

# hCG diet



## Tip of the Week

### Amino Acids

*A quick Insight  
(for phase 2 - maintenance)*

*What good are amino acids in your diet? Proteins all contain amino acids. Most contain about 9 of the essential amino acids, but there are 20 that are essential to the body. Without those 20 amino acids, the body starts breaking down lean tissue and muscle.*

*What happens if an essential amino acid is missing from your body? In the beginning your body will break down lean tissue in order to compensate. Eventually the muscles will begin to waste away. In addition to muscle wasting, other signs of protein deficiency include mental impairment in children, edema, anemia, decreased immunity, and metabolic abnormalities. Amino Acids are building blocks of all our organs and tissues. Lack of adequate Amino Acids may make it impossible for vitamins and minerals to perform their specific duties.*

**Bragg's Liquid Amino Acids** are made from non-GMO soybeans. Bragg's has 0% fat, 0% cholesterol, and 0% carbohydrates. It does have 310 mg of protein and 160 mg of sodium.

Use Bragg's Amino Acids in place of Soy Sauce (it has less of a salty taste) on your meats, salads, etc.