

Healthwise® **NAKED** AMINOS

PURE AMINO ACIDS
100% Pharmaceutical Grade
No flavouring
No fillers/flowing agents*
*90% of range

Ideally suitable for
COMPOUNDING

Available in small &
BULK sizes

Vegan Friendly
Gluten Free
Dairy Free*
Except Glucosamine & NADG

- L-Arginine
- Acetyl L-Carnitine
- L-Carnitine
- L-Choline
- L-Citrulline
- N-Acetyl-L-Cysteine
- Inositol
- Gaba
- L-Glucosamine
- NADG
- L-Glutamine
- Glycine
- L-Lysine
- L-Methionine
- L-Ornithine
- L-Phenylalanine
- L-Proline
- Taurine
- L-Theanine
- L-Threonine
- L-Tryptophan
- L-Tyrosine

+ Koji, Goji and
LactoBoost



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Available in 150g, 300g and 1kg
Cost per g: 15c - Based on 300g

Healthwise® L-Arginine

One of the main effects of Arginine is that it causes vasodilation by stimulating the smooth muscle endothelial cells that line the blood vessels to produce the compound nitric oxide.

Nitric oxide stimulates blood vessels to relax and expand, increasing the flow of blood and oxygen to the muscles during bouts of intense exercise, especially resistance training. An increase in blood flow and oxygen delivery during exercise may enhance performance, allowing muscles to produce more strength and delaying the onset of exercise-induced fatigue. Arginine may also increase blood circulation to the uterus, ovaries and genitals which allows optimal egg production and a better environment to allow the implantation of a fertilized egg.

For supporting normal sperm production, research has found that using L-Arginine daily at the recommended dose of 5-10 grams daily can increase sperm production in men, effects noticeable 6-8 weeks from start of supplementation.

Healthwise® **NAKED** AMINOS

100% pure pharmaceutical grade

Did you know?

Arginine can also help prevent fibroids and endometriosis as increased nitric oxide levels reduce inflammation in uterine and ovarian tissue.

► Serving Suggestion:

2 and 20g depending on diet and other contributing factors, well absorbed orally and can be added to foods or liquids.

► Specific Weight Information:

L-Arginine (HCL) 4000mg

► Practitioner Advice:

Arginine levels are best maintained if not taking it continuously. A schedule of four weeks of continuous use followed by a two-week break, for example, generally works best.

Be cautious when taking Arginine if there is a history of liver or kidney disease and monitor with the use of blood thinning medications.

Healthwise® Acetyl L-Carnitine

Acetyl Vs L form: Acetyl forms of amino acids are directly taken into the brain, and Carnitine is no exception. This is where the majority of actions take place, with the Acetyl form used to treat memory related illness and neuropathies.

The body can convert Acetyl L-Carnitine into L-Carnitine and vice versa, however, if you want weight loss, best use L-Carnitine alone and if you are treating any related brain disorders, use the Acetyl form.

Not only does ALCAR assist memory, but it is also able to increase dopamine which enhances focus and motivation. Additionally, individuals may feel an increase in focus and energy within about 15 to 20 minutes, so ALCAR can be used pre exercise or for mental clarity pre exam.

For more information about dosages and contraindications, please consult HealthWise® Amino Acid Compendium

Did you know?

Acetyl L-Carnitine has broader results than L-Carnitine as it includes various brain health boosting features.

► Serving Suggestion:

1-3g, preferably in divided servings away from meals.

► Specific Weight Information:

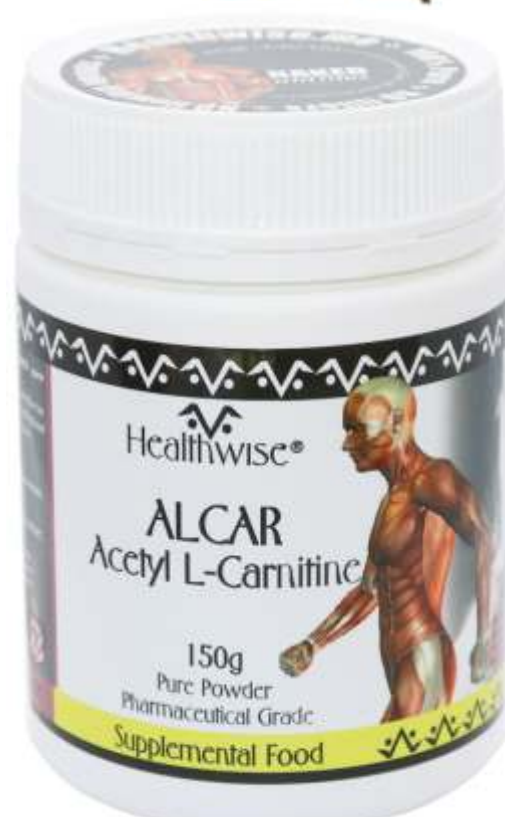
Acetyl L-Carnitine = 2000mg

► Practitioner Advice:

Best taken in the morning before breakfast. ALCAR works well mixed with magnesium powder.

Can be taken alongside L-Carnitine to boost testosterone levels and alpha lipoic acid for heart health.

ALCAR is contraindicated with blood thinners and if too much is taken can result in nausea, "fishy" breath, urine and sweat.



Available in 150g
Cost per g: 20c

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Healthwise® L-Carnitine

Experts say that L-Carnitine is one of the most well researched dietary supplements in the world with over 7800 studies listed with positive outcomes, moreover, it is non-toxic, with minimal contraindications and adverse interactions, and well-tolerated by young and old.

L-Carnitine mainly increases thermogenesis, that is, the rate at which fat is burned which reduces fat and increases lean muscle mass.

L-Carnitine is best known as a facilitator of the transport of fatty acids into the mitochondria for oxidation, however, a lesser known role of Carnitine is in maintaining high density exercise by reducing lactic acid build up.

For heart health, Carnitine has been shown to minimize the risk of heart disease by increasing vascular response to high fat meals in studies.

Did you know?

