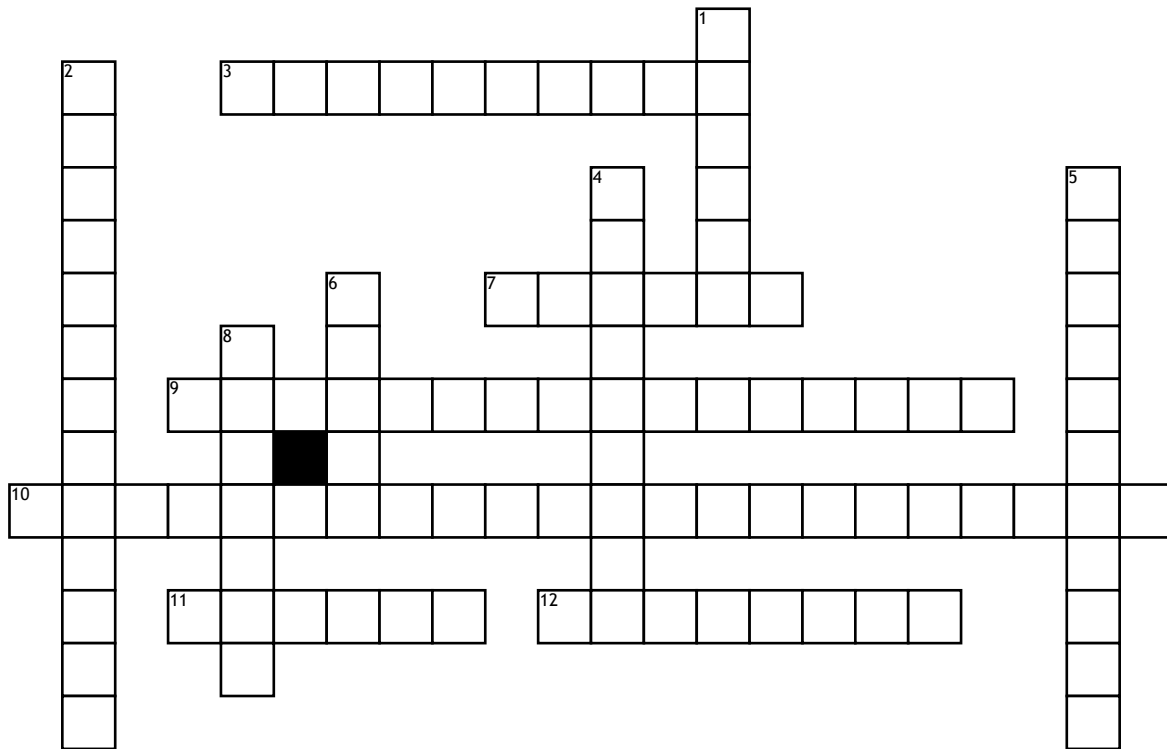


Branched Chain Amino Acids



Across

3. Which BCAA can be oxidized for energy?

7. Where are BCAA's primarily metabolized?

9. BCAA's are amino acids that favorably modify _____ production.

10. What does the abbreviation BCAA mean?

11. BCAA's are major components of muscle tissue that may provide a source of _____.

12. BCAA's spare the use of muscle _____.

Down

1. Effects of BCAA's could influence physical and _____ performance.

2. Endurance athletes apparently do not need to take BCAA supplements in attempts to enhance performance if _____ are available.

4. Are BCAA's considered essential or nonessential amino acids?

5. BCAA's constitute a _____ amount of muscle tissue.

6. How many BCAA's are there?

8. Which BCAA has the most significant effects on the body?