

**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



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.

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?

---

**THOT**  
NUTRITION

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:

One capsule of THOT AMINOS contains: L-Leucine, L-Lysine Hydrochloride, L-Isoleucine, L-Valine, L-Threonine, L-Phenylalanine, L-Methionine, L-Histidine Hydrochloride, L-Tryptophan, totaling 648 mg of amino acids per capsule.



## 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: 5 capsules/ day**

**Moderate physical or intellectual activity: 8 capsules/ day, before, during and after the effort**

**Intense physical or intellectual activity: 10 capsules/ day, before, during and after the effort**

### Children:

**15 - 18 years old : 5 capsules/ day**

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

# THOT AMINOS

## Benefits

---

**THOT**  
NUTRITION



### 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)



### ACCELERATES

your fat burning rate



### ACCELERATES

your metabolic rate and digestion

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

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

---

**THOT**  
NUTRITION

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

# **Disclaimer and Copyright Thot Nutrition S.R.L.**

## **Thot Nutrition S.R.L - Copyright - 2021.**

All rights reserved. No part of this information may be reproduced, stored in a retrieval system, or transmitted in any form or by any means, electronic, mechanical, photocopying, recording or otherwise without the prior written permission of the authors. The authors do not claim or guarantee any physical, emotional, mental, spiritual or financial results. All information provided by the authors is for general education purposes. The information in this document is not a substitute for a specialist medical certificate.

## **WARNING AND DISCLAIMER.**

The information provided and the products mentioned or provided by this document / site ([www.thotnutrition.com](http://www.thotnutrition.com)) are not intended to diagnose, treat, cure or prevent any disease or condition. The information provided by this website and by the materials published on this site is not a substitute for a medical consultation or for a medical advice of any kind. We certify that there is a possibility that the information provided by this document / site or certain information in the included pages or documents may be medically incorrect.

By using this information, or by reading it, the user understands and accepts that the entire responsibility belongs to the user in full, exonerating from any legal responsibility the *Thot Nutrition S.R.L* team, [www.thotnutrition.com](http://www.thotnutrition.com) , shareholders, site owners, employees, partners, collaborators and suppliers mentioned herein or who provided the information or services mentioned in the submitted documents / site, including the incorrect information provided through negligence. The use of the information and techniques described in this document / site is entirely at your own risk. If you do not agree with this warning and disclaimer, please do not read further and delete any document downloaded from [www.thotnutrition.com](http://www.thotnutrition.com)



**THOT**  
NUTRITION

Produced in  
Japan



Assembled in  
Romania



No. 1  
Worldwide



# THOT Strength

# L-LEUCINE



L-Leucine is the most important amino acid, acting on muscle protein synthesis, while also having other roles in cellular metabolism.

The amino acid utilization factor is 99%. L-Leucine is one of the 9 essential amino acids (EAA). The body does not produce it and it needs to be taken from outside.

According to EFSA (European Food Safety Administration), BCAA (including L-Leucine) have claimed some important merits in the field of human health. Thus, BCAA helps to increase and maintain muscle mass, mitigate the decrease in muscle power following exercise at high altitude, faster recovery in muscle fatigue and improve mental performance after exercise, reduce perceived exertion during intense physical activity, maintain a healthy immune system .

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-LEUCINE is?

L-Leucine is a BCAA ("branch-chained amino acid" or "branched chain amino acid"), a category recognized for its effectiveness in increasing muscle mass, along with L-Isoleucine and L-Valine.

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

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



ready for absorption



100% plant based formula



ready to use



no added flavors and sweeteners



neutral taste

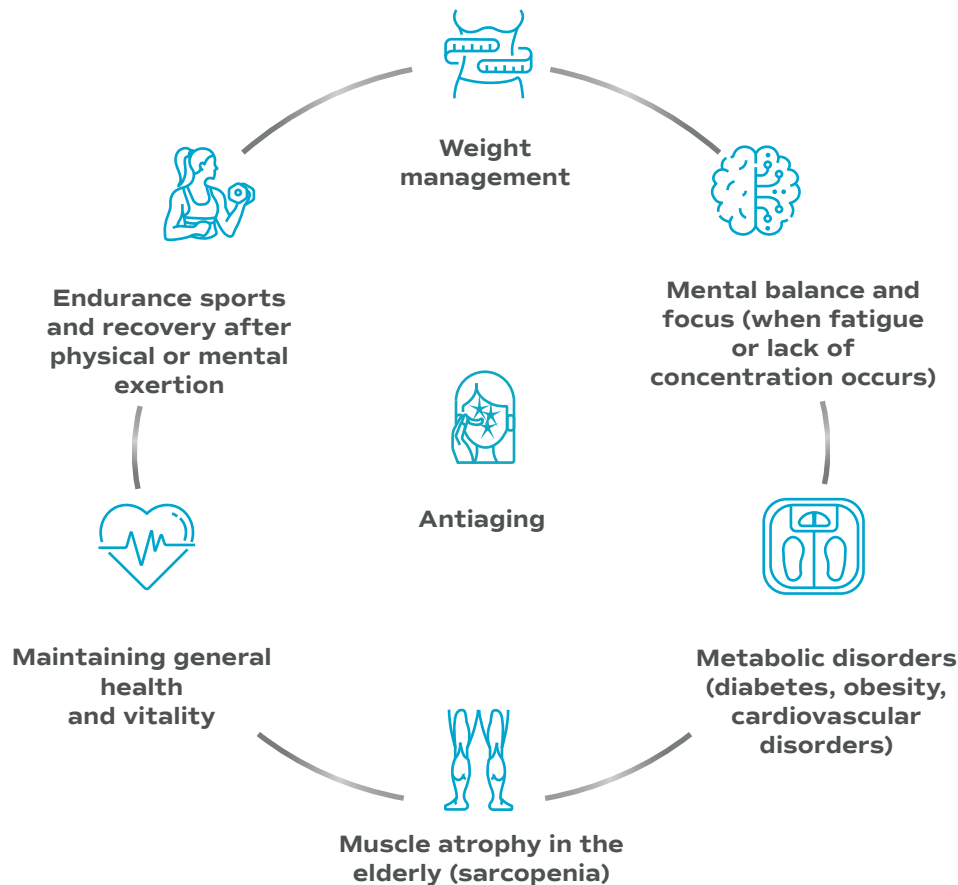


[www.thotnutrition.com](http://www.thotnutrition.com)

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 is THOT L-LEUCINE recommended for?

