

Summary of Amino Acids

Sulphur Group

Methionine	Methylation Detoxification
Cysteine	Detoxifier
Taurine	Heart, Brain, Gall bladder, eyes, anxiety

Glutamate Group

Glutamic Acid & Glutamine	Brain
Aspartic Acid & Asparagine	Energy
Proline	Collagen builder

Urea Amino Acid

Arginine	Urea cycle, Nitric oxide, Cholesterol fighter, “Lean and Mean”
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Threonine Group

Threonine	Immunity Booster
Glycine	Collagen
Serine	Memory
Alanine	Hypoglycaemia

Branch Chain Amino Acids

Isoleucine, Leucine & Valine	Muscle
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Aromatic Amino Acids

Phenylalanine	Pain Reliever
Tyrosine	Thyroid, Dopamine, Noradrenaline, Adrenaline
Tryptophan	“Feel Good Factor” serotonin, melatonin
Lysine	HSV, Immunity, Collagen
Histidine	Arthritis fighter, Histamine