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# Amin Refill Pack

*Data Sheet*

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





## For your fast recovery

Unique patented amino acid blend (EVAA™) for your recovery

## Patented EAA and BCAA Amino Acid Blend for Your Muscles & Recovery

The free amino acids in AMIN are immediately available to your body after ingestion, as our unique amino acid mix (EVAA™) is partially absorbed directly through the mucous membranes in the mouth.

- Innovative Amino Acid Mix
- Immediate absorption
- Patented manufacturing process
- Vegan, lactose- and gluten-free
- Pharmaceutical grade purity (99%)

## What is Amin Refill Pack?

AMIN is an innovative **amino acid complex** specifically designed for people who want to quickly and effectively recover their bodies after peak physical performance or a demanding day. The free amino acids in AMIN are referred to as the \building blocks of life\ because they are necessary for the formation of proteins, cells, hormones, and enzymes. The **unique patented amino acid blend EVAA™** allows for exceptionally fast absorption, as some of the amino acids are already absorbed through the mucous membranes of the mouth. This ensures that the amino acids are immediately available to the body after ingestion and can work quickly.

**Fast and efficient supply:** Unlike fat, which the body can store, essential amino acids need to be supplied regularly because the body cannot store them long-term. For this reason, continuous supply is particularly important to support the building and recovery of muscles, cells, and tissues. AMIN contains essential amino acids derived through a natural fermentation process, including from sugar beets and tapioca. The high purity level of over 99% ensures that the body can optimally utilize these amino acids, further improving the efficiency of protein synthesis and recovery.

**Amino acids without additives and with a fresh taste:** AMIN combines essential amino acids in their purest form, without artificial additives or fillers. At the same time, it offers a pleasant taste experience with a fruity-fresh aroma of pineapple and orange. This makes it

easy to integrate the intake into daily life while also making it a flavorful delight. Whether after sports or for daily support of a balanced diet, AMIN provides an effective way to supply the body with important nutrients and promote protein building.

## Why Amin Refill Pack from artgerecht?

- Patented EVAA formulation
- All essential amino acids in one blend
- Patented manufacturing process (fermentation from vegetables)
- Lactose-free
- AMIN is a product listed in the Cologne List®
- Winner of the Healthy Living Award 2022
- Perfect for your muscle recovery
- Pure natural ingredients, fruity taste

## Scientific background to Amin Refill Pack?

The artgerecht AMIN amino acid complex is based on the composition of all essential amino acids that are indispensable for the human body. Amino acids are the building blocks of life and form the basis of all proteins in the body. Essential amino acids cannot be produced by the body itself and must therefore be supplied through food or supplements like AMIN. AMIN provides exactly these amino acids in an optimal composition to support muscle building, regeneration, and energy metabolism.

Our unique amino acid mix with all important EAA1 and BCAA1 is gently fermented from vegetables. The powder is directly absorbed through the mucous membranes of the mouth and is immediately available to our body after ingestion. This ensures optimal absorption and high bioavailability.

**Support for muscles and regeneration** Proteins are essential for the structure, function, and regulation of every cell, tissue, and organ in the body. The body uses amino acids to form these proteins, with the sequence of amino acids in the DNA being stored as a genetic code. AMIN supports this process by providing all the important amino acids necessary for protein synthesis. Especially during physical exertion or intensive training, AMIN helps promote muscle growth, prevent muscle breakdown, and accelerate regeneration.

**Suitable for vegan and vegetarian diets** Since plant-based food sources often do not contain all essential amino acids in optimal amounts, the AMIN amino acid complex from artgerecht offers a high-quality alternative for vegans and vegetarians. Free from animal ingredients, it provides all the necessary building blocks for protein synthesis to optimally support bodily functions and muscle regeneration even with a plant-based diet. In this way, the amino acid complex can cover the need for essential amino acids and complement a balanced diet.

## Frequently Asked Questions

### What are amino acids and why do I need them?

Amino acids are essential components in the human body and are also called the building blocks of life. The human organism is a permanent construction site where amino acids are the most valuable, but non-storable building materials. Newborns get the optimal mixture through breast milk. When absorbed through food, they serve as an energy source for the entire body and as building blocks for proteins, body receptors, enzymes, neurotransmitters, hormones,

muscle building, and much more. The proteinogenic amino acids are typically divided into non-essential and essential amino acids. The essential amino acids can only be obtained through food or supplements since the body cannot produce them on its own.

