

# Amino Acid Quiz

**1. Why would you advise a customer not to mix any single amino acid into their protein smoothie?**

- a. It will make the smoothie taste strange
- b. The amino acids in protein foods compete for cell uptake and this can make the single amino acid become less bio available
- c. It will make the customer hungry

**2. Why would you advise a customer to mix an amino acid in juice or coconut water?**

- a. Because carbohydrates enhance the uptake of amino acids to help shuttle it through the blood brain barrier
- b. Juice and coconut water help improve the taste of certain amino acids
- c. Both above answers are correct

**3. Are any HealthWise amino acids vegan friendly?**

- a. No, they are all derived from animal products
- b. Only Glycine and Lysine are vegan friendly
- c. All HealthWise aminos are vegan friendly, except for N Acetyl D Glucosamine and Glucosamine HCL (derived from crustacean shells)

**4. Which 2 amino acids produce Nitric Oxide?**

- a. Arginine and Citrulline malate
- b. Tyrosine and Tryptophan
- c. None of the above

**5. Generally, amino acids with a low molecular weight such as Tryptophan and Tyrosine also have low solubility in water. What recommendations would you make to make it easier for the customer to take these amino acids**

- a. Take the amino acids with a high protein meal
- b. Put the amino acid in hot water to dissolve
- c. Directly off the teaspoon mixed with a little honey or rice bran syrup followed by a glass of water/coconut juice

**6. Which amino acid is the precursor to the powerful antioxidant Glutathione ?**

- a. Ornithine
- b. N-Acetyl Cysteine
- c. Theanine

**7. Which amino acid is used to treat both polycystic ovarian syndrome and obsessive-compulsive disorders?**

- a. Methionine
- b. Inositol
- c. L glucosamine

**8. From the group lists below, which amino acids have anti-viral properties?**

- a. N Acetyl Cysteine, Lysine, Arginine
- b. L Carnitine, Acetyl L Carnitine. Choline
- c. Tyrosine, Tryptophan, GABA

**9. From the group lists below, which amino acids can aid in weight loss ?**

- a. N Acetyl Cysteine, Lysine, Arginine
- b. L Carnitine, Acetyl L Carnitine. Choline
- c. Tyrosine, Tryptophan, GABA

**10. What contradictory liquid can the relaxing Theanine be taken with?**

- a. Coffee
- b. Wine
- c. Softdrink

Simply fill in the box with your answers - choose from a,b or c  
and save/scan and send to: [ilve@krpan.com](mailto:ilve@krpan.com)

Dr Evil will assess your submission and will let you know how you fared  
We look forward to sending your HealthWise face mask.

**Thank you for supporting HealthWise**