

Amino Acids

50 Reasons Your Body Needs Action Whey™ with BioCysteine3™

Apart from water, amino acids are the second most abundant substance in your body. In fact, amino acids make up over 75% of your total dry body weight (body weight minus water). Therefore, a proper balance of the right amino acids is critical to your body's overall health.

If you look closely, you will see over 50 different benefits from the “native” amino acids found in Action Whey's™ BioCysteine3™.

Aspartic acid is needed for stamina, brain and neural health and assists the liver by removing excess ammonia and other toxins from the bloodstream. It is also needed in the functioning of RNA, DNA, as well as the production of immunoglobulin and antibodies.

Histidine is found in hemoglobin. It has been used to help treat allergies, arthritis, ulcers and anemia. It is needed for the production of both red and white blood cells and removes heavy metal toxins from the body.

Isoleucine regulates blood sugar and is very popular among athletes since it helps to repair and heal muscle tissue.

Leucine heals muscle tissue, skin and bones. It is often recommended for those recovering from surgery, injury, or body trauma.

Lysine maintains nitrogen balance and ensures adequate calcium absorption. It helps in the production of antibodies to fight cold sores and herpes.

Methionine is a powerful antioxidant and a good source of sulfur. It helps to prevent disorders of the hair, skin, and nails.

Phenylalanine helps in the production of norepinephrine, a chemical that acts as a neurotransmitter.

Threonine helps maintain proper protein balance in the body and helps in collagen and elastin formation that strengthens the skin structure.

Tryptophan is a natural relaxant and reduces anxiety and depression while also improving sleep.

Valine is required for muscle metabolism and coordination and maintains proper nitrogen balance in the body.

Alanine aids in metabolism of glucose, prevents the buildup of toxins, and strengthens the immune system.

Arginine helps to prevent erectile dysfunction, increases sperm count, and aids in weight loss. In the body, Arginine is converted to nitric oxide, which relaxes the blood vessels and regulates blood vessel tone and flexibility. This reduces stress on the heart, improves circulation, and lowers blood pressure.

Cysteine is a powerful antioxidant and a detoxifier. It promotes burning of fat and building up of muscles. It is essential for healthy skin and hair. Cysteine is the critical rate-limiting amino acid needed to produce Glutathione.

Glutamine is the most abundant amino acid found in muscles. It helps build and maintain muscle tissue and increases brain function and mental activity. Glutamic acid is an excitatory neurotransmitter for the central nervous system, the brain and spinal cord and is one of the three amino acids needed to produce Glutathione.

Glycine improves glycogen storage and makes glucose available for the production of energy. Glycine is also one of the three amino acids needed to produce Glutathione.

Proline aids the production of collagen and gives the skin a youthful look.

Serine is a component of the protective myelin sheath that covers nerve fibers, and is important in DNA and RNA function and cell formation.

Tyrosine aids the production of melanin and elevates the mood.

Only Action Whey™ with BioCysteine3™ provides your body all of these amino acids in their original, most biologically-active form. Nearly all other amino acid supplements are derived from questionable sources including synthetic production.

Since the “native” structure of a protein determines its original biological function, the protein can no longer fully perform its original function after it has been denatured.

Action Whey's™ **BioCysteine3™** is produced in such a way that the original native protein structure is carefully maintained. This ensures that all of the amino acids retain their original chemical bonds in the precise ratios that nature intended. The results speak for themselves.