

# MyAMINO®

Human Amino Acid Profile™ of the 8 essential amino acids as basic building blocks of protein metabolism

Dietary supplement



Optimized for maximum Net Amino Acid Value (NAV  $\geq 99\%$ )

The protein revolution

With a NAV of  $\geq 99\%$ , MyAMINO® achieves the worldwide highest value in protein nutrition, that means almost all its amino acids can be used for the body's protein synthesis and thus to build up new cells. MyAMINO® has almost no calories since only 1% glucose can be formed from 1% metabolic waste (MW). People who have to follow a low carbohydrate intake (for example with elevated blood glucose levels) can there-fore greatly reduce their load of glucogenic metabolites from the protein diet by substituting dietary proteins with MyAMINO®.

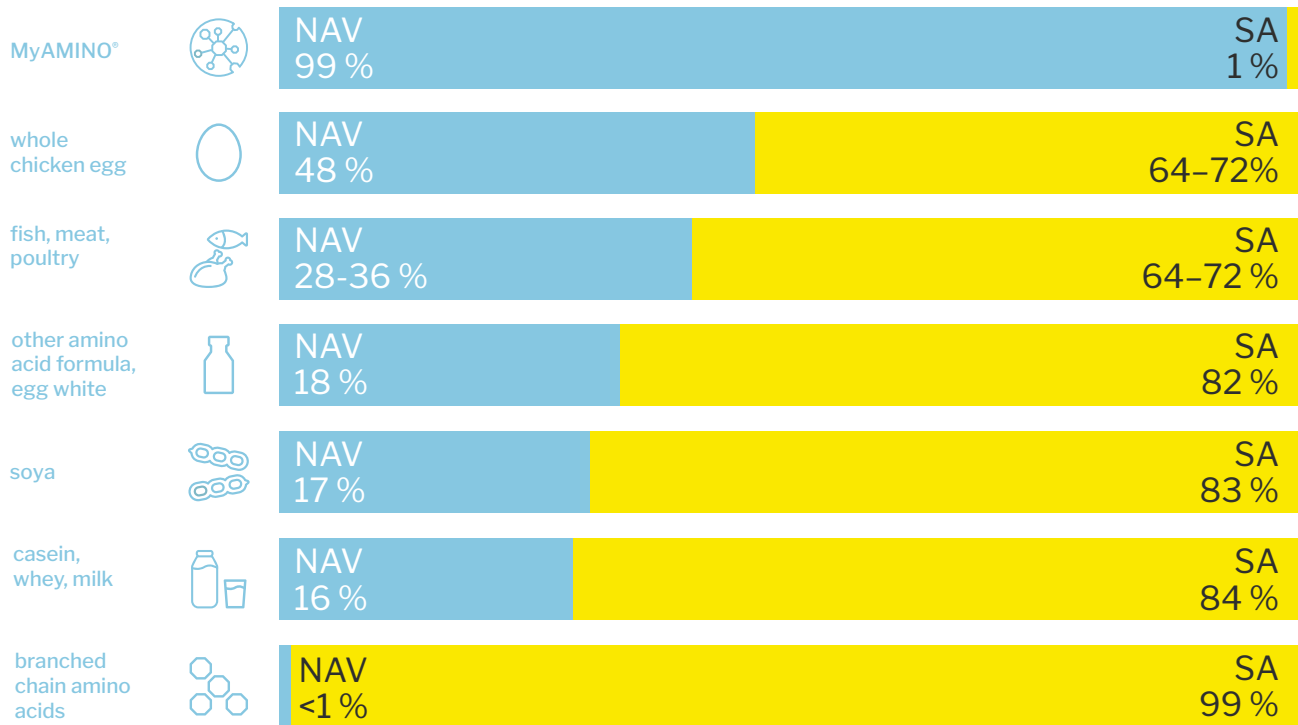
Use of MyAMINO®

- Enhancement and supplementation your daily diet,
- Mental burdens and stress
- Sport or other physical exertion
- Vegetarian or vegan lifestyles
- Diets, particularly ketogenic and hyperketogenic diets, weight loss programs to avoid the yo-yo effect (according to instructions)
- Diabetic nutrition
- Intolerance or reduced intake and utilization of dietary protein
- Protein nutrition of people who are in a special physiological condition, such as the elderly, pregnant women and nursing mothers, growing children, people in regeneration
- Clinical nutrition for people suffering from protein deficiency, dysfunctions of kidney and liver, stomach and bowel, people with gout, rheumatism or arthrosis or inflammatory processes, epilepsy, oncological nutrition, especially preventing tumour cachexia, in accordance with the appropriate doctor or medical practitioner
- Preservation and strengthening of muscles and lean tissues

Recommended intake

Take 5 MyAMINO® tablets 1–2 times a day with sufficient fluids, best before the meals. Higher requirements for sport or dietary nutrition programs in accordance with your nutrition consultant, trainer, health practitioner or doctor. For MyAMINO® there are no restrictions or intolerances. However, people with severe protein deficiency or protein undersupply may notice increased regulative and building effects, above all in the muscles and joints. In this case, it is advisable to reduce the amount before gradually building it up again – much in the same way as severely dehydrated people should be re-accustomed to water only slowly.

Comparison of protein sources  
