

Through repeated efforts that threaten destruction, one forges the indestructible.

Essential Aminos

Putting on muscle is a balancing act, pivoting on your ability to adapt to training stress and recover from everything else that life throws at you. A poor diet, pushing your training too hard for too long and factors beyond your control (like a nasty flu virus) can all slam the brakes on your “gains train.” If you want to push towards your recovery limits, you’re going to need an “ace in the hole.”

- Granite Supplements’ Essential Aminos provide a 7g / dose of all the **Essential Amino Acids (EAAs)** because it’s the dietarily **essential** [not the non-essential¹] **amino acids** that trigger muscle protein synthesis²⁻⁴. Leucine (3g) sits atop this EAA blend because of it’s primacy in triggering protein anabolism⁵⁻⁷. We were sure to focus on the other branched chain aminos (BCAAs; Isoleucine and Valine at 1.5g each) as well, because the BCAAs are known to reduce muscle breakdown and post-exercise soreness and damage^{8,9}.
- The amounts of the other EAAs blended in **Essential Aminos** are based on the anabolic EAA mixture used extensively in research^{2,10-13}, adjusted slightly to take advantage of the anabolic signaling⁶ and insulin-releasing¹⁴ effects of lysine and phenylalanine.
- This power-packed EAA supplement can thus be employed in conjunction with a small amount of carbohydrate (~35g; which could come from our **Intra-Carb** product) to **enhance post-workout protein synthesis**^{11,15} and **gains in muscle mass**¹⁶. If you’re stuck between a rock and a hard place with little to no good protein sources, EAA’s can **boost the protein-synthetic effect of an otherwise suboptimal protein source**, e.g., one that is too small⁷ or otherwise dilute in protein content or lacking in EAAs, such as some plant protein sources¹⁷. You might also use EAA to “bridge” the gap between two widely spaced meals, when you simply can’t slip away to consume a complete protein source or have a meal.

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