## **What are essential amino acids?**

Essential amino acids are vital building blocks for the human body that it cannot synthesize on its own. Therefore, they must be obtained through food to ensure the fundamental functions of the organism. There are 20 different amino acids in the human body, of which eight are classified as essential. These essential amino acids include isoleucine, leucine, lysine, methionine, phenylalanine, threonine, tryptophan, and valine. Each of these amino acids performs specific tasks that are crucial for maintaining muscle structure, tissue repair, hormone production, and metabolic processes. A balanced diet that includes these essential amino acids is therefore crucial for health and well-being.

## **How are proteins formed?**

Proteins are essential components in the human body. They are required for the formation of structures, functions, and the regulation of every body cell, tissue, and organ. The body uses amino acids to form these proteins. Each protein consists of a specific sequence of these amino acids. How they are arranged is stored in the DNA as a genetic code.

## **What are free amino acids?**

Amino acids are the building blocks for proteins. When protein-rich food is consumed, it is digested and broken down into individual amino acids. These can then be absorbed by the body and used for its own building processes. Free amino acids do not need to be broken down first; they can be directly absorbed through the mucous membranes and enter the bloodstream.

## **Is AMIN a typical food?**

In principle, anything that has calories is a meal, even coffee with sugar. However, isolated amino acids do not need to be digested and only become noticeable as food when the liver converts glucogenic amino acids, such as glutamine, into glucose. However, this does not always happen. AMIN is occasionally allowed as a snack during intermittent fasting (separate from meals) and can be taken after intense physical exertion (which we even recommend).

## **Why do I need amino acids for sports?**

Good physical resilience and energy, the right balance between effective training and recovery sessions, combined with a balanced and healthy diet, are important elements for performance enhancement and muscle building in sports. Amino acids play a decisive role here. Unlike fats, they cannot be stored easily. The body then faces the choice of either not producing the necessary substances in sufficient quantities or sacrificing its own tissue. To avoid this, it is sensible to regularly supply the body with essential amino acids through a proper diet.

## **Can I take amino acids directly after exercise?**

Free amino acids can be consumed immediately after training and are available to the body within minutes. In cases of increased stress or protein-poor diet, it is recommended to take 5-6g twice a day. Any increase in the dosage recommendation during intense strain should be done through a doctor or therapist. Absorption is highest on an empty stomach (at least half an hour before meals). However, due to the high bioavailability and the fact that digestion is not required, the intake can take place at any time.

## **What is the difference between amino acids and protein shakes?**

The absorption of free amino acids shows faster uptake and higher availability in the blood after a meal compared to taking an equivalent amount of milk protein (Weijzen et al.). The combination of essential amino acids with whey protein corresponds roughly to a quarter of the amount of regular protein. Typical effective protein doses range from 15-20g, while using whey

protein enriched with essential amino acids allows a reduction to only about 4g (Sports Nutrition Science Laboratory for Amino Acids, Ajinomoto).

### **What are the best amino acids for sports?**

BCAAs support muscle building and protection. The abbreviation BCAAs comes from the English \Branched-Chain Amino Acids.\ These are branched-chain amino acids, including L-Valine, L-Leucine, and Isoleucine, which are essential amino acids and serve as an important energy source for muscles.

### **Are amino acid supplements vegan?**

Even though animal products are often associated with high protein and amino acid content, amino acids for sports and fitness products are not necessarily derived from animal sources. Amino acid supplements can also be made from fermented vegetables and plants.

### **Where do the amino acids in AMIN come from?**

The production takes place in Japan at the two world-leading manufacturers of fermented amino acids with pharmaceutical purity. We rely on the uncompromising quality of the market leader. The amino acids used are manufactured under cGMP conditions (current Good Manufacturing Practice, which outlines guidelines to ensure the product quality of medicines and active ingredients). Our products undergo regular independent quality controls at accredited laboratories (e.g., Cologne List®) in addition to the mandatory release tests.