The name Carnitine comes from the Latin "Carnus" meaning flesh and was originally isolated from meat. Meat is high in Carnitine and the redder the meat, the higher the levels of Carnitine.

► Serving Suggestion:

1 level teaspoon preferable split into 2 servings throughout the day.

► Specific Weight Information:

L-Carnitine L-Tartrate = 2500mg

► Practitioner advice:

Absorption is the key for maximum effects in fat loss. Insulin is the most effective agent at helping more L-Carnitine get inside muscle cells. So, by combining L-Carnitine with an insulin-elevating juice or carbohydrate snack, you can ensure maximum Carnitine retention in muscle cells.

Contraindications for L-Carnitine include avoiding if there is a history of seizures and avoiding with clinically diagnosed hypothyroidism.

For more information about dosages and contraindications, please consult HealthWise® Amino Acid Compendium

Healthwise® L-Choline

In the 1970's, researchers discovered the connection between the precursor Choline and acetylcholine which can assist with symptoms relating to alzheimers and dementia.

Every cell in the human body uses Choline to build its outer membrane, which keeps it from being dissolved in the bloodstream. Aside from cognitive diseases and conditions, Choline is also helpful for Huntington's, asthma, allergies, Tourette's, and schizophrenia.

However, the Bitartate form of Choline, although being easily absorbed, does not so easily cross the blood brain barrier (BBB), such as the acetylcholine amino acid.

Although some Choline Bitartrate will convert to acetylcholine and make it to the brain, the primary use of Choline Bi-tartrate is fat loss by lipolysis, which is the use of fat over glucose as the body's primary energy source.

Did you know?

Premenopausal women might need less Choline from the diet than children or other adults because estrogen induces the gene that catalyzes biosynthesis of Choline.

► Serving Suggestion:

As a dietary supplement take ½ to 1 teaspoon before meals. May stack with L-Carnitine L-Tartrate powder pre-workout for best results.

► Specific Weight Information:

L-Choline Bitartrate = 3000mg

► Practitioner advice:

For fat loss, take pre or post exercise on an empty stomach.

Choline works by lipolysis, so best taken during the day.

Be cautious with low blood pressure as consuming large amounts of Choline 7 grams or more can lead to hypotension, dizziness and fainting.



Available in 150g
Cost per g: 33c

Available in 150g, 300g and 1kg
Cost per g: 20c - Based on 300g



Available in 150g, 300g and 1kg
Cost per g: 16c - Based on 300g

Healthwise®

L-Citrulline

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According to the book, "Nutritional Supplements in Sports and Exercise", Arginine and Citrulline work together since Arginine also promotes the natural production of Citrulline in your body.

A high intake of Arginine causes an increase in blood levels of Citrulline, however large doses of Arginine for vasodilation and NO production may cause unwanted side effects so if large doses of NO are required, Citrulline is often used. Citrulline is obtained from food, especially high in watermelons, and can be also manufactured from Ornithine, within the urea cycle, which helps rid the body of ammonia, a waste product of protein digestion.

L-Citrulline also increases ornithine and arginine plasma content and increases nitric oxide metabolism.

L-Citrulline is also used to alleviate erectile dysfunction caused by high blood pressure.

Did you know?

Citrulline is derived from the Latin word "Citrullus" and was first isolated from watermelon in 1914.

► Serving Suggestion:

Take 1-2 teaspoons between meals. May be taken with your favourite fruit or vegetable juice or as a part of pre-workout routine.

► Specific Weight Information:

L-Citrulline DL-Malate = 2000mg

► Practitioner advice:

Citrulline Malate may be taken to increase the effectiveness of Arginine supplementation as Citrulline bypasses the processes that convert Arginine to NO within the liver.

Consider taking Citrulline Malate and Arginine 20 mins apart for optimum plasma levels of Arginine.

For more information about dosages and contraindications, please consult HealthWise® Amino Acid Compendium

Healthwise®

N-Acetyl L-Carnitine

NAC has many actions which range from controlling mucous production from respiratory infections well studied for protecting liver damage from acetaminophen (paracetamol) overdose, carbon monoxide poisoning and reduces heavy metal overload from Arsenic, lead, cadmium, mercury, copper excess.

Additionally, NAC removes excess estrogen metabolites (E2) by moving through methoxylation and conjugation pathways.

To produce glutathione, after ingestion, NAC is deacetylated, readying the Cysteine molecule to synthesize glutathione. This occurs in cells via the cysteine-glutamate antiporter.

To help control addictions, NAC normalizes glutamate in the reward centre of the brain through cysteine-glutamate exchanges thereby increasing glutamate clearance, which results in decreased cravings and addictive behaviour. Addiction evokes strong dopamine release which also drives neuronal apoptosis, and NAC can modulate dopamine release.

Did you know?

1g of Vitamin C powder to 2g of NAC will enhance the conversion of NAC to Glutathione and prevent oxidation.

► Serving Suggestion:

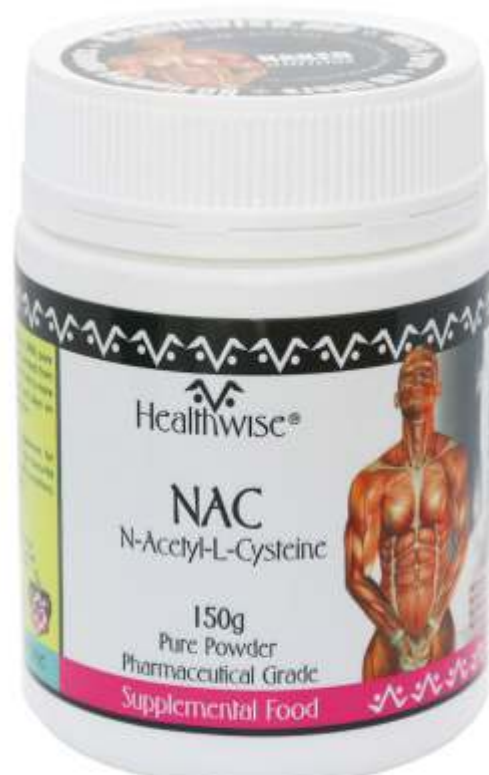
As a dietary supplement for general health take 1000mg with your favourite beverage between meals.

