

AMINO ACIDS COMPLEX Factsheet

<u>Ingredients per Capsule</u>	<u>Quantities</u>	<u>Ingredients per Capsule</u>	<u>Quantities</u>
L-Alanine	25 mg	L-Lysine	25 mg
L-Arginine	25 mg	L-Methionine	25 mg
L-Aspartic Acid	25 mg	L-Ornithine	25 mg
L-Cysteine	25 mg	L-Proline	25 mg
L-Glutamic Acid	25 mg	L-Threonine	25 mg
L-Glycine	25 mg	L-Tyrosine	25 mg
L-Histidine	25 mg	L-Valine	25 mg
L-Leucine	25 mg		

Amino acids are the basic building blocks of proteins and almost every athlete out there knows how important a role that plays in maintaining lean muscle, Amino Acid Complex ensures you receive 18 of the most important essential and non-essential amino acids your body needs to help you achieve your training goal.

Amino Acids are the building blocks that make up protein. They are needed to build the various proteins used in the growth, repair and maintenance of body tissues. Amino acids contain approximately 16% nitrogen, which differentiates them from the other two primary nutrients, sugars and fatty acids, which do not contain nitrogen. Proteins are chains of amino acids linked by peptide bonds. Proteins are not obtained directly from human diet, instead they are broken down from dietary protein into the constituent amino acid, which the body uses to build the specific protein that it needs. Each person's ability to break down protein into single amino acids differs. Factors such as diet, illness, stress, old age and an inability to secrete digestive enzymes may result in a deficiency of one or more amino acids. The rate of protein formation and the production of new cells are inhibited when one amino acid is missing. By supplementing your diet using Amino Acids Complex, you are saving your body the necessary step of breaking down dietary protein to obtain these amino acids.

L-Alanine Alanine is the primary amino acid for the production of usable glucose from glycogen, which is stored in your liver. It is a non-essential amino acid used by the body to build protein. Alanine is highly concentrated in muscle and is one of the most important amino acids released by muscle, functioning as a major energy source.

L-Arginine The amino acid, arginine, has several roles in the body, such as assisting in wound healing, helping remove excess ammonia from the body, stimulating immune function and promoting secretion of several hormones, including glucagons, insulin and growth hormone. Used for athletic performance (for body composition and strength)

L-Aspartic acid L-Aspartic acid is a non-essential amino acid, synthesized from glutamate or derived from protein food. It is involved in building DNA (genetic structures in cells), in

carbohydrate metabolism and protein metabolism. It is a carrier molecule for the transport of magnesium and potassium in your cells.

L-Carnitine L-Carnitine is needed to release energy from fat. It transports fatty acids into mitochondria, the powerhouse of cells. Research shows that people who supplement with L-carnitine while engaging in an exercise regimen are less likely to experience muscle soreness.

L-Cysteine Cysteine is a non-essential amino acid (protein building block), meaning that cysteine can be made in the human body. Cysteine is one of the few amino acids that contain sulphur. This allows cysteine to bond in a special way and maintain the structure of proteins in the body. Cysteine is a component of the antioxidant, glutathione. Cysteine can also be converted into glucose and used as a source of energy.

L-Glutamic acid An amino acid, one of the building blocks of protein. A non-essential amino acid, glutamic acid (glutamate) is converted to glutamine and is synthesized from arginine, ornithine and proline. Glutamic acid is important to brain function. It is the only amino acid metabolized in the brain. The conversion of glutamic acid to glutamine helps clear potentially toxic ammonia and act as a brain fuel.

L-Glycine Glycine can be formed from choline in the liver or kidney and from the amino acids threonine and serine. Glycine is one of the few amino acids that help spare glucose for energy by improving glycogen storage. It is important in brain metabolism, where it has a calming effect. Glycine is a simple amino acid needed for the synthesis of the haemoglobin molecule, collagen, and glutathione. It is able to increase the immune antibody response and improve physical energy and has been used in the treatment of fatigue and poor endurance.

L-Histidine Histidine is involved in a wide range of metabolic processes involving blood cell production (it is present in haemoglobin). It has a hypotensive effect (that is, it lowers blood pressure) through the autonomic nervous system. Histidine has also been used whenever there is need for tissue formation or repair.

L-Isoleucine Isoleucine is one of the essential amino acids and is needed for haemoglobin formation and control of blood sugar and energy levels. It metabolises in muscle tissue and can enhance energy levels and increase endurance and is required for muscle tissue maintenance.

L-Leucine Leucine is one of the essential amino acids and is needed for helping to regulate blood sugar levels. Leucine is required for muscle tissue maintenance, preserving muscle glycogen and storing energy. It also prevents muscle protein deterioration especially during exercise, trauma and stress.

Caution

Pregnant or lactating women, persons under the age of 18 and anyone taking prescription medications should consult a GP before using any product.

Contains no yeast, wheat, corn, egg, milk, artificial colour or preservatives.