

Produced in
Japan



Assembled in
Romania



No. 1
Worldwide



THOT Strength L-LEUCINE

L-Leucine is the most important amino acid, acting on muscle protein synthesis, while also having other roles in cellular metabolism.

The amino acid utilization factor is 99%. L-Leucine is one of the 9 essential amino acids (EAA). The body does not produce it and it needs to be taken from outside.

According to EFSA (European Food Safety Administration), BCAA (including L-Leucine) have claimed some important merits in the field of human health. Thus, BCAA helps to increase and maintain muscle mass, mitigate the decrease in muscle power following exercise at high altitude, faster recovery in muscle fatigue and improve mental performance after exercise, reduce perceived exertion during intense physical activity, maintain a healthy immune system .



The Japanese companies we collaborate with were ranked in 2022 on the 1st and 2nd place in the World in the production of essential amino acids, which places our product in the 1st place in the World in the Essential Amino Acids segment.



What THOT L-LEUCINE is?

L-Leucine is a BCAA ("branch-chained amino acid" or "branched chain amino acid"), a category recognized for its effectiveness in increasing muscle mass, along with L-Isoleucine and L-Valine.

THOT AMINOS has a significant percentage of L-Leucine in its formula, but for specific and well-targeted effects, Thot Nutrition has created THOT L-LEUCINE with a high L-Leucine content as an individual supplement.

THOT L-LEUCINE, like all Thot Nutrition products, contains only Premium Quality ingredients (pure, natural, vegan, orthomolecular, small molecule, high density).