► Specific Weight Information:

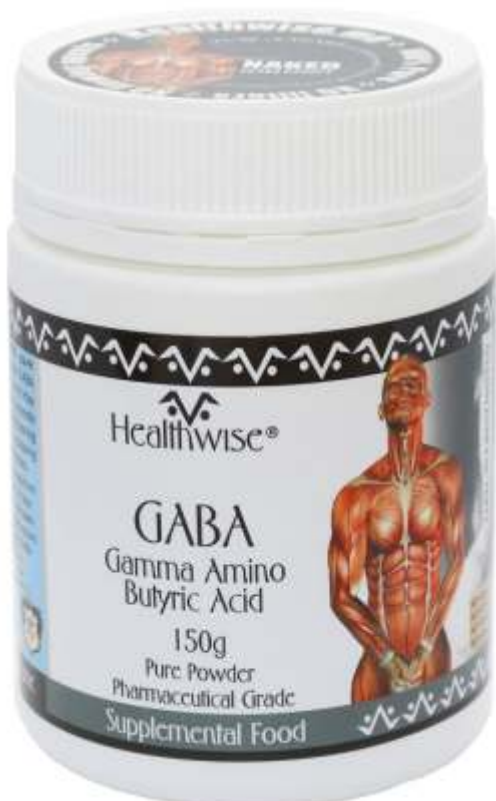
N-Acetyl-L-Cysteine = 3500mg

► Practitioner advice:

Take on an empty stomach for best results. Some studies have shown taking 1g of Vit C with NAC will assist in the production of Glutathione. Avoid taking charcoal tablets around the same time as NAC. Long term use of NAC can disrupt copper levels, so supplementation with copper may be needed if using NAC long term.



Available in 150g
Cost per g: 33c



Available in 150g
Cost per g: 21c

Healthwise® GABA

The role of the inhibitory neurotransmitter GABA has long been regarded as central to the regulation of anxiety within this neurotransmitter system and the Amygdala. It is within this target area that drugs such as benzodiazepines are activated. It should be remembered that GABA is not the only neurotransmitter important in the modulation of anxiety responses, many other neurotransmitters have been implicated, including serotonin, oxytocin and corticotropin-releasing hormone.

The brain circuits in the Amygdala are thought to comprise of inhibitory networks of yaminobutyric acid-ergic (GABAergic) interneurons which play a key role in the modulation of anxiety responses both in the normal and pathological state.

There is little evidence to show that GABA taken orally will entirely cross the blood brain barrier, so taking it with an insulin shuttle and activated B3 will assist this.

For more information about dosages and contraindications, please consult HealthWise® Amino Acid Compendium

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Did you know?

The chemicals formed by aging whiskey in oak barrels increase GABA's effect in the brain when the chemicals released from the alcohol a fragrance and reach the brain via inhalation.

► Serving Suggestion:

Mix ¼ teaspoon in your favourite juice or coconut water, away from meals.

► Specific Weight Information:

Gamma Amino Butyric Acid = 3000mg

► Practitioner advice:

GABA may illicit unexpected and unwanted effects in certain individuals including tingling and numbness of the extremities, a feeling of disconnectedness and heart palpitations.

These symptoms usually disappear after 10 minutes and with maintained use of GABA will disappear in a few days. Occasionally, these effects last longer and can be frightening. Always start low, ⅛ - ¼ teaspoon. If unwanted effects continue, discontinue use immediately as GABA may not be suitable to that individual.

Healthwise® NAG

N-Acetyl-D-Glucosamine

NAG occurs naturally in the outer shells of certain insects and shellfish and is synthesized from the reaction between Glucosamine and acetic acid.

Although NAG can be found in certain cosmetic products where it is used as an exfoliating and anti-wrinkle agent, its main use is as a dietary supplement in the treatment of autoimmune disease including Crohns and Ulcerative Colitis.

The protective wall of the GIT incorporates N-Acetyl- D-Glucosamine where it plays a role in the treatment of inflammatory bowel disease, often as a result from impaired innate immunity which is an abnormal immune response to microbial invasion, and Ulcerative Colitis. NAG takes the more direct route to the important macromolecules such as hyaluronic acid, keratin sulphate and chondroitin sulphate, unlike the low-molecular Glucosamine found in Glucosamine sulphate or Glucosamine hydrochloride, which specifically works on cartilage.

Did you know?

NAG can be applied as a paste to the skin to reduce the appearance of dark spots caused by aging and sun exposure.

► Serving Suggestion:

Take up to 2g (just over 1tsp) with your favourite beverage between meals. NAG dissolves readily and is heat stable, so is suitable for cold or hot beverages.

► Specific Weight Information:

N-Acetyl-D-Glucosamine = 1500mg

► Practitioner advice:

May be taken together with Threonine, glutamine and glycine for gut repair, Crohns treatment and/or ulcerative colitis. NAG is heat stable and pleasant tasting so may be added to hot beverages.

NAG should be taken with caution for those that suffer from asthma, bleeding disorders and kidney problems and avoided completely with anti-coagulant therapy.



Available in 150g, 300g and 1kg
Cost per g: 33c - Based on 300g



Available in 150g, 300g and 1g
Cost per g: 13c - Based on 300g

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Healthwise®

L-Glucosamine

Most literature concentrates on Glucosamine Sulphate, only because this is a more prevalent type of Glucosamine on the market.

In fact, the hydrochloride form is more concentrated than the sulphate form, approx 3000 mg of sulphate = 1500 mg of hydrochloride, and contains substantially less sodium per effective dose than the sulphate form.

Because Glucosamine sulphate is stabilized with sodium chloride (table salt) and can contain as much as 30% sodium, there needs to be consideration for individuals who want to reduce their dietary intake of sodium.

Since Glucosamine is a precursor for glycosaminoglycans, which are a major component of cartilage, supplemental Glucosamine may beneficially influence cartilage structure, and alleviate the symptoms of arthritis.

