

Amino Acid Synergy

Comprehensive formula of essential amino acids

Amino Acid Synergy is a comprehensive formula made up of essential *amino acids* – the building blocks of proteins – which are vital to overall health and wellness. The human body can produce 10 of the 20 amino acids; the remaining 10 amino acids are considered “essential,” meaning they must be supplied through the diet. Out of the 10 amino acids the body cannot produce, failure to obtain adequate amounts of even 1 of the 10 essential amino acids results in a degradation of the body’s proteins, including muscle. Unlike fats and carbohydrates, the human body does not store excess amino acids for later use, thus amino acids must be consumed every day.

The importance of protein

The human body is composed of approximately 20 percent protein by weight. Hair and nails are mostly made of protein. The 20 amino acids that are found within proteins are necessary to make enzymes and hormones, as well as build and repair bones, muscles, cartilage, skin, and blood. Proteins play an important role in energy metabolism and control virtually all cellular processes.

Amino Acid Synergy may be useful for:

- People whose diets are insufficient in quality protein
- Athletes that require additional amino acids to maintain or achieve greater lean body mass
- Bone, muscle, and cartilage support
- Recovery from surgery or tissue trauma
- Support for healthy hair and nails

Why choose Amino Acid Synergy?

Amino Acid Synergy is useful as a general supplement for individuals whose diets are insufficient in quality protein, such as athletes who require additional amino acids to maintain or achieve greater lean body mass, and for those who have confirmed amino acid deficiencies, as determined by a health care practitioner. 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 more readily and rapidly, compared to amino acids that are contained in dietary protein.

Recommended Use

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



TO CONTACT DESIGNS FOR HEALTH, PLEASE CALL US AT (800) 847-8302, OR VISIT US ON THE WEB AT WWW.DESIGNSFORHEALTH.COM.

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