

Amino Acid Supreme™

Delicious, Free-Form, Essential Amino Acid Powder

Designs for Health's Amino Acid Supreme™ is a free-form, essential amino acid formula, including 2.5 g leucine per serving, in a delicious fruit punch flavored powder for convenience. Amino acids in their free form are immediately available for absorption and can be used metabolically more readily and rapidly compared with amino acids that must be liberated from dietary protein.

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

The human body synthesizes 10 of the 20 amino acids required by the body; the others must be supplied through food or supplementation. The nine amino acids the body does not produce internally are called "essential" amino acids (EAAs) because they are essential for humans to obtain them from the diet or from dietary supplements. Failure to obtain enough of even one of these amino acids may result in compromised structure or function of the proteins that require it. Unlike fat and starch, the human body does not store excess amino acids for later use. Therefore, amino acids must be consumed daily; otherwise, inadequate protein intake may cause the body to breakdown or catabolize its healthy tissue — such as skeletal muscle — to obtain the critical amino acids it requires for proper functioning.

Amino Acid Supreme™ provides all nine EAAs, including tryptophan, which is essential for the production of serotonin and melatonin. This formula also contains the conditionally-essential amino acid, arginine, which plays an important role in wound healing, immune function, and cell division. This may be especially beneficial for individuals with a compromised digestive function, those recovering from physical trauma, and those with difficulty consuming adequate amounts of complete protein. This formula contains optimal doses of the branched chain amino acid, leucine, considered the most anabolic amino acid (promoting growth and metabolic activity), which is particularly applicable for athletes and individuals looking to build lean muscle mass.*

Why Alpha-Ketoglutarate and Vitamin B6?

Alpha-ketoglutarate is a compound involved in the generation of energy inside cells. Providing this, along with the free-form essential 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 vitamin B6 metabolism, and many common medications may impair absorption of vitamin B6.

Recommended Use: Mix 12 grams (approximately one scoop) in 8 to 10 ounces of water per day, or as directed by your health-care practitioner.

More aggressive dosing may be warranted in cases in which a significant addition of muscle mass is desired or in confirmed amino acid deficiency states.

Highlights

- Readily absorbable, free-form, essential amino acids
- Powdered form for convenience
- Pleasant-tasting fruit punch flavor
- Zero grams of sugar and zero-calorie sweetened with stevia
- No artificial sweeteners or colors



Consult with your health-care practitioner about your specific circumstances and any questions you may have.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

TO CONTACT DESIGNS FOR HEALTH, PLEASE CALL US AT (860) 623-6314, OR VISIT US ON THE WEB AT WWW.DESIGNSFORHEALTH.COM.