**THOT**  
NUTRITION



## How does L-LEUCINE work?

The secret to this amazing essential amino acid is knowing that even if you give your body all the other ingredients to build muscle, the body won't listen! L-Leucine is needed for protein synthesis to begin. Otherwise, it's like expecting a cake to be made just by buying the ingredients in the recipe.

Studies have shown that muscle synthesis is greatest when protein intake is enriched with large amounts of L-Leucine.

Moreover, few people and scientists know and understand that L-Leucine does not accumulate in the body. It's a free essential amino acid and free amino acids don't stay in the body very long: you either use it or you don't. Therefore, the timing of L-Leucine supplementation is essential. It is usually recommended at the beginning or during training.

Muscle is one of the most energy consuming organs, the brain is the other. Why is it important for you to know this? The more and healthier the mitochondria (powerhouses of the cell) in the muscle, the more functional and healthy the muscle is. L-Leucine increases mitochondrial density in skeletal muscle cells, improves mitochondrial respiration and reduces oxidative stress.

## Ingredients:

One jar of THOT L-LEUCINE contains 90  capsules of L-Leucine (648mg/capsule).

## Usage:

A dose of 2-5 grams of L-Leucine per day is commonly used to promote muscle growth and recovery.

Doses can be changed according to needs, according to the following recommendations:



### Adults:

Adults 70 kg: **4/day**

Recommended intakes of essential amino acids for adults (WHO/FAO/UNU, 2007)

Aminoacid	mg/kg x d <sup>-1</sup>	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 + Tyrozine	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



### Children and teenagers:

Children 11-14 years old - 43 kg: **2/day**

Teenagers 15-18 years old - 61 kg: **3/day**

Recommended doses for essential amino acids for infants, children and teenagers (WHO/FAO/UNU, 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 + Tyrozine	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
Hystidine	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-LEUCINE

## Benefits

THOT  
NUTRITION



Improves muscle metabolism. In order for muscles to function and regenerate, energy is needed to support metabolic processes

Increases protein synthesis

It helps maintain a healthy immune system

Decreases metabolic age and increases longevity

Supports muscle growth. L-Leucine stimulates muscle protein synthesis by activating a pathway known as mTOR

Helps muscle recovery after sustained physical exercise

Improves mental performance

It balances the hormonal system



# Why is THOT L-LEUCINE so special?

---

**THOT**  
NUTRITION

L-Leucine is obtained 100% from plants. All ingredients are natural and suitable for direct absorption and use by the human body.

Healthy  
immune system

---

Muscle recovery  
and regeneration

---

99% Pure L-Leucine

---



Accelerates  
protein synthesis

---

Antiaging  
and strength

---

Health and vitality

---

- THOT L-LEUCINE has a very low molecular size. Its small size allows it to penetrate places where other amino acids cannot, even crossing the blood-brain barrier (brain) or the pericardium (heart). Being a muscle, the heart needs L-Leucine to reach it
- In addition, THOT L-LEUCINE has a high density, with more molecules per dose than all products currently available on the market
- The food supplement THOT L-LEUCINE 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 other pre-use process other than dissolution
- So far, the best L-Leucine suppliers on the market have been able to deliver whey based products. Whey has stood the test of time, but modern technology brings us to the next level. Current supplements manage to raise muscle protein synthesis up to 20-30%. But what if you found out that you could increase this percentage of effectiveness to almost 80% with THOT L-LEUCINE?
- THOT L-LEUCINE is 100% plant-based. Sources of protein in nature are either plants or animals/animal products. Animals are intermediate organisms in the life chain, built to extract the essential amino acids from plants, thus bringing 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 the amino acids in a pill without having to take other supplements
- THOT L-LEUCINE does not contain sugar or other artificial sweeteners, gluten, dairy products, fats, corn, wheat or grains or GMOs (Genetically Modified Organisms)

# **Disclaimer and Copyright Thot Nutrition S.R.L.**

## **Thot Nutrition S.R.L - Copyright - 2021.**

All rights reserved. No part of this information may be reproduced, stored in a retrieval system, or transmitted in any form or by any means, electronic, mechanical, photocopying, recording or otherwise without the prior written permission of the authors. The authors do not claim or guarantee any physical, emotional, mental, spiritual or financial results. All information provided by the authors is for general education purposes. The information in this document is not a substitute for a specialist medical certificate.

## **WARNING AND DISCLAIMER.**

The information provided and the products mentioned or provided by this document / site ([www.thotnutrition.com](http://www.thotnutrition.com)) are not intended to diagnose, treat, cure or prevent any disease or condition. The information provided by this website and by the materials published on this site is not a substitute for a medical consultation or for a medical advice of any kind. We certify that there is a possibility that the information provided by this document / site or certain information in the included pages or documents may be medically incorrect.

