

# COMPLETE ESSENTIALS:

## Essential Amino Acid Training Formula

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THIS INFORMATION IS INTENDED FOR PHYSICIANS AND OTHER LICENSED HEALTH CARE PROVIDERS TO USE AS A BASIS FOR DETERMINING WHETHER OR NOT TO RECOMMEND THESE PRODUCTS TO THEIR PATIENTS. THIS MEDICAL AND SCIENTIFIC INFORMATION IS NOT FOR USE BY CONSUMERS. THE DIETARY SUPPLEMENT PRODUCTS OFFERED BY BODY SYSTEMS LABS ARE NOT INTENDED FOR USE BY CONSUMERS AS A MEANS TO CURE, TREAT, PREVENT, DIAGNOSE, OR MITIGATE ANY DISEASE OR OTHER MEDICAL CONDITION.

**COMPLETE ESSENTIALS™** is a comprehensive powdered blend of all 9 essential amino acids, including high dosages of the branched chain amino acids in a 2:1:1 (Leucine: Isoleucine: Valine) blend. The inclusion of vitamins and minerals as well as citrulline, l-carnitine and l-aspartic acid, helps create a research based workout formula that will work to promote lean muscle mass, muscular endurance, strength, and enhanced recovery.

### Benefits of Essential Amino Acids:

(including the addition of citrulline, l-carnitine and l-aspartic acid)

- Increased lean body mass
- Increased basal muscle protein synthesis
- Increased anabolic response to exercise, especially in older adults
- Increased fatty acid oxidation
- Improved recovery from exercise

### Recommended Use

Mix 2 scoops in 16 oz of water 30 minutes before AND 2 scoops in 16 oz of water during workout or as recommended by your fitness professional. If pregnant, consult your healthcare practitioner prior to using.

### References:

1. Amino Acid Supplementation Increases Lean Body Mass, Basal Muscle Protein Synthesis, and Insulin-Like Growth Factor-I Expression in Older Women. Dillon, E., et al. J Clin Endocrinol Metab. May 2009; 94(5): 1630–1637.
2. Citrulline malate enhances athletic anaerobic performance and relieves muscle soreness. Pérez-Guisado, J., Jakeman PM. J Strength Cond Res. 2010 May;24(5):1215-22.
3. Solerte SB, Gazzaruso C, Bonacasa R, Rondanelli M, Zamboni M. Nutritional supplements with oral amino acid mixtures increases whole-body lean mass and insulin sensitivity in elderly subjects with sarcopenia. Am J Cardiol. 2008;101(11A):69E-77E

### Complete Essentials – Raspberry

#### Supplement Facts

Serving Size: Two rounded (8.2 g) scoops contain:

Servings Per Container: Approx. 28

	Amount Per Serving	%Daily Value
Calories	8	
Total Carbohydrate	2 g	
Sugars	2 g	
Vitamin B6	2.5 mg	125%
Vitamin C (Ascorbic Acid)	150 mg	250%
Magnesium Malate	125 mg	31.25%
Potassium Citrate	100 mg	2.86%
Sodium Citrate	13.86 mg	0.58%
<b>Proprietary Essential Amino Acid Blend</b>	7975 mg	
BCAA 2:1:1 (Leucine: Isoleucine: Valine)	5000 mg	
L-Lysine		
L-Threonine		
L-Histidine		
L-Phenylalanine		
L-Methionine		
L-Tyrosine		
L-Tryptophan		
<b>Synergistic Workout Nutrients</b>	4000mg	
Citrulline Malate		
L-Aspartic Acid		
L-Carnitine		
Betaine (as Trimethylglycine)		

**Other Ingredients:** Natural Raspberry Flavor, Stevia Rebaudiana Leaf Extract, Organic Cane Sugar

**Formulated to Exclude:** Wheat, Gluten, Egg, Dairy Products, Nuts, Tree Nuts, Fish, Shellfish, Soy, Corn, Colors, Artificial Flavors, Artificial Sweeteners and Preservatives.