



NATURE'S SUNSHINE

Free Amino Acids

GOOD FOR

Musculoskeletal System

Muscles

SIZE **60 Tablets**

ITEM # **3664**

SERVING **2**

SUPPLY **10 days**

DIRECTIONS FOR USE Take 2 tablets with a meal three times daily.

— How the Key Ingredients Work

Free Amino Acids delivers a broad spectrum of individual amino acids alongside key supporting nutrients, giving your body the raw materials it needs to build, repair, and energize itself every day. Because the aminos are already in their free form, your body can put them to work right away without waiting for digestion to break them down first.

Whey Protein — A rich natural source of all the essential amino acids, whey helps your muscles recover after activity and keeps you feeling fuller for longer. Research shows it supports lean muscle, helps maintain healthy blood pressure, and provides the building blocks your body uses to make its own internal antioxidants.

L-Leucine — Often called the 'trigger' amino acid, leucine sends a signal to your muscles that it's time to grow and repair. Studies show it helps your body make better use of protein after exercise, supports healthy blood sugar levels after meals, and even feeds directly into your cells' energy-making process.

L-Lysine — An essential amino acid your body cannot make on its own, lysine is a cornerstone of collagen production — the structural protein that holds skin, tendons, and connective tissue together. Research also shows it can help ease feelings of anxiety and support a calmer stress response, and it has well-documented benefits for keeping cold sores at bay.

L-Glutathione — Known as the body's master antioxidant, glutathione works inside virtually every cell to neutralize harmful free radicals and help keep oxidative stress in check. Clinical trials show that taking it orally raises measurable antioxidant levels in the body, supports healthy blood sugar balance, and may help keep arteries more flexible and healthy.

L-Tyrosine — Your body uses tyrosine to make dopamine, norepinephrine, and epinephrine — the brain chemicals that keep you alert, motivated, and resilient under pressure. Multiple studies show tyrosine supplementation helps maintain sharp thinking and working memory during stressful situations, and it supports the adrenal glands in keeping energy and mood on an even keel.

L-Tryptophan — Tryptophan is the amino acid your body converts into serotonin and melatonin, two key messengers that influence mood, relaxation, and restful sleep. Clinical research supports its role in easing anxiety and improving sleep quality, and it also helps trigger the release of satiety signals that tell your brain you've had enough to eat.

L-Phenylalanine — Phenylalanine is an essential amino acid that serves as a starting point for making dopamine and norepinephrine, the brain chemicals tied to motivation and mood. Human studies show it can help curb appetite by stimulating gut hormones that signal fullness, and it has been explored for its potential to support a more positive mood.

L-Isoleucine — One of the three branched-chain amino acids (BCAAs), isoleucine is metabolized directly in muscle tissue, making it a fast-acting fuel during exercise. Research in human cell models confirms it helps maintain the energy-producing machinery inside cells, and clinical studies show it can help moderate blood sugar levels after meals.

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