

# Amino NR

Natural ratio amino acid complex to support daily wellness and athletic activity<sup>†</sup>

## INDICATIONS

- Ages 18 and up

## BENEFITS

- Offers high-biological value (BV) free-form amino acid blend for daily wellness<sup>†</sup>
- Supports muscle function<sup>†</sup>

## FEATURES

- Based on the ratios of amino acids found naturally in high BV protein sources

## VERIFIABLE SCIENCE

Amino-NR is an amino acid dietary supplement that supports athletic activity, immune function, and daily wellness. Dietary amino acids provide important support for athletic training by promoting muscle performance and recovery.<sup>1-4</sup> From trained athletes to the elderly, dietary amino acids also play an important role in immune health, primarily attributed to support for healthy glutamine and glutathione levels.<sup>5,6</sup> Alpha lipoic acid and adenosylcobalamin provide additional support for mitochondrial function and energy.<sup>7,8</sup>

Adenosylcobalamin is the form of vitamin B<sub>12</sub> active in mitochondria, promoting mitochondrial energy (ATP) production, in part by supporting MCM enzyme activity, which declines with age.<sup>9</sup> Animal studies suggest it specifically enhances mitochondrial bioenergetics, promotes type IIA fast twitch muscle fiber size during aging, and stabilizes neuro-muscular junctions.<sup>10</sup> Vitamin B<sub>6</sub> acts as a cofactor for healthy amino acid and energy metabolism.<sup>†</sup>

## SUGGESTED USE

As a dietary supplement, take 3 capsules, 1-2 times daily, between meals.

## STORAGE

Store in a cool dry place.

## WARNING

If you are pregnant or lactating, have any health condition or are taking any medication, consult your health professional before use.

PHENYLKETONURICS: CONTAINS PHENYLALANINE

## NOTES

Capsule size 00  
 Bottle count 180  
 Order code ANR41  
 Bottle size 190 cc  
 Vegan/Vegetarian  
 Hypoallergenic  
 Gluten-free (certified)  
 Non-GMO<sup>†</sup>

## REFERENCES

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3. Gualano AB, et al. *J Sports Med Phys Fitness.* 2011 Mar;51(1):82-8.
4. Willoughby DS, Stout JR, Wilborn CD. *Amino Acids.* 2007;32(4):467-77.
5. Volpi E, et al. *Am J Clin Nutr.* 2003 Aug;78(2):250-8.
6. Kingsbury KJ, Kay L, Hjelm M. *Br J Sports Med.* 1998 Mar;32(1):25-32.
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## SUPPLEMENT FACTS

**3 capsules, 1-2 times daily, between meals**

**Three (size 00) capsules contain:**

Calories	10
Vitamin B <sub>6</sub> (as pyridoxal 5' phosphate) (activated B <sub>6</sub> )	3.3 mg
Vitamin B <sub>12</sub> (as adenosylcobalamin)	1,000 mcg
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 (free-form)	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
L-Tryptophan (free-form)	33 mg
Taurine (free-form)	23 mg

Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate

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Amino NR	Quantity	Order Code
	180	ANR41

<sup>†</sup>Visit [PureEncapsulations.com](http://PureEncapsulations.com) for more information about our GMO policy