

# AMINO ACIDS

## General Overview

AMINO ACIDS are "building blocks" for the body. They promote the building of cells and repairing damaged tissue. They develop antibodies to assist in combatting invading bacteria and viruses. They are part of the enzyme and hormonal system. They build nucleoproteins (RNA and DNA). They carry oxygen throughout the body and participate in muscle activity. When protein is broken down by digestion the result is 22 known amino acids. Eight are essential (cannot be manufactured by the body) the rest are non-essential ( can be manufactured by the body with proper nutrition).

## Essential Amino Acids

## Non-essential Amino Acids

