



Amino Acids

Next to water, protein is needed by every living organism, making up the largest portion of our body weight since it is contained in hair, muscles, organs, etc. The protein used in making up the body is not directly derived from diet, but the dietary protein is broken down into Amino Acids, and the body then re-constitute these Amino Acids into the specific proteins needed.

Enzymes and hormones regulating body functions are also proteins. Amino Acids are used in most body processes from regulating the way body works to how the brain functions – they activate and utilize vitamins and other nutrients.

How Amino Acids support wellbeing	Amino Acids support foods
Many processes in the body are supported by amino acids in order to function at their optimum level. Amino acids are a key part in the enzyme processes and the protein building which the body needs for everyday maintenance. You need a wide variety of amino acids to help support and maintain the myriad of underlying mechanisms which will in turn support optimised wellness.	<ul style="list-style-type: none">• Meat• Dairy• Seeds• Lentils• Chickpeas• Grains• Nuts• Spirulina• Poultry• Seafood• Onion• Garlic• Pepper• Green vegetables <p>*There are many other Amino Acid support foods, these are some of the common examples.</p>

We recommend that you get your epigenetics analysed regularly to prevent amino acid and wellbeing challenges.