

CNI[®] AMINO SPORTS +

00019
00020

★ CNI Products contain only the finest grade ingredients available

TS-00019



- ◆ *Increases Lean Muscle Mass
- ◆ *Lowers Fat to Muscle Ratio
- ◆ *Increases Dynamic Energy



◆ See reverse side for additional sizes



*See reverse side for qualifying information

UNIQUE PROPRIETARY BALANCED AMINO ACID FORMULA

A powerful blend of the following 14 highest quality USP L-Crystalline singular amino acids, plus L-Glutamine-alpha-Ketoglutarate (2:1) and L-Arginine-alpha-Ketoglutarate (2:1)



To be taken in conjunction with a regimen of CNI Vita Mins+[®] see diagram on reverse side for specifications

Each capsule contains 750mg of the following ingredients in decreasing quantities

L-Lysine HCL, Glycine, L-Leucine, L-Methionine, L-Arginine Base, L-Phenylalanine, L-Valine, L-Isoleucine, L-Histidine Base, L-Glutamine, L-Threonine, L-Tyrosine, L-Tryptophan, Taurine, L-Glutamine-alpha-Ketoglutarate (2:1), L-Arginine-alpha-Ketoglutarate (2:1)N-Acetyl-L-Cysteine

RECOMMENDED FOR:

- ◆ Increasing athletic performance
- ◆ Promoting muscle development by increasing lean muscle mass
- ◆ Enhancing stamina and endurance
- ◆ Helping attain and maintain a positive physical athletic image
- ◆ Improving vitality
- ◆ For those undergoing physical therapy or with degenerative muscle disorders, to help increase protein synthesis
- ◆ Lowers Fat to Muscle Ratio in a normal exercise program

WHY ARE AMINO ACIDS NECESSARY FOR THE ATHLETE?

- ◆ Amino acids are involved in a number of metabolic functions including protein synthesis.
- ◆ The amount of protein synthesis that takes place during and after exercise is dependent on a complete compliment of amino acids, including the branched-chain amino acids (BCAAs).
- ◆ Taking amino acid supplements can increase protein synthesis and the anabolic effects of exercise.
- ◆ Exercise also causes a rise in amino acid catabolism. Supplementing before and after the workout provides an additional amino acid pool to optimize the anabolic effects of the exercise.
- ◆ Growth hormone is important for the athlete, and this GH is affected by various amino acids, including L-Tyrosine, L-Ornithine and especially L-Arginine.
- ◆ Sufficient amounts of amino acids are necessary for producing insulin-like growth factor-1 (IGF-1), which along with insulin (produced in the pancreas by amino acids) increases protein synthesis.
- ◆ Amino acids, especially L-Alanine, L-Glutamine, and Glycine produce glycogenolysis and gluconeogenesis providing the constant source of energy required by the athlete.
- ◆ Amino acids, L-Glutamine, L-Tryptophan and L-Tyrosine are necessary for neurological health and energy.
- ◆ L-Phenylalanine and L-Tyrosine affects concentration and the production of catecholamines, which convert to norepinephrine, epinephrine (adrenaline), while L-Tryptophan converts to Serotonin and L-Glutamine supports muscle metabolism.

SOME BENEFITS OF AMINO SPORTS+ FORMULA ARE:

- ◆ HIGHEST QUALITY USP L-Crystalline singular amino acids and other ingredients used for proper utilization and metabolism.
- ◆ DESICCANT PADS are always included in CNI products to insure optimal freshness.
- ◆ BRANCHED-CHAIN AMINO ACIDS (L-LEUCINE, L-ISOLEUCINE AND L-VALINE) are included in the proper balance. These amino acids increase protein synthesis and anabolic hormones, while decreasing the amount of protein catabolism. They may also increase energy and aid in repair and recovery, which is important to the athlete during regular physical training.

