



GOAL

(Glutamine, Ornithine, Arginine and Lysine)

What is GOAL?

GOAL is an amino acid blend which is commonly utilized for weight loss and endurance. Glutamine improves immunity, aids in cellular repair, healing, and intestinal health. Ornithine helps to manage fatigue by stabilizing energy levels and promoting better sleep. It's utilized to reduce fatigue and improve measures of athletic performance such as speed, strength, and power in some people. Also, taking ornithine in combination with arginine seems to improve strength and power in male weightlifters. Arginine is known to support blood vessel tone and boost nitric oxide levels. While Lysine together with its fatty acids helps to burn calories, thus giving the body a necessary source of energy. Lysine as an amino acid may boost the energy levels, promote weight loss process and support the digestive system. This combination is often the power punch patients are looking for to improve overall health while improving body composition encouraged by improved metabolic function resulting in weight loss.

Dosing: Inject 1mL 3 days a week

Potential Side Effects: nausea, headache, injections site redness or itching

Contraindications: none