By using this information, or by reading it, the user understands and accepts that the entire responsibility belongs to the user in full, exonerating from any legal responsibility the *Thot Nutrition S.R.L* team, [www.thotnutrition.com](http://www.thotnutrition.com) , shareholders, site owners, employees, partners, collaborators and suppliers mentioned herein or who provided the information or services mentioned in the submitted documents / site, including the incorrect information provided through negligence. The use of the information and techniques described in this document / site is entirely at your own risk. If you do not agree with this warning and disclaimer, please do not read further and delete any document downloaded from [www.thotnutrition.com](http://www.thotnutrition.com)



**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.

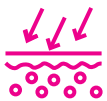


## What THOT L-LYSINE is?

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



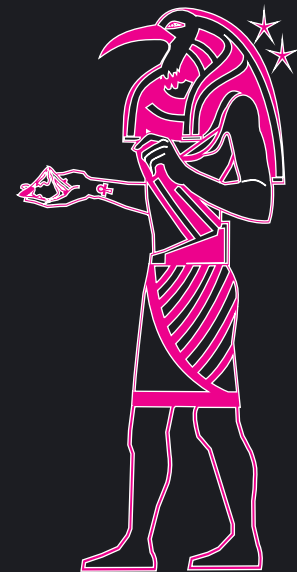
ready  
to  
use



no added flavors  
and sweeteners



neutral  
taste



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

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 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 <sup>-1</sup>	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 + Tyrozine	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

THOT  
NUTRITION



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?

---

**THOT**  
NUTRITION

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).

# **Disclaimer and Copyright Thot Nutrition S.R.L.**

## **Thot Nutrition S.R.L - Copyright - 2021.**

All rights reserved. No part of this information may be reproduced, stored in a retrieval system, or transmitted in any form or by any means, electronic, mechanical, photocopying, recording or otherwise without the prior written permission of the authors. The authors do not claim or guarantee any physical, emotional, mental, spiritual or financial results. All information provided by the authors is for general education purposes. The information in this document is not a substitute for a specialist medical certificate.

## **WARNING AND DISCLAIMER.**

The information provided and the products mentioned or provided by this document / site ([www.thotnutrition.com](http://www.thotnutrition.com)) are not intended to diagnose, treat, cure or prevent any disease or condition. The information provided by this website and by the materials published on this site is not a substitute for a medical consultation or for a medical advice of any kind. We certify that there is a possibility that the information provided by this document / site or certain information in the included pages or documents may be medically incorrect.

By using this information, or by reading it, the user understands and accepts that the entire responsibility belongs to the user in full, exonerating from any legal responsibility the *Thot Nutrition S.R.L* team, [www.thotnutrition.com](http://www.thotnutrition.com) , shareholders, site owners, employees, partners, collaborators and suppliers mentioned herein or who provided the information or services mentioned in the submitted documents / site, including the incorrect information provided through negligence. The use of the information and techniques described in this document / site is entirely at your own risk. If you do not agree with this warning and disclaimer, please do not read further and delete any document downloaded from [www.thotnutrition.com](http://www.thotnutrition.com)



**THOT**  
NUTRITION

Produced in  
Japan



Assembled in  
Romania



No. 1  
Worldwide



Bio-Recovery

# THOT L-METHIONINE



THOT L-METHIONINE is the amino acid responsible for the following: cell communication, regeneration, inflammation and pain management, DNA repair, advanced protein synthesis, gene expression regulation, brain health and mood enhancement, hair, nails and skin health, cardiovascular health and lipids optimisation, antioxidation and glutathion synthesis.

As all the essential amino acids (EAAs) are indispensable to life and must be taken through diet and/or supplementation, we invite you to view EAAs as basic nutrients, not just as supplements. L-Methionine is one of them.

L-Methionine is the most important amino acid related to protein synthesis, growth and normal development. It is essential in the anabolic phase of the metabolism (the building phase), but also in catabolic phase, playing an essential adaptogen role in the body.

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.

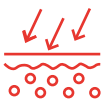


## What THOT L-METHIONINE is?

Methionine is a precursor for Cysteine, Taurine, Lecithin, Phosphatidylcholine and Glutathione - the master molecule of all antioxidants, therefore being responsible for proper functioning of many biological pathways. We all know the importance of having glutathione levels restored in our body: once the antioxidant balanced is restored, the body starts to produce energy much more effectively instead of consuming it.

L-Methionine is mostly used in imbalances like depression and anxiety, stress induced toxicity, graying hair and loss, and must be administered with care, under a health specialists supervision.

Only a few know the real key role of L-Methionine in the body: through stimulating the activity and synthesis of muscarinic receptors, L-Methionine represents key element for a feedback loop that is essential for the body to know WHAT to regenerate. This way, the body doesn't waste its resources by regenerating chaotically, but it knows precisely what proteins to synthesize and what to repair with priority.



absorption  
in percentage of  
98-99%



100% plant  
based  
formula



ready  
to  
use



no added flavors  
and sweeteners



neutral  
taste



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










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 is THOT L-METHIONINE recommended for?

---

**THOT**  
NUTRITION

When it comes to regeneration, L-Methionine is the essential amino acid responsible for a few very specific processes in the human body and helps repair the cells and tissues at DNA level. L-Methionine is a sulfur-containing essential amino acid, known for its role in protein synthesis, but it also has some unique properties like:

-  - **advanced protein synthesis and growth**
-  - **methylation properties**
-  - **involved in essential feedback mechanisms for muscarinic receptors (COMMUNICATION)**
-  - **antioxidant activity**
-  - **reacting oxygen species scavenging**
-  - **metal chelation**
-  - **regeneration of other antioxidants**
-  - **it is required for normal growth and development**
-  - **it prevents build-up of bad cholesterol**

These pathways all contribute to a healthy and beautiful body, but also to a healthy brain and a beautiful mind. We will now break down these mechanisms for you to better understand how exactly can L-Methionine significantly improve your healthy brain and body development and regeneration.

## What is THOT L-METHIONINE good for?

---

### L-Methionine - the “go-to” amino acid for REGENERATION

- for anti-aging and regeneration
- for your mood and brain health
- for your liver & your pancreas
- for your beautiful hair and nails
- for your normal development and recovery

# Ingredients:

One bottle of THOT L-METHIONINE contains 120  capsules L-Methionine (520 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:

According to EFSA (European Food Safety Administration) , L-Methionine supplements are reported as safe for administration. The recommended daily intake of L-Methionine can vary depending on a person's age, sex, weight, and activity level.

