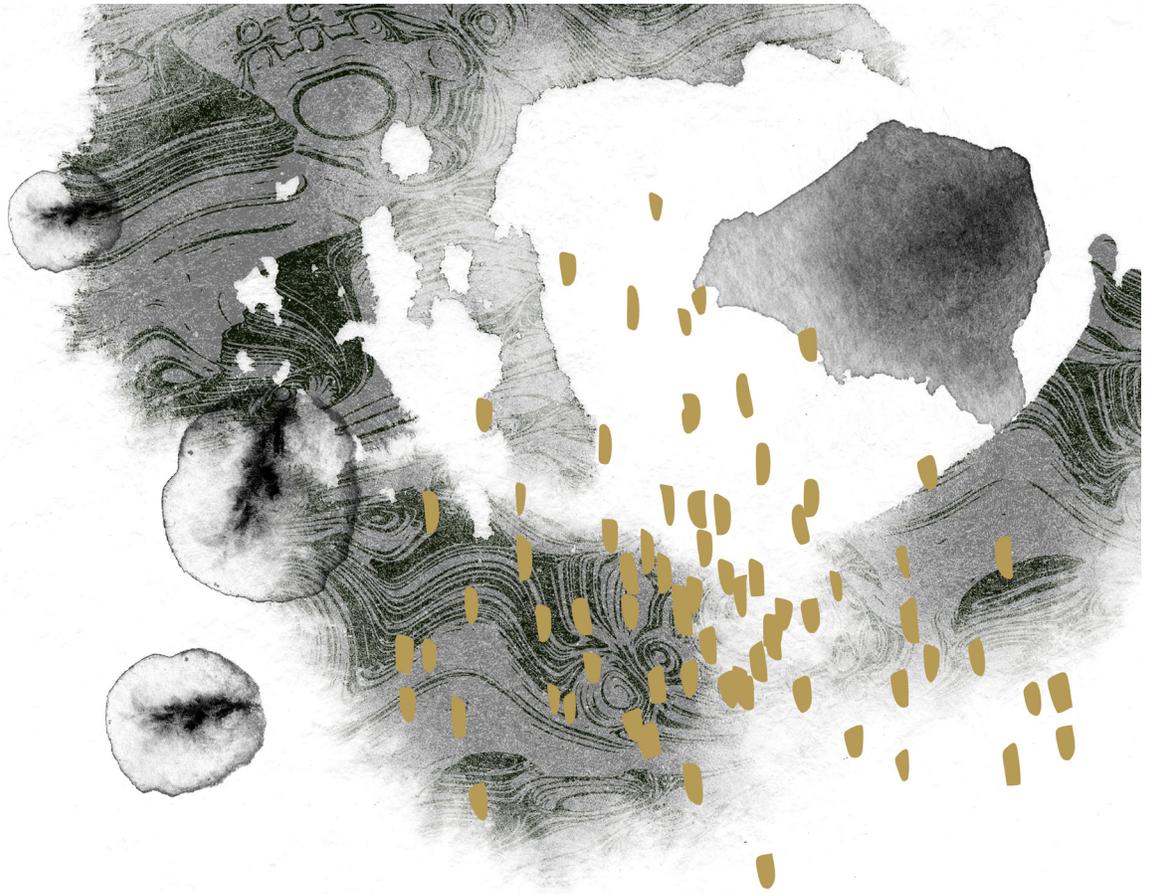


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Amino Complex

Comprehensive blend of essential amino acids

Amino Complex is high in branched-chain amino acids and has been validated through extensive clinical trials to promote lean muscle mass and muscle strength.*



The active ingredient formulation in Amino Complex is backed by over 25 years of scientific and clinical research

