

# Amino Acid Synergy

*Comprehensive formula of essential amino acids*

Amino Acid Synergy provides a mixture of essential amino acids in the free-form, meaning they are immediately available for absorption and can be put to metabolic use much more readily and rapidly, as compared to amino acids contained in dietary protein.

Amino acids are best known as the building blocks of proteins, but they're also the raw material for various neurotransmitters (chemical messengers such as dopamine and serotonin), hormones, enzymes, immune system antibodies, and they also serve as factors in cellular energy generation. Amino acids do much more than simply build muscle; they control virtually all cellular processes.\*

The human body synthesizes ten of the twenty amino acids; the others must be supplied through dietary proteins or supplements. The ten amino acids the body doesn't produce internally are called "essential" amino acids (EAAs) because it is essential that we get them from an outside source. Failure to obtain enough of even one of these may result in compromised structure or function of the proteins that require it. Unlike fats and carbohydrates, the body does not store excess amino acids for later use, so amino acids must be consumed daily. Inadequate protein intake may cause the body to break down or catabolize its healthy tissue—such as muscle and bone—in order to get the critical amino acids it requires for proper functioning.

Amino Acid Synergy provides all the EAAs except for tryptophan, which is best dosed on its own under the guidance of your health care practitioner. The easily absorbed free-form amino acids in this product may be especially beneficial for individuals with suboptimal digestive function, those recovering from physical trauma, and those who may have difficulty consuming an adequate amount of complete protein, such as the elderly and those following strict vegan diets. Athletes and bodybuilders who require additional amino acids to maintain or increase lean muscle mass may also benefit from the readily absorbed amino acids in Amino Acid Synergy.

## Why Alpha-Ketoglutarate & Vitamin B6?

Alpha-ketoglutarate is a compound involved in the generation of energy inside cells. Providing this along with the free-form amino acids in Amino Acid Synergy may help promote stamina and healthy energy levels. Vitamin B6 is required for many reactions that convert amino acids into their end products, for example, tyrosine into dopamine. Synthesis of collagen—the main structural protein in the body—requires B6. Coffee and alcohol consumption may interfere with B6 metabolism and many common pharmaceutical drugs may impair absorption of B6, so some individuals may benefit from supplemental amounts.

**Recommended Use:** As a dietary supplement, take four capsules per day between meals, or as directed by your health care practitioner.



Consult with your healthcare practitioner about your specific circumstances and any questions you may have.

\*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.

TO CONTACT DESIGNS FOR HEALTH, PLEASE CALL US AT (860) 623-6314, OR VISIT US ON THE WEB AT [WWW.DESIGNSFORHEALTH.COM](http://WWW.DESIGNSFORHEALTH.COM).