



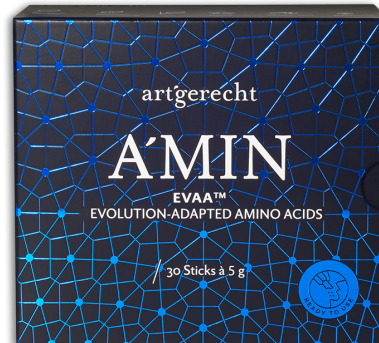
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Amin Sticks

Data Sheet

www.artgerecht.com





For your quick recovery

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

Patented EAA and BCAA Amino Acid Mix for Your Muscles & Recovery

The free amino acids contained in AMIN are immediately available to your body after ingestion because our unique amino acid mix (EVAA™) is partially absorbed directly through the oral mucosa.

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

What is Amin Sticks?

AMIN is an innovative **amino acid complex** specifically developed for individuals who want to quickly and effectively recover after intense physical activity or a demanding day. The free amino acids contained in AMIN are referred to as the \building blocks of life,\ as they are necessary for the formation of proteins, cells, hormones, and enzymes. The **unique patented amino acid mix EVAA™** allows for particularly fast absorption, as the amino acids are partially absorbed through the mucous membranes. This ensures that the amino acids are available to the body immediately after consumption and can act quickly.

Fast and efficient supply: Unlike fat, which the body can store, essential amino acids must be supplied regularly since the body cannot store them long-term. For this reason, continuous supply is particularly important to support the build-up and regeneration of muscles, cells, and tissues. AMIN contains essential amino acids obtained through a natural fermentation process, including from sugar beets and tapioca. The high purity 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 into your daily routine, while also making the experience enjoyable. Whether

after exercise or as a daily supplement to a balanced diet, AMIN provides an effective way to supply the body with important nutrients and promote protein synthesis.

Why Amin Sticks 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 Sticks?

The artgerecht AMIN amino acid complex is based on the composition of all essential amino acids, which are indispensable for the human body. Amino acids are the building blocks of life and form the foundation 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 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 and is available to our body immediately 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 body cell, tissue, and organ. The body uses amino acids to form these proteins, with the sequence of amino acids in DNA being stored as the genetic code. AMIN supports this process by providing all the important amino acids necessary for protein synthesis. Especially in phases of physical exertion or intense training, AMIN helps promote muscle building, 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 provides 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 physical functions and muscle regeneration even with a plant-based diet. In this way, the amino acid complex can meet 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 body is a constant construction site, where amino acids are the most valuable, yet non-storable building material. Newborns receive the optimal mix through breast milk. When ingested through food, they serve the entire body as an energy source and building material 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. Essential amino acids must be obtained through food or supplements, as the body cannot produce them on its own.

What Are Essential Amino Acids?

Essential amino acids are vital building blocks for the human body, which cannot synthesize them on its own. Therefore, they must be consumed through food to ensure the basic functions of the organism. There are a total of 20 different amino acids in the human body, of which eight are considered essential. These essential amino acids include Isoleucine, Leucine, Lysine, Methionine, Phenylalanine, Threonine, Tryptophan, and Valine. Each of these amino acids serves specific functions 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 essential for health and well-being.

How Are Proteins Formed?

Proteins are essential components in the human body. They are needed to form the structure, function, and 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, and the arrangement is stored in the DNA as a genetic code.

What Are Free Amino Acids?

Amino acids are the building blocks of proteins. When consuming protein-rich food, these are digested and broken down into individual amino acids. This allows them to be absorbed by the body and used for its own building processes. Free amino acids do not need to be broken down and can be directly absorbed through the mucous membranes and enter the bloodstream.

Is AMIN a Classic Food?

