OneVision. Supplements





Arginine alpha-ketoglutarate (AAKG)



OVS AAKG

OVS | Premium Quality Pharmaceutical grade AAKG includes a high potency semi-essential branched chain amino acid and dosed at a massive 6000mg per serve to help you achieve your goals faster than ever before. Research has proven that OVS AAKG is one of the most effective strength and performance supplements available. They assist in strength, recovery, lean muscle mass and the secretion of GH and IGF-1 hormones. Here at OVS, we use premium quality ingredients and strict production standards across our entire product range for those seeking and demanding only the best in sports nutrition and supplementation.

THE OVS DIFFERENCE.



WHAT IS Arginine Alpha-Ketoglutarate [AAKG]

**Increased endurance, heart rate, blood flow, reduced muscle fatigue, bigger pumps, increased vasodilation… have we got your attention yet!**

Arginine alpha-ketoglutarate (AAKG) is a modified version of the amino acid Arginine. Arginine-alpha-ketoglutarate supplements are alleged to increase nitric oxide production, thereby resulting in vasodilation during resistance exercise and producing energy for the body. Arginine, also known as L-arginine, apart from being a component of proteins, stimulates the release of hormones such as insulin, glucagon, prolactin, and growth hormone.

Arginine also plays a critical role in maintaining normal blood pressure, heart function, and immunity. During periods of rapid growth, physical stress, or injury, the supply of L-arginine may be insufficient to meet the body’s needs. During this time, L-arginine taken as a dietary supplement may help maintain muscle mass and improve bodily function.

In addition to its performance-enhancing effects, arginine seems to be a safe and effective therapy for high blood pressure, type 2 diabetes etc. arginine alpha-ketoglutarate (AAKG) has been mainly manufactured and marketed to athletes for its performance-enhancing potential.

The benefits of Arginine Alpha-Ketoglutarate in scientific literature and studies is substantial to its praise in the fitness industry and alike.

Arginine Alpha-Ketoglutarate is a semi-essential amino acid. Amino acids are the building blocks of protein structures in your muscles. Amino acids get broken down as energy during training.

Arginine Alpha-Ketoglutarate has shown to be efficient in terms of increasing protein synthesis and increasing nitric oxide in the muscles.

The Benefits Of OVS AAKG Powders

Arginine Alpha-Ketoglutarate is a semi-essential amino acid that bodybuilders and athletes depend on to enhance their training. This amino acid must be consumed through diet or supplementation to provide the body with the necessary nutrients for building muscles and assisting with recovery and growth. During recovery from endurance exercise, AAKG were found to have anabolic effects in human muscle.

Raw Flavoured

Our selection of non-flavoured AAKG has become a favourite among customers looking for a product that can be added to virtually any pre-mix supplement on the market! Popular among athletes, bodybuilders, and fitness models.

Fasted Walking and AAKG

AAKG can also be taken before exercise, by having enough of this amino acid in the body can help improve glucose uptake and insulin sensitivity in healthy people. "With competition approaching, there may be an advantage in fasted walking or other types of physical activity to prevent the body from breaking down muscle tissue for fuel." Taking AAKG can help to preserve lean mass and decrease catabolism.

The Science behind AAKG

**Study:** https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6049717/

Who Should Use OVS AAKG?

"We all need AAKG in our diets. If you're an athlete or body-builder, supplementing AAKG to your diet has never been more crucial." It plays an important role by providing the semi-essential amino acid that is needed for the repair and maintenance of muscle tissue. "In addition to ongoing research on AAKG, the effects on performance enhancement, hormone regulation and the secretion of GH and IGF-1 hormones, AAKG supplementation is important. Especially when following a calorie deficient diet such as fasting intermittently."

THE OVS DIFFERENCE

In order to ensure utmost customer satisfaction, we pride ourselves on a service that is based on high-end products. We are able to keep our quality high because we rely on three cornerstones: tailored manufacturing, raw ingredient traceability, and laboratory tested supplements. Our business is committed to maintaining the strictest quality control standards and we ensure all of our products are 100% exact to specification.

Directions And Ingredients:

DIRECTIONS

Mix one serving (one heaped scoop) with 250 ml of water until fully dispersed. For optimal results, consume one serving pre or during your workout.

INGREDIENTS

Pure pharmaceutical grade Alpha-Ketoglutarate (AAKG).



