

Benefits of GAC



Energy & Performance

Increased daily energy
Enhanced workout performance
Improved stamina
Reduced exercise-related fatigue
Improved oxygen utilization



Immune & Gut Support

Supports healthy immune function
Helps maintain digestive balance
Encourages overall resilience
Aids gut barrier integrity
Reduces stress-related GI symptoms



Circulation

Improved blood flow
Enhanced nitric oxide activity
Supports cardiovascular health



Muscle Recovery

Accelerated post-workout recovery
Reduced muscle soreness
Improved tissue repair
Improved amino acid availability
Supports protein synthesis



Metabolism

Enhanced fat utilization
Improved metabolic efficiency
Helps maintain lean muscle
Supports weight management
Improved mitochondrial function



Cognition & Mood

Improved mental clarity
Improved focus and alertness
Enhanced motivation
Supports neurotransmitter balance
Helps reduce brain fog

Why Would I Want to Use GAC?

- Supports increased energy production and workout performance
- Enhances muscle recovery after training or physical stress
- Promotes better circulation and "pump" through improved nitric oxide activity
- Assists in fat metabolism
- Helps reduce exercise-related fatigue and supports endurance
- May improve body composition when combined with regular exercise
- Supports immune function and gut health
- Aids in maintaining cellular energy and mitochondrial support

What is GAC?

GAC is a combination of three key amino acids, Glutamine, Arginine, and L-Carnitine, formulated to support energy production, circulation, recovery, and metabolic function. It is commonly used by individuals looking to enhance physical performance, boost endurance, or support overall wellness. GAC can help improve muscle repair after exercise, promote healthy blood flow, and aid in fat utilization. It may also assist with immune support, gut health, and daily energy levels. Some patients experience mild increases in workout "pump" and stamina within days, while deeper changes in body composition occur more gradually over time. GAC is often used as an adjunct to a healthy training program, helping support the body's ability to perform, recover, and adapt over time.

What Forms of GAC Are Available?

GAC is primarily administered as a small subcutaneous or intramuscular injection.

How Does GAC Work?

- Glutamine supports muscle recovery, gut integrity, and immune function
- Arginine enhances nitric oxide levels, improving circulation and nutrient delivery
- L-Carnitine helps transport fatty acids into mitochondria for energy production
- Together they promote improved endurance and reduced post-exercise fatigue
- Supports efficient metabolism and energy utilization during training
- Helps maintain cellular resilience during periods of physical stress
- Can assist in improving exercise performance and oxygen delivery to tissues
- Enhances nutrient uptake into muscles, helping improve recovery and training response

