

**Power  
pack  
for vital  
needs**



# CERTAMIN

Essential Amino Acid Tablets

La Renon

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## Essential Amino Acid Tablets

### ► DESCRIPTION :

An essential amino acid or indispensable amino acid is an amino acid that cannot be synthesized in human body and thus must be supplied in the diet. Certamin is an essential amino acid tablet with following composition containing 720 mg amino acid equivalent to 0.55 g protein -

Each Tablet of Certamin contains

Ingredients	Content	Ingredients	Content
L-Histidine	45 mg	L-Phenylalanine	70 mg
L-Isoleucine	60 mg	L-Threonine	65 mg
L-Leucine	90 mg	L-Tryptophan	25 mg
L-Lysine ( As Lysine Acetate )	65 mg	L-Tyrosine	75 mg
L-Methionine	90 mg	L-Valine	135 mg

### ► RECOMMENDED IN :

Metabolic impairment | Protein malnutrition | Elderly patients | For maintaining alerted levels of amino acid

### ► KEY FEATURES :

- Nutritional supplementation with oral amino acid mixture significantly improved metabolic control and insulin sensitivity in elderly subjects with poorly controlled type 2 diabetes.<sup>1</sup>
- Low-EAA was significantly associated with surrogate markers of protein malnutrition, anemia, cardiovascular diseases and infectious diseases.<sup>2</sup>
- Essential amino acids are primarily responsible for the amino acid-induced stimulation of muscle protein anabolism in the elderly.<sup>3</sup>

### ► MODE OF ACTION :

- Proteins break down into peptides and peptides further break down into Amino Acids.
- Amino Acids break down to Two groups - Amino Group and Carboxylic Group.
- Only 5-7% of Amino Group combines with the CO<sub>2</sub> from blood and gets converted into Urea ( NH<sub>2</sub>CONH<sub>2</sub> ) and excreted in urine. (Catabolism).
- When patient is supplemented with Essential Amino Acids the process of Catabolism stops and patient gets into anabolism state. Amino Group gets reutilized for Amino Acids Synthesis hence reducing the formation of Urea.

### ► DOSAGE :

As prescribed by Healthcare Professional.

Reference : 1. The American Journal of Cardiology: 98(8A); 2004 | 2. Metabolomics: 7(2); 2017 | 3. Am J Clin Nutr: 78(2); 250-258; 2003

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