

# Triple Performance Extra

## *Essential or "Limiting" Amino Acids*

- ~ **Lysine** - Muscle development and bone growth plus stimulate gastric juices. **Triple Performance Extra supplies 1757 mg/per 2 scoops.**
- ~ **Methionine**- Hair and coat growth, prevents deposits and adhesion of fat in liver, selenium absorption, antioxidant and anti-arthritis. **Triple Performance Extra supplies 1556 mg/per 2 scoops.**
- ~ **Threonine**- Enhances growth and food efficiency, produces adrenaline, and is a precursor to thyroid hormones. **Triple Performance Extra supplies 800 mg/per 2 scoops.**
- ~ **Arginine**- Releases insulin and growth hormone, nutritional aid in cancer therapy, fights tumor growth, and boosts T-cell production. **Triple Performance Extra supplies 1250 mg/per 2 scoops.**
- ~ **Histidine**- Maintains plasma, hematocrit and serum albumin, releases histamine, controls pain, anti-arthritis. Also stimulates stomach acid secretion and improves appetite. **Triple Performance Extra supplies 354 mg/per 2 scoops.**
- ~ **Phenylalanine**- Produces epinephrine and norepinephrine and acts as an antidepressant. **Triple Performance Extra supplies 646 mg/per 2 scoops.**
- ~ **Tryptophan**- Component of serotonin so acts as a mood stabilizer. Precursor to niacin and may aid in blood clotting. **Triple Performance Extra supplies 180 mg/per 2 scoops.**
- ~ **Valine**- Regulates protein turnover and energy metabolism with leucine and isoleucine. Is vital for muscle coordination. **Triple Performance Extra supplies 864 mg/per 2 scoops.**
- ~ **Leucine**- Keeps muscle protein from degrading. **Triple Performance Extra supplies 1112 mg/per 2 scoops.**
- ~ **Isoleucine**- Forms hemoglobin and fights nervous system degeneration. **Triple Performance Extra supplies 802 mg/per 2 scoops.**
- ~ **Glutamine and Glutamic acid\* non-essential** – helps produce glycogenolysis and gluconeogenesis providing a source of energy required for strenuous workouts. **Triple Performance Extra supplies 1850 mg/per 2 scoops.**
- ~ **Ornithine\* non-essential** - is an amino acid that is primarily used in the urea cycle, which eliminates excess nitrogen from the body. **Triple Performance Extra supplies 750 mg/per 2 scoops.**