



# AMINO BLEND SHOT

## Questions & Answers

### What is an Amino Blend Shot?

An Amino Blend Shot is a potent dosage of Glutamine, L-Ornithine, Citrulline, L-Arginine, Lysine, L-Carnitine.

### Benefits?

#### GLUTAMINE (1000mcg)

Glutamine has many benefits. A major benefit is it helps reduce insulin levels and enhances glucose metabolism. In studies, it has shown to reduce risk factors for heart disease and reduce both belly and body fat.

#### L-ORNITHINE (1000mcg)

Your body uses L-Ornithine to make polyamines (which play a role in cell growth and proliferation) and the amino acid proline (used to make collagen). It may improve athletic performance by reducing the elevated levels of ammonia. In studies, it has shown to influence the stimulation of muscle tissue, testosterone and growth hormone levels.

#### CITRULLINE (1000mcg)

Unlike other amino acids, Citrulline does not build proteins. Instead, it plays an important role in the urea cycle, helping your body to get rid of harmful substances, particularly ammonia. It also plays an important role in widening your blood vessels (vasodilation) and may play a part in muscle building. In studies, Citrulline increases brown fat activity, which increases caloric expenditure and promotes fat burning.

#### L-ARGININE (1000mcg)

L-Arginine is an amino acid that helps the body build protein. Studies have shown L-Arginine helped promote healthy testosterone levels in both men and women. More specifically, it can promote secretion of luteinizing hormone (LH), which the testes use to produce testosterone.

#### LYSINE (1100mcg)

Lysine or L-Lysine, is an essential amino acid, meaning it is necessary for human health, but the body cannot make it. You have to get Lysine from food or supplements. Amino acids like Lysine are the building blocks of protein. Lysine appears to help the body absorb calcium, and it plays an important role in the formation of collagen, a substance important for bones and connective tissues including skin, tendons, and cartilage.

#### L-CARNITINE (1000mcg)

L-Carnitine is often promoted as an aid for weight loss, to improve exercise performance, and to enhance a sense of well-being. It is also a drug approved by the FDA to treat primary and certain secondary carnitine-deficiency syndromes. It helps the body turn fat into energy. L-Carnitine is important for heart and brain function, muscle movement, and many other body processes. The body can convert L-Carnitine to other chemicals called acetyl-L-Carnitine and propionyl-L-Carnitine

### How Often Can I Get A Amino Blend Shot?

You can get an Amino Blend Shot every other week. However, a healthy individual will benefit from once a month.

### Injection Site?

The Amino Blend Shot can be administered in the glute or the arm.

### Does the Amino Blend Shot Interfere With Other Medications?

No