L-Methionine supplements are usually available in capsules and tablets. The dosage can vary depending on the individual's needs and goals. According to EFSA, the daily required dosage for adults is 10.4 mg/kg/day.

This is equivalent to 624 mg/day for 60 kg bodyweight and 832 mg/day for 80 kg bodyweight.

**DO NOT take on an empty stomach.**



## Adults:

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

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

Aminoacid	mg/kg x d <sup>-1</sup>	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 + 4.1	728.00
Histidine	10.00	700.00
Tryptophan	4.00	280.0

### Recommended doses for essential amino acids infants, children and adolescents (WHO/FAO/UNU, 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 + Tyrozine	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

L-Methionine is more effectively used if taken at least 30 minutes away from meals or snacks. It does not require digestion, only dissolution. It has a very small size and is absorbed directly into the blood, is orthomolecular and does not require metabolism, being ready for use.

Essential amino acids have NO contraindications when used properly and L-Methionine is recognized at European level by EFSA as safe for administration.

# THOT L-METHIONINE

## Benefits



**THOT**  
NUTRITION



L-Methionine helps in **PROTEIN SYNTHESIS** and regulates **GENE EXPRESSION**

Improves **COMMUNICATION MECHANISMS** essential in regeneration pathways

Offers powerful **ANTIOXIDANT SUPPORT & DETOX**

It is responsible for **METHYLATION PROCESSES**

L-Methionine helps in **FAT METABOLISM**

Supports **BRAIN HEALTH** and **MOOD ENHANCEMENT**

It is used for managing **DEPRESSION, ANXIETY & STRESS**

Helps maintain **CARDIOVASCULAR HEALTH**, may help reduce **INFLAMMATION** and **PAIN**

It is a great solution for managing **FIBROMYALGIA's** symptoms

It is a great choice in **LIVER DISEASE**

L-Methionine it is commonly used in **ACETAMENOPHEN POISONING**

It is indispensable for normal growth and development of babies with birth defects

It is used for its property to acidify the urine

Reduces the growth of **CANCER CELLS**

Great treatment for **HAIR, NAILS & SKIN HEALTH**



# Why is THOT L-METHIONINE so special?

---

The L-Methionine 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.

---

**body regeneration**

---

**100% plant based**

---

**brain health and  
mood enhancement**

---



---

**pain management**

---

**DNA repair**

---

**antioxidation and  
glutathion synthesis**

---

L-Methionine is the most important amino acid when it comes to regenesis and regeneration. All of the 9 EAAs are and they cannot properly help unless they work together in a proper ratio.

Many of L-Methionine's effects and benefits are attributed to its metabolites, the most popular of all being S-Adenosyl methionine (SAM), known in the supplements market as SAME, SAM-e, or AdoMet. SAME is also considered to be the "activated" form of L-Methionine.

It is recommended that L-Methionine to be taken with Vitamin B12, preferable in a methylated form. The methylated form of Vitamin B12 is: Methylcobalamin. Normal levels of Vitamin B12 will assure the down regulation of cysteine and homocysteine to methionine.

This is the active, coenzyme form of B12 that contains a methyl group (-CH<sub>3</sub>) attached to the cobalt center of the cobalamin molecule. It plays a crucial role in the methylation cycle, particularly:

- Conversion of homocysteine to methionine (via methionine synthase);
- Supporting DNA synthesis, neurotransmitter production, and detoxification.

Although L-Methionine it is considered safe for consumption as a natural supplement by EFSA (European Food Safety Administration), too much L-Methionine can become toxic if not taken properly and in absence of certain vitamins like VitaminB12 (Please check your doctor if you are Vitamin B12 deficient or if you suffer from MTHFT genetic syndrome; In case you are MTHFR deficient - Methylene tetrahydrofolate Reductase Deficiency make sure you take Vitamin B12 in a methylated form).

# **Disclaimer and Copyright Thot Nutrition S.R.L.**

## **Thot Nutrition S.R.L - Copyright - 2021.**

All rights reserved. No part of this information may be reproduced, stored in a retrieval system, or transmitted in any form or by any means, electronic, mechanical, photocopying, recording or otherwise without the prior written permission of the authors. The authors do not claim or guarantee any physical, emotional, mental, spiritual or financial results. All information provided by the authors is for general education purposes. The information in this document is not a substitute for a specialist medical certificate.

## **WARNING AND DISCLAIMER.**

The information provided and the products mentioned or provided by this document / site ([www.thotnutrition.com](http://www.thotnutrition.com)) are not intended to diagnose, treat, cure or prevent any disease or condition. The information provided by this website and by the materials published on this site is not a substitute for a medical consultation or for a medical advice of any kind. We certify that there is a possibility that the information provided by this document / site or certain information in the included pages or documents may be medically incorrect.

By using this information, or by reading it, the user understands and accepts that the entire responsibility belongs to the user in full, exonerating from any legal responsibility the *Thot Nutrition S.R.L* team, [www.thotnutrition.com](http://www.thotnutrition.com), shareholders, site owners, employees, partners, collaborators and suppliers mentioned herein or who provided the information or services mentioned in the submitted documents / site, including the incorrect information provided through negligence. The use of the information and techniques described in this document / site is entirely at your own risk. If you do not agree with this warning and disclaimer, please do not read further and delete any document downloaded from [www.thotnutrition.com](http://www.thotnutrition.com)



**THOT**  
NUTRITION

Produced in  
Japan



Assembled in  
Romania



No. 1  
Worldwide



# THOT Mind

## L-TRYPTOPHAN



L-Tryptophan is one of the most uncommon amino acid and it is found in a very small percent in the human proteins. However, L-Tryptophan is as essential as all the other 8 EAAs in order to sustain life. The popularity of L-Tryptophan is given by the fact that it is the only precursor of serotonin, also known as “the hormone of happiness”. Without having the right amount of bioavailable L-Tryptophan, the body cannot produce the needed amount of serotonin.

