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Amino Sport™

At their most basic level, amino acids are the building blocks of proteins, and they are essential for every chemical reaction and process that occurs in the body. Of the 21 recognised amino acids, 10 are essential, which indicates that they must be exogenously from the diet, as the body is wholly unable to replicate them. A deficiency in even one of these essential amino acids will result in serious health ramifications. A simple way to differentiate the essential amino acids from the nonessential amino acids is the long-used mnemonic PVT TIM HALL (Private Tim Hall) which stands for Phenylalanine, Valine, Threonine, Tryptophan, Isoleucine, Methionine, Histidine, Arginine, Lysine, and Leucine. While amino acids are necessary for life itself, balanced ratios are also crucial for many metabolic processes, particularly as metabolic intermediates to neurotransmitters and other molecules like porphyrins, polyamines, nucleotides, nitric oxide, and heme. The body also utilises amino acids directly via oxidation to supply energy requirements (glucose regulation/gluconeogenesis). Amino acids are an important component in many Biotics Research formulations, however, practitioners can turn to specific products such as **Amino Sport™** to supply broad spectrum amino blends. **Amino Sport™** is our most comprehensive amino acid formula and is an excellent choice when increased protein or amino acids are required. **Amino Sport™** is a perfect adjunct when utilising high doses of single, isolated amino acids for specific applications so that amino acid imbalances can be avoided.



Research Pertaining to Other Topics of Interest

Vitamin D for High Blood Pressure and Cardiovascular Disease. Researchers from the Institute of Child Health at the University College of London presented their findings at the European Society of Genetics Conference this past week, clarifying the association between hypertension and vitamin D deficiency. According to Dr. Karani S, they collected data from some 35 studies with over 155,000 participants and found that those with high levels of 25-hydroxyvitamin D had reduced blood pressure and were at a lower risk of developing hypertension, with an 8.1% decrease in hypertension risk for every 10% increase in 25(OH)D. By using single nucleotide polymorphisms (SNPS) as proxy markers, and by using Mendelian randomization, Dr. Karani S said "we can determine the cause and effect and be pretty sure that we've come to the right conclusion," and said their work suggests that vitamin D supplements can significantly reduce the risk of cardiovascular disease.

Karani SV. Genetic research clarifies link between hypertension and Vitamin D deficiency. European Society of Human Genetics. June 14, 2013.