

# **EAC - Essential Amino Complex**

## Product description

EAC contains all 8 essential and 3 semi-essential amino acids in free form. The use of free amino acids allows a targeted amino acid profile to incite the muscles constitution and regeneration after an effort. As EAC supplies all necessary amino acids and no extra calories, it is interesting for all sportspeople who are intensively training and appropriate especially for the kind of sports with weight categories or during diets to maintain the muscle mass.

The quality of a protein is dependant on its content of essential amino acids. Normal protein products contain more than 50% of non-essential amino acids, which have to be eliminated as nitrogen, and solicit the digestion more than 3-4 h. EAC contains only the necessary essential amino acids, which divides by 2 the needed amount of protein and can minimised the nitrogen surplus.

EAC strengthens the muscle constitution and the anti-catabolic effect of the protein and regeneration products by increasing the proportion of essential amino acids and especially of leucine. A high content of leucine has an insulin-independent effect on the protein synthesis, but also interacts with the insulin itself, which improves the stimulation of the constitution and the recovery of the musculature after a hard intensive performance.



## Advantages

- All essential and semi-essential amino acids
- Very high leucine content (2000 mg/9 tabl.)
- Total BCAA (3500 mg/9 tabl.)
- Maximal biological value of 284 (according to Oser)

## Utilisation

4-5 tablets shortly before and after training to strengthen the anabolic effect, alone or in combination with protein and regeneration products.

The simultaneous intake of quickly available (high glycemic) carbohydrates (e.g. Liquid Energy) improves the effect.



# EAC - Essential Amino Complex

## Ingredients

11 free amino acids (L-leucine, L-lysine hydrochloride, L-phenylalanine, L-methionine, L-valine, L-isoleucine, L-threonine, L-tyrosine, L-histidine, L-tryptophan, L-cysteine), glazing agent cellulose.

## Packaging / Nutrition facts

Box of 357 g (350 tablets)

nutrition facts**	per 100 g	9.2 g (9 tablets)
energy kJ (kcal)	1700 (400)	153 (36)
proteins	100 g	9 g
carbohydrates	0 g	0 g
fat	0 g	0 g

\*\* average value

amino acids	per 100 g	9.2 g (9 tablets)
L-histidine	5.0 g	463 mg
L-isoleucine	7.6 g	700 mg
L-leucine	21.8 g	2000 mg
L-lysine	10.8 g	988 mg
L-methionine + L-tyrosine	13.3 g	1222 mg
L-phenylalanine + L-tyrosine	18.7 g	1712 mg
L-threonine	7.4 g	683 mg
L-tryptophan	1.9 g	170 mg
L-valine	9.0 g	830 mg

Biological value : 284 (according to Oser, value for comparison egg 155)