Nowadays, depression and anxiety are, unfortunately, as common as never before. As a result, at Thot Nutrition, we formulated Thot L-Tryptophan which is the most important mood-stabilizing amino acid of all the 9 EAAs.

L-Tryptophan, like all the other amino acids in Thot Aminos formula, is an essential amino acid, therefore it needs to be supplemented from an outside source: foods rich in L-Tryptophan or highly efficient supplements. The body cannot produce essential amino acids, but they are all vital for the body to accomplish its functions.

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-TRYPTOPHAN is?



L-Tryptophan cannot be produced by the body and must be obtained through diet.



EAs should be consumed in a balanced proportion since they work together to support all body functions. However, in specific situations (physical work, mental work, lack of sleep, intense overall effort, burnout etc.), one or more essential amino acids are needed in greater quantity in order to regain this balance.



For the ones who are not able to consume and/or extract enough EAs through diet alone, supplementing with EAs becomes a must.



There are various L-Tryptophan rich foods. However, the human body generally has trouble digesting, extracting, absorbing, properly folding and using essential amino acids, including L-Tryptophan. This comes with aging and appears due to the lack of enzymes.



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

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 is THOT L-TRYPTOPHAN recommended for?

L-Tryptophan is obtained 100% from plants. All ingredients are natural and suitable for direct absorption and use by the human body.

**Here are some therapeutical uses for L-Tryptophan:**



**DEPRESSION AND ANXIETY:** studies have suggested that L-Tryptophan supplements may help improve mood and lower the symptoms found in depression and anxiety. Along with 5-HTP, L-Tryptophan is considered as natural for the treatment of depression



**SEASONAL AFFECTIVE DISORDER (SAD):** is a form of depression experienced during winter months that includes symptoms like difficulty waking up, weight gain and sugar craving, isolation and irritability. L-Tryptophan ameliorates these symptoms and helps you manage your mood no matter the season



**INSOMNIA AND SLEEP DISORDERS:** when serotonin is synthesized from L-Tryptophan and converted into melatonin, regulates sleep-wake cycle. So forth, supplementation with L-Tryptophan improves sleep quality and manages insomnia in some cases



**FYBROMYALGIA:** is a cronic pain condition related to impaired muscle metabolism, often associated to low serotonin levels. L-Tryptophan supplementation helps by modulating serotonin levels and therefore, symptoms are perceived differently and are a lot easier to tolerate



**PREMENSTRUAL SYNDROME (PMS):** some studies reveal that L-Tryptophan appears to be beneficial in managing certain symptoms of PMS, especially mood-related symptomatology



**APETITE REGULATION AND WEIGHT MANAGEMENT:** serotonin plays a big role in appetite regulation. Therefore, higher L-Tryptophan levels are associated to a health mind and no more binge eating



**MIGRAINE HEADACHES:** a few studies reveal that L-Tryptophan can also be a very effective treatment in preventing migraines from occurring

# How does L-TRYPTOPHAN work?

1 After it is absorbed, tryptophan is transported into the brain by crossing the blood-brain barrier. Tryptophan requires active transport and competes for the same receptors with other amino acids including tyrosine, phenylalanine, valine, leucine, and isoleucine. For obtaining the best results, make sure your body produces energy to support all these mechanisms: move your body and feed your muscles.

2 In the brain, it is transformed into 5-hydroxytryptophan (5-HTP) by the enzyme tryptophan hydroxylase. Tryptophan hydroxylase is the rate-limiting enzyme needed for serotonin production. This enzyme can be inhibited by stress, insulin resistance, magnesium or Vitamin B6 deficiency. Make sure you have adequate levels of these last two when supplementing with L-Tryptophan.

3 5-HTP is then converted into serotonin. This step is dependent on the presence of Vitamin B6.

4 Serotonin converts into melatonin. This requires the presence of SAM-e (S-Adenosyl-L-methionine).

# Why is THOT L-TRYPTOPHAN so special?



# THOT L-TRYPTOPHAN

## Benefits



**THOT**  
NUTRITION



### MOOD REGULATOR:

L-Tryptophan has a huge role in the production of serotonin (the “happiness molecule”) and it is the only precursor of serotonin. It influences mood, emotions, cognition and behaviour

### IMMUNE SYSTEM:

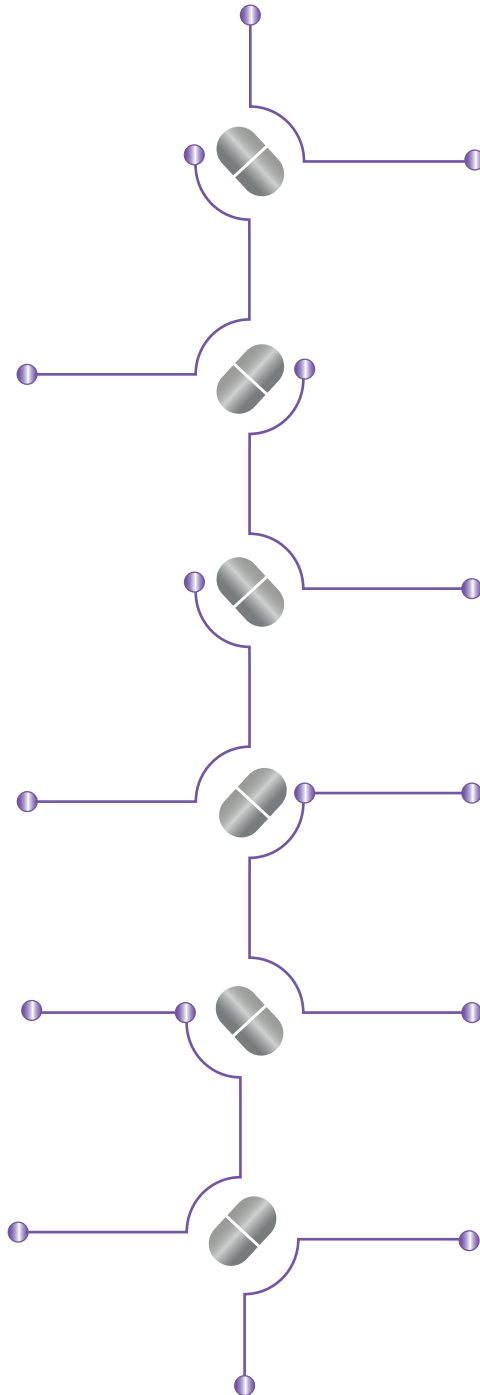
L-Tryptophan plays a vital role in supporting a healthy immune system by participating in the production of immune cells and antibodies. It helps by protecting the body against infections and diseases

