



AminoBlend

Overview

Amino acids are the natural compounds that are used as building blocks by the body to create proteins. Amino acids, and the proteins that are made from them, are crucial to helping the body break down food, repair body tissue, grow, and perform many other bodily functions. They are found in foods such as meats, fish, and soybeans. Some people also use amino acid supplements to boost athletic performance or improve their mood.

Amino acids are categorized into three groups: essential, nonessential, and conditional. Essential amino acids cannot be made within the body and must come from external sources, such as diet or supplements. Nonessential amino acids are produced within the body, and conditional amino acids are usually produced within the body. During periods of stress, illness, or injury the body may not be able to create enough of these, and they become essential amino acids that require external supplementation.

Other Uses

Amino blend could help boost your metabolism, improve energy levels, increase endurance, and help to burn fat. It also provides your body with essential and non-essential amino acids to promote overall health.

Side Effects

Some effects may occur and go away as your body adjusts to the treatment. Some reported stomach bloating, abdominal pain, diarrhea, increased risk of gout, lowered blood pressure or suppressed appetite. Caution if you have asthma, previous heart attacks, liver or kidney diseases. Check with your doctors if you experience any unusual symptom(s) or reaction(s).