

Title:

Benefits of Amino Acids - An Integral Part of Life

Word Count:

408

Summary:

Amino acids are not only absolutely integral to life, but they can have a profound impact upon

Keywords:

amino acids, glutamine, creatine, arginine, bcaa, gaba, lysine, theanine

Article Body:

AMINO ACIDS are the building blocks of the body. Besides building cells and repairing tissue,

As the building blocks of protein, amino acids are vital to health. Next to water, amino acids

There are over 20 amino acids, separated into two categories - essential and non-essential. Es

Who is likely to be deficient?

Dieters, some strict vegetarian body builders, and anyone consuming an inadequate number of ca

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Benefits

- builds cells and repairs tissue
- assists with wound healing
- increases athletic performance

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