



For Immediate Release:

Triarco Industries, Inc.
phone 973.942.5100
fax 973.942.8873
info@triarco.com
www.triarco.com



Aminogen® Supports Dieters in Struggle to Lose Fat, Keep Muscle

Wayne, NJ – January 27, 2009 – As January comes to a close and millions of Americans struggle with their New Year’s resolutions to lose weight, Triarco researchers announce that their patented digestive enzyme Aminogen® can give dieters an advantage in their battle with the bulge. Aminogen was shown in a recently published study to triple the rate at which whey protein – a popular source of protein for dieters – is absorbed. This means that dieters who add Aminogen to their protein can boost the weight-loss benefits of whey, increasing amino acid levels and improving energy metabolism.

Dietary protein simultaneously promotes fat loss and supports lean muscle maintenance through several mechanisms, including satiety, gut hormone interactions and the delivery of amino acids which help to regulate metabolism and build muscle. Aminogen, Triarco researchers say, can enhance protein’s effects.

“We know that protein keeps dieters feeling fuller, longer,” explained Dr. Mark Anderson, Triarco Director of Research and Development. “Studies show it suppresses hunger hormones like ghrelin. Adding Aminogen to whey protein not only means that it is absorbed by the body three times faster, but it actually increases the levels of amino acids that accelerate fat loss and promote lean muscle.”

A published clinical study showed that Aminogen increased amino acid levels by 100 percent and branched-chain amino acids by 250 percent. Branched-chain amino acids are essential for maintaining lean muscle and regulating metabolism. The branched-chain amino acid leucine, for example, works to delegate energy away from fat cells and into muscle cells, where the energy can be used. In Triarco’s clinical study Aminogen increased leucine levels alone by 230 percent.

In the same study, Aminogen was shown to increase nitrogen retention by 32 percent. Retaining nitrogen allows the body to remain in an anabolic, or muscle-building state. Lean muscle is especially vulnerable during dieting because the body will break down muscle tissue in order to get amino acids not supplied adequately from food.

Research shows that lean muscle plays an important role in immune health and in reducing the risk of injury and chronic diseases such as osteoporosis. Sales of protein ingredients rose 7.6 percent in the last year (GIA), reflecting consumers understanding that maintaining lean muscle mass is important in achieving and maintaining meaningful, healthy weight loss. Almost 60 percent of Americans have recently reported wanting to lose weight (Gallup 2008).

Aminogen's ability to break down protein can also lead to the reduction or elimination of gastrointestinal symptoms that can result from incomplete protein digestion, a problem that causes some dieters to shy away from high-protein products.

Patented Aminogen is plant-based, allergen free, and affirmed as GRAS (generally recognized as safe) in protein powders, foods and beverages. No side effects are known or have been reported.

The published study, "*An open label study to determine the effects of an oral proteolytic enzyme system on whey protein concentrate metabolism in healthy males,*" can be found on The International Journal of Nutrition's Web Site at: <http://www.ijssn.com/content/5/1/10>.

To learn more visit www.aminogen.com and the new www.aminogenblog.com
Details by request at info@triarco.com.

About—Triarco is a leading supplier of premium and patented natural ingredients, including herbs, extracts, powders and granulations, minerals, plant-derived enzymes and instantized cold-water soluble herbal teas. Triarco was one of the first companies to implement a certified voucher system in combination with an in-house TLC/HPLC quality control program. For thirty years, Triarco has led the way in quality control, quality assurance, product development and technology. The company holds ten patents and is known for innovative ingredients such as Aminogen®, Carbogen®, Mytosterone®, Phytavail® and Serotain®. Visit www.triarco.com to learn more.

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