

AminoFormula

Purpose & Rationale

The purpose of this product is to supply the proper combination of specific essential amino acids that has been shown in clinical trials to speed recovery from continuous training bouts and enhance exercise induced muscle protein synthesis (MPS) through specific pathways within a palatable, fast acting and low-calorie delivery system. Through reduced recovery times and enhanced MPS, AminoFormula (AB) may help exercisers and athletes avoid “overtraining and overreaching” syndromes or training plateaus. For the non-exercising adult population, AB may serve as a supplement to improve the otherwise declining normal net muscle protein balance that leads to the inevitable loss of muscle while aging. Proper use of AB delivers isolated essential amino acids (EAA) including high doses of leucine in appropriate amounts and ratios at precise times in relation to exercise to reduce normal muscle breakdown and stimulate synthesis. Because of its very low-calorie contents and ability to preserve lean body mass (LBM) during calorie restriction, it can serve as the essential pre-and post-exercise recovery and additive MPS stimulator supplement for athletes and exercisers involved in sports that require extremely low body fat and/or prolonged dieting to make weight classes. AB's convenience and high palatability make it ideal for non-exercising adults to help offset age-related muscle loss (e.g. sarcopenia, which begins in the fourth decade) with a relatively low nitrogen load (compared to whole proteins), which may be especially important in the later stages of aging when appetite and organ function begin diminishing.

Typical Use

- All exercisers/athletes seeking continuous physical and performance progress.
- Recovery aid for exercisers/athletes to help reduce muscle soreness.
- Especially important recovery aid for older exercisers/athletes.
- Any dieter including users of intermittent fasting and ketogenic diets. Due to its low-calorie content and high anabolic potential, it may be used as the sole pre and post activity supplement for anyone requiring low body fat, following prolonged restricted calorie diets, and/or dieting because of weight restrictions (e.g., weight classes).

- Ideal for recovery during multiple daily training sessions or tournament play.
- Can be used with NO7Rage³™ and ExtremeCreatineXXXL™ as part of the dotFIT “Super Stack,” providing enhanced progressive exercise-induced results.
- All non-exercisers more than 30 years of age.

Unique Features

- Uses a leucine-enriched EAA blend that has been shown to increase muscle protein synthesis significantly in clinical trials with both adult athletes and non-athletes.
- The proprietary EAA composition supplies the anabolic agents of protein, in proportion to the demand, that are directly responsible for triggering muscle protein synthesis (MPS) in an isolated, low calorie, powdered form allowing timely, rapid, and fairly unobstructed transport to skeletal muscles to help maximize MPS.
- High anabolic formula delivered in a palatable, low-calorie, relatively low-nitrogen drink.
- Can be used with NO7Rage³ and CreatineXXL as part of the dotFIT “[Super Stack](#),” providing enhanced progressive exercise-induced results.
- NSF Certified for Sport for verification of purity, potency and absence of contaminants.

Contraindications

Not to be used by those with kidney disease, liver disease and phenylketonurics because it contains phenylalanine. Also contraindicated for pregnant or lactating females because it has not been tested in these groups and because protein can be obtained in the diet for fetal growth or lactation needs.

Supplement Facts		
Serving Size: 1 Scoop (16 g)		
Servings Per Container: 37		
	Amount Per Serving	% Daily Value
Calories	5	
Total Carbohydrate	2 g	<1%*
Sodium (as Sodium Chloride)	90 mg	4%
AminoBoost XXL Complex		
L-Leucine	4g	**
L-Phenylalanine	1.67 g	**
L-Lysine HCl	1.67 g	**
L-Threonine	1.3 g	**
L-Valine	1.1 g	**
L-Histidine Base	900 mg	**
L-Isoleucine	900 mg	**
L-Methionine	360 mg	**

* Percent Daily Value Based on a 2,000 Calorie Diet
 ** Daily Value Not Established