



BI-GROW

BI-GROW is a complex of L-arginine and L-ornithine. These two amino acids, in the ideal ratio, are used in the body to promote the decomposition of ammonia and thus promote recovery. This process also liberates NO (nitrogen monoxide), what results in a vasodilation. This improves the bloodflow and the disposal of waste products in the muscles even faster.

Usage: 2-8 capsules a day. The time of intake has a big influence on the effect of the product. Just before training it will improve the bloodflow. Just before bedtime BI-GROW will promote recovery during the night.

