top of our listings by default alone!

We'll keep an eye out once the flavors are released and update the post then. Make sure you sign up for alerts below so you can be the first to jump on this product when the prices are right below!

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