



	Barwis Methods MID Workout	Cellucor Alpha	Muscle Pharm BCAA	SciVation Xtend
Serving Size	1 scoop (25g)	1 scoop (13g)	2 scoops (7.16g)	1 bottle (16.9oz)
Calories	30	10	0	0
Total Carbohydrate	7g	0	0	0
Magnesium	50mg	16mg	0	0
Potassium	100mg	70mg	0	180mg
L-Leucine	3,200mg	0	3,000mg	3,500mg
L-Citruillne Malate	3,000mg	0	0	1,000mg
D-Ribose	2,000mg	0	0	0
L-Arginine	1,500mg	0	0	0
L-Valine	1,400mg	0	2,000mg	1,750mg
L-Isoleucine	1,400mg	0	1,000mg	1,750mg
Glutamine	1,000mg	0	0	2,500mg
Beta Alanine	1,000mg	0	0	0
Taurine	500mg	0	0	0
DMG	250mg	0	0	0
Glycine Propionyl L-Carnitine HCL	200mg	0	0	0
Sodium	0	30mg	0	220mg
Calcium	0	10mg	0	0
Vitamin B6	0	500mcg	0	2mg
Vitamin B12	0	35mcg	0	0