



## Essential Amino Support (300gms)

£32.50

Essential Amino Support is Whey Protein Isolate. Whey is a by-product of cheese-making and whey protein is a food of high biological value because it contains all the essential amino acids, important for the synthesis of glutathione, a potent antioxidant. These amino acids are found here in higher concentrations than various vegetable protein sources.

Whey Protein Isolate is less commonly found than Whey Protein Concentrate and Whey Protein Isolate contains at least 90% protein with little, if any, lactose or fat. Whey Protein Isolate is the most pure and concentrated form available.

Essential Amino Support contains, amongst others, the amino acid cysteine, which is important for the synthesis of glutathione, which has been found to have anti-carcinogen and immune stimulatory properties. In animal model experiments whey-containing diets have been shown to reduce intestinal and mammary cancers.

Whey-derived proteins may also be protective against high blood pressure and help to lower cholesterol. Whey peptides have been shown to inhibit the activity of angiotensin converting enzyme (ACE). Other amino acids in this formulation arginine and lysine, may increase the release of growth hormone, which help to build muscle.

Another gold standard clinical trial in 2002 that the amino acid tryptophan improved thinking performance in people who were stressed.

In 2004 an animal study found that whey fed rats showed an increase in insulin sensitivity (a 40% reduction in plasma insulin concentration compared with rats fed on beef, an alternative protein).

There is much research that is continuing to be done and published that brings to light many positive health benefits of this functional food. In fact a number of clinical trials have been done where whey has been used in the treatment of cancer, HIV, hepatitis B, heart disease and osteoporosis.

### Are there any side effects or precautions?

To date there are no adverse reactions reported, although some people may notice minor gut disturbances.

For people with milk allergies, whey product may not be suitable if casein is the allergen. If this is the case whey protein may be tolerated.

This product was made in a GMP and ISO 9001:2000 registered facility.

Supplement Facts		
Serving Size 1 Scoop (Approx. 15 grams)		
Amount Per Scoop		% Daily Value
Calories	55	
Total Carbohydrate	0.5 g	<1%
Protein	14 g	27%
Calcium	65 mg	7%
Phosphorus	32 mg	3%
Magnesium	10 mg	3%
Sodium	23 mg	<1%
Potassium	73 mg	2%
Whey Protein Isolate	15 g	*
Typical Amino Acid Profile:		
L-Alanine	675 mg	*
L-Arginine	260 mg	*
L-Aspartic Acid	1,484 mg	*
L-Arginine	260 mg	*
L-Aspartic Acid	1,484 mg	*
L-Cysteine	309 mg	*
L-Glutamic Acid	2,370 mg	*
Glycine	45 mg	*
L-Histidine	231 mg	*
L-Isoleucine	925 mg	*
L-Leucine	1,416 mg	*
L-Lysine	1,280 mg	*
L-Methionine	273 mg	*
L-Phenylalanine	425 mg	*
L-Proline	875 mg	*
L-Serine	610 mg	*
L-Threonine	63 mg	*
L-Tryptophan	223 mg	*
L-Tyrosine	414 mg	*
L-Valine	820 mg	*
L-Carnitine (as L-carnitine tartrate)	400 mg	*

\* Daily value not established

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### Ordering Options:

By phone or in person at Maureen Gillanders Body & Skin Care Clinic, Fort Complex, L'Islet, Guernsey, GY2 4SN.

Online at [www.bio-vitality.com](http://www.bio-vitality.com) (through Amazon).

Any cheques to be made payable to Maureen Gillanders (Guernsey) Limited.