

## Plant based proteins (amino acids)

<b>Indispensable amino acids</b>	<b>Functions in brief</b>	<b>Three sources</b>
<b>Leucine</b>	essential for muscle growth & repair, wound healing & blood sugar control	oats peas, watercress
<b>Isoleucine</b>	essential for optimal muscle growth & repair aids in detoxification	oats buckwheat sunflower seeds
<b>Valine</b>	essential for muscle growth & repair brain function, muscle co-ordination	oats lentil buckwheat
<b>Methionine</b>	cartilage formation liver detoxification immune system functioning	quinoa hemp sunflower seeds
<b>Phenylalanine</b>	stimulates the production of brain chemicals like dopamine and norepinephrine	sea vegetables oats beans
<b>Threonine</b>	supports central nervous, cardiovascular, liver, immune system functioning	sea vegetables spirulina watercress
<b>Tryptophan</b>	vital for the production of enzymes, structural proteins and neurotransmitters	buckwheat sunflower rye
<b>Lysine</b>	vital in calcium absorption, helps in hormone, enzyme and antibody production	tempeh lentils chickpeas
<b>Histidine</b>	aids memory & cognitive function precursor to histamine, supports detox pathways	hemp rice pulses
<b>Conditionally indispensable</b>	<b>Functions in brief</b>	<b>Three sources</b>
<b>Arginine</b>	nitrous oxide production vascular relaxation & immune system	chickpeas, lentils, pumpkin seeds
<b>Cysteine</b>	Glutathione production brain health	lentils, oats, sunflower seeds
<b>Glycine</b>	glutathione production collagen formation	cabbage, kombu, watercress
<b>Tyrosine</b>	benefits mood and mental health	pumpkin seeds, almonds, spinach
<b>Glutamine</b>	intestinal & immune system health	kombu seaweed, peas, hazelnuts
<b>Proline</b>	collagen formation, cardiovascular health	buckwheat, chickpeas, cabbage

