

PRODUCT INFORMATION

AminoBasix®

AminoBasix® provides the most important essential and semi-essential amino acids to encourage the healthy production of human growth hormone (HGH), encourage optimal muscle mass and support a healthy immune system.

Basic Facts

Considering their extremely important biological significance, far too little attention is paid to amino acids – particularly in relation to other substances often classified as indispensable, such as vitamins, minerals and enzymes. Not only are amino acids the basic building blocks of the cellular proteins that form tissues such as muscles, skin and hair, but they also contribute to almost every metabolic process in the body. Furthermore, amino acids are the precursors from which the body produces neurotransmitters and hormones. When under stress, and especially in old age, the body needs an adequate supply of these vital substances to ensure optimal performance. For this reason, amino acids have become a focus of modern preventive and anti-aging medicine.

Above all, essential and semi-essential (those that must be obtained from food) amino acids perform a very important function in the body relating to the production and subsequent release of growth hormone – also known as HGH (human growth hormone). Specifically, certain amino acids help the pituitary gland produce adequate amounts of HGH. At the same time, they give signals within the pituitary gland to release this neurotransmitter. This dual effect makes it possible to support healthy levels of HGH naturally as we age.

The formation of HGH in the brain depends on each person's individual needs – demands that always peak during youth. Evolution had not envisaged a need for a renewed increase in HGH levels with advancing age; as a result, with age, the body begins to fail at tasks like tissue repair, cell regeneration and maintaining a strong, healthy immune system. All metabolic processes that would normally convert macro- and micro-nutrients into both energy and the vital nutrients so essential for life become insidiously disrupted, and typical age-related complaints begin to appear. These are characterized by a decrease in muscle strength, immune system disorders and changes in hormone levels.

In the public perception, it is often just the sex hormones and stress hormones that form the focus of interest in anti-aging medicine – thus, many completely overlook the importance of human growth hormone in coordinating our capabilities for biological rejuvenation.

In a nutshell, the following statement applies: The majority of chronic diseases experienced in the second half of one's life are intrinsically due to the fact that vital amino acids are no longer available in sufficient quantities in a bioactive form.

Effects

A portal system to the pituitary gland regulates both the repression and the release of hormones and neurotransmitters. Here, eight truly vital and some semi-essential amino acids ingeniously share the tasks. As hormone-releasing agonists, most are directly involved in the proactive release of growth hormone. Others specifically block those substances, also called somatostatins or statins of the hypothalamus, which in turn repress the hormonal effect. Disturbances of this balance of release and repression are diverse, and often form the basis of the modern diseases of civilization.

On the other hand, scientific literature has documented the favorable effects of an optimum blend of amino acids on almost all age-related health changes. Not only can amino acids encourage healthy muscle strength and mass, but they can also protect cardiovascular health, support healthy bones and joints, help maintain blood sugar levels within normal ranges, encourage healthy digestion and promote a healthy metabolism. Supplying adequate amounts of amino acids can also help maintain a healthy immune system, soothe menopausal symptoms, encourage a healthy libido, facilitate healthy sleep and promote a healthy mood.

As we age, many factors gradually reduce our physical ability to absorb sufficient amounts of amino acids from our diet. If these amino acids are not supplemented, it can cause nutritional deficiencies; whether due to reduced protein synthesis or decreasing HGH bioavailability. Moreover, a direct relationship between cognitive ability and the levels of growth hormone and neurotransmitters in the brain has recently been proven.

The term «essential», from the Latin word for «essence», is justified regarding these nutrients because, on the one hand, they cannot be produced by the body itself



AminoBasix®

- ▶ Supports healthy levels of human growth hormone (HGH) – the «Fountain of Youth»
- ▶ Supplies the body with the essential amino acids, regardless of diet
- ▶ Introduces vital nutrients that can help protect against the diseases of civilization
- ▶ Encourages optimal physical and mental performance, naturally

At a Glance

AminoBasix®

and, on the other, they carry out a variety of tasks. The body can, however, synthesize other, non-essential amino acids but it requires the essential or semi-essential amino acids to do so.

Besides proteins, the particularly valuable L-amino acids form mini-proteins called peptides, which exhibit various effects: hormone-like, pro- and anti-inflammatory and antibacterial.

