

Non-essential Amino Acids

Can be manufactured by the body with proper nutrition

ALANINE

ARGININE

ASPARTIC ACID

CYSTINE

GLUTAMIC ACID

GLYCINE

HISTIDINE

PROLINE

SERINE

TAURINE

TYROSINE

PROLINE

- Important for the proper functioning of joints and tendons
- Helps maintain and strengthen heart muscles.

SERINE

- A storage source of glucose by the liver and muscles
- Helps strengthen the immune system by providing antibodies
- Synthesizes fatty acid sheath around nerve fibers.

TAURINE

- Helps stabilize the excitability of membranes
- Considered to be factors necessary for the control of many biochemical changes that take place in the aging process
- Aids in the clearing of free radical wastes

TYROSINE

- Transmits nerve impulses to the brain
- Helps overcome depression
- Improves memory
- Increases mental alertness
- Promotes the healthy functioning of the thyroid, adrenal and pituitary glands

