

Amino Acids

ex: Chicken Breast (protein source)



Body
Breaks
Down

Amino Acids



Uses these
for recovery/repair,
energy, etc...

20 total amino acids

11 "non-essential" (your body makes these)

9 "essential" (we have to eat or drink these, our bodies don't make them)

9 Essential Amino Acids (EAAs)

all 9 of these need to be consumed somehow & all 9 are needed for protein muscle synthesis

Histidine

1) Isoleucine

2) Leucine

3) Valine

Lysine

Methionine

Phenylalanine

Threonine

Tryptophan

3 branch chain amino acids (BCAAs)

Branch Chain Amino Acids (BCAAs)

3 of the 9 essential
amino acids

Aren't harmful at all BUT
are only 3 of the 9 needed.

! If you are hitting your macro
protein goal (as you should)
you should not need an
EAA supplement. Always
Choose EAA over BCAAs!

Order to consume protein (how)

BEST - whole food! (eat)

if you can't for whatever
reason, next best =

Level 1 protein shake or bar

^{OR}
Phormula 1 with an apple
(or any carb or fat)

If you can't do that, then a
powder or pill form EAA
Essential Amino Acid
could be used.

Some reasons people use EAA's:

- to flavor water
- add a little energy to their day (there's some caffeine in our EAA's)
- pre-workout if they've missed a meal and Level 1 or Phormula 1 are "too heavy" on their stomach
- during workout for taste to sip on

BCAAs/EAA's won't hurt but they may not be the most necessary.

Message me & we can see!