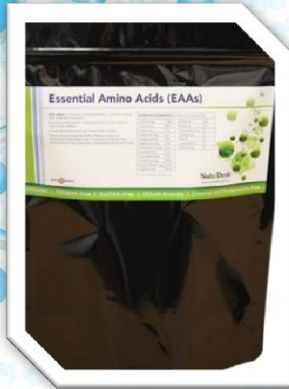


A8H Essential Amino Acids (EAAs)

All 9 essential amino acids including all the BCAAs + Nitric Oxide Boosters



Essential AAs

Histidine

Isoleucine^{-BCAA}

Leucine^{-BCAA}

Lysine

Methionine

Phenylalanine

Threonine

Tryptophan

Valine^{-BCAA}

Product Highlights

Pharmaceutical Grade (Pure)

Sourced from Japan

All 9 Essential Amino Acids

All 3 Branched Chain Amino Acids (BCAAs)

Nitric Oxide Boosters: Citrulline + Arginine + Glutamine

Rapidly Absorbed

Very low in calories 19 calories per 12.5 gram serve

~ 3 grams of L-Leucine maximises postprandial muscle protein synthesis (MPS)

12.5 grams contains

NUTRITION INFORMATION: Per Serve (1½ scoops) 12.5g

L Leucine (mg)	1250
L Lysine (mg)	800
L Valine (mg)	700
L Theronine (mg)	675
L Isoleucine (mg)	550
L Methionine (mg)	450
L Phenylalanine (mg)	225
L Histidine (mg)	225
L Tryptophan (mg)	125
L Glutamine (mg)	2500
Citrulline Malate (mg)	2500
L Arginine (mg)	2500

Energy (kj)	85
Protein (g)	5
Carbohydrates (g)	0
(sugars) (g)	0
Fats (g)	0
(saturated) (g)	0
Sodium (mg)	0

www.a8h.com.au

Ideal for the following reasons

- Suitable for those with FODMAP sensitivity (Irritable Bowel Syndrome)
- Anyone allergic to animal, egg, dairy or soy proteins
- EAAS on their own provide a powerful anabolic stimulus without the need for carbs. Very low in calories
- Strong support to decrease the sarcopenic process of ageing
- Amino acids are vital for cell repair, soft tissue maintenance and bone health
- Whether you are just trying to improve health, exercise performance and vitality or you are trying to increase muscle mass and strength, this is the product you want on your side to help you achieve your aims. Product components have been chosen to exclude the common 'nasties' found in sports nutrition products that could harm you

The refractory period

Whole food protein may result in a refractory period where the anabolic (muscle building) stimulus just stops. This happens when amino acid levels stay high in the blood stream. This period may last for 3 – 6 hours using whole proteins! Using free-form amino acids like EAAs can result in a high blood and muscle amino acid peak to maximally stimulate protein synthesis and then the amino acid levels drop thus resetting the anabolic pathway to respond again. The rapid rise and fall of blood and muscle EAAs means that the 'anabolic switch' is turned on much faster otherwise it may be difficult to get enough protein/amino acids your body needs for optimal muscle growth. Approximately 3 grams of L-Leucine (3.5 scoops of Activ8Health EAAs) can provide the anabolic stimulus of a protein-rich whole meal. However, smaller doses of 0.1 grams/kg of body weight can provide a powerful anabolic stimulus during exercise. Thus a 70kg person needs only 7 grams of EAAs during exercise.

Pure Free-Form Amino Acids