

Core Aminos

Support for Lean Muscle Growth and Energy*

Core Aminos Supplementation

Optimal muscle growth and recovery require a full spectrum of essential amino acids—particularly the branched-chain amino acids leucine, isoleucine, and valine—delivered with the coenzymes that drive their metabolism.* Core Aminos provides pharmaceutical-grade essential amino acids plus bioavailable vitamin B6 and magnesium to activate key metabolic pathways, promote lean muscle synthesis, and reduce exercise-induced fatigue.* By targeting muscle protein synthesis and mitochondrial energy production simultaneously, Core Aminos helps you build, repair, and refuel more efficiently.* Whether you're active, aging, or recovering from physical stress, Core Aminos helps support muscle health, cellular energy, and full-body resilience with a convenient and delicious berry lemonade powdered drink mix.*

Key benefits of Core Aminos include:

- Supports lean muscle growth and repair*
- Promotes energy production and endurance*
- Supports faster recovery and reduces post-exercise muscle soreness*
- Activates muscle protein synthesis at the cellular level*
- Optimizes amino acid absorption and metabolic efficiency*

How Core Aminos Works

Essential Amino Acids and Muscle Protein Synthesis*

Core Aminos delivers a full spectrum of all nine essential amino acids—including the branched-chain amino acids leucine, isoleucine, and valine—which are critical for stimulating muscle protein synthesis.* Essential amino acids must be obtained through diet or supplementation, as the body cannot produce them endogenously. Among these, leucine plays a key role by activating the mTORC1 pathway, a central signaling mechanism that drives muscle protein synthesis and supports the maintenance of lean body mass.*^{1,2} Supplementing with essential amino acids in balanced ratios has been shown to enhance muscle strength, functional performance, and post-exercise recovery, especially in aging adults or individuals with low protein intake.*^{3,4}

Vitamin B6 and Magnesium as Metabolic Cofactors*

To maximize amino acid utilization, Core Aminos includes two essential metabolic cofactors: activated vitamin B6 (pyridoxal-5'-phosphate) and highly absorbable magnesium malate.*



GLUTEN-FREE



DAIRY-FREE



VEGETARIAN



NON-GMO



cGMP FACILITY

How Core Aminos Works Continued

Vitamin B6 is required for transamination reactions that facilitate amino acid metabolism, and it also enhances glycogenolysis during exercise, making it a potent exercise mimetic.^{5,6} Magnesium plays a vital role in ATP production, neuromuscular signaling, and muscle relaxation. Studies indicate that magnesium supplementation supports mitochondrial function, reduces post-exercise muscle soreness, and promotes efficient muscular recovery.^{7,8}

Recovery, Energy, and Performance♦

Together, essential amino acids, vitamin B6, and magnesium provide synergistic support for physical performance and recovery.♦ By triggering muscle protein synthesis, maintaining nitrogen balance, and improving mitochondrial energy output, Core Aminos helps reduce muscle breakdown and accelerate recovery after exercise.^{9,10}

This combination is especially beneficial during periods of physical stress, caloric restriction, or aging, when protein needs are elevated and recovery capacity may be compromised.^{11,12} Core Aminos empowers individuals to build and repair muscle, sustain energy, and perform at their best.♦

Supplement Facts

Serving Size: About 1 Scoop (7.48 g)

Servings Per Container: About 30

	Amount per Serving	%DV*
Total Carbohydrate	1 g	<1%*
Vitamin B6 (as pyridoxal-5-phosphate)	5 mg	294%
Magnesium (as magnesium malate)	40 mg	10%
L-Leucine	866.15 mg	**
L-Lysine (as L-lysine HCl)	708.66 mg	**
L-Isoleucine	551.18 mg	**
L-Valine	551.18 mg	**
L-Phenylalanine	551.18 mg	**
L-Methionine	511.81 mg	**
L-Threonine	393.7 mg	**
L-Histidine (as L-histidine HCl monohydrate)	314.96 mg	**
L-Tryptophan	196.85 mg	**
L-Cystine	196.85 mg	**
L-Tyrosine	157.48 mg	**

Other Ingredients: Natural flavors, stevia leaf extract, citric acid, bamboo extract, beet root powder, monk fruit extract.

Directions: Shake canister before scooping. Mix 1 scoop with 8-12 ounces of water daily or as directed by your healthcare practitioner.

Caution: If pregnant, nursing, or taking medication, consult your healthcare practitioner before use. Keep out of reach of children.

References:

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* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

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