

THOT
NUTRITION

Produced in
Japan



Assembled in
Romania



No. 1
Worldwide



THOT Youth

L-LYSINE



L-Lysine is the most important amino acid essential in the synthesis and stabilization of collagen fibers, but it also has other roles in the human body.

THOT L-LYSINE contains 99% L-Lysine. L-Lysine is one of the 9 essential amino acids (EAA). The body does not produce it and it needs to be taken from the outside.

According to EFSA (European Food Safety Administration), L-Lysine has claimed some benefits on the human body, as follows: supports collagen synthesis, the functions of the immune system and cardiovascular system, improves liver function and lowers cholesterol levels, supports the synthesis of proteins necessary for the maintenance of body tissues, increases the absorption, action and fixation of calcium, essential for optimizing muscles, bones and teeth.

The Japanese companies we collaborate with were ranked in 2022 on the 1st and 2nd place in the World in the production of essential amino acids, which places our product in the 1st place in the World in the Essential Amino Acids segment.

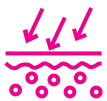


What THOT L-LYSINE is?

L-Lysine is particularly known for collagen synthesis and collagen matrix stabilization. Collagen is the most abundant protein in the human body, accounting for between 25-35% of total protein.

THOT AMINOS has a significant percentage of L-Lysine in its formula, but for specific and targeted effects, Thot Nutrition has created THOT L-LYSINE with high L-Lysine content as an individual supplement.

THOT L-LYSINE, like all Thot Nutrition products, contains only Premium Quality ingredients (pure, natural, vegan, orthomolecular, small molecule, high density).



absorption
in percentage of
98-99%



100% plant
based
formula



ready
to
use



no added flavors
and sweeteners



neutral
taste



www.thotnutrition.com

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What is THOT L-LYSINE recommended for?

Beauty and rejuvenation:

L-Lysine is taken internally to stimulate collagen synthesis, but it is also used as an ingredient in the preparation of cosmetics.

Antiaging:

In addition to collagen synthesis, L-Lysine participates in the activation of mTORC1, a complex protein complex important in cell growth and cell metabolism.

In addition, L-Lysine participates in the formation of GHK peptide (Glycyl-L-Histidyl-L-Lysine), a natural modulator in skin regeneration. This peptide is naturally present in plasma, saliva and urine, but its concentration decreases with age.

Proposed medical usage:

Herpes simplex infection (HVS), viral infections, osteoporosis, anxiety and stress, wound healing, cardiovascular support, immune support, hormonal support.

Optimizing brain health.

General improvement of protein metabolism.



How does L-LYSINE work?

Type I Collagen is the most abundant structural protein in mammals, and therefore also in humans. During biosynthesis, collagen acquires many post-translational changes, including lysine changes - critical to collagen structure and functions.

L-Lysine has been found to have a synergistic effect with **Vitamin C**. These two nutrients work together to promote collagen synthesis, boost immune function, and support overall health.

Vitamin C helps improve the absorption and utilization of L-Lysine in the body, making them a powerful combination for various benefits and beauty. L-Lysine is a very useful and effective ally for skin, hair and nails, improving skin elasticity and reducing the depth of fine lines and wrinkles and contributing to healthy hair growth and nail strengthening.

Ingredients:

One bottle of THOT L-LYSINE contains 90  capsules L-Lysine (648 mg/capsule).

Only L-amino acids are used (the L in front of the amino acids means it is correctly folded to the left - "ortho" means "correct").

Usage:

*Essential amino acids have NO contraindications and L-lysine is recognized at European level by EFSA as safe for administration. At very high doses (above 6 g/day), discomfort in the digestive system may occur.



Adults:

Adults 70 kg: **3**/day (30 mg/kg x d-1)

Recommended doses of essential amino acids for adults (WHO/FAO/ONE, 2007)

Aminoacid	mg/kg x d ⁻¹	per adult 70 kg
Leucine	39.00	2,730.00
Valine	26.00	1,820.00
Isoleucine	20.00	1,400.00
Lysine	30.00	2,100.00
Fenylalanine + Tyrosine	25.00	1,750.00
Threonine	15.00	1,050.00
Methionine + Cisteine	10.40	728.00
Histidine	10.00	700.00
Tryptophan	4.00	280.00



Teenagers:

Teenagers 11-14 years old - 43 kg: **2**/day (35 mg/kg x d-1)

Teenagers 15-18 years old - 63 kg: **3**/day (33 mg/kg x d-1)

Recommended doses of essential amino acids for teenagers (WHO/FAO/ONE, 2007)

Aminoacid	0.5 years old		1-2 years old		3-10 years old		11-14 years old		15-18 years old	
	mg/kg x d-1	per child 5 kg	mg/kg x d-1	per child 12 kg	mg/kg x d-1	per child 23 kg	mg/kg x d-1	per child 43 kg	mg/kg x d-1	per child 61 kg
Leucine	73.00	365.00	54.00	648.00	44.00	1,012.00	44.00	1,892.00	42.00	2,562.00
Valine	49.00	245.00	36.00	432.00	29.00	667.00	29.00	1,247.00	28.00	1,708.00
Isoleucine	36.00	180.00	27.00	324.00	23.00	529.00	22.00	946.00	21.00	1,281.00
Lysine	64.00	320.00	45.00	540.00	35.00	805.00	35.00	1,505.00	33.00	2,013.00
Fenylalanine + Tyrosine	59.00	295.00	40.00	480.00	30.00	690.00	30.00	1,290.00	28.00	1,708.00
Threonine	34.00	170.00	23.00	276.00	18.00	414.00	18.00	774.00	17.00	1,037.00
Methionine + Cisteine	31.00	155.00	22.00	264.00	18.00	414.00	17.00	731.00	16.00	976.00
Histidine	22.00	110.00	15.00	180.00	12.00	276.00	12.00	516.00	11.00	671.00
Tryptophan	9.50	47.50	6.40	76.80	4.80	110.40	4.80	206.40	4.50	274.50

