

PURE AMINO ACIDS

Amino Acid	Weight mgs/tsp	Features S	Texture	Taste
L-Arginine	4000	*	VF fine granule	bitter
Acetyl L-Carnitine	2000	**	VF fine salt	sour
L-Carnitine	2500	***	VF salt	lemon
L-Choline	3000	*** _s	VF fine salt	tangy
L-Citrulline	2000	*	VF corn flour	sour
N-Acetyl L-Cysteine (NAC)	3500	**	VF crystalline	sour/sulphur
N-Acetyl D-Glucosamine (NADG)	1500	***	icing sugar	sweet
Gamma Amino Butyric Acid (GABA)	3000	***	VF fine salt	neutral
L-Glucosamine	3000	***	cornflour	sweet
L-Glutamine	3000	*	VF flour	earthy
Glycine	3500	***	VF sugar	extra sweet
Inositol	3000	***	VF icing sugar	sweet
L-Lysine	3000	**	VF granular	neutral
L-Methionine	2000	*	VF fine granules	bitter/sulphur
L-Ornithine	2500	**	VF corn flour	neutral
L-Phenylalanine	2500	*	VF flour	bitter
L-Proline	2000	**	VF icing sugar	sweet
L-Serine	5000	***	VF fine crystal	sweet
Taurine	3000	**	VF crystalline	bitter
L-Theanine	2000	***	VF icing sugar	slightly sweet
L-Threonine	2500	**	VF corn flour	neutral
L-Tryptophan	1000	*	VF corn flour	bitter
L-Tyrosine	2000	*	VF corn flour	neutral

Solubility Guide: *Low **Med ***High | VF: Vegan Friendly | S: ≤ 1% silica

Weight is based on a level metric teaspoon rounded to nearest 0.5gm.

Tastings are described on a consensus basis, away from food.

This guide is an *approximation only* as materials can vary between batches according to milling and manufacture method as well as conditions such as humidity. *We hope this will be of assistance.*

HealthWise® have been supplying pure, pharmaceutical grade amino acids since 2005 with focus on **non-GMO vegan friendly** sources where possible.

For any further queries: aminos@healthwise.me