## **Amino Acids - The Building Blocks of Life**

Amino acids are the fundamental building blocks of proteins and play a central role in almost all vital processes in the body. They are often referred to as \building blocks of life\ because they are essential for growth, renewal, and the regulation of biological functions. Amino acids form the foundation of proteins, which are necessary for the structure and function of every cell in the body.

### **Structure and Function of Amino Acids**

Amino acids consist of carbon, hydrogen, oxygen, and nitrogen atoms, and have a characteristic structure that includes an amino group (-NH<sub>2</sub>), a carboxyl group (-COOH), and a unique side chain or \R-group\ that determines the properties of each amino acid. There are 20 different amino acids found in the proteins of all living organisms. Each of these amino acids has specific properties that, in combination and sequence, determine the structure and function of the resulting protein.

Proteins are formed through long chains of amino acids linked together by peptide bonds. These chains can fold into complex three-dimensional structures that enable the functionality of a protein. Proteins are critical for nutrient transport, cell regeneration, muscle movement, and the formation of enzymes and hormones.

### **Essential and Non-Essential Amino Acids**

Amino acids can be divided into two main groups: essential and non-essential amino acids. Essential amino acids cannot be produced by the body and must therefore be obtained through food. There are nine essential amino acids: Leucine, Isoleucine, Valine, Lysine, Methionine, Phenylalanine, Threonine, Tryptophan, and Histidine. They play a particularly important role in muscle building, immune function, and the production of hormones and enzymes. Non-essential amino acids, on the other hand, can be synthesized by the body, meaning external intake is generally not necessary. However, these amino acids are still regularly used by the body and are important for protein formation, cell function, and tissue repair.

## **Ingredients**

L-Glutamine, Acacia fiber, L-Carnitine L-Tartrate, L-Leucine, L-Aspartic acid, L-Proline,

DL-Choline bitartrate, L-Lysine HCL, L-Valine, L-Isoleucine, L-Tyrosine, L-Serine, L-Threonine, Natural flavors (Orange & Pineapple), L-Alanine, L-Phenylalanine, L-Arginine, L-Glycine, L-Histidine, L-Cysteine, L-Tryptophan, Taurine, L-Glutamic acid, L-Methionine, Coloring agent: Curcumin, Citrus pectin

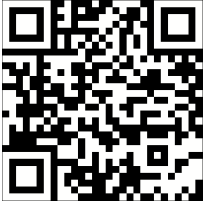
<b>Content</b>	<b>Amount per Daily Dose (10g)</b>
L-Glutamine	1,400 mg
L-Carnitine-L-tartrate	680 mg
L-Leucine	650 mg
Asparagine	560 mg
L-Proline	480 mg
L-Lysine HCl	440 mg
L-Valine	370 mg
L-Isoleucine	350 mg
L-Tyrosine	320 mg
L-Serine	300 mg
L-Threonine	300 mg
L-Alanine	250 mg
L-Phenylalanine	250 mg
L-Arginine	240 mg
Choline	191 mg
L-Glycine	180 mg
L-Histidine	170 mg
L-Cystine	160 mg
L-Tryptophan	160 mg
Taurine	140 mg
L-Glutamic Acid	120 mg
L-Methionine	80 mg

## Recommended intake

Bei erhöhter Belastung oder eiweißarmer Ernährung 1-2 mal pro Tag 5 g. Bei sehr intensiver Belastung empfehlen wir höhere Dosierungen. Die Resorption ist auf nüchternen Magen (mindestens eine halbe Stunde vor dem Essen) am höchsten. Die Einnahme kann aber aufgrund der hohen Bioverfügbarkeit und der nicht notwendigen Verdauung jederzeit stattfinden. 1-2 mal täglich 5 g pur oder in 150 ml Flüssigkeit aufgelöst konsumieren. Jeder Messlöffel enthält 5 g.

## Additional information

- SKU/MPN: 15038-2
- Content: 300 g
- Net filling quantity: 300 g
- EAN/GTIN: 4260656120279
- PZN (DE): 17217488
- PZN (AT): 5246680
- Customs tariff number: 29224985
- Origin: CZE
- Version: 18.12.2025



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1) Essential amino acids, branched-chain amino acids.