(ratio of net amino acids usability to the load of nitrogen waste)

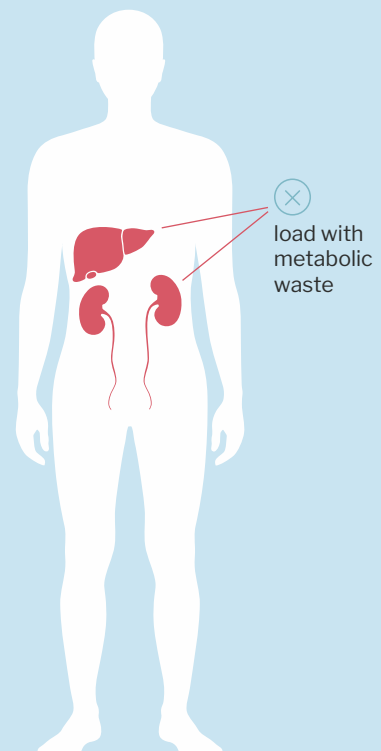


NAV = Net Amino Acid Value

MW = Metabolic Waste

Only if the eight essential amino acids are present at the same moment and in the exact right ratio, our organism is able to build up the body's own protein optimally. In any other case, the anabolic NAV decreases and consequently the load of metabolic waste (ammonia) increases, which must be disposed by the degradation organs (liver, kidneys). The degradation of amino acids, which can not be used for the body's protein synthesis, also produces energy in the form of glucose via the gluconeogenesis in the same amount as metabolic waste.

The higher the ratio of the eight essential amino acids deviate from the optimal profile, the lower is the protein value resp. the net amino acid value (NAV) of a protein food source. In return, the share of metabolic waste is higher. The inverse proportional ratio between the NAV and the load of metabolic waste, respectively energy, illustrated in the above graph.



## The discovery of the specific Human Amino Acid Profile (MyAMINO®)

Recent research has discovered that all living creatures have their own specific amino acid profile, a so-called “master profile” for achieving the maximal protein synthesis – and so does man. In order for a body protein synthesis to work, that means that the amino acids can actually be used as building blocks for cell formation, all eight essential amino acids must be present simultaneously and exactly according to the composition of the specific amino acid profile of the organism.

### About amino acids – the building blocks of life



Almost all vital substances which our body requires are converted from various amino acids into peptides or protein. Amino acids are the elementary building blocks of life. They are transported via the blood to the parts of the body where they are transformed and incorporated into the body’s own protein (organ tissue such as skin, muscular apparatus, liver cells, enzymes, etc.). Amino acids also form the basis for hormones (e.g. insulin, glucagon) or neurohormones (serotonin, melatonin). In the same way for sclero-proteins (collagen, elastin, keratin) as well as structural protein (actin, myosin) and plasma protein (globulin) or transport proteins such as albumin and haemoglobin. Furthermore, they are important for the production of male and female hormones and the maintenance of a healthy libido.