Aside from their ability to encourage the release of growth hormone, the following specific characteristics of the major amino acids found in AminoBasix® have been scientifically proven:

L-leucine protects against muscle breakdown and promotes the formation of new cells in the muscle tissue. **L-ornithine** encourages optimum energy efficiency during exercise and helps to reduce fatigue.

L-isoleucine not only helps maintain healthy blood sugar levels, but a deficiency of this amino acid can result in mood disorders and sleep concerns. **L-valine** also supports the nervous system and promotes healthy cognitive performance. **L-tyrosine** supports concentration and helps to maintain a healthy mood. **L-tryptophan**, the important precursor for the happiness hormone serotonin, promotes healthy digestion. Because, in contrast to serotonin, it can also cross the blood-brain barrier, it is essential for maintaining a healthy mood.

L-arginine helps maintain healthy blood flow to the muscle tissue while also enabling the kidneys to function properly; an effect of immense importance for the elimination of toxins. The amino acid **L-cysteine** has a detoxifying effect. Moreover, it protects DNA, i.e. the genotype, against oxidative stress. Another noteworthy amino acid is **L-histidine**, which is particularly effective in protecting tissues against oxidative stress. Moreover, this amino acid has been proven to promote healthy inflammatory processes in cases of unbalanced blood sugar levels.

The main task of **L-lysine** is to promote fat burning and the maintenance of healthy levels of LDL cholesterol. **L-methionine** is another amino acid that supports the processing of fat in the liver. At the same time, this amino acid or its derivatives help(s) to soothe certain allergies.

Similarly to tryptophan, **L-phenylalanine** is a precursor to mood-regulating neurotransmitters such as dopamine, adrenaline and noradrenaline.

The little-known amino acid **L-threonine** is also an essential amino acid. As a nitrogen donor, not only does it play an important role in the nervous system, but it also takes on tasks relating to the energy balance of the entire body and encourages the healthy physiological functioning of the thyroid gland without stimulating it too much. The black pepper extract **Bioperine®**, which is not an amino acid, enhances the absorption of many substances, including that of amino acids. Studies underscore the importance of utilizing the best possible combination of amino acids for effectiveness.

Uses

Promoting healthy growth hormone release, aiding with general age-related problems, in convalescence and/or debility, before and after an operation, for promoting strong muscles and fat burning, for maintaining a healthy immune system, support for chronic conditions.

Composition

One capsule contains:

L-leucine	125 mg
L-ornithine	60 mg
L-isoleucine	60 mg
L-valine	60 mg
L-arginine	60 mg
L-cysteine	50 mg
L-tyrosine	50 mg
L-lysine	30 mg
L-phenylalanine	30 mg
L-threonine	30 mg
L-histidine	25 mg
L-methionine	15 mg
L-tryptophan	15 mg
Bioperine®	1 mg

in pharmaceutical grade. Other ingredients: magnesium stearate, SiO₂.

Dosage

In normal cases take 2 capsules in the evening with plenty of fluid. During intensive sport take additionally 1 capsule before and 1 capsule after your fitness activity.

Instructions

Food supplements are no substitute for a well-balanced diet and a healthy lifestyle. The indicated recommended daily intake should not be exceeded. Persons under constant medical care should consult a physician before taking the supplements. Product information is not to be considered a statement regarding cure; in general, we advise against self-medication without proper consultation of a doctor. Subject to mistakes and print or typographical errors.

Store in a cool and dry environment, out of reach for children.

AminoBasix® Product Groups

AminoBasix® can be found in the following product groups (www.vitabasix.com):

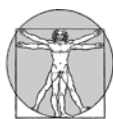
 **Vitamins & Food Supplements**

 **Immune System, Cell Protection & Antioxidants**

 **Power & Energy**

 **Sports & Muscles**

Manufacturer:



VitaBasix®

by LHP Inc.

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Important information:

Our products are manufactured in accordance with the GMP (Good Manufacturing Practice) standard. Their quality, purity and concentration are regularly tested in independent test laboratories, in keeping with the FDA (Food and Drug Administration) guidelines.

Our products should be regarded as preventive measures or measures to enhance the individual's general wellbeing. Patients must consult a doctor before using the products for the treatment of diseases.

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