ready
for
absorbtion



100% plant
based
formula



ready
to
use



no added flavors
and sweeteners



neutral
taste

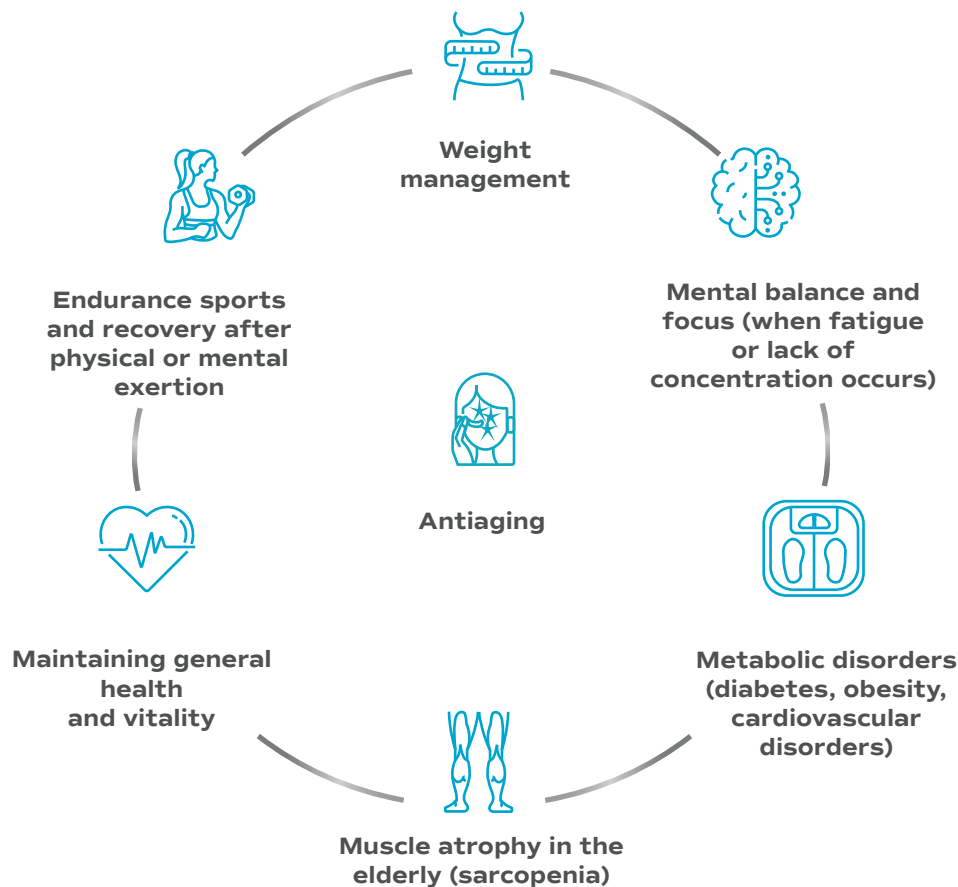


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What is THOT L-LEUCINE recommended for?

THOT
NUTRITION



How does L-LEUCINE work?

The secret to this amazing essential amino acid is knowing that even if you give your body all the other ingredients to build muscle, the body won't listen! L-Leucine is needed for protein synthesis to begin. Otherwise, it's like expecting a cake to be made just by buying the ingredients in the recipe.

Studies have shown that muscle synthesis is greatest when protein intake is enriched with large amounts of L-Leucine.

Moreover, few people and scientists know and understand that L-Leucine does not accumulate in the body. It's a free essential amino acid and free amino acids don't stay in the body very long: you either use it or you don't. Therefore, the timing of L-Leucine supplementation is essential. It is usually recommended at the beginning or during training.

Muscle is one of the most energy consuming organs, the brain is the other. Why is it important for you to know this? The more and healthier the mitochondria (powerhouses of the cell) in the muscle, the more functional and healthy the muscle is. L-Leucine increases mitochondrial density in skeletal muscle cells, improves mitochondrial respiration and reduces oxidative stress.

Ingredients:

One jar of THOT L-LEUCINE contains 90  capsules of L-Leucine (648mg/capsule).

Usage:

A dose of 2-5 grams of L-Leucine per day is commonly used to promote muscle growth and recovery.

Doses can be changed according to needs, according to the following recommendations:



Adults:

Adults 70 kg: 4/day

Recommended intakes of essential amino acids for adults (WHO/FAO/UNU, 2007)

Aminoacid	mg/kg x d ⁻¹	per adult 70 kg
Leucine	39.00	2,730.00
Valine	26.00	1,820.00
Isoleucine	20.00	1,400.00
Lysine	30.00	2,100.00
Fenylalanine + Tyrozine	25.00	1,750.00
Threonine	15.00	1,050.00
Methionine + Cisteine	10.40	728.00
Histidine	10.00	700.00
Tryptophan	4.00	280.0



Children and teenagers:

Children 11-14 years old - 43 kg: 2/day

Teenagers 15-18 years old - 61 kg: 3/day

Recommended doses for essential amino acids for infants, children and teenagers (WHO/FAO/UNU, 2007)

	0.5 years old		1-2 years old		3-10 years old		11-14 years old		15-18 years old	
Aminoacid	mg/kg x d-1	per child 5 kg	mg/kg x d-1	per child 12 kg	mg/kg x d-1	per child 23 kg	mg/kg x d-1	per child 43 kg	mg/kg x d-1	per child 61 kg
Leucine	73.00	365.00	54.00	648.00	44.00	1,012.00	44.00	1,892.00	42.00	2,562.00
Valine	49.00	245.00	36.00	432.00	29.00	667.00	29.00	1,247.00	28.00	1,708.00
Isoleucine	36.00	180.00	27.00	324.00	23.00	529.00	22.00	946.00	21.00	1,281.00
Lysine	64.00	320.00	45.00	540.00	35.00	805.00	35.00	1,505.00	33.00	2,013.00
Fenylalanine + Tyrozine	59.00	295.00	40.00	480.00	30.00	690.00	30.00	1,290.00	28.00	1,708.00
Threonine	34.00	170.00	23.00	276.00	18.00	414.00	18.00	774.00	17.00	1,037.00
Methionine + Cisteine	31.00	155.00	22.00	264.00	18.00	414.00	17.00	731.00	16.00	976.00
Hystidine	22.00	110.00	15.00	180.00	12.00	276.00	12.00	516.00	11.00	671.00
Tryptophan	9.50	47.50	6.40	76.80	4.80	110.40	4.80	206.40	4.50	274.50

