

# Amino-Mix

An excellent source  
of amino acids, the  
building blocks of life

- A GOOD SOURCE OF ESSENTIAL AMINO ACIDS
- NEEDS NO DIGESTION AND PASSES DIRECTLY INTO THE BLOODSTREAM
- FORMS THE BUILDING BLOCKS OF ALL MUSCLES



**New** Roots Herbal's Amino-Mix is made from 100% pure pharmaceutical grade lactalbumine hydrolysate for maximal protein utilization. Each tablet provides the optimal mix of free-form di- and tripeptide amino acids. Amino-Mix is a scientifically balanced source of both essential and non-essential amino acids. Amino-Mix should be taken with a complete multi-vitamin, such as New Roots Herbal's Multi-Max or Phytomax. Amino acids are dependent on vitamins and minerals to work.

### What are Amino Acids?

Amino acids are organic molecules that form the basic constituents of protein. Proteins are simply collections of large particles of accumulated links of peptides (or polypeptides). In the digestion process, proteins are broken down in a process called hydrolyzation, from polypeptides to smaller oligopeptides, then to dipeptides or tripeptides, which are made up of two or three links of specific amino acids, called free-form amino acids, that are finally absorbed into the bloodstream. Therefore, we can see that amino acids are, quite simply, the most basic building blocks of proteins. Typically, discussions of amino acids revolve around about 20 or so amino acids that are involved in body function. Of these, eight (some say 10) are deemed to be essential due to the fact that: 1-the body cannot make them so that they must be taken in from an external source, and; 2-the body cannot survive with a deficiency of any one of them.

The essential amino acids are leucine, isoleucine, valine, methionine, lysine, threonine, phenylalanine, and yes, tryptophan. The first three are commonly referred to as the branched-chain amino acids and are of particular importance due to their ability to provide the body with about 70% of its nitrogen needs. Studies have shown that a shortage of branched-chain amino acids, coupled with increased physical demands on the body, can lead to a cannibalization of muscle tissue to respond to the body's need for nitrogen.

### Free-form amino acids

Free-form amino acids are made up of high-grade individual amino acids. This form of amino acid needs no digestion and passes directly into the bloodstream to provide a hard-training athlete with aminos for tissue repair and muscle hypertrophy. (Predigested amino acids have relatively low absorption and lack any amount of natural tryptophan.)

### What do amino acids do?

Amino acids are the building blocks of protein, including the protein collagen, the backbone for all connective tissue. Connective tissue includes all muscles, tendons, ligaments, cartilage, arteries and capillaries, and our entire skeletal system.

Each amino acid has a specific function within the body, which includes the transport of dietary fat and triglycerides into the cells for energy, stimulating hormone secretion by the pituitary gland, mobilizing fatty acids from adipose tissue, and supplying the body with nitrogen.

### Four tablets of 850 mg of lactalbumine hydrolysate contain:

L-Glutamic Acid	428 mg
L-Leucine (BCAA)*	313 mg
L-Aspartic Acid	260 mg
L-Proline	250 mg
L-Lysine*	218 mg
L-Threonine*	168 mg
L-Isoleucine (BCAA)*	158 mg
L-Valine (BCAA)*	145 mg
L-Alanine	113 mg
L-Serine	110 mg
L-Phenylalanine*	78 mg
L-Tyrosine	73 mg
L-Arginine	63 mg
L-Cystine	50 mg
L-Glycine	45 mg
L-Methionine*	45 mg
L-Histidine	43 mg
L-Tryptophan*	40 mg

\* Essential Amino Acid

BCAA = Branched-chain Amino Acid

Non-medicinal ingredients: Dicalcium phosphate, vegetable cellulose, sodium croscarmellose, silicon dioxide, vegetable magnesium stearate and vegetable stearic acid.

### Suggested use:

Take 2 to 4 tablets twice daily or as directed by your health care practitioner.

Keep out of reach of children.

*Manufactured under strict GMP (Good Manufacturing Practices)*

*New Roots Herbal at 1-800-268-9486 or [www.newrootsherbal.com](http://www.newrootsherbal.com)*