



Aufbau Formula B-Map® 12

Amino acids - building blocks of life

Amino acids form the basis for the most important human structures and processes. Proteins are of particular importance for the musculature, as they support both their growth and maintenance and important regeneration processes. Consequently, athletes in particular, regardless of age, can benefit from increased protein intake. In addition, proteins contribute to the maintenance of bones and thus support the human supporting apparatus, which is particularly beneficial for older people. While many amino acids can be produced by the body itself, the essential amino acids, similar to vitamins or minerals, must be supplied from outside via the diet. The human body is able to build all of the approximately 80000 proteins required in the body from the 8 essential amino acids.

For an optimal absorption of these essential amino acids, however, a certain ratio of the amino acids is necessary. The Master Amino Pattern (MAP) describes these ideal ratios. Today we know that the more these ratios correspond to the distribution in the human body, the better the absorption. By analyzing the human proteome (the totality of all proteins in the human body), it was possible to these ratios should be further developed. The new, innovative structure Formula B-MAP® is the next step in amino acid research.

Aufbau Formula B-MAP® 12 has a GH-Score of 99.74:

The GH-Score is a qualitative value and describes how close the included amino acid profile is to the ideal human amino acid profile and thus to the WHO (World Health Organization) guidelines. The value ranges from 0 to 100 and the more similar the profiles are, the higher the value. The amino acid profile of Aufbau Formula B-MAP® 12 has an approximately highest possible GH score of 99.74. A daily dose corresponds to approximately 12% of the daily intake of essential amino acids recommended by the WHO (75 kg adult weight) and makes an important contribution to the daily supplementation of the ingested amino acid spectrum.

Aufbau Formula B-MAP® 12

- Contains eight essential and four conditionally essential amino acids, which are regarded as building blocks of the body's own proteins
- Proteins contribute to the increase and maintenance of muscle mass
- Proteins support the maintenance of normal bones

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Bioavailable micronutrients in a pure form

- Only active ingredients
- Free of additives
- No colouring agents, artificial flavourings or covers
- Gluten-free
- Lactose-free
- Hypoallergenic
- Plant-based capsule shell
- Quality tested

INGREDIENTS per daily dose	4 capsules	% NRV*
L-leucine	380 mg	-
L-glutamine	340 mg	-
L-lysine	240 mg	-
L-valine	240 mg	-
L-threonine	220 mg	-
Taurine	200 mg	-
L-arginine	180 mg	-
L-isoleucine	180 mg	-
L-phenylalanine	160 mg	-
L-histidine	120 mg	-
L-cysteine	100 mg	-
L-methionine	100 mg	-
L-tryptophan	60 mg	-

* % OF NUTRIENT REFERENCE VALUES IN ACCORDANCE WITH EU REGULATION 1169/2011.

INGREDIENTS

Hydroxypropyl methyl cellulose (capsule shell), L-leucine, L-glutamine*, L-lysine hydrochloride, L-valine, L-threonine, taurine, L-arginine*, L-isoleucine, L-phenylalanine, L-cysteine hydrochloride monohydrate, L-histidin, L-methionine, L-tryptophan, bulking agent: powdered cellulose.

RECOMMENDED DOSAGE

2 x 2 capsules daily taken with a meal and plenty of liquid.

NOTE

Food supplement in accordance with EU Directive 2002/46/EC

ADDITIONAL NOTE

*Kyowa Quality®

PACKAGE SIZE AND CONTENT

120 capsules (30 day supply), 88 g

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WELCOME TO YOURSELF

INFORMATION

Food supplement: The recommended daily dosage should not be exceeded. No substitute for a balanced and varied diet and a healthy lifestyle. Store in a dark, dry place at room temperature. Protect from heat. Keep out of reach of children. Suitable for diabetics. The information provided here is not a statement on healing or a recommendation to self-medicate. Subject to print or typographical errors. Version: 06.07.2020.



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