

# Amino Acid Supreme™

SOURCE OF ESSENTIAL AMINO ACIDS FOR THE MAINTENANCE OF GOOD HEALTH  
360 G POWDER | NPN80087300 | AASPR-CN



FOUNDATIONAL HEALTH



Designs for Health's **Amino Acid Supreme™** is a concentrated, free-form, essential amino acid formula that features 2.5 g of the amino acid L-leucine per serving to promote muscle health, function, overall protein status, and balance in the body. Amino Acid Supreme™ is formulated with a pleasant-tasting, fruit punch flavour and convenient powdered delivery for serving size flexibility. Alpha-ketoglutarate and the bioactive form of vitamin B6 (as pyridoxal-5-phosphate) are included to support amino acid metabolism and bioavailability.

Amino acids are fundamental for many metabolic processes, as they are the basic building blocks for more than 100,000 unique proteins in the human body, such as neurotransmitters, hormones, and enzymes. Amino acids also play a critical role in the metabolism

and function of microorganisms in the gastrointestinal tract. Amino acid absorption may be impacted by dietary and lifestyle factors or digestive function.

Humans can produce 11 of the 20 amino acids required for proper human physiology; the remaining nine essential amino acids (EAA) are those that cannot be produced by human cells and must be supplied in the diet through food or supplementation. Unlike fats and starches, the human body is unable to store excess amino acids for later use. Therefore, essential amino acids must be consumed in adequate amounts to help maintain body tissues that contain amino acids, such as skeletal muscle. Amino acids in their free form are immediately available for absorption and can be put to metabolic use more readily and rapidly than the amino acids in dietary protein.

## Benefits

- Supports protein status in the body
- Helps maintain lean body mass
- May promote muscle protein synthesis
- May help mitigate age-related muscle loss
- May be beneficial for individuals with difficulty consuming adequate amounts of complete protein

## Recommended Dose

Adults: Mix 12 g / 1 scoop well in 1-2 cups of water immediately before consumption per day or as directed by your health care practitioner.

## Highlights

- Balanced mix of readily absorbable, free-form, essential amino acids in targeted amounts
- Features 2.5 g of L-leucine per serving to support sports nutrition and muscle health
- Zero grams of sugar
- Does not contain synthetic dyes or artificial sweeteners; sweetened with steviol glycosides from organic stevia leaf
- Convenient powdered delivery for serving size flexibility
- Pleasant-tasting, fruit punch flavour
- Gluten-free, dairy-free, and soy-free
- Non-GMO

ZPTED-CN AASPR 10/23

Consult with your health-care practitioner about your specific circumstances and any questions you may have about this product.  
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