



Manufacturers of
Hypo-allergenic
Nutritional
Supplements



Essential Aminos

INTRODUCED 2004

What Is It?

Pure Encapsulations Essential Aminos provides 8 essential amino acids. In humans, protein is composed of 20 amino acids, only some of which the body is able to produce. Those that need to be obtained from exogenous sources are referred to as the essential amino acids. Amino acids are the building blocks for all proteins, making them essential for a number of body functions, including fluid balance, enzyme production, cellular repair and energy metabolism. Amino acids also provide a readily available form of nitrogen, a critical element that forms various compounds such as neurotransmitters and creatine.*

Uses For Essential Aminos

Supports Healthy Muscle And Tissue: Proper intake of essential amino acids is important for the synthesis, repair, and metabolism of muscle, cells, and tissues. A number of studies have been conducted at the University of Texas, including a clinical study that suggested essential amino acid supplements may support muscle anabolism in the elderly. Another clinical study performed at the university's metabolism unit in the Department of Surgery indicated that supplementing with essential amino acids promotes healthy muscle protein synthesis after resistance exercise.*

What Is The Source?

Isoleucine, phenylalanine and valine are produced from corn dextrose fermentation. Leucine is originally extracted from protein and is extensively processed and purified. Lysine and histidine are produced by vegetable fermentation. Methionine is produced synthetically. Threonine is produced from a proprietary fermentation process.

Recommendations

Pure Encapsulations recommends 1-3 capsules per day, in divided doses, between meals.

Are There Any Potential Side Effects Or Precautions?

If pregnant or lactating, consult your physician before taking this product. People with phenylketonuria must avoid phenylalanine. Some research suggests that tardive dyskinesia patients may process phenylalanine abnormally. Until more is known, it makes sense for people with this condition to avoid phenylalanine supplementation. Individuals with kidney or liver disease should not consume high intakes of amino acids without consulting their doctor.

Are There Any Potential Drug Interactions?

At this time, there are no known adverse reactions when taken in conjunction with medications.

Essential Aminos capsules

each vegetable capsule contains   00

l-histidine (free-form)	50 mg.
l-isoleucine (free-form)	79 mg.
l-leucine (free-form)	138 mg.
l-lysine (HCl).....	150 mg.
l-methionine (free-form)	77 mg.
l-phenylalanine (free-form)	58 mg.
l-threonine (free-form).....	68 mg.
l-valine (free-form)	75 mg.
vitamin C (as ascorbyl palmitate)	9 mg.

1-3 capsules per day, in divided doses, between meals.

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

For educational purposes only. Consult your physician for any health problems.



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