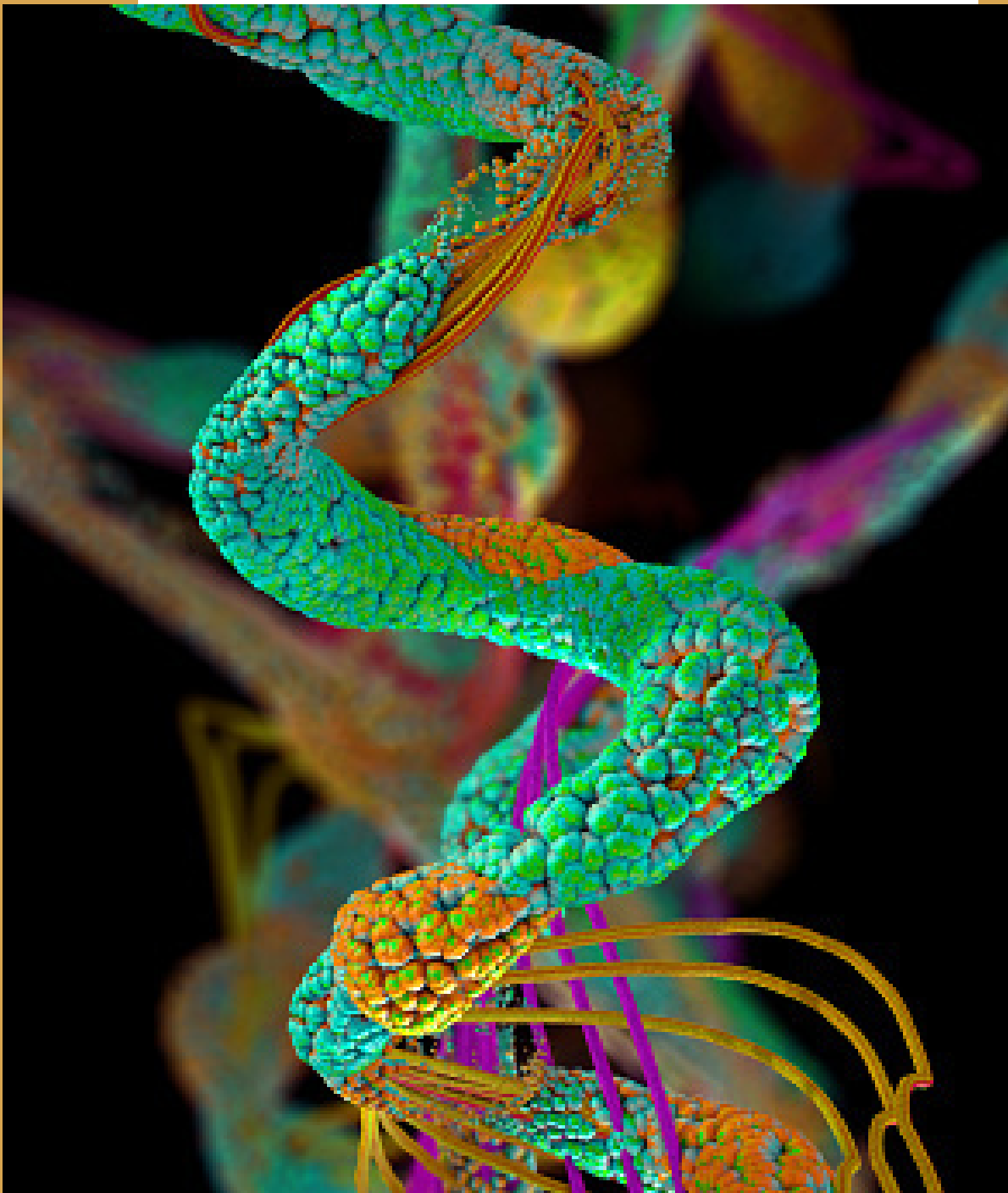


OCT 9, 2023

# AMINO ACIDS



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## MAIN FUNCTIONS:

