

Amino Acids

Our bodies break down the protein in foods into building blocks called amino acids. These amino acids are re-assembled in our cells in a specific order necessary to form functional proteins. The quantities, as well as the types, of amino acids present in our bodies are critical. Without the correct amino acids in the proper quantities, our systems cannot rebuild or repair tissues, muscles, blood proteins and cell enzymes.

Science classifies these important components in two categories -- essential and nonessential. Eight are referred to as "essential" simply because our bodies cannot make them. The remaining thirteen amino acids are thought of as "nonessential" because our bodies can make them. In reality, all 21 amino acids are necessary for building tissue proteins.

Here is a list of how they are classified:

ESSENTIAL

(can't be made by our bodies)

Isoleucine	Phenylalanine
Leucine	Threonine
Lysine	Tryptophan
Methionine	Valine

NONESSENTIAL

(can be made by our bodies)

Alanine	Histidine
Arginine	Hydroxylysine
Asparagine	Hydroxyproline
Aspartic Acid	Proline
Cystine (Cysteine)	Serine
Glutamic Acid	Tyrosine
Glycine	

When proteins contain these essential amino acids in quantities and ratios that meet the body's needs, they are called complete food proteins. Typically, complete food proteins occur naturally in animal products including eggs, milk, cheese and meats. Foods deficient in one or more of the essential amino acids are usually vegetable proteins, including grains, legumes, nuts and seeds. Vegetable proteins can be mixed with each other, or with complete food proteins to provide adequate amounts of the essential amino acids.

Another solution to obtaining complete food proteins and essential amino acids is our **Complete Amino** supplement. Combined with an adequate daily intake of protein, Complete Amino results in a balanced mixture of amino acids. It serves as an excellent source of protein to add to a low calorie diet, to support a bodybuilding program, or to supplement vegetarian diets. Because Complete Amino is already broken down, it is highly bioavailable and ready for the body to use.

We offer a variety of amino acid products listed below:

Acetyl L-Carnitine :

As part of its role in supporting mental function, Acetyl L-Carnitine may help support memory, attention span and mental performance in normal people as well as those with brain impairment.

Complete Amino :

Contains all of the essential amino acids and 9 of the nonessential in an easy to digest tablet. With the same amino acid profile as milk, this supplement helps produce a balanced mixture of amino acids in the body to support healthy tissue growth.

L-Arginine

L-Arginine is a nonessential amino acid produced through the digestion of proteins and has several roles in the body, such as assisting in wound healing, removing excess ammonia from the body, stimulating immune function and promoting secretion of glucagon, insulin and growth hormone.

L-Arginine & L-Ornithine Complex

L-Arginine & L-Ornithine needs are elevated in times of intense stress. L-Arginine acts as a precursor to nitric oxide to promote healthy dilation of blood vessels and normalize blood lipid levels. As an antioxidant, it prevents cell destruction caused by harmful pro-oxidant substances, allowing enhanced blood flow. L-Ornithine, a precursor to L-Arginine, may help stimulate growth hormone to promote lean body mass anabolism.

L-Carnitine

L-Carnitine is an amino acid responsible for the transport of long chain fatty acids into energy producing cells. L-Carnitine may support heart health, liver health, and weight loss.

L-Glutamine

L-Glutamine is the most abundant amino acid found in the muscle. It supplies more than 50% of the free amino acid content in our muscles. Supplementation with L-Glutamine may decrease recovery time from stress and injury. L-Glutamine also assists the body in maintaining a healthy digestive tract and supports immune function.

L-Lysine

L-Lysine, an essential amino acid, is needed to support proper growth and bone development. L-Lysine supports immune function and can help decrease the occurrence or severity of cold sores.

N-Acetyl Cysteine

N-Acetyl Cysteine (NAC) is a form of the amino acid cysteine. NAC is used in the body to make glutathione peroxidase - one of the body's most naturally occurring antioxidants. NAC raises glutathione peroxidase levels in the body and has been shown to provide numerous health benefits, such as promoting heart health, supporting immune function, and helping to protect the body from toxins. The cysteine found in NAC is important for supporting healthy hair and nails.

L-Tyrosine

A conditionally essential amino acid, L-Tyrosine is one of the most important elements in maintaining neurotransmitter balance in the brain. These neurotransmitters are

associated with proper mood, norepinephrine and dopamine. L-Tyrosine can also be useful in promoting nerve and thyroid health.

This information is for educational purposes only and should not be construed as medical advice. These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

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