Did you know?

Glucosamine sulphate can contain as much as 30% sodium in a serve. This is a consideration for individuals who want to reduce their dietary intake of sodium.

► Serving Suggestion:

1500 mg (½ teaspoon) of Glucosamine in an average serving.

► Specific Weight Information:

L-Glucosamine HCL = 3000mg

► Practitioner info:

Glucosamine reacts with warfarin and other blood thinning medication. There are several reports stating that taking Glucosamine (with or without chondroitin) increase the effect of warfarin on blood thinning. This can cause bruising and bleeding. Antimiotic chemotherapy may interact with Glucosamine hydrochloride as medications for cancer work by decreasing how fast cancer cells can copy themselves and it is postulated that Glucosamine might increase how fast tumor cells replicate themselves.

For more information about dosages and contraindications, please consult HealthWise® Amino Acid Compendium

Healthwise®

L-Glutamine

Glutamine is stored in skeletal muscle along with other sites in the body including the intestine, brain and lung.

Not much is written about its use in sports medicine and the idea of Glutamine as a muscle repair agent is not well studied, but is used regardless by athletes. Glutamine is used to alleviate digestive system conditions such as stomach ulcers, ulcerative colitis, and Crohn's disease. It is also used for depression, moodiness, irritability and anxiety.

Glutamine is also used to counter some of the side effects of medical treatments. For example, it is used for side effects of cancer chemotherapy including diarrhea, pain and swelling inside the mouth (mucositis), nerve pain (neuropathy), and muscle and joint pains caused by the cancer drug Taxol.

Did you know?

After surgery, nitrogen is vital to repair wounds and about ⅓ of nitrogen used by the body for this purpose relies on adequate Glutamine stores.

► Serving Suggestion:

It should not be added to hot beverages because heat destroys Glutamine. Average serving would be ¼ to ½ teaspoon added to food or liquid.

► Specific Weight Information:

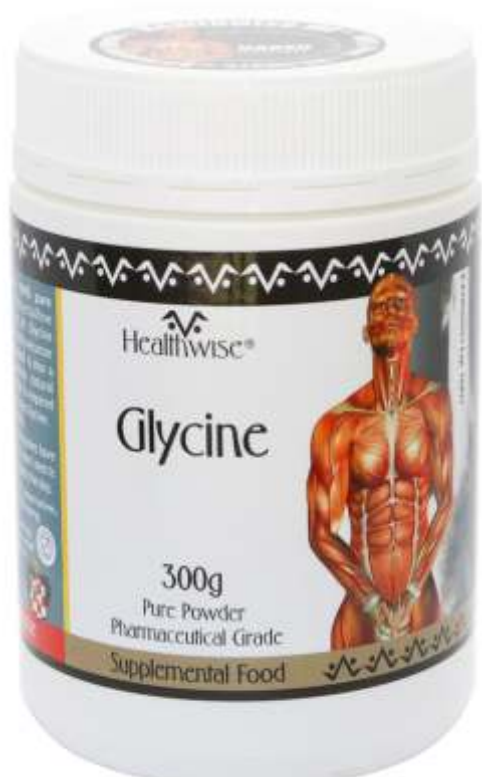
L-Glutamine = 3000mg

► Practitioner info:

Glutamine should be taken in the morning, after a workout and before going to bed. Taking Glutamine when you wake up is ideal because your muscles have gone all night without nutrition, after a workout as the muscle cells are receptive and before bed for growth hormone production.



Available in 150g, 300g and 1kg
Cost per g: 13c - Based on 300g



Available in 150g, 300g and 1kg
Cost per g: 9c - Based on 300g

Healthwise® Glycine

As one of the few amino acids that helps improve blood-sugar storage, sports scientists agree Glycine can increase energy, particularly when taken for endurance activities.

Additionally, Glycine has been shown to help slow muscle breakdown by supplying Creatine to the muscle cells, thereby preventing ATP depletion and optimizing energy levels.

Conversely, storing too much Glycine in the body can cause fatigue, so it is imperative to have the correct amount in the cells.

Glycine plays an essential role as an inhibitory neurotransmitter via Glycine receptors in the CNS which can improve sleep patterns and improve sleep latency. Glycine can also reduce core body temperature when sleeping, thereby influencing the natural circadian rhythm and improving sleep quality.

For more information about dosages and contraindications, please consult HealthWise® Amino Acid Compendium

Healthwise® NAKED AMINOS

100% pure pharmaceutical grade

Did you know?

NASA scientists have discovered Glycine in samples of comet Wild 2 returned by NASA's Stardust spacecraft.

► Serving Suggestion:

One can take up to 4g = 4000mg (1 level metric teaspoon) in split servings throughout the day.

► Specific Weight Information:

Glycine = 3500mg

► Practitioner Information:

Though Glycine can be absorbed from food, it would be difficult on an ordinary diet to absorb enough to saturate the blood. At saturation levels, Glycine readily crosses the blood brain barrier via passive diffusion. A supplemental dose of 3g before bed readily accomplishes this and is best taken in a hot relaxing beverage such as chamomile tea.

Healthwise® Inositol

Inositol is considered an amino acid and is also part of the B group family and is traditionally used in vitamin B complexes.

More recently, using Inositol to regulate insulin resistance commonly seen with infertility issues, has become popular with practitioners who specialize in fertility management. To promote ovulation in obese or insulin resistant women with polycystic ovary syndrome, myo Inositol is the preferred form of inositol used by practitioners. A recent 2017 trial on fertility showed that both with and without insulin resistance, myo Inositol outperformed metformin when it came to reducing testosterone levels, hirsutism, and markers of inflammation.

There is some evidence that people with OCD who receive Inositol by mouth for 6 weeks experience significant improvement.

Did you know?

Inositol has been successfully administered using IV to resolve breathing difficulties in premature babies.

► Serving Suggestion:

1/2 to 1 level teaspoon, preferably before taken meals. Clinical studies have suggested up to 6 grams in split servings, depending on bowel tolerance.

