

PLANT BASED ESSENTIAL AMINO ACIDS

Histidine	Imparative fo r Repairing and Growing Muscles, Maintains the Myeilm sheath which protect nerve cells	Hulled hempseeds, Teff, Squash Pumpkins seeds
Isoleucine	Helps increase endurance, enhance energy, aid healing, Helps formation of Hemoglobin	Mcadamia Nut, Teff, Sprouted-Navy grains, beans, and nuts
Leucine	Aids in Healing of Muscles tissues,, skin, bones . Also none to lower blood sugars and increase hrowth hormone	Edamame, Sprouted Navy beans, Kidney beans, Roasted Pumkin/Squash Seeds, Hemp
Lysine	Are Nessesary building block for protein , calcium absorbstation and collagen formation	Lima beans, Potatoes,
Methionine	Assits In breaking down fats in liver and arteries. Also streghenthens muscle fiber, brittle hair, and detox heavy metals	all seeds, Onions, Beans, lentils, Teff, Buckwheat
Phenylalanine	This Amino acid helps with brain funtion For Depression, pain and disorder.	Tofu, Pumkin/Squash seeds, Roasted Peanuts, Hemp seeds, Navy beans, Teff, Pinto Beans Buckwheat
Tryptophan	Helps production (vitamin B3) niacin that helps increase serotonin	Roasted Soya beans, Pumkin/ Squash seeds, Roman Beans, Brazil Nuts
Valine	Needed in Muscle tissues metabolism, Muscle repair, An Maintaining Proper Nitrogen levels in the body	Edamame, Hempseeds, teff, Kamut, Wild rice, Buckwheat, Squash seeds, Mushrooms, Pumkin seeds
Threonine	Helps Maintain Proper Protein balance, And ins Essential in collagen, tooth enamel,and elastin Production	Garbanzo Beans, Watermelon, Teff, Almonds, Marjonam, Roasted Soya bean, Pumpkin/ Squash seeds, Kidney beans

15% off Fresh Organic Food Box

With Discount code: aminoacid

The Food boxes contains 18 Items: Including Fruits Vegetables, Cooking herbs, and Medicinal Herbs. From a list of 25+ items to choose from. Here are a few Parsley, Romaine lettuce, Green dandelion, Oregano, Lemons, Oranges, Green Onions, Brocoli, Collard Greens, Mint, Green zucchini, 8 ball zuchini, zuchini flower, Mint, Persian Cucumbers

