



Amino Acid	Weight	Features	Texture	Taste
	mgs/tsp	S	VF	
L-Arginine	4000	*	VF	fine salt 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	3500	**	VF	crystalline sour/sulphur
N-Acetyl D-Glucosamine	1500	***		icing sugar sweet
Gamma Amino Butyric Acid	3000	***	VF	fine salt neutral
L-Glucosamine	2500	***		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 grains bitter/sulphur
L-Ornithine	2500	***	VF	corn flour neutral
L-Phenylalanine	2500	*	VF	flour bitter
L-Proline	2000	*	VF	icing sugar 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