- The active ingredient formulation in Amino Complex given for a period of six months and 18 months in elderly subjects resulted in significant increases in whole-body lean mass.^{1*}
- The active ingredient formulation in Amino Complex increases muscle mass by stimulating muscle fiber hypertrophy and improving strength.^{2*}
- Twelve weeks of the active ingredient formulation in Amino Complex given to elderly subjects improved walking capacity, muscle strength, and heart function.^{3*}
- Supplementation with the active ingredient formulation in Amino Complex for three months improved blood oxygen, general health status, and muscle energy metabolism.^{4*}
- Twenty-five individuals given the active ingredient formulation in Amino Complex, one serving twice daily for eight weeks demonstrated significant improvement in grip strength. Patients gained an average of 2.4 lbs during the eight-week trial.^{5*}
- Thirty days of supplementation with the active ingredient formulation in Amino Complex improved exercise capacity, oxygen utilization, and muscle function.^{6*}

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

Why amino acids are important

Amino acid cofactors are necessary for energy production in the Krebs (Citric Acid) Cycle within the mitochondria.



Promote mitochondrial biogenesis*



Provide substrates to the Krebs Cycle for energy production*



Promote and maintain lean muscle*

Key benefits

Via activation of NRF-2 and PGC-1 α , amino acid supplementation has been shown to:



Improve redox status*



Decrease fat synthesis*



Improve energy production*



Amino Complex Lemon flavored

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Foundational



Muscle/tendon*



Metabolism*

SP637 / net wt 7.7 oz (219 g)

SUPPLEMENT FACTS

Serving Size: One Scoop (7.3 g)
Servings Per Container: 30

One Scoop (7.3 g) Contains:	%DV	One Scoop (7.3 g) Contains:	%DV
Calories	20	L-Cystine	150 mg **
L-Leucine	1.25 g **	L-Phenylalanine	100 mg **
L-Lysine (as L-Lysine Chloride)	650 mg **	L-Methionine	50 mg **
L-Isoleucine	625 mg **	L-Tyrosine	30 mg **
L-Valine	625 mg **	L-Tryptophan	20 mg **
L-Threonine	350 mg **		
L-Histidine (as L-Histidine Chloride Monohydrate)	150 mg **		

Other Ingredients: Citric Acid, Flavors, Stevia extract (leaf) (Rebaudioside A 95%), Silicon Dioxide, Riboflavin (color).
Suggested Use: Mix 1 scoop with at least 6 ounces of water one to two times daily or as recommended by your health-care practitioner.

If pregnant, consult your health-care practitioner before using this product.

Amino Complex is a patented amino acid formula offered exclusively through Thorne Research.

V10



Amino Complex Berry flavored

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Foundational



Muscle/tendon*



Metabolism*

SP641 / net wt 8.1 oz (231 g)

SUPPLEMENT FACTS

Serving Size: One Scoop (7.7 g)
Servings Per Container: 30

One Scoop (7.7 g) Contains:	%DV	One Scoop (7.7 g) Contains:	%DV
Calories	20	L-Histidine (as L-Histidine Chloride Monohydrate)	150 mg **
Total Carbohydrate	1 g <1%*	L-Cystine	150 mg **
L-Leucine	1.25 g **	L-Phenylalanine	100 mg **
L-Lysine (as L-Lysine Chloride)	650 mg **	L-Methionine	50 mg **
L-Isoleucine	625 mg **	L-Tyrosine	30 mg **
L-Valine	625 mg **	L-Tryptophan	20 mg **
L-Threonine	350 mg **		

Other Ingredients: Citric Acid, Flavors, Stevia extract (leaf) (Rebaudioside A 95%), Silicon Dioxide, Vegetable Juice (color).
Suggested Use: Mix 1 scoop with at least 6 ounces of water one to two times daily or as recommended by your health-care practitioner.

If pregnant, consult your health-care practitioner before using this product.

Amino Complex is a patented amino acid formula offered exclusively through Thorne Research.

V06

References

1. Solerte SB, Gazzaruso C, Bonacasa R, et al. *Am J Cardiol* 2008;101:69E-77E.
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5. Madeddu C. *Mediterr J Nutr Metab* 2010;3:165-172.
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800-228-1966 | support@thorne.com | thorne.com

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