### ENERGY METABOLISM & DNA

**REPAIR:** L-Tryptophan serves as a precursor to niacin (vitamin B3), playing a crucial role in energy metabolism, DNA repair and various cellular functions

### BODY WEIGHT

**OPTIMIZATION:** Studies show that longer sleep duration in correlation to L-Tryptophan, may reduce the risk of obesity and type 2 diabetes



### SLEEP REGULATOR:

L-Tryptophan contributes to sleep regulation by being a precursor of melatonin (“the sleep hormone”). High levels of melatonin along with L-Tryptophan, helps you set a healthy sleeping timetable

### COGNITION & MEMORY

**ENHANCEMENT:** Insufficient L-Tryptophan can cause you memory loss. L-Tryptophan acts as a nootropic by being a precursor of serotonin. Supplementing may enhance memory in healthy adults

### HORMONE REGULATION:

L-Tryptophan increases growth hormone and prolactin

### PROTEIN SYNTHESIS:

L-Tryptophan is crucial for making proteins needed for tissue repair, enzymes, and other essential biological functions

### BOOSTING EXERCISE

**PERFORMANCE:** Studies reveal that due to the supplementation of L-Tryptophan, the exercise duration extends significantly



## Ingredients:

One bottle of THOT L-TRYPTOPHAN contains 90  capsules of L-Tryptophan (270 mg/capsule).

One capsule of Thot L-Tryptophan contains: L-Tryptophan (270 mg per capsule), bulking agent (pea starch and microcrystalline cellulose), emulsifier (pectine, talcum).

## Usage:

According to EFSA (European Food Safety Administration) , L-Tryptophan supplements are reported as safe for administration.

After administration, do not drive cars or heavy machinery. For other recommendations talk to your doctor or therapist.



### Adults:

- **1**/day with 20-30 minutes before bed
- **2-3**/day with 20-30 minutes before bed, on more stressful times



### Children:

- **15-18** years old: **1**/day

Recommended intakes of essential amino acids (WHO/FAO/UNU, 2007):

Infants, children and adolescents	
0.5 years old	9,5 mg x kg/ day
1-2 years old	6,4 mg x kg/ day
3-10 years old	4,8 mg x kg/ day
11-14 years old	4,8 mg x kg/ day
15-18 years old	4,5 mg x kg/ day

The “safety zone” of L-Tryptophan administration in healthy humans is below **6.0** g/d.



# **Disclaimer and Copyright Thot Nutrition S.R.L.**

## **Thot Nutrition S.R.L - Copyright - 2021.**

All rights reserved. No part of this information may be reproduced, stored in a retrieval system, or transmitted in any form or by any means, electronic, mechanical, photocopying, recording or otherwise without the prior written permission of the authors. The authors do not claim or guarantee any physical, emotional, mental, spiritual or financial results. All information provided by the authors is for general education purposes. The information in this document is not a substitute for a specialist medical certificate.

## **WARNING AND DISCLAIMER.**

The information provided and the products mentioned or provided by this document / site ([www.thotnutrition.com](http://www.thotnutrition.com)) are not intended to diagnose, treat, cure or prevent any disease or condition. The information provided by this website and by the materials published on this site is not a substitute for a medical consultation or for a medical advice of any kind. We certify that there is a possibility that the information provided by this document / site or certain information in the included pages or documents may be medically incorrect.

By using this information, or by reading it, the user understands and accepts that the entire responsibility belongs to the user in full, exonerating from any legal responsibility the *Thot Nutrition S.R.L* team, [www.thotnutrition.com](http://www.thotnutrition.com), shareholders, site owners, employees, partners, collaborators and suppliers mentioned herein or who provided the information or services mentioned in the submitted documents / site, including the incorrect information provided through negligence. The use of the information and techniques described in this document / site is entirely at your own risk. If you do not agree with this warning and disclaimer, please do not read further and delete any document downloaded from [www.thotnutrition.com](http://www.thotnutrition.com).



**THOT**  
NUTRITION

Produced in  
Japan



Assembled in  
Romania



No. 1  
Worldwide



# THOT Silhouette LEPTIN RX



That Leptin Rx represents a breakthrough in the realm of weight management. Based on more than 30 years of experience in nutrition, biohacking and antiaging, and a meticulously crafted blend of **18 natural active ingredients**, this dietary supplement represents a paradigm shift in the area of weight loss and brain optimization.

Unlike conventional approaches that focus solely on removing the excess fat or modifying the mechanisms that lead to fat accumulation, That Leptin Rx targets the true root cause: ***miscommunication within the body - between cells and the brain.*** In other words: the problem is not you, nor your diet or the fat on your hips and belly. The problem is not the way your cells or your organs work - all of these are the consequence of the faulty communication within your body!

That Leptin Rx is the only supplement on the market that covers all the mechanisms involved in weight management in just one capsule.

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.

