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## **12 Best BCAA Supplements On Amazon And Their Prices**

When you work out, you are tearing muscle fibers; you are not building any muscle during your workout. In reality, your muscles grow after your workout and your body uses Branched-chain amino acids (BCAA) to do so.

This is why BCAAs often come up in conversations about building muscles and aiding recovery.

BCAAs consist of a group of three essential amino acids namely: leucine, isoleucine and valine. They are considered essential because your body cannot make them and you can only get them from your diet.

The role of BCAAs is to fuel your muscles and reduce the breakdown of protein during your exercise. This ensures your body has an abundance of energy to keep you going and help you get more out of your gym sessions.

In a [2013 study](#) conducted by the International Journal for Vitamin and Nutrition Research, the researchers discovered that BCAA supplements improved energy metabolism and reduced levels of substances that lead to muscle damage.

They concluded that BCAA supplements improve exercise performance.

You can get all the BCAA you need from food without using supplements. However, you will need to take the right quantity of chicken, lean beef, peanuts and fish daily. Most people cannot maintain such a diet daily and this is where BCAA supplements can help.

To help you find the best supplements, we have compiled a list of the best supplements on Amazon and their prices:

### Scivation Xtend BCAA

It is the best-reviewed BCAA supplement on the market. Its wide variety of tasty flavors and the extra boost of electrolyte as made it very popular in the fitness community.

What makes it great?

- Electrolyte blend of sodium, potassium, and others for hydration
- 7 grams of BCAAs per serving
- 2.5grams of glutamine
- 2:1:1 ratio of L-leucine, L-isoleucine, and L-Valine

Size: 30 servings

Price: \$23.60

Rating: 4.3 out of 5

### Dymatize BCAA 2200

It has no sugar, salt, yeast, artificial colors or artificial flavors. It is a gluten-free supplement containing time-released amino acids to aid muscle regeneration. You will take it as a dietary supplement and you get 2.2grams of BCAA per serving.

What makes it great?

- 2:1:1 ratio of leucine, isoleucine, and valine
- Vitamins B2, B6, and C
- Gluten-free
- Time-released pure free form Branched Chain Amino Acids to aid muscle regeneration

Size: 400 Caplets

Price: \$25

Rating: 4.5 out of 5

### AllMax Aminocore BCAA

It tastes delicious, with as many as seven different flavors. It gives more than eight grams of BCAAs per serving. It was created out of research by a Nobel Prize-winning institute. This BCAA supplement is quite possibly the best value for money you can get on the market.

What makes it great?

- 8.18grams of BCAAs per serving
- Vitamins B3, B6, B9, and B12
- Wide variety of flavors
- No artificial colors, dye, or soy

Size: 30 servings

Price: \$29

Rating: 4.4 out of 5

### KAGED MUSCLE In-Kaged

This intra-workout supplement is made from vegetable sources and vegan-friendly fermented BCAAs. It is designed to support muscle growth and maximize muscle pumps. It primarily improves endurance during tough workouts and is to be taken: pre-workout, during workouts, and post-workout.

What makes it great?

- 2:1:1 ratio of fermented leucine, isoleucine, and valine
- No artificial flavors or colors
- Pleasant taste
- Organic caffeine

Size: 20 servings

Price: \$26

Rating: 4.5 out of 5

### [Cellucor Alpha Amino](#)

It is billed as the ultimate post-workout performance and recovery powder. It helps to build muscle, prevent muscle breakdown, and improve hydration.

What makes it great?

- Electrolytes to boost endurance and reduce dehydration
- 2:1:1 BCAA ratio
- Amazing flavors

Size: 30 servings

Price: \$25

Rating: 4.4 out of 5

### [Betancourt Plus Series BCAA](#)

This supplement is sugar free and contains Sustamine, Active TR, Leucine, and Instantized BCAAs. It is best used as a dietary supplement or to feed muscles during a workout.

What makes it great?

- Amazing flavors
- Instantized BCAAs for rapid absorption
- 4:1:1 of BCAAs for more leucine per serving
- Electrolytes to support hydration

Size: 30 servings

Price: \$31

Rating: 4.1 out of 5

### [Evlution Nutrition BCAA Energy](#)

It is a high-performance supplement that helps to delay fatigue during prolonged exercise. You can use it pre-workout and post-workout.

What makes it great?

- Caffeine from green tea with antioxidants to help boost energy
- 2:1:1 ratio of leucine, isoleucine, and valine
- Amazing flavors

Size: 30 servings

Price: \$21

Rating: 4.3 out of 5

### [Amino Build Next Gen Energized](#)

This supplement contains more calories than usual and is designed for those seeking more muscle gains. It was developed for elite athletes to help enhance performance.

What makes it great?

- 2:1:1 ratio of leucine, isoleucine, and valine with some betaine to increase muscle mass
- Electrolytes to help hydration
- Amazing flavors

Size: 30 servings

Price: \$19

Rating: 4.4 out of 5

### [Muscle Pharm BCAA 3:1:2 Powder](#)

Affordability is the calling card of this supplement. It contains only BCAAs and nothing else.

What makes it great?

- 6 grams of BCAA per serving
- Amazing flavors
- It can be used before, during, and after workouts

Size: 30 servings

Price: \$13

Rating: 4.2 out of 5

### [BPI Sports Best BCAA](#)

It is a relatively affordable BCAA supplement that has the ideal ratio of BCAA and can be used before, during and after workouts.

What makes it great?

- Peptide formula for good absorption rate

- 2:1:1 ratio of leucine, isoleucine, and valine
- CLA with healthy fats like avocado oil, safflower oil, and coconut oil.

Size: 30 servings

Price: \$20

Rating: 4.1 out of 5

### [MTS Nutrition Machine Fuel](#)

It is another good option as a post -workout recovery supplement.

What makes it great?

- Amazing flavors
- Perfect ratio of BCAAs
- Zero sugar with no artificial colors

Size: 30 servings

Price: \$30

Rating: 3.7 out of 5

### [RC AminoTone](#)

It contains a fat-loss support complex that helps your body break up fatty acids and use them as energy during workouts. You can use it before, during and after workouts.

What makes it great?

- Perfect ratio of BCAAs
- Electrolytes to help hydration
- Instantized BCAAs for rapid absorption

Size: 30 servings

Price: \$29

Rating: 3.9 out of 5

### **When to load up**

You can take your BCAAs before, during, and after workouts. You can also take it as a dietary supplement. Remember that BCAAs will only work if you work, so get your supplements and get to work.