THOT L-LYSINE Benefits

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It contributes to collagen synthesis and stabilization of the collagen matrix

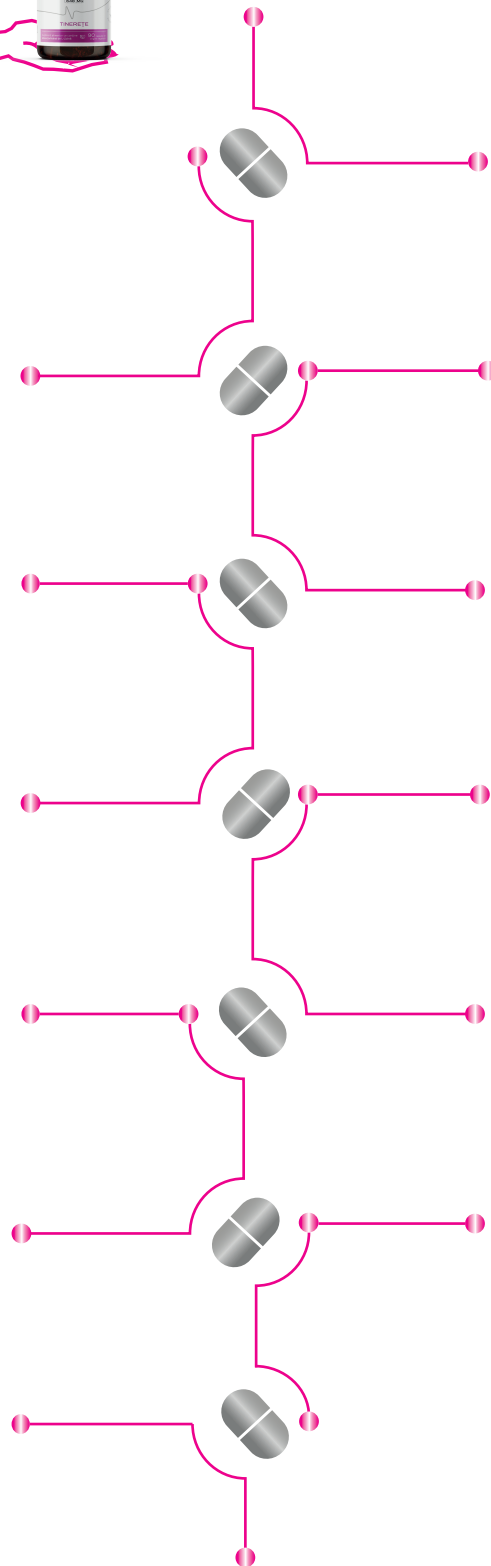
Participates in protein synthesis

Improves calcium absorption

It can help manage herpes outbreaks

Supports optimal brain activity

Regulates gene expression



Collagen is an essential structural protein that provides strength, elasticity and support to many tissues, including skin, tendons, ligaments and blood vessels

Supports muscle growth and recovery

Improves liver function and lowers cholesterol levels

Strengthens the immune system

Helps in the synthesis of hormones

Maintains cardiovascular health



Why is THOT L-LYSINE so special?

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The L-Lysine in this product is obtained 100% from plants, through state-of-the-art bacterial biosynthesis. All ingredients are natural and suitable for absorption and direct use by the human body.



- THOT L-LYSINE has a high density, with more molecules per dose than all products currently available on the market, making the absorption rate 98-99%
- THOT L-LYSINE has a very small molecular size. The small size allows it to penetrate into places where other amino acids cannot reach, overcoming even the blood-brain barrier (brain) or pericardium (heart)
- So far, the best suppliers of L-Lysine on the market have managed to deliver products based on whey extract. Whey has stood the test of time, but modern technology brings us to the next level. Current supplements manage to raise protein synthesis up to 20-30%. But what if I told you that you can increase this percentage of effectiveness to almost 80%?
- The dietary supplement THOT L-LYSINE is orthomolecular. This means that it is properly folded to the left so that the body can use it instantly, without the need for any process before use other than dissolution
- THOT L-LYSINE is 100% herbal. The basic source of protein in nature is either plants or animals/animal products. The reality is that animals are just an intermediate organism in the vital chain, built to extract essential amino acids from plants and bring them into a single organism. Thot Nutrition understands the natural order of life and uses modern technology to produce and extract all 9 essential amino acids through biosynthesis, directly from plants, avoiding all the harmful effects of meat consumption. This actually means that you can have all the amino acids in a pill without worrying about taking extra supplements
- No sugar or other artificial sweeteners, gluten, dairy products, fat, corn, wheat or grains, or GMOs (Genetically Modified Organisms).

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