ABSTRACT

An oral nutritious composition comprising: (a) three branched chain amino acids, the branched chain amino acids being valine, leucine and isoleucine; or (b) a mixture of unbranched chain amino acids and the three branched chain amino acids of valine, leucine and isoleucine; wherein the branched chain amino acids are not granulated and have particle sizes such that 10 wt% or less thereof pass through a sieving mesh having 106-μm openings.