



## Amino-NR

Introduced 2008



### What Is It?

Amino-NR is a complex of amino acids in naturally occurring ratios, providing support for athletic activity, immune function, and daily wellness.\*

### Uses For Amino-NR

**Athletic Support:** Amino acids provide important support for athletic training, as supplementation promotes recovery, protects DNA from oxidation, lessens occasional muscle soreness and fatigue, enhances muscle performance, and enhances the oxygen carrying capacity of the bloodstream. This formula is based on the ratios of amino acids found naturally in high biological value (BV) protein sources. Alpha lipoic acid and alpha ketoglutarate provide additional support for mitochondrial function and energy.\*

**Daily Wellness:** Adequate protein and amino acids are vital for overall daily wellness, supporting healthy tissue and enzyme function. Amino acids also play an important role in immune health, primarily attributed to support for healthy glutamine and glutathione levels. Vitamin B<sub>6</sub> acts as a cofactor for healthy amino acid metabolism.\*

### What Is The Source?

Alpha lipoic acid, alpha ketoglutarate, taurine, glycine and L-methionine are produced synthetically. L-Arginine, L-alanine, L-glutamine, L-histidine, L-lysine and L-threonine are produced by vegetable fermentation. L-Proline is derived from rice dextrose fermentation. L-Isoleucine, L-phenylalanine, L-serine and L-valine are produced from corn dextrose fermentation. L-Leucine and L-tyrosine are extracted from protein and extensively processed and purified. Ascorbyl palmitate is derived from corn dextrose fermentation and palm oil.

### Recommendations

Pure Encapsulations recommends 3-6 capsules daily, in divided doses, between meals.


### Are There Any Potential Side Effects Or Precautions?

If pregnant or lactating, consult your physician before taking this product. Alpha lipoic acid may cause gastrointestinal discomfort in some individuals. In rare cases, alpha lipoic acid has been associated with skin rash. People with phenylketonuria must avoid phenylalanine. Some research suggests that tardive dyskinesia patients may process phenylalanine abnormally. Until more is known, it makes sense for people with this condition to avoid phenylalanine supplementation. Individuals with kidney or liver disease should not consume high intakes of amino acids with consulting their doctor.

### Are There Any Potential Drug Interactions?

Individuals taking alpha lipoic acid with anti-diabetes medications may require blood glucose monitoring. Consult your physician for more information.

### Amino-NR

three vegetarian capsules contain	 v 00
alpha ketoglutarate.....	100 mg
alpha lipoic acid.....	50 mg
L-histidine (free-form).....	77 mg
L-isoleucine (free-form).....	117 mg
L-leucine (free-form).....	207 mg
L-lysine HCl monohydrate.....	225 mg
L-methionine (free-form).....	158 mg
L-phenylalanine (free-form).....	86 mg
L-threonine (free-form).....	104 mg
L-valine (free-form).....	113 mg
L-alanine (free-form).....	41 mg
L-arginine HCl.....	68 mg
L-glutamine (free-form).....	338 mg
glycine (free-form).....	68 mg
L-proline (free-form).....	135 mg
L-serine (free-form).....	68 mg
L-tyrosine (free-form).....	36 mg
pyridoxal 5' phosphate (activated B <sub>6</sub> ).....	5 mg
other ingredients: ascorbyl palmitate, vegetarian capsule (cellulose, water)	
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