In addition, they form the basis for our immune system (antibodies, blood clotting factors). Proteins are also required as reserve substances for the energy supply in case of hunger. Above all, the body forms them from the muscular apparatus, the spleen and the liver. It is mostly these organs that they are adducted in times of hunger – and also in the case of false diets or fasting cures – with the help of gluconeogenesis (generation of glucose) for the energy supply. Every day the organism produces between 80,000 and 120,000 different enzyme connections by stringing together different amino acid molecules and converting them into molecular chains in body protein.

### Comparison of MyAMINO® with other protein sources

Protein origin	Required intake of dietary protein	NAV*	Yield of cell structure in g	Metabolic waste in g	Proportion of glucose in kcal	N-waste load Dietary protein in comparison to MyAMINO®
MyAMINO®	10.0 g	>99 %	>9.9 g	< 0.1 g	0.4 kcal	
Spirulinaprotein	55.0 g	18 %	9.9 g	45.1 g	180.4 kcal	451:1
Soy protein	58.2 g	17 %	9.9 g	< 48.3 g	193.2 kcal	483:1
Whey protein	61.9 g	16 %	9.9 g	< 52.0 g	208.0 kcal	520:1

A build-up value of 9.9 g for body protein synthesis is to be achieved. For this, for example, 10 g MyAMINO® with 99 % net-amino acid value (NAV) or 61.9 g of protein from whey with 16 % NAV can be eaten. This results in an anabolic ratio of 6 : 1 and a ratio of metabolic waste from whey protein compared to MyAMINO® of 520 : 1!

Nutrients MyAMINO®  
per 10 tablets

L-Leucine	1,964 mg	--	L-Threonine	1,111 mg	--
L-Isoleucine	1,483 mg	--	L-Methionine	699 mg	--
L-Valine	1,657 mg	--	L-Tryptophan	368 mg	--
L-Lysine	1,429 mg	--	L-Phenylalanine	1,289 mg	--

RDA: % of the Recommended Daily Amount



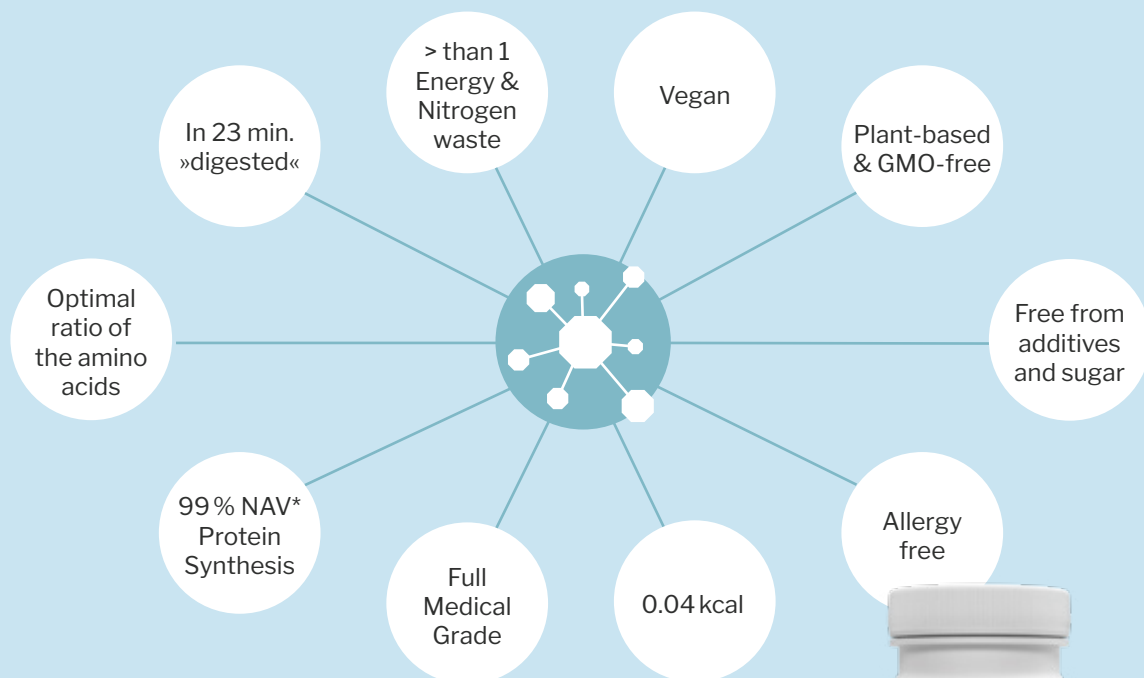
Our modern form of nutrition, vegetarianism and our stress-related way of life do not always guarantee that we receive and/or make use of all essential amino acids in sufficient quantities. Protein requirements are seriously underestimated. With increasing age or in times of stress or illness the absorbability of the body sinks (decrease in digestive and detoxification power, protein utilization malfunctions).

