Women's Health Library

Amino Acids – The Building Blocks of Health

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Additional Recommended Supplements for Optimal Health…

Foundation of Health:

- **Ultimate One**
- **CoQ10**
- **Omega 3 Fatty Acids**
- **Greens N' Things**
- **Chewable Calcium & D**
  or
- **Liquid Cal-Mag-Zinc**

See our full line of premium quality supplements at Our Store:

FreedomFromMenopause.com

These recommendations are for informational and educational purposes only. They are not intended as a substitute for advice from your medical professional, nor intended to diagnose, treat, cure, or prevent any disease. The information provided herein has not been evaluated by the Food and Drug Administration. WARNING: Before taking any of the products listed here, please consult with your healthcare professional if you are pregnant, nursing or if you have any medical condition or are taking any medicines. Dietary supplements can affect the way medicines work. If you are given a prescription for medicine, always tell your healthcare professional what dietary supplements you are taking.

Our bodies break down the protein in foods into building blocks called amino acids. These amino acids are re-assembled in our cells in a specific order necessary to form functional proteins. The quantities, as well as the types, of amino acids present in our bodies are critical. Without the correct amino acids in the proper quantities, our systems cannot rebuild or repair tissues, muscles, blood proteins and cell enzymes.

Science classifies these important components in two categories -- essential and nonessential. Eight are referred to as "essential" simply because our bodies cannot make them. The remaining thirteen amino acids are thought of as "nonessential" because our bodies can make them. In reality, all 21 amino acids are necessary for building tissue proteins.

Here is a list of how they are classified:

ESSENTIAL
(can't be made by our bodies)

Isoleucine
Leucine
Lysine
Methionine
Phenylalanine
Threonine
Tryptophan
Valine

NONESSENTIAL
(can be made by our bodies)

Alanine
Arginine
Asparagine
Aspartic Acid
Cystine (Cysteine)
Glutamic Acid
Glycine
Histidine
Hydroxylysine
Hydroxyproline
Proline
Serine
Tyrosine

When proteins contain these essential amino acids in quantities and ratios that meet the body's needs, they are called complete food proteins. Typically, complete food proteins occur naturally in animal products including eggs, milk, cheese and meats. Foods deficient in one or more of the essential amino acids are usually vegetable proteins, including grains, legumes, nuts and seeds. Vegetable proteins can be mixed with each other, or with complete food proteins to provide adequate amounts of the essential amino acids.

Another solution to obtaining complete food proteins and essential amino acids is our amino acid products:

Acetyl L-Carnitine :
As part of its role in supporting mental function, Acetyl L-Carnitine may help support memory, attention span and mental performance in normal people as well as those with brain impairment.

L-Arginine & L-Ornithine Complex
L-Arginine & L-Ornithine needs are elevated in times of intense stress. L-Arginine acts as a precursor to nitric oxide to promote healthy dilation of blood vessels and normalize blood lipid levels. As an antioxidant, it prevents cell destruction caused by harmful prooxidant substances, allowing enhanced blood flow. L-Ornithine, a precursor to LArginine, may help stimulate growth hormone to promote lean body mass anabolism.

L-Tyrosine
A conditionally essential amino acid, L-Tyrosine is one of the most important elements in maintaining neurotransmitter balance in the brain. These neurotransmitters are associated with proper mood, norepinephrine and dopamine. L-Tyrosine can also be useful in promoting nerve and thyroid health.