

**THOT**  
NUTRITION

Produced in  
Japan



Assembled in  
Romania



No. 1  
Worldwide



# THOT Longevity

# AMINOS

100% plant based essential amino acids, made through biosynthesis in Japan (fermentation with bacteria).

THOT AMINOS is a complete and perfectly balanced formula that contains 9 essential amino acids.

There are 20 amino acids, of which only 9 are essential. Unfortunately, the human body is not able to synthesize them, which is why it is absolutely necessary to supplement with essential amino acids from the outside intake.

The fact is that we are all deficient in essential amino acids. Amino acids are used for protein synthesis, the proteins being the ones that make both the structure and all the functions of the body take place.



The partner companies from Japan are ranked Nr. 1 and Nr. 2 In the world classification for Essential Amino Acids Producers. So we practically are producing No. 1 Essential Amino Acids Formula in the world.



## What THOT AMINOS is?

Proteins are what keep the body alive. Most people think that we need protein in our diet, but this is not the case. We need amino acids, not protein.

### And not just any amino acids!

We need essential, bioavailable and left folded amino acids. Thus, THOT AMINOS understands and delivers these needs through its top formula.

The best-balanced formula that contains the 9 essential amino acids (including L-Histidine), which our body cannot synthesize.

With 39% L-Leucine, this supplement supports muscle activity and cardiovascular system functions.

They contribute to the recalibration and regeneration of all organs and systems that involve the presence of protein structures such as: enzymes, contractile proteins hormones, neurotransmitters, transporters, structural proteins, receptors, etc.



premium Quality  
Ingredients,  
ready for  
absorbtion and use



100% plant  
based formula



good taste,  
neutral, no added  
flavorings  
or sweeteners



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1

## L-Leucine

Stimulates muscle protein synthesis, being directly involved in the functions of anabolism or body growth and development

2

## L-Lysine

Is involved in the most important regulatory processes like gene expression, cellular metabolism and protein stability. Practically, L-Lysine is the key to epigenetics and is essential in longevity and regeneration

3

## L-Tryptophan

Helps release basic neurotransmitters, hormones for well-being and sleep. Examples include serotonin (the “hormone of happiness”) and melatonin (the hormone that regulates the sleep-wake cycle)

4

## L-Valine

Is both an EAA and a BCAA. It is needed for muscle, tissue repair and maintaining an optimal level of nitrogen in the body. Along with leucine and isoleucine, it helps protect muscle tissue

5

## L-Threonine

Is important for the production of antibodies, for the immune system and can be converted to glycine and serine. It also contributes to the synthesis of collagen, elastin and tooth enamel and helps in liver metabolism

6

## L-Phenylalanine

Stimulates the synthesis and release of neurotransmitters and hormones such as dopamine and norepinephrine, substances necessary for the optimal activity of the Central Nervous System and the Peripheral Nervous System

7

## L-Methionine

Provides the body with sulfur - sulfur is very important in the synthesis of glutathione - the most powerful antioxidant in the body, the synthesis of cysteine, taurine, as well as other compounds necessary for optimal functioning, growth and regeneration, detoxification

8

## L-Histidine

Previously considered non-essential for adults, histidine is involved in important mechanisms involving the immune, inflammatory and digestive systems. It is a precursor for a powerful antioxidant and for an effective UV light protector

9

## L-Isoleucine

Is an important regulator of blood sugar, muscle repair and energy regulation

# How do THOT AMINOS work?

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Once swallowed, essential amino acids are directly **absorbed into the bloodstream** in about **15-20** minutes, with no need for further digestion. They are used by the body ACCORDING TO BODY'S PRIORITIES. Firstly, essential amino acids are used to repair vital organs and tissues that support vital functions, especially the blood and the DNA. Later, they will optimize the circulatory system, nervous system, endocrine system, vital organs (kidneys, liver, lungs) and only after they will restore muscle tissue, bone, collagen and skin. In other words, repairing comes first and rejuvenation (antiaging) later.

Essential amino acids can be reused IF there are special proteins in the body, called heat shock proteins, which can fold them back together. So, we go back to amino acids.



## Ingredients:

- L-Leucine
- L-Lysine Hydrochloride
- L-Isoleucine
- L-Phenylalanine
- L-Methionine
- L-Histidine Monochlorhydrate
- L-Tryptophan
- L-Threonine
- L-Valine
- Pea Starch, Microcrystalline Cellulose, Pectin, Talc



## Usage:

- \*Doses may be adjusted as needed, according to the following recommendations.
- \*For further advice, consult your doctor or therapist.

### Adults:

Healthy adults, for maintenance: **2-3** tablets/day

Moderate physical or intellectual activity: **3-5** tablets/day, before, during and after the effort

Intense physical or intellectual activity: **5-7** tablets/day, before, during and after the effort

Metabolic and other imbalances: **3-5** tablets/day

### Children:

15 - 18 years old : **2-3** tablets/day

# THOT AMINOS

## Benefits

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### ACCELERATES

the production of body digestive enzymes (Our enzymes are produced from essential amino acids). This is one of the biggest problems in nutrition because our production of enzymes depends on essential amino acids



### DOWNGRADES

your STRESS load and increasing the production of needed neurotransmitters. Having the basic amino acids building blocks your brain and Central Nervous System can balance itself to normal state, even in extreme periods of stress



### INTENSIFIES

your KETOGENIC (Catabolic) status that will burn fat and increase muscle mass



### OPTIMISES

your body's production of hormones in a natural way. You let your body decide what hormones its need to produce instead of forcing a specific hormone



### REDUCES

the toxins in your body since the Amino Acid Utilization factor is 98-99%



### ACCELERATES

your protein (amino acids) intake with all essential amino acids that the body does not produce without the downside of sugar and nitrogen load



### UPGRADES

your muscle strength and muscle volume especially due to huge proportion of L-Leucine (39%).



### AUGMENTS

your collagen production and all connective body tissues (60% of our overall mass is in fact amino acids, including our bones)



### UPGRADES

your fat burning rate



### UPGRADES

your metabolic rate and digestion

[www.thotnutrition.com](http://www.thotnutrition.com)

# Why is **THOT AMINOS** so special?

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Contains **ALL 9** essential amino acids in the most **BALANCED** proportion.

## Energy Booster

Sustains mental and physical effort

100 % Plant Based



## Anti-Aging

Fast Recovery and Regeneration

Almost Zero Calories

- The formula contains **100%** essential amino acids extracted from **PLANTS**, through bacterial biosynthesis
- **Professional Quality** Ingredients. Due to them, the amino acids do **NOT taste bitter**
- **Easy to swallow.** Midline format
- The amino acid utilization factor is **98-99%. AAU** or **Amino Acid Utilization** means that almost all **THOT AMINOS** are used for the direct synthesis of proteins in the body or other complex amino acids (enzymes, hormones, neurotransmitters, etc.)
- Almost **no calories** (only 0.4 kcal per ten tablets), providing the same amount of amino acids as about 350 g of fish or poultry
- They are **ORTHOMOLECULAR** - they have the smallest molecule correctly folded
- **Fast absorption** (15-20 minutes) due to the HCL form of amino acids  
Livrare directă în sânge
- Direct delivery into blood
- **FREE OF** sugar or artificial sweeteners, gluten, dairy, fats, maize, wheat, cereals or GMOs

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