Due to the exceptional importance of amino acids for nutrition our organism has a built-in protein hierarchy, i.e. a position of priority in protein nutrition. The result is that we are satisfied when we have taken on sufficient protein. If we only eat inferior protein, we take on more calories than we can burn of in order to satisfy our 'protein hunger'. The result is that we become fat. For MyAMINO® has a much higher nutritional value than all other protein sources, it supplies us with sufficient amounts of high quality protein via the eight essential amino acids without loading ourselves with nitrogen toxins. This means that our feeling of hunger disappears while our kidneys and liver are unburdened. As MyAMINO® does not create any digestive end products, it results in the relief of the digestive system and also the cardiovascular system.

## MyAMINO® is a revolution in protein nutrition

- MyAMINO® is a pure foodstuff and has a 100 % pure, free crystalline amino acid content.
- MyAMINO® has a bioavailability/digestibility of 100 %.
- MyAMINO® provides an optimal ratio of the eight essential amino acids L-Leucine, L-Valine, L-Isoleucine, L-Lysine, L-Phenylalanine, L-Threonine, L-Methionine and L-Tryptophan for the human dietary pattern.
- MyAMINO® therefore achieves an extraordinarily high protein value of  $\geq 99\%$  Net Amino Acid Value (NAV)
- MyAMINO® consequently forms only 1% metabolic waste, such as ammonia or urea, as well as only 1% glucose from protein metabolism.
- MyAMINO® is almost completely calorie free (just 0.4 kcal in 10 tablets). It introduces the same amount of actually anabolic utilizable amino acids to the body as 350 g meat, fish or poultry.
- MyAMINO® is completely reabsorbed in the small intestine within 23 minutes. It is already split and does not require any cleaving enzymes (peptides). The transition period of usual nutritional proteins into the body takes 5 to 13 times longer.
- MyAMINO® does not contain any allergens, since its amino acids are obtained by fermentation.

Per 1 tablet



\* Net-amino-acid-value

## Ingredients

100 % free and crystalline amino acids of ultra pure pharmaceutical grade, namely L-Leucine (19.6 %), L-Valine (16.6 %), L-Isoleucine (14.8 %), L-Lysine (14.3 %), L-Phenylalanine (12.9 %), L-Threonine (11.1 %), L-Methionine (7.0 %), L-Tryptophan (3.7 %).

MyAMINO® is free from any additives or doping substances. MyAMINO® is not a drug but a super food, whose amino acids are obtained by fermentation and hydrolysis from GMO-free vegetable origin and do not carry allergens.

## Nutritional values

Per 10 tablets: L-Leucine 1,964 mg, L-Valine 1,657 mg, L-Isoleucine 1,483 mg, L-Lysine 1,429 mg, L-Phenylalanine, 1,289 mg, L-Threonine 1,111 mg, L-Methionine 699 mg, L-Tryptophan 368 mg

## Content

120 tablets / 120 g. Sufficient for 24–12 days, depending on the intake.

MyAMINO® can be obtained from:



Legal note: This product is for nutrition and therefore does not affect any Drug Act of any country. A good nutritional status can help the organism prevent or to overcome diseases. All statements describe characteristics and physiological effects, which can be different for consumers, and do not constitute a healing or health promise.