



# Essential 9™

## Essential Amino Acids Tablets

### For Maintaining and Building Muscle Mass

#### NPN 80089663

**Description:** Essential Amino Acids are 9 out of 20 amino acids required for protein synthesis. Proteins are involved in all body functions – From the musculature and immune system to hormones and neurotransmitters. Like vitamins, Essential Amino Acids cannot be made by the human body and must be obtained through diet. Deficiency in one or more of the 9 Essential Amino Acids can lead to loss of muscle mass, fatigue, weight gain and reduced ability to build muscle mass in athletes. Sunshine Biopharma's **Essential 9™** provides all 9 Essential Amino Acids in free-form and in the proportions recommended by Health Canada. In addition, **Essential 9™** provides the three Branched Chain Amino Acids, L-Isoleucine, L-Leucine and L-Valine (BCAA), which are scientifically proven to help increase muscle mass and improve liver function.



**Essential 9™** is suitable for everyone: Vegans / Athletes / Seniors / Dieters.

**Recommended Dose:** Adults: Take 2 tablets per day.

**Recommended Use:** Source of essential Amino Acids for protein synthesis. Also a source of **Branched Chain Amino Acids ( BCAAs )** which are involved in muscle growth and reducing muscle soreness and exercise fatigue.

**Caution:** Ensure to drink enough fluid before, during and after exercise. If you are pregnant or breastfeeding, consult a healthcare practitioner before using this product.

**Medicinal Ingredients:** L-Histidine, **L-Isoleucine**, **L-Leucine**, L-Lysine, L-Methionine, L-Phenylalanine, L-Threonine, L-Tryptophan, **L-Valine**.

**Non-Medicinal Ingredients:** Magnesium Stearate, Microcrystalline Cellulose, Stearic Acid.