

a

i s f o r

Aminoacids

What are Amino Acids?

Amino acids are organic compounds that serve as the building blocks of proteins.

There are **22 to 26 standard amino acids** that are commonly found in the meat that you eat - usually named the dietary proteins, each with a unique chemical structure and properties.

These molecules are essential for various biological functions in the human body, including muscle building, enzyme production, and hormone regulation.

There are 8 to 12 essential amino acids. It seem difficult to know the exact number that you must input in your mouth daily.

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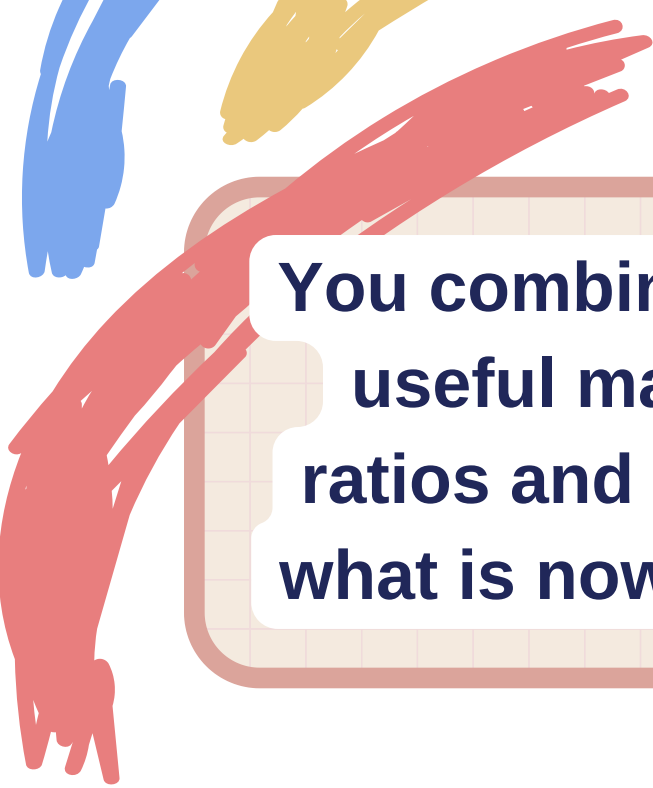
What are Amino Acids used for in the human body?

“Amino acids are organic compounds that serve as the building blocks of proteins.”

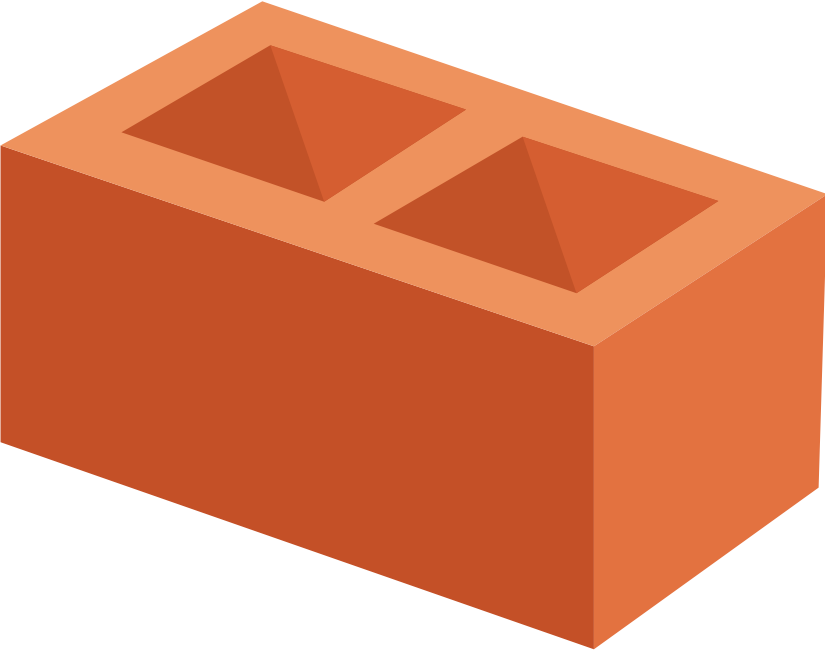


Amino Acids can be compared to various construction materials like sand, cement, gravel, roof tiles, paint, and water, which are all inputs but do not form the final product, *unless....*

What are Amino Acids used for in the human body?



You combined them in some useful manner based on ratios and mixtures. This is what is now called a protein.



When you combine amino acids according to a specific rule or guideline, the end result is what we refer to as a protein. The human body contains a vast array of proteins.

Don't we get protein when we chomp on meat, beans, and eggs? 🥩🥚

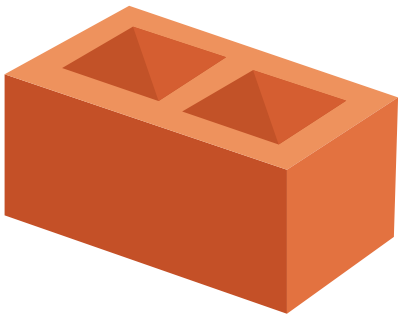
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Amino Acids

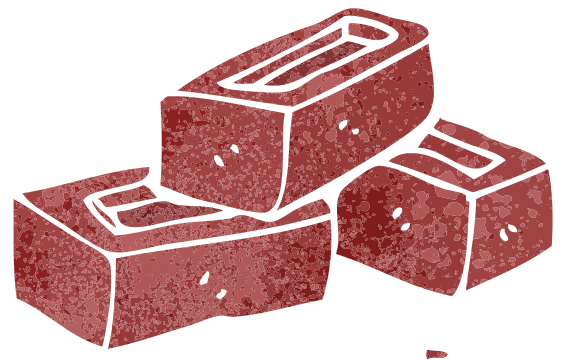
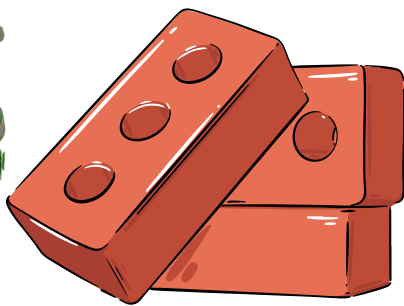
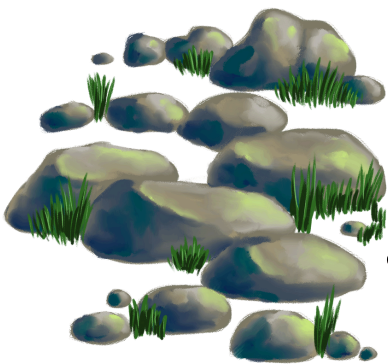


The rule



A Protein

Several different types of protein.



What are Amino Acids used for in the human body?



Amino Acids



The rule



A Protein

What are Amino Acids used for in the human body?



**Missing some
Amino Acids**



The rule



**We can only plaster the wall,
but we cannot create a brick,
due to missing gravel.**

**Limited Essential Amino Acid =
Limited types of protein
produced.**

What are Amino Acids used for in the human body?



**Missing some
Essential Amino
Acids**



The rule

**Sometimes we cannot even
make proteins because we have
not provided all the amino
acids.**

**No protein can be created
because we don't have water; we
are missing an essential amino
acid.**

What are Amino Acids used for in the human body?



The rule

**No Protein
creation.**

**The rules are always running.
Do you know why they are
running?**