

How to make the most of your HealthWise® Amino Acids

Tips for best results:

- Use your weight chart for correct dosage
- Most amino acids are thought to be absorbed best when taken:
 - on an **empty stomach**
 - **between meals** and
 - **in divided doses**

However there are always exceptions to the rule and there may also be several co factors that are required for the uptake of amino acids which will be listed.

- **Most amino acids will be well tolerated** by the general population. Some individuals however, can experience stomach upsets and nausea which dictates that these aminos may be taken with meals, although this is said to reduce absorption and uptake in cells due to the competitiveness of other amino acids.
- Store aminos in a cool, dry area away from light
- Some nutritionally oriented physicians contend that in order to prevent an imbalance of amino acids in your body and give your system a periodic break, you should take an amino acid complex along with any single amino acid that you're on for more than one month for a 2 week period then resume your single amino acid treatment. This is not standard practice however.



L Arginine HCL:

Tips for GH production:

L-arginine, or l-arginine hydrochloride, taken on an empty stomach, will cause a significant release of growth hormone in many people.

L-arginine is most effective as a growth hormone releaser for people between the ages of about 25 to 45.

It is necessary, however, to use a very large dose of arginine: 10 to 30 grams, depending upon many factors such as one's age and body weight

Tips for effectiveness:

Arginine levels can best be maintained by not taking it continuously. A schedule of something like four weeks of continuous use followed by a two-week break generally works best.

When carbohydrates are present in large amounts, particularly when combined with high temperatures (like post workout), it can be rendered nutritionally unavailable to the body, so take well away from carbohydrate based meals.



L Carnitine bi tartrate:

Tips for Absorption:

Absorption is the key for maximum effects in fat loss. Insulin is the most effective agent at helping more L-carnitine get inside muscle cells. So, by combining L-carnitine with an insulin-elevating supplement or meal, you can ensure maximum carnitine retention in muscle cells.

Best time of day to take L-carnitine:

It all depends on your primary goal. If your main concern is fat loss, then it's best to take carnitine with your largest meals of the day. If your primary goal is muscle growth, performance, or recovery, then you're best to take carnitine before and after your workouts with some insulin-spiking carbs

An effective dosage of L-carnitine tartrate is 1,000 to 2,000 milligrams daily, usually split up into two servings

Glucosamine HCL:

Absorption:

83% HCL VS 63% Sulphate, HCL is the original form of glucosamine. May be taken with or without food, but high doses are not to be taken (anything over 1500mg) by diabetics.

May be taken with food.

L Glutamine:

Tips for absorption for stomach ailments:

Take it three times a day in divided doses on an empty stomach as it is sensitive to stomach acids

The best times to take it are in the morning, after a workout and before going to bed. Taking glutamine when you wake up is ideal because your muscles have gone all night without nutrition.

Tips for absorption for sports performance :

Taking it after a workout helps the muscles recover.

Taking it before bed helps increase growth hormone in your body.

Glycine

Best time to take Glycine:

Though Glycine can be absorbed from food, it would be difficult on an ordinary diet to absorb enough to saturate the blood. At saturation levels, Glycine readily crosses the blood brain barrier via passive diffusion.

A supplemental dose of 3 g before bed readily accomplishes this.

For Creatine conversion:

Glycine is best taken away from meals or pre workout if you are desiring it to convert to creatine

Inositol

Tips for Anxiety/OCD treatment:

If you take Inositol for anxiety/OCD, medical professionals advise starting with 2,000 mg twice a day. After one week, this can be increased to three times per day. During the third week, you can slowly begin to increase the Inositol by small amounts to 3,000 mg three times daily; the fourth week, to 4,000 mg three times per day; and the fifth week, 5,000 mg three times each day. In the sixth week, you will reach a suggested maximum dosage of 6,000 mg three times a day.

You may find that using Inositol on its own may not be enough to treat anxiety. Many take it in conjunction with Omega-3 supplement, valerian root, and passionflower to enhance the effects.