THOT L-LEUCINE

Benefits

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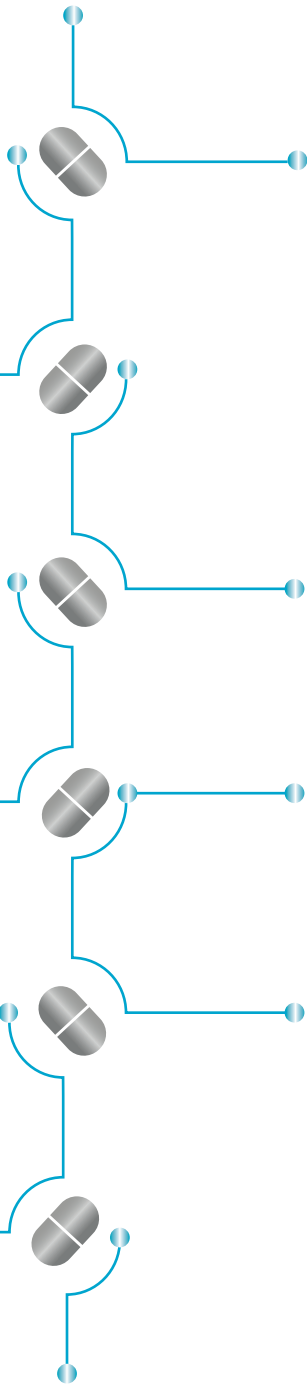


Improves muscle metabolism. In order for muscles to function and regenerate, energy is needed to support metabolic processes

Increases protein synthesis

It helps maintain a healthy immune system

Decreases metabolic age and increases longevity



Supports muscle growth. L-Leucine stimulates muscle protein synthesis by activating a pathway known as mTOR

Helps muscle recovery after sustained physical exercise

Improves mental performance

It balances the hormonal system



Why is THOT L-LEUCINE so special?

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L-Leucine is obtained 100% from plants. All ingredients are natural and suitable for direct absorption and use by the human body.

Healthy
immune system

Muscle recovery
and regeneration

99% Pure L-Leucine



Accelerates
protein synthesis

Antiaging
and strength

Health and vitality

- ❶ THOT L-LEUCINE has a very low molecular size. Its small size allows it to penetrate places where other amino acids cannot, even crossing the blood-brain barrier (brain) or the pericardium (heart). Being a muscle, the heart needs L-Leucine to reach it
- ❷ In addition, THOT L-LEUCINE has a high density, with more molecules per dose than all products currently available on the market
- ❸ The food supplement THOT L-LEUCINE is orthomolecular. This means that it is properly folded to the left so that the body can use it instantly, without the need for any other pre-use process other than dissolution
- ❹ So far, the best L-Leucine suppliers on the market have been able to deliver whey based products. Whey has stood the test of time, but modern technology brings us to the next level. Current supplements manage to raise muscle protein synthesis up to 20-30%. But what if you found out that you could increase this percentage of effectiveness to almost 80% with THOT L-LEUCINE?
- ❺ THOT L-LEUCINE is 100% plant-based. Sources of protein in nature are either plants or animals/animal products. Animals are intermediate organisms in the life chain, built to extract the essential amino acids from plants, thus bringing them into a single organism. Thot Nutrition understands the natural order of life and uses modern technology to produce and extract all 9 essential amino acids through biosynthesis, directly from plants, avoiding all the harmful effects of meat consumption. This actually means that you can have the amino acids in a pill without having to take other supplements
- ❻ THOT L-LEUCINE does not contain sugar or other artificial sweeteners, gluten, dairy products, fats, corn, wheat or grains or GMOs (Genetically Modified Organisms)

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