

CLINICAL SUPPORT GUIDE

AMINO ACIDS

Amino Acid	What it Does	Clinical Applications
5-HTP	L-5-Hydroxytryptophan is a precursor to serotonin and melatonin.*	Supplementation may support healthy serotonin and melatonin levels, promoting positive mood and restful sleep.*
NAC	<p>N-Acetyl-L-Cysteine (NAC) is a premier antioxidant, antitoxin, and immune support nutrient.*</p> <p>Shown to help increase glutathione levels in the brain.*</p> <p>Strong anti-inflammatory effects, directly decreasing cytokine activity.*</p> <p>Modulates dopamine release, helps to reverse mitochondrial dysfunction and supports neurogenesis.*</p>	Supplementation has been shown to be supportive in many mental health disorders as well as supportive to the respiratory tract, liver and immune system.*
L-Methionine	Essential sulfur-bearing amino acid that supports liver detoxification, liver fat metabolism and energy production.*	Supplementation may support liver detoxification and healthy fat metabolism.*
L-Ornithine-L-Aspartate	Supports liver function and can help convert ammonia to urea and glutamine.*	May be supportive to the liver in cases of hepatic enlargement and/or excess fatty deposits.*
L-Lysine	Essential amino acid that is involved with calcium absorption, collagen formation, and the production of bone tissue.*	Supplementation with oral lysine may support bone, connective tissue and collagen formation.* It may also help to lessen the severity and frequency of herpes labialis (cold sores).*

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

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L-Tyrosine	Non-essential amino acid and a precursor to adrenaline, norepinephrine, dopamine and L-dopa.* L-tyrosine is involved in the production of thyroid hormone and the skin pigment melanin.*	Supplementation may support thyroid hormone production, melanin production, cognitive function, focus, memory, and emotional wellness in response to stress.* It may also improve thermoregulatory function in older adults.*
Acetyl-L-Carnitine	Aids in the transport of fatty acids into the mitochondria of the cell.* It is crucial for the conversion of protein, carbohydrates, and lipids into energy.*	Supplementation may support healthy and efficient metabolism.* It may also positively affect brain chemistry, supporting memory, mood, and energy production.*
L-Arginine	Involved in growth hormone release, nitric oxide production, and the metabolism of ammonia waste.*	Commonly used to support vasodilation and healthy vascular function.* Plays a role in healthy erections.*
L-Glutamine	Supports the development of the epithelial lining of the GI tract.* It supports muscle glycogen stores, growth hormone production, and provides fuel for the brain.*	Supports healthy permeability of the GI tract.* Supports lean muscle mass.*

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