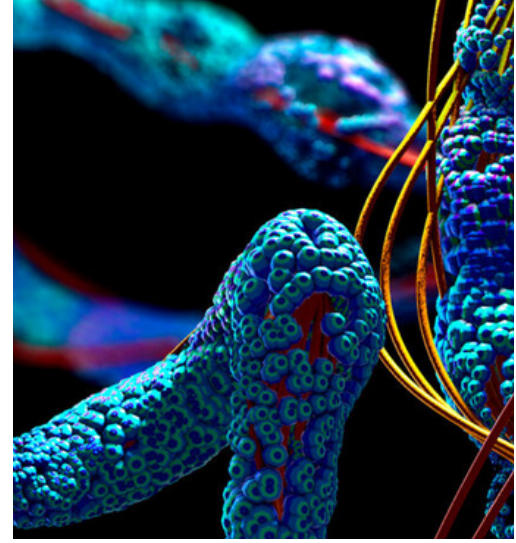
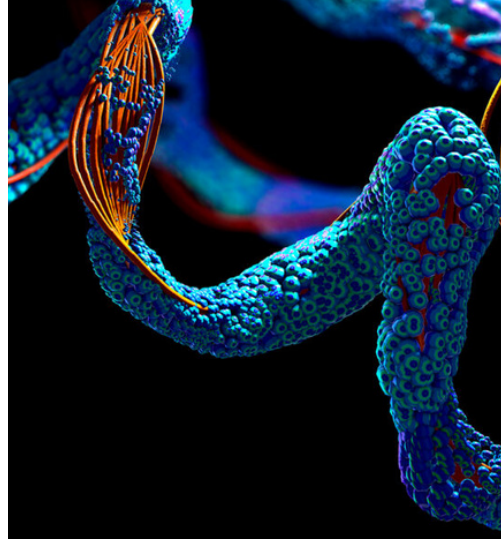
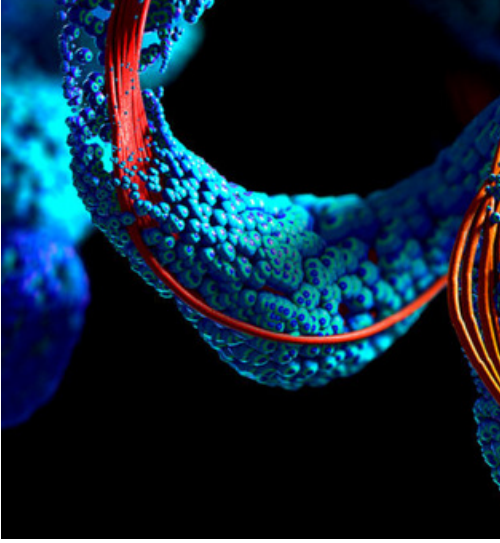
- Break down food
- Growth
- Repair body tissues
- Serves as a source of energy

## WHAT ARE AMINO ACIDS?

Amino acids are organic compounds that combine to form proteins. They are made up of carbon, oxygen, hydrogen and nitrogen. There are about 500 amino acids and only 20 make up the proteins that the human body needs.

## THEY ARE CLASSIFIED INTO 3 TYPES:

- Essential amino acids
- Non-essential amino acids
- Conditional amino acids



## ESSENTIALS

Those that are not produced by the body and are acquired from food are: histidine, isoleucine, leucine, lysine, methionine, phenylalanine, threonine, tryptophan and valine.

## NON-ESSENTIALS

These are the amino acids that are produced by the body: alanine, asparagine, aspartic acid and glutamic acid.

## CONDITIONAL

They are essential, except when they are necessary to combat certain diseases or stress: arginine, glutamine, tyrosine, glycine, ornithine, proline and serine.



## ACTIVE PRO

It is important to achieve a balance of amino acids throughout the day. That is why HC WELLNESS cares about your well-being and launches our new ACTIVE PRO. It is a smoothie that provides the body with the basic requirements to maintain good nutrition. Active Pro provides you with 14 of the 20 essential amino acids that your body needs every day.