There are a few side effects to watch out for when taking this supplement, although stomach upsets may occur, but studies have shown this to be a relatively normal side effect . Some users report that their appetites greatly increased after starting an inositol regime

There is some evidence to show that caffeine interferes with inositol uptake.

Best time to take Inositol:

There is conflicting evidence whether this amino acid can be taken all at once, in divided doses, with or without food, but it seems best absorbed in the morning before breakfast.

Inositol does not dissolve very well, so it needs to be stirred, and drunk while the water is still in motion.

L Lysine

L Lysine has no known toxicity. Although a few cases of abdominal cramps and diarrhea have been reported with very high doses (more than 10 grams a day).

Best way to take Lysine:

If you feel a virus coming on, take 1 Lysine every hour for 8 hours or until symptoms desist.

Lysine is best taken on an empty stomach - but if you have forgotten a serving, you may take it with food.

Postmenopausal women can take Lysine with meals to encourage absorption of calcium by the body.

For cold sores: Take 1,000 mg L-Lysine three times a day with meals for flare-ups. If you are subject to recurrent outbreaks of cold sores, continue on a maintenance dosage of 1,000 mg day.

L Methionine

Tips for absorption:

During methionine supplementation, intake of taurine, cysteine, and other sulfur containing amino acids, as well as B6 and folic acid should also be included. Taking it with a tablet for liver support would be ideal.

Recommended dosage ranges from 500 mg to 4,000 mg in divided dosages throughout the day, away from meals

Remember that those with high homocysteine should only take 2 grams a day



N Acetyl Cysteine

Special tips:

Regular supplementation with NAC will increase the urinary excretion of copper. So if you're using NAC for an extended period of time, it's probably wise to add both copper (2 mg a day) and zinc (30 mg a day) to your treatment regimen.

If you use NAC for more than a month, add a mixed amino acid complex to your treatment regimen to ensure that you are getting adequate, balanced amounts of all the Amino acids.

Tips for absorption:

NAC is most effective when taken on an empty stomach, with a small amount of vitamin C powder mixed in

If you've added a mixed amino acid complex to your NAC regimen, be sure to take it on an empty stomach as well, but at a different time of day than you take the NAC.

As the Acetyl portion of the amino acid is quite irritating to the teeth, taking it through a straw is advised, and it also makes it more palatable

Special caution:

Evidence indicates that in some healthy individuals, high doses of NAC (3,000 mg a day) can act as a pro-oxidant rather than an antioxidant, actually lowering levels of glutathione rather than increasing them. For this reason, otherwise healthy individuals may want to avoid taking high doses of NAC until more information is available.

L Ornithine:

Best time to take for performance:

Studies show Ornithine reduces ammonia concentrations in the blood and thus enhances performance of prolonged exercise (45 minutes or more) which is in part due to Ornithine remaining elevated in the blood for a few hours after ingestion. On this basis, it is suggested pre workout or between meals for reducing excess ammonia.

Best time to take when on a parasite treatment program:

For parasites or in combination with Arginine (2 arg: 1 Orn ratio) for GH production, take before bed on an empty stomach

L Phenylalanine

Special tips:

With high blood pressure, start with very low amounts, such as 200 mg a day. Increase the dose slowly only if safe to do so.

L Phenylalanine is best taken on an empty stomach with water or juice about an hour before meals. High-protein foods, in particular, can interfere with proper absorption.

Handy Tip:

At recommended doses, DLPA occasionally causes mild side effects, such as heartburn, nausea, or headaches. This can be prevented by taking it with a glass of water. At excessive doses (more than 1,500 mg a day), it can cause numbness, tingling, or other signs of nerve damage over a period of time

Taurine

Tips for absorption:

Taurine is found in pre and post workout formulas, and in sugar laden energy drinks, so the general concensus is out on the best time to take it and whether it needs an insulin spike or not to allow it to enter cells.

Tyrosine:

Tips for neurotransmitter production:

L-Tyrosine should be taken before meals, preferably 30 minutes before, and divided into two or three doses daily.

Tyrosine supplements are best taken with a B group or multivitamin/mineral complex because vitamins B6, B9, folic acid and the copper mineral help in the conversion of L-tyrosine into neurotransmitters