Open source licence: That Leptin Rx © 2024 by Gabriel Pesa aka Bralgei Shackry is licensed under Creative Commons Attribution-ShareAlike 4.0 International.



## What THOT LEPTIN RX is?

**Thot Leptin Rx** is specifically formulated to address leptin resistance and promote effective weight loss, utilizing a combination of **18 active ingredients** with scientifically proven efficacy in fat accumulation.

**Thot Leptin Rx** has a unique formula, based on more than three decades of experience in nutrition. **The 18 active ingredients are:** amino acids, minerals, special carbohydrates and a very effective mix of plants and spices.



The uniqueness of **Thot Leptin Rx** lies in taking the conventional weight management approaches to the next level of understanding.

Rather than viewing weight gain as a cellular or organ-centric issue, the attention moves on the intercellular and brain-body communication obstacles.

By shifting the focus to this mechanism, **Thot Leptin Rx** changes the current weight loss paradigm and opens a door to new possibilities in weight loss research and practice and encourages new pathways to be explored and used to obtain and prolong health and wellness, in a holistic and integrative way.



### Open source licence:

**Thot Leptin RX © 2024 by Gabriel Pesa aka Bralgei Shackry is licensed under Creative Commons Attribution-ShareAlike 4.0 International.**

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 is THOT LEPTIN RX recommended for?

---

Thot Leptin Rx restores the energy balance in your body and helps you burn excess fat through three main mechanisms:



**It targets leptin resistance** - which often makes it hard to lose weight, by helping the brain and the body become more sensitive to leptin, also known as “the satiety hormone”.



**It boosts the body's fat-burning processes**, making metabolism work better and faster. The more energy you have, the more fat you burn.



Most importantly, **it restores and improves the energy for the communication pathways between the brain and the body**, and between all cells, which promotes overall well-being.

## How does LEPTIN RX work?

---

**Leptin** is a hormone which regulates appetite and metabolism. Leptin is produced mainly by fat cells and plays a crucial role in regulating appetite, metabolism, and energy balance.

When functioning correctly, **leptin** signals to the brain that the body has had enough to eat, that the body has stored enough energy and that it is ok to stop eating. Leptin is “the satiety hormone” and it reduces appetite.

**The complementary hormone is called “ghrelin”** and it is known as “**the hunger hormone**”, as it signals to the brain that the body needs to eat, thus stimulating appetite. Ghrelin is a hormone primarily produced by cells in the stomach and pancreas and it typically rises before meals and decreases after eating.

**This hormone** stimulates the release of growth hormone from the pituitary gland and activates brain regions that control appetite.

Basically, together, **leptin and ghrelin** maintain energy homeostasis and optimize metabolism in the body.

However, things are not always happening by the book. When you are hungry, your body produces **ghrelin** and tells your brain that **you need food**. When you are full, you tell your **brain** to **stop asking for food**, because you’ve already eaten. The biggest problem is that **the receptors in the brain are blocked by other substances that do not allow the combustion mechanism within your body to function as it should**, and that’s where **Thot Leptin Rx** comes in.

# THOT LEPTIN RX

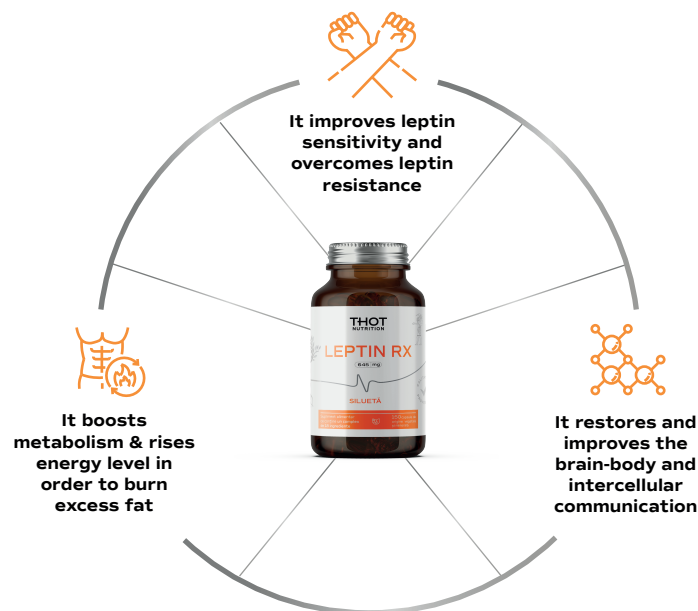
## Benefits



THOT  
NUTRITION



Thot Leptin Rx is formulated to help improve the body's natural metabolic functions and to help overweight and obese people burn excess fat. This is achieved through 3 basic and vital mechanisms:



Overall, through all these mechanisms, Thot Leptin Rx contributes to the normal metabolism of carbohydrates, fatty acids, and macronutrients, as well as to normal protein synthesis, acid-base balance, and energy metabolism.

Thot Leptin Rx's complex and unique formulation holds and approaches multiple aspects and mechanisms of weight management and metabolic health and offers a holistic approach to achieving and maintaining an ideal and healthy weight.

## Ingredients:

One bottle of THOT LEPTIN RX contains 150  capsules LEPTIN RX (645 mg/capsule).

## Usage:

*The diagnosis of leptin resistance can be made clinically. It is important to note that eating habits can influence leptin resistance and may differ from person to person. As a result, adult dosages differ based on needs.*



**Adults:**

Adults: **4-6**/day right before or during main meals

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



# Why is THOT LEPTIN RX so special?

---

You can only feel with your body. There isn't any other instrument outside of your body. The body doesn't lie. But, if your body is numbed and silenced for too long, can you trust it then? This is why it is so important, first and foremost, to restore the receptors and the communication within the body. Now you can feel it and trust it. Now you can feel and trust yourself again. Now you can choose for real.



