

Amino Acid Synergy

Free-form Essential Amino Acids



FOUNDATIONAL HEALTH



Amino Acid Synergy provides concentrated amounts of essential amino acids in their free form to support overall protein status and balance in the body.* Alpha-ketoglutarate and the biologically active form of vitamin B6 (as pyridoxal-5-phosphate [P5P]) are included to help support the metabolism and bioavailability of the amino acids provided in this formula.* This formula does not contain tryptophan to allow individuals the ability to use this supplement regardless of their serotonin-related status, such as those taking specific medications that affect serotonin activity and metabolism.*

Amino acids are fundamental for a vast array of bodily functions and metabolic processes, as they are the basic building blocks for more than 100,000 unique proteins in the human body, such as neurotransmitters, hormones, and enzymes. Amino acids also play a critical role in the metabolism and function of the microorganisms (i.e.,

bacteria) that live in the gastrointestinal tract. Insufficient amino acid absorption may be a result of dietary and lifestyle factors or digestive dysfunction.*

Humans can produce 11 of the 20 amino acids required for healthy biological function; the remaining nine essential amino acids (EAA) are those that cannot be produced by human cells and must be supplied in the diet through food or supplementation. Unlike fats and starches (types of complex carbohydrates), the human body is unable to store excess amino acids for later use. Therefore, essential amino acids must be consumed in adequate amounts daily to help discourage the breakdown of body tissues that contain amino acids, such as skeletal muscle.* Amino acids in their free form are immediately available for the body to absorb and utilize more readily and rapidly than amino acids in dietary protein from food.

Benefits*

- Supports protein status in the body
- Helps maintain lean body mass
- May promote muscle protein synthesis
- May help mitigate age-related muscle loss
- May be beneficial for individuals who have difficulty consuming adequate amounts of complete protein and athletes who require additional amino acids

Recommended Use

Take 4 capsules per day between meals or as directed by your health-care practitioner.

Warning: Not recommended for individuals with phenylketonuria.

Highlights

- Balanced mix of readily absorbable, free-form, essential amino acids in useful amounts
- Includes the bioactive form of vitamin B6 (as P5P) to support amino acid absorption, metabolism, and bioavailability
- Does not contain L-tryptophan
- Gluten-free, dairy-free, and soy-free
- Non-GMO

To contact Designs for Health, please call us at (860) 623-6314 or visit us on the web at www.designsforhealth.com.

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

Designs for Health and logo are trademarks of Designs for Health, Inc. © 2023 Designs for Health, Inc. All rights reserved

*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.