In principle, anything that contains calories is considered a meal, including coffee with sugar. However, isolated amino acids do not require digestion and only make their impact as food when the liver converts glucogenic amino acids, such as Glutamine, into glucose. This does not always occur. AMIN is occasionally allowed as a snack during intermittent fasting (separate from meals) and can be consumed 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 key elements for performance improvement and muscle building in sports. Accordingly, amino acids play a decisive role. Unlike fat, they can hardly be stored. The body is then faced with the choice: either not producing the necessary substance in sufficient quantity or sacrificing its own tissue. To prevent this, regular supply of essential amino acids through an appropriate diet is advisable.

Can I Take Amino Acids Immediately After Exercise?

Free amino acids can be consumed immediately after training and are available to the body in a matter of minutes. In the case of increased stress or a low-protein diet, a daily intake of 5-6g twice a day is recommended. An increase in the dosage for intense exertion should be discussed with a doctor or therapist. Absorption is highest on an empty stomach (at least half an hour before meals), but due to the high bioavailability and lack of digestion, intake can occur at any time.

Whats 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 the consumption of an equivalent amount of milk protein (Weijzen et al.). The combination of essential amino acids with whey protein corresponds to about a quarter of the amount of traditional protein. Thus, typical effective protein doses are 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 stands for Branched-Chain Amino Acids. These are branched-chain amino acids, consisting of L-Valine, L-Leucine, and Isoleucine, which are essential amino acids and serve as a crucial energy source for muscles.

Are Amino Acid Supplements Vegan?

Although animal foods are often associated with high protein and amino acid content, amino acids for sports and fitness products do not necessarily have to come from animal sources. Among other things, amino acid supplements can also be derived from fermented vegetables and plants.

Where Do the Amino Acids in AMIN Come From?

The production takes place in Japan at the two best manufacturers worldwide for fermented amino acids with pharmaceutical-grade purity. We rely on the uncompromising quality of the global market leader. The amino acids used are produced under cGMP conditions (current Good Manufacturing Practice, which describes guidelines to ensure the product quality of pharmaceuticals and active ingredients). Our products undergo regular independent quality controls at accredited laboratories (e.g., Kölner Liste®).

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 the 'building blocks of life' because they are essential for growth, renewal, and the regulation of biological functions. Amino acids form the foundation for proteins, which are necessary for the structure and function of every body cell.

Structure and Function of Amino Acids

Amino acids are composed of carbon, hydrogen, oxygen, and nitrogen atoms and have a characteristic structure that includes an amino group (-NH₂), a carboxyl group (-COOH), and a unique side chain or 'R-group,' which determines the properties of each amino acid. There are 20 different amino acids that occur in the proteins of all living organisms. Each of these amino acids has specific properties, and their combination and sequence determine the structure and function of the resulting protein.

Proteins are formed by long chains of amino acids that are linked together by peptide bonds. These chains can fold into complex three-dimensional structures, which enable the functionality of the protein. Proteins are crucial 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 synthesized by the body and must therefore be obtained through the diet. There are nine essential amino acids: Leucine, Isoleucine, Valine, Lysine, Methionine, Phenylalanine, Threonine, Tryptophan, and Histidine. These amino acids 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, so external intake is usually not necessary. However, these amino acids are still regularly used by the body and are necessary 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: Curcumin, Citrus pectin

Content	Amount per Daily Dose (10g)
L-Glutamine	1,400 mg
L-Carnitine L-tartrate	680 mg
L-Leucine	650 mg
Asparagine Acid	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

Increased Dosage for High Strain or Low-Protein Diet: Take 5g 1-2 times a day. For very intense strain, we recommend higher dosages. Absorption is highest on an empty stomach (at least 30 minutes before meals). However, due to its high bioavailability and no need for digestion, the intake can occur at any time. Consume 2 sticks daily, either pure or dissolved in 150 ml of liquid.

Additional information

- SKU/MPN: 15038-3
- Content: 30 x 5 g
- Net filling quantity: 150 g
- EAN/GTIN: 4260656120286
- PZN (DE): 17217494
- PZN (AT): 5246697
- Customs tariff number: 21069092
- Origin: CZE
- Version: 18.12.2025



1) Essential Amino Acids, Branched-Chain Amino Acids.