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Essential Amino Acids

Cannot be manufactured by the body



LEUCINE and ISOLEUCINE



LYSINE



METHIONINE



PHENYLALANINE



THREONINE



TRYPTOPHAN



VALINE

LEUCINE and ISOLEUCINE

- Provide ingredients for the manufacturing of other essential biochemical components in the body, some of which are utilized for the production of energy
- Stimulants to the upper brain
- Help you to be more alert

LYSINE

- Insures the adequate absorption of calcium
- Helps form collagen which makes up bone cartilage and connective tissues
- Aids in the production of antibodies, hormones and enzymes
- May be effective against herpes by improving the balance of nutrients that reduce viral growth.

A deficiency may result in tiredness

- Inability to concentrate
- Irritability
- Bloodshot eyes
- Retarded growth
- Hair loss
- Anemia
- Reproductive problems.

METHIONINE

- A principle supplier of sulfur
- Prevents disorders of the hair, skin and nails
- Helps lower cholesterol levels by increasing the liver's production of lecithin
- Reduces liver fat
- Protects the kidneys
- A natural chelating agent for heavy metals
- Regulates the formation of ammonia
- Creates ammonia-free urine which reduces bladder irritation
- Influences hair follicles and promotes hair growth

PHENYLALANINE

- Used by the brain to produce Norepinephrine, a chemical that transmits signals between nerve cells and the brain
- Keeps you awake and alert
- Reduces hunger pains
- Functions as an antidepressant
- Helps improve memory.

THREONINE

- An important constituent of collagen, Elastin, and enamel protein
- Helps prevent fat build-up in the liver
- Helps the digestive and intestinal tracts function more smoothly
- Assists metabolism and assimilation.

TRYPTOPHAN

- A natural relaxant
- Helps alleviate insomnia by inducing normal sleep
- Reduces anxiety and depression
- Helps in the treatment of migraine headaches
- Helps the immune system
- Helps reduce the risk of artery and heart spasms
- Works with Lysine in reducing cholesterol levels

VALINE

- Promotes mental vigor
- Promotes muscle coordination
- Promotes calm emotions

