



Feel Better Lounge
RVA

Amino BoostRx

◆ Amino Acid blend to support muscle repair, weight loss, and to prevent loss of lean mass

What is Amino BoostRx?

Amino acids as the building blocks of proteins are required for all the functions of the body, but most notably, for energy regulation and neurotransmitter production. Amino acids can be either essential (MUST be obtained from the diet) or non-essential (made in the body). Therefore, it is possible to be deficient in essential amino acids if they are not adequately taken in through the diet.

Optimal body functioning relies on receiving the ideal balance of amino acids and **Amino BoostRx** a superior blend of 21, essential and non-essential, amino acids.

Who Needs Amino BoostRx?

The high potency amino acid blend in **Amino BoostRx** is helpful for those with impaired immunity, dieters, those endeavoring to build and/or maintain muscle tissue, and those with inadequate protein intake.

The average non-athlete requires .8 grams of protein/kg of body weight (or .36 grams of protein/lb of body weight) at minimum. And that's really the bare minimum to prevent illness. Optimal health and exercise require more—from 15-45% of your caloric intake a day.

When exercise is incorporated, particularly resistance training, protein needs increase to 1.3-1.8 g/kg/body weight. (or .6-.8 g/lb).

Furthermore, even higher intakes from the 1.8-2 g/kg (.8-.9 g/lb) may be advantageous during weight loss programs where calories are restricted, lean mass is sought to be preserved, and fat mass is preferred to be shed.¹

¹<https://pubmed.ncbi.nlm.nih.gov/22150425/>



Ingredients:

(bolded are essential amino acids)

218 mg L-Glutamic Acid

171 mg L-Phenylalanine

134 mg L-Leucine*

131 mg L-Aspartic Acid

114 mg L-Lysine

93 mg L-Threonine

89 mg L-Isoleucine

81mg L-Proline

79 mg L-Valine

77 mg L Methionine

73 mg L-Arginine

70 mg L- Ornithine

68 mg L-Alanine

63 mg L-Serine

42 mg L-Cysteine

38 mg L-Tyrosine

25 mg Glycine

19 mg L-Histidine

18 mg L-Tryptophan

4.5 mg L-Asparagine

4.5 mg L-Citrulline

3 mg Lactase

*Primary for muscle synthesis

Dosing: 3 capsules 2-4 times a day. Take on an empty stomach 15 minutes before exercise.