—INFORMATION CONTINUES ON BACK—

- L-GLUTAMINE — the most abundant amino acid found in muscle tissue, increases anabolic activity, as well as having beneficial antioxidant and hepatoprotective properties. It helps support muscle hypertrophy, effects growth hormone and testosterone levels, and is important for neurological and gastro-intestinal health.
- L-Tryptophan — An essential amino acid, precursor to Serotonin, Niacin, Melatonin and Protein Synthesis. Helps to improve stamina and concentration and reduces stress.
- L-ARGININE BASE — is important for the athlete in producing GH secretion, and stimulates insulin, leading to anabolic and anticatabolic effects on skeletal muscle. It helps increase lean body mass and strength and has an important role in nitric oxide production, which is important in cardio-vascular health and in preventing hypertension.
- TAURINE — is the second most abundant amino acid in muscle tissue after glutamine, and it influences the anabolic process through the control of the ionic flux and effects on osmoregulation. It has many other important roles in the body including antioxidant properties, balances and stabilizes minerals, and has a protective effect on joints. Does not enter into making muscle protein.
- L-TYROSINE — is important for proper chemical balance of the brain, and depletions have been associated with depression and memory deficiencies. It is essential for production of catecholamine neurotransmitters, producing norepinephrine leading to adrenaline production. It is the precursor for the hormone thyroxine from the thyroid gland, and growth hormone (GH) from the pituitary.
- GLYCINE — is a glycogenic amino acid, and is an important constituent of collagen, increases GH, and is necessary for neurological health.
- L-METHIONINE — has many functions in the body, including increasing protein synthesis and is essential in the formation of creatine.
- L-GLUTAMINE - *α*-KETOGLUTARATE (2:1) — Inhibits protein catabolism (Nitrogen Sparing). OKG stimulates branched-chained Keto acid (BCKA) synthesis. Strongly modifies Glutamine fluxes.
- L-ARGININE - *α*-KETOGLUTARATE (2:1) — Kidney and liver support. Potent activation of T-lymphocytes i.e. depends on Polyamine synthesis. Aids in Nitric Oxide formation. Improvement of nutritional status in liver failure.
- L-LYSINE — is an essential amino acid and it has an inhibitory effect on viruses, such as the herpes virus. Low levels can slow protein synthesis and effect muscle and connective tissue health. It is important to be in the proper balance with Arginine.
- L-THREONINE — is generally low in vegetarian diets, and is lacking in other diets as well. Low levels may interfere with proper protein synthesis.
- L-HISTIDINE — converts to histamine and is a powerful vessel dilator. It has a direct effect on the central nervous system.
- L-Phenylalanine — is an essential amino acid, precursor to Tyrosine, and on to production of catecholamine neurotransmitters, producing norepinephrine and adrenaline production. A major amino acid in all proteins of the body, i.e. muscle.

DIRECTIONS: This is the highest quality, most unique amino acid formula for body building, increasing lean muscle mass, lowering fat to muscle ratio, increasing dynamic energy for workouts, designed for maximum bio-availability. No digestion required! No potential food allergies! Remember 75% to 78% of your body solids are amino acids which keep you in positive nitrogen balance naturally. These aminos now make over 146 thousand different proteins.

Take 1-4 capsules depending on your body weight and the amount of your exercise, 20 to 30 minutes before workout and 1-4 capsules 30 to 60 minutes after workout so you can feel how this great supplement works! (or as directed by a health care professional). Take on an empty stomach with 6-8 oz of diluted fruit or vegetable juice, (1/2 juice and 1/2 water). Do not take Amino Sports+ with milk or protein based drinks. These aminos will enter the blood stream very quickly! The unique balance of ingredients found in Amino Sports+ is not found in any other supplement product. Doctors are saying this is a missing link in nutritional sports medicine! It is recommended that this formula be taken with vitamins and minerals.*

The amino acid fill is vegetarian friendly. Contains no yeast, egg, milk, dairy, nuts, shellfish, meat, corn, gluten, wheat, soy, sugar, salt, starch, preservatives, artificial color, fragrances or flavors, or binders.

Do not refrigerate. Keep out of reach of children. Keep in a cool, dry place out of direct sunlight.

REFERENCES:

Di Pasquale, Mauro, M.D., Amino Acids and Proteins for the Athlete. The Anabolic Edge 1997

Phillips, Bill, The Sports Supplement 1998

Tapan, K. Basu, et al, Antioxidants in Human Healthy and Disease 1999

Biolo G., Tipton K, Klein S., Wolfe RR, "An Abundant Supply of Balanced Amino Acids Synergistically Enhances Protein Muscle Anabolism After Exercise" APSTRACTS 1997

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

Copyright CNI TS-00019 4/2006©
Product # 00019/#00020

 Plus Icon: denotes added supplement in this product Tryptophan	 Broken Link: denotes a supplement to be taken in conjunction with another	 Solid Link: denotes a stand alone product that may be taken with a regimen of another	 Chain Links: denotes a proper regimen of two or more products
--	---	---	---



200 capsules/750mg 100 capsules/750mg

*See Price List for current prices

Take 1/2 hr before meals

Take with meals

Regimen Link

For desired results take Vita Mins+ in regimen with Amino Sports+



MANUFACTURED &

MADE IN USA