► Specific Weight Information:

myo-Inositol = 3000mg

► Practitioner Information:

When taking Inositol for anxiety/OCD, medical professionals advise starting with 2,000 mg twice a day. After one week, this can be increased to three times per day. During the third week, slowly begin to increase the Inositol by small amounts to 3,000 mg three times daily; the fourth week, to 4,000 mg three times per day; and the fifth week, 5,000 mg three times each day. In the sixth week, a suggested maximum dosage of 6,000 mg three times a day can be achieved.



Available in 150g, 300g and 1kg
Cost per g: 16c - Based on 300g



Available in 150g, 300g and 1kg
Cost per g: 10c - Based on 300g

Healthwise® L-Lysine

Lysine is important for proper growth, and it plays an essential role in the production of Carnitine.

It can be mixed with the 2:1 Arginine to Ornithine ratio to produce HGH (2:1:1 Lysine).

Interestingly, Lysine appears to help the body absorb calcium, and it plays an important role in the formation of collagen, important for bones and connective tissues including skin, tendon, and cartilage, and subsequent help for prevention of osteoporosis.

Studies have shown taking lysine on a regular basis may help prevent outbreaks of cold sores and genital herpes. Lysine has antiviral effects by blocking the activity of L-Arginine, which promotes HSV replication. Oral lysine is more effective for preventing an HSV outbreak than it is at reducing the severity and duration of an outbreak.

For more information about dosages and contraindications, please consult HealthWise® Amino Acid Compendium

Healthwise® **NAKED** AMINOS

100% pure pharmaceutical grade

Did you know?

Lysine was the subject of the largest ever U.S. price-fixing court case, garnering a massive \$100 million settlement and resulted in the conviction of 3 executives who served prison time for the offense.

► Serving Suggestion:

As a dietary supplement, take approx. 1000mg (½ level teaspoon), preferably before meals.

► Specific Weight Information:

L-Lysine HCL = 3500mg

► Practitioner Information:

L-Lysine has no known toxicity. Although a few cases of abdominal cramps and diarrhea have been reported with very high doses (more than 10g a day). Lysine is best taken on an empty stomach - but if you have forgotten a serving, you may take it with food. Postmenopausal women can take Lysine with meals to encourage absorption of calcium by the body.

Healthwise®

L-Methionine

L-Methionine participates in a wide range of biochemical reactions, including the production of S-adenosylmethionine (SAM or S-AdoMet), L-cysteine, glutathione, Taurine and sulphate.

Methionine is also a glycogenic amino acid and may participate in the formation of D-glucose and glycogen so may help with energy production and stamina.

L-Methionine has the ability to reduce the liver-toxic effects of such hepatotoxins as acetaminophen and methotrexate as well as reducing heavy metal overload by bonding and excretion.

Methionine is also capable of pushing the pH-value of urine into the acidic part of the scale, reducing the occurrence of cystitis and other urinary tract infections. The effectiveness and efficiency of ampicillin and other antibiotics is also improved where the pH-value ranges between 4 and 6.

Did you know?

Lower Methionine levels in pregnancy have been associated with neural tube defects, just the same as low folic acid levels.

► Serving Suggestion:

Take up to 2g between meals.

► Specific Weight Information:

L-Methionine = 2000mg

► Practitioner Information:

During Methionine supplementation, intake of Taurine, cysteine, and other sulfur containing amino acids, as well as P5P and folate/folinic acid should also be included.

Taking it with a tablet for liver support would be ideal. Those with high homocysteine levels should avoid taking over 2g of methionine as it can elevate homocysteine further.



Available in 150g
Cost per g: 33c



Available in 150g
Cost per g: 33c

Healthwise® L-Ornithine

Ornithine can help produce HGH in combination with Arginine HCL
Arginine 2g: Ornithine 1g.

L-Ornithine has an anti-fatigue effect by increasing the efficiency of energy consumption. It is also an amino acid that works on kidney function and cleansing by mopping up excessive ammonia. Ornithine is the driving force of action of the enzyme Arginase which creates urea, and via the urea cycle, it allows for the disposal of excess nitrogen and ammonia which is then excreted by the kidney.

Ornithine is used in parasite cleansing to mop up ammonia produced from parasite.

Excessive ammonia can cause insomnia.

According to Hulda Clarke, author of "Cure for all diseases" Ornithine may be useful for wound healing post-surgery.

For more information about dosages and contraindications, please consult HealthWise® Amino Acid Compendium

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Did you know?

Ornithine is the amino acid favoured for use in parasite cleansing programs as it detoxifies ammonia and nitrogen through the kidneys by stimulating urea production.

► Serving Suggestion:

1-2 grams on an empty stomach or post exercise.

► Specific Weight Information:

L-Ornithine = 2500mg

► Practitioner Information:

Studies show Ornithine reduces ammonia concentrations in the blood and thus enhances performance of prolonged exercise (45 minutes or more) which is in part due to Ornithine remaining elevated in the blood for a few hours after ingestion. On this basis, it is suggested pre workout or between meals for reducing excess ammonia.

Best time to take when on a parasite treatment program: Take before bed on an empty stomach with juice or coconut water. When taken in combination with Arginine for GH production; 2 arg: 1 Orn ratio.

Healthwise®

L-Phenylalanine

Phenylalanine is found in three forms:

L-Phenylalanine, the natural form found in proteins; D-Phenylalanine (a mirror image of L-Phenylalanine that is made in a laboratory), and DL-Phenylalanine, a combination of the 2 forms. One of L-Phenylalanine's primary functions is to serve as a precursor to the amino acid tyrosine, which in turn is needed to produce the hormone thyroxine so can be used to support an underactive thyroid.

L-Phenylalanine also stimulates the release of cholecystokinin, a digestive system hormone that produces a feeling of satiety after eating and decreases interest in eating.

L-Phenylalanine may play a role in the treatment of anxiety via the conversion to tyrosine.

Did you know?

Tofu and tempeh can provide up to 2.5 gram of Phenylalanine per 200 calorie (please convert to KJ) per serve.