## What is leptin resistance and how do you know you have it?

---



In individuals with **leptin resistance**, the brain does not receive the signal from leptin, leading to increased hunger, reduced metabolism, and difficulty losing weight. So, although the body has enough stored energy, the **brain is in a permanent state of hunger**.

Scientists have studied this mechanism for years now. However, it is one of the mechanisms that needs further studies in order to be completely understood. One of the mechanisms involved is related to the leptin receptors - either they are dirty/defective or their regulation is not done properly. **Restoring leptin receptors involves both cleaning the receptors and repairing them.**

**Leptin** resistance often goes hand in hand with insulin resistance, another metabolic condition where the body's cells become less responsive to insulin, a hormone that regulates blood sugar levels, by allowing the glucose to enter the cell. Insulin resistance can lead to high blood sugar levels, which, over time, can increase the risk of type 2 diabetes and other health problems.

**You can only feel your body. *Learn more about Thot Leptin Rx, a world premiere formula by nutritionist and biohacker Gabriel Pesa aka Bralgei Shackry, on: <https://thotnutrition.com/thot-leptin-rx-the-eloquent-solution-to-losing-weight-in-2024-world-premiere-formula/>.***

**Open source licence: Thot Leptin RX © 2024 by Gabriel Pesa aka Bralgei Shackry is licensed under Creative Commons Attribution-ShareAlike 4.0 International.**

# The magic THOT LEPTIN RX triagle

**THOT**  
NUTRITION

Nootropic, enhances memory, boosts perception, and improves mental clarity. It helps in weight loss while improving leptin sensitivity.

## Acetyl-L-Carnitine HCL

The "longevity molecule". It is an antioxidant, an anti-glycating agent, also an anti-aging peptide.

## L-Carnosine

A "conditional" amino acid. In the first step of the leptine resistance, monosodium glutamate is starting to inhibit natural production of the taurine. Helps with obesity.

## L-Taurine

## D-Ribose

A sugar molecule, a component of ribonucleotides from which RNA is constructed. Compound that contributes to weight loss.

## Leptin Rx optimization

1

## L-glutamic acid

Neurotransmitter involved in signaling satiety to the brain, active in cognitive functions such as learning and memory.

## L-Cysteine

Impacts obesity, it's involved in the regulation of insulin sensitivity and glucose metabolism and weight regulation.

## L-Lysine monohydrochloride

Important in both immunological and metabolic pathways, including the synthesis of metabolic enzymes, and may regulate the balance between energy storage and expenditure.

2

## Burning booster and Metabolic enhancers



3

## Energy support

### Ginger root extract

Popular spice and a medicinal herb. Helps remove fat through feces, and reduces the activity of genes linked to fat synthesis and inflammation.

### Black pepper extract

Piperine inhibits the differentiation of fat cells, offering a potential treatment for obesity-related conditions. black pepper extract has stronger effects.

### Glycine

Improves several aspects of metabolic syndrome, which includes diabetes, obesity, hyperlipidemia and hypertension.

### L-Glutamine

Patients with obesity or diabetes show altered glutamine metabolism, including decreases in glutamine. It is a precursor of glutamate and GABA neurotransmitters in the brain.

### Cayenne pepper extract

Limits energy intake. Linkely to reduce fat mass in overweight and obese individuals. Prevention in hunger enhances satiety, energy expenditure and fat oxidation.

### Garlic extract

Its sulfur-containing components on obesity and metabolic syndrome. Its compounds from garlic demonstrate an anti-obesity effect.

### Ascorbic acid

Offers benefits for obesity-related issues. Regulates fat burning in fat cells, releases stress hormones, regulates sugar metabolism, including leptin secretion and reduces inflammation.

### Black currant extract

Reduces inflammation and inhibits lipid accumulation in adipocytes. It has an antioxidant effect, lowers cholesterol and improves metabolic functions and increases fat oxidation.

### Green coffee bean extract

Contributes to weight loss. Has positive effects on high systolic blood pressure, elevated fasting blood glucose, insulin resistance, and abdominal obesity.

### Garcinia cambogia extract

Rises serotonin levels, which is a neurotransmitter in the body that helps with feeling good and communication. By this mechanism it might help in lowering appetite, which aids in weight loss

### Zinc oxide

Influences gene transcription, cell signaling, enzyme function, and regulates metabolism and brain activity. Important in body weight management in overweight or obesity.

**"In other words, we  
are fighting fire  
with fire!"**



**Bralgei Shackry**

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

# **Disclaimer and Copyright Thot Nutrition S.R.L.**

## **Thot Nutrition S.R.L - Copyright - 2021.**

All rights reserved. No part of this information may be reproduced, stored in a retrieval system, or transmitted in any form or by any means, electronic, mechanical, photocopying, recording or otherwise without the prior written permission of the authors. The authors do not claim or guarantee any physical, emotional, mental, spiritual or financial results. All information provided by the authors is for general education purposes. The information in this document is not a substitute for a specialist medical certificate.

## **WARNING AND DISCLAIMER.**

The information provided and the products mentioned or provided by this document / site ([www.thotnutrition.com](http://www.thotnutrition.com)) are not intended to diagnose, treat, cure or prevent any disease or condition. The information provided by this website and by the materials published on this site is not a substitute for a medical consultation or for a medical advice of any kind. We certify that there is a possibility that the information provided by this document / site or certain information in the included pages or documents may be medically incorrect.

By using this information, or by reading it, the user understands and accepts that the entire responsibility belongs to the user in full, exonerating from any legal responsibility the *Thot Nutrition S.R.L* team, [www.thotnutrition.com](http://www.thotnutrition.com), shareholders, site owners, employees, partners, collaborators and suppliers mentioned herein or who provided the information or services mentioned in the submitted documents / site, including the incorrect information provided through negligence. The use of the information and techniques described in this document / site is entirely at your own risk. If you do not agree with this warning and disclaimer, please do not read further and delete any document downloaded from [www.thotnutrition.com](http://www.thotnutrition.com)

