

# Amino Formula (FCS) IV Infusion

## Supporting Mental Focus, Energy and Wellbeing

In today's fast-paced world, many people find themselves juggling demanding careers, family commitments, busy social lives and increasing levels of stress. It's no surprise that mental fatigue, reduced concentration and low energy have become common concerns.

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## What is Amino Formula (FCS)?

Amino Formula (FCS) is an intravenous nutritional therapy containing a carefully balanced blend of amino acids that play essential roles throughout the body.

Amino acids are often referred to as the “building blocks of life” because they are required to produce proteins, enzymes, hormones and neurotransmitters that help regulate countless bodily functions.

Unlike oral supplements, intravenous therapy delivers fluids and prescribed nutrients directly into the bloodstream under professional supervision.

Your infusion may also include selected vitamins where clinically indicated following your assessment.

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## Why Are Amino Acids Important?

Every cell within the body relies upon amino acids to function effectively.

They contribute to:

- Protein synthesis
- Muscle repair and recovery
- Production of neurotransmitters
- Healthy nervous system function
- Immune system support
- Hormone production
- Tissue repair
- Antioxidant production
- Energy metabolism

Because amino acids are involved in so many biological processes, maintaining adequate levels is important for overall health and wellbeing.

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## Supporting Mental Focus

One of the unique features of the Amino Formula (FCS) infusion is its carefully selected amino acid profile, which includes nutrients involved in the normal function of the nervous system.

Certain amino acids act as precursors for neurotransmitters—the chemical messengers that allow brain cells to communicate with one another.

These neurotransmitters help regulate functions including:

- Attention
- Alertness
- Motivation
- Mood
- Stress response
- Cognitive performance

It is important to understand that while amino acids contribute to normal physiological function, individual responses vary and IV therapy is **not intended to diagnose, treat or cure cognitive disorders**, nor should it be regarded as a substitute for appropriate medical care.

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## Key Ingredients

### L-Tyrosine

L-Tyrosine is an amino acid involved in the production of dopamine, noradrenaline and adrenaline.

These naturally occurring neurotransmitters help regulate alertness, motivation and the body's response to physical and mental stress.

Research suggests that tyrosine may help maintain aspects of cognitive performance during periods of acute stress or sleep deprivation, although evidence does not support claims that it improves intelligence or long-term cognitive function in healthy individuals.

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## L-Arginine

L-Arginine is converted into nitric oxide within the body.

Nitric oxide plays an important role in maintaining healthy blood vessel function and supporting normal circulation.

Healthy circulation helps transport oxygen and nutrients throughout the body.

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## Taurine

Taurine is found naturally in many tissues throughout the body.

It contributes to:

- Nervous system function
- Muscle function
- Electrolyte balance
- Cellular protection against oxidative stress

Taurine has become increasingly recognised for its role in supporting normal physiological function.

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## Glycine

Glycine is one of the body's simplest amino acids but performs numerous important functions.

It contributes to:

- Collagen production
  - Healthy connective tissues
  - Glutathione synthesis
  - Normal nervous system function
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## Branched Chain Amino Acids (BCAAs)

Leucine, Isoleucine and Valine are essential amino acids that support:

- Protein synthesis
- Muscle maintenance
- Exercise recovery

- Energy metabolism

Although often associated with sports nutrition, these amino acids are important for many aspects of normal body function.

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## L-Lysine

L-Lysine contributes to:

- Protein production
  - Tissue repair
  - Collagen formation
  - Normal immune function
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## L-Methionine

Methionine is an essential amino acid involved in:

- Methylation reactions
  - Liver metabolism
  - Glutathione production
  - Cellular antioxidant defence
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## Who May Benefit?

Following a comprehensive consultation, Amino Formula (FCS) may be considered for adults seeking nutritional support during periods of increased physical or mental demand.

People often enquire about this infusion when experiencing:

- Busy lifestyles
- Long working hours
- Mental fatigue
- Demanding professional roles
- Examination preparation
- General feelings of reduced wellbeing

Suitability is always determined through an individual clinical assessment.

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