

MyAMINO® – the Human Amino Acid Profile

8 essential amino acids (*free and crystalline*) as
basic building blocks of protein metabolism

Dietary nutrient

A revolution in protein nutrition

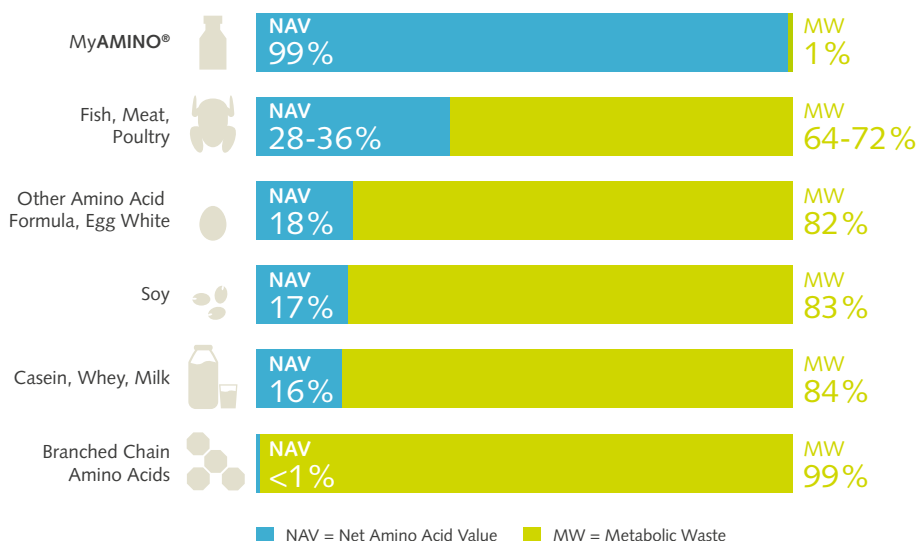


MyAMINO®

- is a pure foodstuff and has a 100 % pure, free crystalline amino acid content.
- has a bioavailability/digestibility of 100 %.
- 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.
- therefore achieves **99 % Net Amino Acid Value [NAV*]**.
- forms **only 1 % metabolic waste [MW]** like ammonia or urea, as a consequence of 99 % NAV*.
- is almost completely calorie free (just 0.4 kcal in 10 tablets). It introduces the same amount of actually anabolic utilisable amino acids to the body as 350 g meat, fish or poultry.
- is completely reabsorbed in the small intestine within 23 minutes. It is already split and does not require any peptidases. The transition period of usual nutritional proteins into the body takes 5 to 13 times longer.
- does not leave behind any digestive end products.
- is vegan and fermented from pulses (GMO free). It is free from any additives or doping substances. It is not a drug and does not have any contraindications.

* NAV = Net Amino Acid Value = Protein nutritional value

Ratio of Net Amino Acid Value (NAV) compared to nitrogen waste in food proteins



The discovery of the specific amino acid pattern to every human being

In more than 30 years of research a group of scientists has discovered that all living organisms (including humans) have their own very **specific amino acid profile** – known as the **'human amino acid profile'** – used to attain maximum protein synthesis. To synthesize protein in the body (i.e. for amino acids actually to be used as building blocks for cell metabolism), **all 8 essential amino acids must be present at the same time and exactly in accordance with the organism's specific amino acid profile.**

Only when all 8 essential amino acids are available at the same time and in the correct ratio to one another our body can use them to repair and build cells. In any other case the nutritional value of the amino acids is lowered dramatically and body protein synthesis is much lower. Then the amino acids are broken down (catabolism), producing toxic nitrogen waste, which must be eliminated through the excretory organs (liver, kidneys). However, the degradation of amino acids also produce energy (e.g. glucose), which diabetics or people who must follow a low-carb diet can avoid by taking MyAMINO®.

The more the ratio of the 8 essential amino acids deviates from the optimum pattern, the lower is the protein nutrient value i.e. the Net Amino Acid Value (NAV*) of a protein food source. Accordingly, the proportion of nitrogen catabolites is higher. The inversely proportional ratio between NAV and energy or metabolic waste (MW) based on proportion of the 8 essential amino acids is shown in the chart on the first page.

MyAMINO® is a revolution in protein nutrition

An international group of scientists discovered this formula in nature. This Human Amino Acid Profile today is used as the amino acid combination MyAMINO®, a foodstuff for protein nutrition or to boost a diet.

MyAMINO® is the only formula that is created according to the exact human pattern. That means that MyAMINO® supplies the 8 essential amino acids (free and crystalline) in this crucial ratio for human usability. That is the reason why MyAMINO® archives a Net Amino Acid Value of 99 %. So MyAMINO® provides the highest protein nutritional value and the smallest amount of toxic nitrogen waste and sugar release (1 %) compared to any other dietary protein in the world. Nearly all amino acids can be used as precursors for body protein synthesis and therefore to build up new cells. Compared: soy protein provides 17 % NAV and 83 % waste (see chart).

