

ALANINE

- Source of energy for muscle tissue, the brain and central nervous system
- Strengthens the immune system by producing antibodies
- Helps in the metabolism of sugars and organic acids.

ARGININE

- Improves immune responses to bacteria, viruses and tumor cells
- Promotes wound healing and regeneration of the liver
- Causes the release of growth hormones
- Considered crucial for optimal muscle growth and tissue repair

ASPARTIC ACID

- Aids in the expulsion of harmful ammonia from the body
- May increase resistance to fatigue and increase endurance

CYSTINE

- Functions as an antioxidant
- A powerful aid to the body in protecting against radiation and pollution
- Helps slow down the aging process
- Deactivates free radicals
- Neutralizes toxins
- Aids in protein synthesis
- Prevents cellular change
- Necessary for the formation of the skin
- Aids in the recovery from burns and surgical operations
- Hair and skin are made up 10-14% Cystine.

GLUTAMIC ACID

- Considered to be nature's "brain food" by improving mental capacities
- Helps speed the healing of ulcers
- Relieves fatigue
- Helps control alcoholism
- Diminishes the craving for sugar.

GLYCINE

- Helps trigger the release of oxygen to the energy requiring cell-making process
- Important in the manufacturing of hormones responsible for a strong immune system

HISTIDINE

- Found abundantly in hemoglobin
- Used in the treatment of rheumatoid arthritis, allergic diseases, ulcers and anemia

A deficiency can cause poor hearing.

Non-essential Amino Acids

Can be manufactured by the body with proper nutrition

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ARGININE

ASPARTIC ACID

CYSTINE

GLUTAMIC ACID

GLYCINE

HISTIDINE

PROLINE

SERINE

TAURINE

TYROSINE

