

## My Amino Acid mix

The product contains 300g of 100% pure amino acids (protein building blocks). Free from all additives. *Alternatively* the product can be encapsulated and 10 grams equals 16 capsules.

Amino Acid	Percentage of Total
L-Leucine	19.6%
L-Valine	16.6%
L-Isoleucine	14.8%
L-Lysine	14.3%
L-Phenylalanine	12.9%
L-Threonine	11.1%
L-Methionine	7.0%
L-Tryptophan	3.7%

This product provides a high protein nutritional value with a low amount of nitrogen waste. This may reduce the stress on the kidneys and liver and be suitable for:

- Reducing blood glucose levels whilst ensuring muscle mass remains.
- Building lean muscle mass or reversing muscle wasting.
- Building skin and connective tissue material.
- Building immune mass, messengers and metabolic aids.

### Dosage

- Take 5 grams 1-2 times a day with sufficient fluids, best before meals. Powder can be mixed with something more pleasant tasting.
- Use the provided spoon & ensure the spoon has a level top.
- Cancer patients with wasting, may need up to 10 grams 3-5 times a day.

### Equivalence

10 grams of powder can introduce the same amount of protein, that builds up the body, as 350g (12 ounces) of meat, fish or poultry.