► Serving Suggestion:

Up to 1g away from food.

► Specific Weight Information:

L-Phenylalanine = 2500mg

► Practitioner Information:

Those with high blood pressure, should start with very low amounts, such as 200 mg a day. Increase the dose slowly only if safe to do so.

L-Phenylalanine is best taken on an empty stomach with water or juice about an hour before meals. Phenylalanine is one of the most unstable amino acids when other amino acids are present.

Please see compendium for full list of contraindications.



Available in 150g
Cost per g: 33c



Available in 150g
Cost per g: 20c

Healthwise® L-Proline

L-Lysine and particularly L-Proline are important substrates for the biosynthesis of matrix protein and competitively inhibit the binding of lipoprotein to the vascular matrix which prevents cholesterol build up and resulting arterial plaque.

Maintaining the integrity and physiological function of the vascular wall is the key therapeutic target in controlling cardiovascular disease.

Proline increases the stability of collagen, making it a desirable supplement for skin integrity as well as an adjunct treatment for osteoarthritis as well as initiating the biochemical pathway for connective tissue repair and collagen production. This increases wound healing and minimizes scar formation. Research from the Linus Pauling institute shows that Proline helps reduce cholesterol build up by increasing blood vessel wall elasticity and integrity. This discourages plaque formation within the arterial wall.

Healthwise® **NAKED** AMINOS

100% pure & natural

Did you know?

Virtually all of the proteins in the human body contain L-Proline.

► Serving Suggestion:

Take up to 2g with your favourite beverage between meals.

► Specific Weight Information:

L-Proline = 2500mg

► Practitioner Information:

Cholesterol prevention:

Vit C: 3g, Lys: 2g, Proline 2g Cholesterol treatment: As above, but increasing by 50% more Skin, joints, collagen and wound healing: 2-5g daily.

See compendium for full contraindication list.

For more information about dosages and contraindications, please consult HealthWise® Amino Acid Compendium

Healthwise® Taurine

Taurine increases muscle contractility in both skeletal and cardiac muscle, meaning better workouts due to increased muscle output. Taurine reduced lactic acid in exercised muscle and protects muscle against oxidative stress which, in turn, reduces muscle damage.

Taurine supports the eye, especially the nerve fibre integrity, potentially slowing or reversing painful diabetic neuropathy. In the retina Taurine fights glucose-induced oxidant stress and preserves the health of light-sensing cells in diabetic retinopathy.

Human studies show that 3g per day of Taurine for 7 weeks reduced body weight significantly in a group of overweight or obese (but not-yet-diabetic) adults. Additionally, Taurine reduces serum triglycerides and "atherogenic index," a ratio of multiple cholesterol components that predicts atherosclerosis risk.

Taurine may also help treat high blood pressure and panic attacks.

Did you know?

Taurine is named after the Latin 'Taurus' which means bull or ox. Taurine is naturally produced in the testicles of many mammals, however rest assured that HealthWise Taurine is not extracted from the semen or urine of bulls!

► Serving Suggestion:

¼ to ½ teaspoon can be added to fruit or vegetable juice.

► Specific Weight Information:

L-Taurine = 3000mg

► Practitioner Information:

Taurine is found in pre and post workout formulas, and in sugar laden energy drinks, so the general consensus is out on the best time to take it and whether it needs an insulin spike or not to allow it to enter cells.

Magnesium powder may be added to Taurine when helping support the heart and nervous system.



Available in 150g, 300g and 1kg
Cost per g: 10c - Based on 300g



Available in 150g
Cost per g: 46c

Healthwise®

L-Theanine

L-Theanine is an amino acid that is not typically found in the diet and additionally, is not one of the essential amino acids or one of the common nonessential amino acids, however, is unique to green tea and certain mushroom species. The molecular structure of Theanine is similar to glutamine and produces the neurotransmitters: GABA and glutamate.

L-Theanine molecules are small enough to pass through the blood brain barrier in around 30 minutes. The properties of L-Theanine can be summed up as being a relaxing agent without sedation, and studies have also shown it reduces the perception of stress and improves attention. While L-Theanine does not appear to induce sleep, it may (quite weakly) help with sleep maintenance although it is not recommended as first line treatment for insomnia.

For more information about dosages and contraindications, please consult HealthWise® Amino Acid Compendium

Healthwise® NAKED AMINOS

100% pure pharmaceutical grade

Did you know?

Although Chinese have been drinking green tea for thousands of years, L-Theanine was only identified as a separate constituent in 1949.

► Serving Suggestion:

Dissolve ¼ to ½ teaspoon in a small amount of warm water. Best taken away from meals. May promote a feeling of focused attention and calm alertness when taken with tea or coffee.

► Specific Weight Information:

L-Theanine = 2000mg

► Practitioner Information:

L-Theanine is GRAS (generally regarded as safe) Theanine is recommended for those who are generally highly anxious, but not suited to those who are already a laid-back type, or if someone presents with low serotonin levels and those on SSRI medications. Pseudoephedrine, epinephrine and other stimulant drugs may be decreased in effectiveness when taken with L-Theanine. Starting dose ½ teaspoon can be taken in water or juice away from meals, preferably in divided doses. May also be taken with caffeinated beverages to prevent coffee "jitters".



Healthwise®

L-Threonine

Threonine keeps tissue strong to facilitate faster healing by creating glycine and serine, two amino acids that are necessary to produce collagen, elastin, and muscle tissue.

Threonine is also found in significant amounts in the heart and combines with the amino acids aspartic acid and methionine to help the liver with the digestion of fats and fatty acids.

Threonine supplementation may be useful in the treatment of Lou Gehrig's disease, Amyotrophic Lateral Sclerosis (ALS) and other diseases that present with Glycine deficiency. Administering Glycine directly is ineffective, since it cannot cross into the central nervous system and Threonine facilitates this shuttle.

Research indicates that symptoms of Multiple Sclerosis (MS), another disease that affects the nerve and muscle function, may be lessened with Threonine supplementation

Did you know?

As a dietary supplement for general health take up to 2g with your favourite beverage between meals.

