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A memo from the desk of Dr. Rody

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**Dr. Rody Hawkins, Ph.D.**

Re: What about amino acids, do we need to add these for energy?

Many energy drinks and bars like to boast about the addition of various amino acids to promote energy release. All of these amino acids are found in meat; in fact meat contains 20 different amino acids including all 10 of the essential amino acids and complex amino acids like tyrosine, phenylalanine, tryptophan, and lysine. Meat is a balanced and complete protein which can supply all the amino acids needed for energy release, muscle creation, brain function and cellular development. Although some amino acids have specific functions in the release of energy, they work together with many other nutrients and enzymes in your body to release energy, build muscle, and maintain brain function. To add a few amino acids to a drink or a bar to provide energy would be like having the piston for a car engine, but having no spark plug or transmission; you need all the parts to make it run. The addition of some amino acids could help if your body is deficient in that one amino acid and had all the other components; most of us are not in that category, so studies show no benefit to the supplement of just a few amino acids.

*Rody*