MyAMINO® also produces virtually no calories, because from only 1 % waste only 1 % glucose can be formed. Especially diabetic people are enabled to a better control of their blood sugar level with a substitution of common protein food by MyAMINO® because dietary protein delivers glucose via the gluconeogenesis. Therefore MyAMINO® is also particularly suitable for medical purposes, above all for illnesses relating to a protein deficiency. As a unique food protein, it can break the vicious circle of requiring higher levels of protein and therefore creating increased nitrogen toxins as well as glucose at the same time. MyAMINO® does not require proteolytic enzymes and is entering the blood stream after about 23 minutes – if taken as powder even faster.

MyAMINO® in comparison with other protein extracts from commercial sources

Protein source	Required consumption amount of dietary protein	NAV*	Anabolic yield in g	Metabolic Waste (e.g. nitrogen waste) in g	Glucose in kcal	Load of nitrogen waste from dietary protein in comparison to MyAMINO®
MyAMINO®	10.0 g	> 99%	> 9.9 g	< 0.1 g	0.4 kcal	
Spirulina protein	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	17%	9.9 g	52.0 g	208.0 kcal	520 : 1

A constructive value of 9.9 g is aimed at for body protein synthesis. This means, for example, that 10 g of MyAMINO® with a 99% Net Amino Acid Value (NAV) or nitrogen waste or 61.9 g protein from whey with a 16% NAV would have to be eaten. This produces an anabolic ratio of 6:1 and a ratio of nitrogen waste produced from whey protein compared to MyAMINO® of 520 :1!

Ingredients

100 % ultrapure free-crystalline amino acids (protein building blocks) from vegan sources (pulses), GMO free, 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.

Recommended dosage

Take 5 MyAMINO® tablets 1–2 times a day with sufficient fluids, best before the meals.

Higher dosages for sport or dietary nutrition programs in accordance with your nutrition consultant, trainer, health practitioner or doctor. It is also important to observe a balanced diet and healthy lifestyle.

For MyAMINO® there are no restrictions or intolerances. However, people with severe protein deficiency / 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 dosage before gradually building it up again – much in the same way as severely dehydrated people should be re-accustomed to water only slowly.

Nutritional Values:	Per 10 pellets (10 g)	Per 100 pellets (100 g)
Energy/Caloric value	0.4 kcal (1.68kJ)	4 kcal (16.8 kJ)
Protein	10 g	100 g
Carbohydrate	0 g	0 g
Fat	0 g	0 g
Salz	0 g	0 g

Content: 120 pellets / 120 g. Sufficient for 40–7 days, depending on the dosage.

Use

MyAMINO® can be used at any time of life and for any everyday situation as part of a healthy lifestyle to optimise the **synthesis of body** protein and **reduce the burden** of nitrogen waste as well as glucose from food proteins metabolism.

- Enhancement and supplementation your daily diet, particular of people who are in a special physiological condition, such as the elderly, pregnant women and nursing mothers, growing children, people in regeneration
- Mental burdens and stress
- Sport or other physical exertion
- Vegetarian or vegan lifestyles
- Preservation and strengthening of muscles and lean tissues
- Diets, particular ketogenic and hyperketogenic diets, weight loss programs to avoid the yo-yo effect, detox schemes
- Diabetic nutrition, intolerance or reduced intake and utilization of dietary protein
- Counteraction of illness, emaciation, immune weakness and metabolic disorders
- Clinical nutrition for people suffering from protein deficiency, kidney and liver diseases, stomach and bowel illnesses, people with gout, rheumatism or arthrosis or inflammatory processes, epilepsy, oncological nutrition, especially preventing tumor cachexia, in accordance with the appropriate doctor or medical practitioner

MyAMINO® is recommended for additional nutrition for athletes, children, youths, seniors and adults as a protein supplement or even as a complete replacement during a diet. MyAMINO® is highly recommended during pregnancy and the lactation period and can be taken safely. MyAMINO® is especially suggested for older people when the usual intake of protein via meals is insufficient due to reasons of the aging process. The dose varies for each individual and depends on sex, age, size, weight and performance requirements. Top-level athletes, pregnant women/breast feeding mothers, people suffering from stress or who are ill have a much higher protein requirement.

Also in vegetarians a lack of protein supply can be assumed in general. Plant proteins have only a NAV* of 18 % maximum and due to that they provide a particularly large number of nitrogen reduction toxins (> 82 %). Therefore, vegetarians and vegans normally have an exceptionally poor protein status. To compensate the leak even more vegetable protein with low protein quality is eaten. We advise to omit burdening plant-sourced foods rich in protein (such like soy, whey or casein concentrates) and substitute with MyAMINO® (99 % NAV*, 1 % nitrogen waste).

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 scleroproteins (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.

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 off 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.