



AMINO ACID SUPREME™

ESSENTIAL AMINO ACIDS IN A GREAT TASTING POWDER
360 G POWDER | NPN80087300 | AASPRD-CN

Amino Acid Supreme™ provides essential amino acids in a potent, great-tasting fruit punch flavoured powder. The amino acids are delivered in their free forms, which are easier for the body to absorb and put to immediate use compared to amino acids that must be liberated from dietary proteins.

Amino acids are best known as the building blocks of proteins, but they're also the raw material for various neurotransmitters (such as dopamine and serotonin), hormones, enzymes, immune system antibodies, and they also serve as factors in cellular energy generation. Amino acids do much more than simply build muscle; they control virtually all cellular processes.

The human body synthesizes ten of the twenty amino acids; the others must be supplied through dietary proteins or supplements. The ten amino acids the body does not produce internally are called "essential" amino acids (EAAs) because it is essential that we get them from an outside source. Failure to obtain enough of even one of these may result in compromised structure or function of the proteins that require it. Unlike fats and carbohydrates, the body does not store excess amino acids for later use, so amino acids must be consumed daily. Inadequate protein intake may cause the body to break down or catabolize its healthy tissue—such as muscle and bone—in order to get the critical amino acids it requires for proper functioning.

Amino Acid Supreme™ provides all the EAAs except for tryptophan, which is best dosed on its own under the guidance of your health care practitioner. The easily absorbed free-form amino acids in this product may be especially beneficial for individuals with suboptimal digestive function, those recovering from physical trauma, and those who may have difficulty consuming an adequate amount of complete protein, such as the elderly and those following strict vegan diets.

WHY ALPHA-KETOGLUTARATE & VITAMIN B6?

Alpha-ketoglutarate is a compound involved in the generation of energy inside cells. Providing this along with the free-form amino acids in Amino Acid Supreme™ may help promote stamina and healthy energy levels. Vitamin B6 is required for many reactions that convert amino acids into their end products, for example, tyrosine into dopamine. Synthesis of collagen—the main structural protein in the body—requires B6. Coffee and alcohol consumption may interfere with B6 metabolism, and many common pharmaceutical drugs may impair absorption of B6.

HIGHLIGHTS

- Readily absorbable free-form essential amino acids
- Powder form for convenience
- Great-tasting fruit punch flavour
- Zero grams of sugar or caloric sweeteners; sweetened naturally with stevia

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.

Consult with your healthcare practitioner about your specific circumstances and any questions you may have.

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