



Amino Complex Capsules

Food supplement with protein concentrate

Interesting facts:

Amino acids are the elementary components of the proteins. They play a key role in almost all biological processes in which amino acids are the elementary components. Muscles, skin, hair and nails also consist mainly of proteins, which are always used and as such need to be supplied. Amino Complex Capsules contain an ideal combination of potato and egg proteins, with a biological valency of 137. (By way of comparison, whey protein has a biological valency of about 105). Even those who eat little or no meat should ensure they have a balanced protein supply.

Ingredients: Potato-egg Protein Hydrolyzate, Gelatin, filler Microcrystalline Cellulose, release agent Magnesium Stearate.

Each capsule contains 420 mg of combination of potato and egg proteins with 20 amino acids of highest biological valency.

Amino acid	per capsule	per daily dose (=6 capsules)	per 100 g capsules
Isoleucine	19 mg	114 mg	3 g
Leucine	31 mg	186 mg	5 g
Lysine	23 mg	138 mg	4 g
Methionine	8 mg	48 mg	1 g
Cystine	5 mg	30 mg	1 g
Phenylalanine	18 mg	108 mg	3 g
Tyrosine	17 mg	102 mg	3 g
Threonine	18 mg	108 mg	3 g
Tryptophan	4 mg	24 mg	1 g
Valine	22 mg	132 mg	4 g
Arginine	18 mg	108 mg	3 g
Histidine	7 mg	42 mg	1 g
Alanine	16 mg	96 mg	3 g
Aspartic acid and Asparagine	36 mg	216 mg	6 g
Glutamic acid and Glutamine	37 mg	222 mg	6 g
Glycine	20 mg	120 mg	3 g
Proline	15 mg	90 mg	3 g
Serine	19 mg	114 mg	3 g

No nutrient reference value for the daily intake according to VO (EU) No. 1169/2011 has yet been established

Suggested use: Take 2 capsules three times daily with a sufficient liquid.

Keep out of direct sunlight. Store dry and below 25°C. Food supplements should not be used as a substitute for a varied, healthy diet and do not replace a healthy lifestyle. Keep out of the reach of young children. The recommended daily dose should not be exceeded.

Made in Germany

Contents 200 capsules = 117 g

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