► Serving Suggestion:

As a dietary supplement for general health take up to 2g with your favourite beverage between meals.

► Specific Weight Information:

L-Threonine = 2500mg

► Practitioner Information:

When taken in dosage of anything between 2 and 4 g every day for a maximum period of about 12 months the use of Threonine appears to be safe.

However, some people using this essential amino acid may suffer from negligible side effects like headache, stomach disorder, queasiness and skin rash.



Available in 150g
Cost per g: 26c



Available in 150g
Cost pr g: 46c

Healthwise® NAKED AMINOS

100% pure pharmaceutical grade

Healthwise®

L-Tryptophan

Tryptophan is the precursor to 5-hydroxytryptophan (5-HTP), the direct precursor to serotonin and melatonin.

Serotonin and melatonin are important for mood and sleep; when deficiency of serotonin occurs, it can lead to anxiety, depression, insomnia, and various other neuropsychological conditions. L-Tryptophan works in about 50% of insomnia cases, other cases are possibly not melatonin related.

Tryptophan is also the precursor for vitamin B3 in the form of nicotinamide adenine dinucleotide (NAD). Only about 1/60th of the Tryptophan in the body is converted to NAD.

The brain typically receives less than one percent of ingested Tryptophan from food and absorbing even this small share of Tryptophan is a difficult task for the brain, due to the blood brain barrier and other competing amino acids.

Did you know?

Enjoy your pasta. Carbohydrates also increase your serotonin levels, which help you to feel better and manage your appetite. Viva Italia!

► Serving Suggestion:

1g on an empty stomach, preferably 1h before bed.

► Specific Weight Information:

L-Tryptophan = 1000mg

► Practitioner Information:

Heat sensitivity and solubility: Tryptophan is heat sensitive and losses in cooking range from between 65% in pork and 46% in chicken that have been cooked by either frying, roasting or grilling. Therefore, it is wise not to mix Tryptophan powder in with very hot water. This is unfortunate as Tryptophan can have solubility issues, but this can be resolved by taking it off the spoon with an insulin "chaser" of coconut water or juice or by encapsulating the product. See compendium link for complete list of contraindications.

Healthwise®

L-Tyrosine

Tyrosine is a precursor to dopamine and norepinephrine. Supplements that boost the brain's dopamine concentration are of interest to endurance athletes as well as those with anxiety and lacking motivation.

Some research has suggested that Tyrosine has a positive effect at a high temperature which is why it can help with physical endurance activities. At high temperatures athletes tire more quickly, so having more Tyrosine available may reduce feelings of tiredness.

Taking Tyrosine on an empty stomach causes an increase in norepinephrine and dopamine in the brain, which can lead to increased energy, alertness and improved moods, thus relieving depression.

As a precursor of the thyroid hormones, L-Tyrosine can help to elevate mood and promote well-being that is hindered by low thyroid.

For more information about dosages and contraindications, please consult Healthwise® Amino Acid Compendium

Did you know?

The word "tyrosine" is from the Greek *tyrós*, meaning cheese, as it was first discovered in 1846 by German chemist Justus von Liebig in the protein casein from cheese.

► Serving Suggestion:

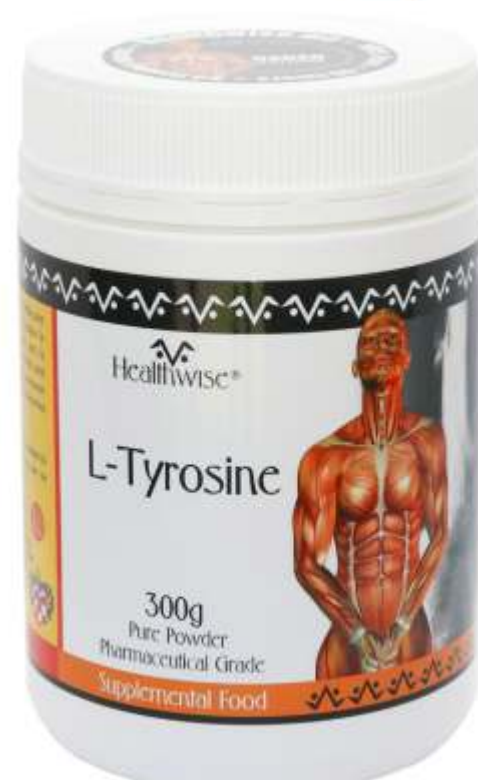
½ to 1 teaspoon can be added to coconut water, fruit or vegetable juice. Servings are best taken at least 30mins before meals.

► Specific Weight Information:

L-Tryptophan = 1000mg

► Practitioner Information:

Tyrosine can raise blood pressure in some people, it must be used cautiously by individuals with hypertension and can also cause anxiety. Monoamine Oxidase Inhibitors (MAOIs) -- Tyrosine may cause a severe increase in blood pressure in people taking antidepressant medications in the MAO family. This rapid increase in blood pressure, also called "hypertensive crisis," can lead to a heart attack or stroke. People taking MAOIs should avoid foods and supplements containing tyrosine. Monitor use of Tyrosine with thyroid medication.



Available in 150g, 300g and 1kg
Cost per g: 23c - Based on 300g



Healthwise®
Koji 8

Healthwise®

Chi 氣 Foods

100% pure pharmaceutical grade



Available in 150g and 300g
Cost per g: 20c - Based on 300g

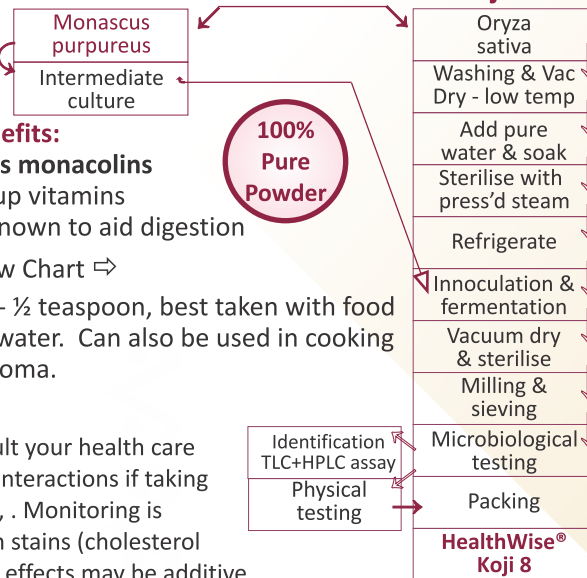
HealthWise® Koji8 is a pure 8:1 extract of *Oryza sativa* (rice) naturally cultured with *Monascus purpureus* (yeast).

