
Amino acid nutritional supplement and regimen for enhancing physical performance through sound nutrition

Abstract

An amino acid nutritional supplement and administration regimen for enhancing physical performance through sound nutrition is provided. The amino acid supplement comprises a mixture of biologically active amino acids including at least glutamic acid, arginine, leucine, valine and lysine. The amino acid mixture may also optionally include one or more of histidine, aspartic acid, threonine, serine, proline, glycine, alanine, cystine, methionine, isoleucine, tyrosine, phenylalanine and tryptophan. These amino acid supplements are consumed orally prior to and/or during exercise to achieve the performance enhancement.

Inventors: **Dudrick; Stanley J.** (702 Pine St., Philadelphia, PA 19106); **Guinn; Edward J.** (23 S. Brokenfern, The Woodlands, TX 77380); **Gerlich; Stanley J.** (11434 Loyola, Cypress, TX 77429); **Feste; Andrew S.** (4219 S. Judson, Houston, TX 77005)

Appl. No.: **361295**

Filed: **June 5, 1989**

Current U.S. Class: **514/396**; 514/419; 514/561

Intern'l Class: A61K 031/40; A61K 031/195; A61K 031/415

Field of Search: 514/561,396,419

References Cited [\[Referenced By\]](#)

U.S. Patent Documents

3697287	Oct., 1972	Winitz	514/561.
4025650	May., 1977	Gans et al.	514/561.
4100160	Jul., 1978	Walser	514/561.
4368204	Jan., 1983	Sato et al.	514/561.

Other References

American Druggist, 10/85, pp. 144-149, "Dickerson".