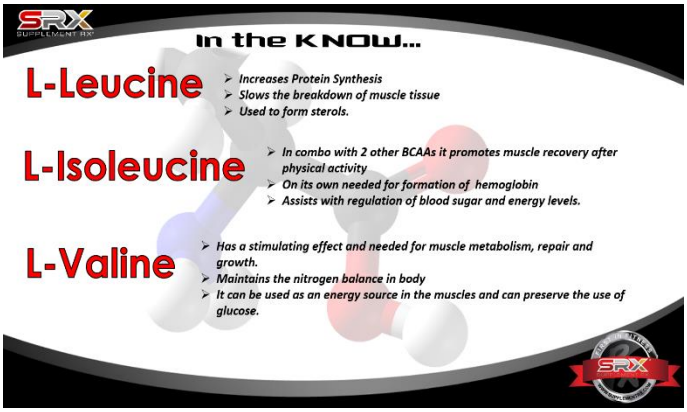
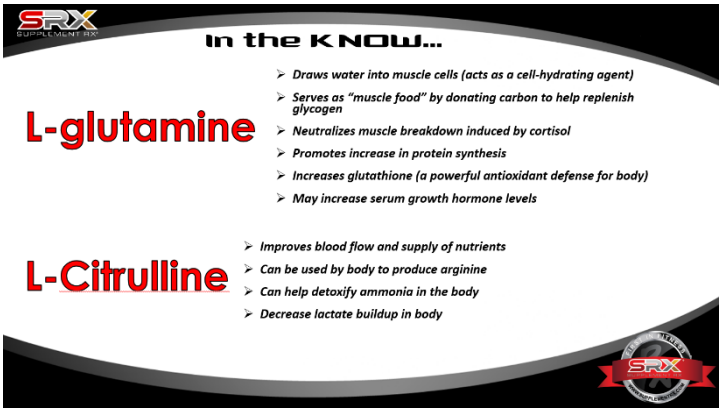
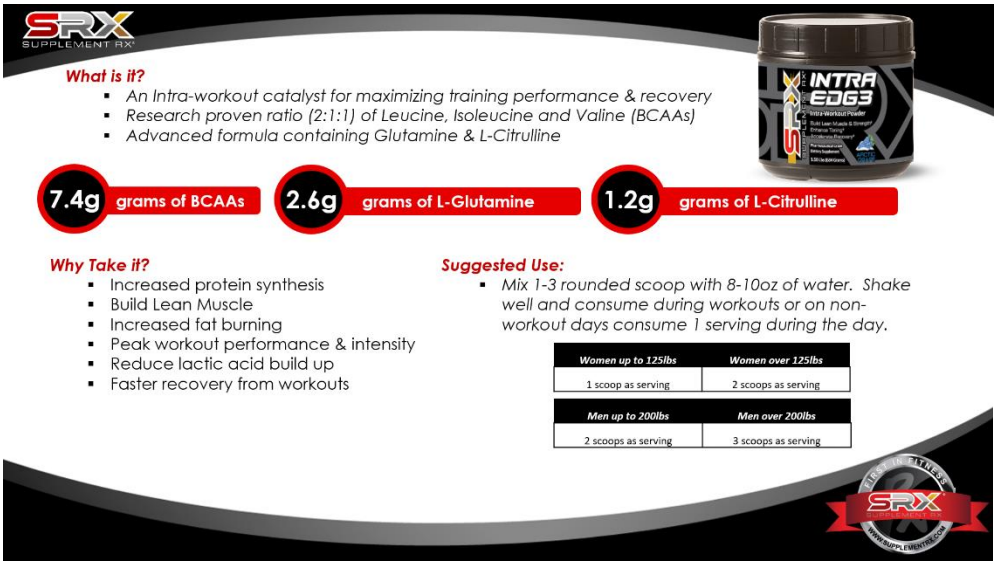
What are BCAAs?

Why 2:1:1 Ratio?