This natural fermentation process imparts a deep red colour to the rice.

Reasons to Choose:

- Highly concentrated
- Very Cost effective
- Naturally fermented

Flow Chart of HealthWise® Koji 8



Features & Health Benefits:

Red Rice Yeast contains monacolins

Naturally high in B group vitamins

Fermented foods are known to aid digestion

Specifications: See Flow Chart ⇨

Serving Suggestion: ¼ - ½ teaspoon, best taken with food or mixed with juice or water. Can also be used in cooking to impart a pleasant aroma.

Available Size: 300g

Contraindications: Consult your health care practitioner for possible interactions if taking prescription medications, . Monitoring is advised when taking with statins (cholesterol lowering medications) as effects may be additive (cholesterol lowering). Caution is needed when taking in conjunction with certain supplements. Best to take at a different time. Not to be used when suffering from liver disease. Not to be used in pregnancy or when breast feeding.

Did you know?

The use of red yeast rice in TCM is documented as far back as the Tang Dynasty in 800 A.D.

Healthwise®
Goji

Reasons to choose:

- Organically grown - Free of herbicides, pesticides & fungicides.
- Highly concentrated 95% Goji (*Lycium barbarum*) juice.
- Non-irradiated premium quality berries - hand harvested and processed while fresh.
- Cold pressed for optimum quality using purified water.
- Scientifically identified to confirm *Lycium barbarum* species.
- Independently analysed in Australia to assess polysaccharide content.
- Great tasting! Blended with small amounts of pear and apple juice.
- No added sugar, gluten, yeast, salt, colours or flavours.

Features & Health Benefits:

High antioxidant value (ORAC equals 25,300 units/100 gram Goji berries). Regular use of Goji has been shown to alkalize the body, helping to fight conditions of excess acidity, including arthritis and inflammation.

Specifications: Blended in Australian a TGA approved facility, under ambient conditions with no heat applied.

Serving Suggestion: Goji Juice can be enjoyed straight from the bottle or diluted with water. Try serving over crushed ice for a refreshing drink!

Contraindications: Increased risk of bleeding can be possible for people who are currently on anticoagulant medication and taking Goji juice.

Side Effects: It is very rare for side effects to occur from taking Goji juice.

Did you know?

In some locations in Tibet, the Goji Berry is called the 'laughing berry'. It is said that this wonder berry creates a great sense of well-being and the person who has this berry's juice daily will find themselves smiling often.



Available in 1L
Cost per g: 33c

Healthwise®

Ultimate Immune Support

100% pure pharmaceutical grade

Healthwise®

Lacto BOOST

Lactoferrin & Colostrum



HealthWise® LactoBOOST combines the health promoting properties of **Colostrum** with the ultimate multi-tasker - **Lactoferrin**:

- ✓ **anti-oxidant, antibacterial** and **anti-viral** properties deliver enhanced immune system response
- ✓ **iron binding properties** help facilitate the transport and **absorption of iron**.
- ✓ **prebiotic function** to help maintain beneficial levels of bacteria in the gut and **promote intestinal health**.

Specifications: Each capsule contains therapeutic doses of the highest purity Lactoferrin (100mg) and the highest quality colostrum (100mg).

Dosage: 1 capsule twice daily for adults, once daily for children. Note: Several clinical studies have shown that Lactoferrin can play an important role in strengthening the immune systems of children.

Side effects: Not advised for consumption for those with severe dairy intolerance, however LactoBoost is rich in milk protein and contains little lactose. Very high doses may result in skin rashes, loss of appetite, constipation or fatigue. Not recommended during pregnancy or when breast feeding.

Contraindications: HIV patients take care with this product as Colostrum can alter Liver Function Tests.

Did You Know?

A member of the cytokine family, Lactoferrin is responsible for coordinating the cell's immune response to infections and tumours. Lactoferrin in healthy individuals is concentrated at the orifices (mouth, nose, eyes) protecting them from infections. Lactoferrin works by binding to the iron around an infection, thus depriving it of a vital means of multiplying and growing.

Where are the ingredients in HealthWise® LactoBOOST sourced from?

While we reserve the right to obtain our Colostrum from any source that satisfies our stringent quality requirements. OxyMin® Colostrum: 100% Pure Premium Colostrum is collected from first milking only, harvested within 16 hours of parturition (calving). Processed using low-heat flash pasteurization & indirect drying to preserve efficacy and bio-activity, the colostrum is then fat reduced to concentrate protein levels (approx 64%) and maintain the PRPs.

We currently use a special brand of Lactoferrin which has a high level of purity and is a product of years of manufacturing experience and dairy science innovation in Australia.

Please note: Our Colostrum is harvested within the first 8 hours and contains no preservatives, antioxidants or food additives and is also available in bulk packs of pure powder: 200gm, 500gm and 1kg.

Can I take this product if I am lactose intolerant?

Lactoferrin is an iron-binding protein, not a sugar. There is only a very small amount of lactose in the amount of colostrum in each capsule and therefore it is unlikely to pose a problem in cases of mild to moderate lactose intolerance.

rBST Free

All our Colostrum and Lactoferrin is certified and guaranteed free of rBST - recombinant bovine somatotropin, which is a genetically engineered hormone which forces cows to artificially increase milk production by 10 to 15 percent.

OxyMin® Colostrum contains no genetically modified organisms, plant or animal products.

OxyMin® Colostrum is manufactured to Halal and Kosher standards and under Halal and Kosher conditions.