

## Ingredients:

1 packet of IP BCAA

1 Bottle Coconut  
Sparkling Ice Flavored  
Water (or another  
flavor of your  
choosing)

Water

Ice

Lemon / Lime  
(optional)

## TROPICAL FRUIT PUNCH

### Directions:

1. Mix one packet of BCAA's with 3 ounces of plain water.
2. Add 4 ounces of Coconut Sparkling Ice Flavored Water.
3. Stir.
4. Serve over ice with optional lemon or lime, in a glass or mix with ice in a blender before serving.

