

# HOW PROTEINS HELP



\* **Good nutrition** is one of the most important pillars for keep the health in general and **maintaining good condition**.

\* Proteins are **macromolecules** formed by the union of hundreds or thousands of amino acids. Amino acids are divided into essential and non-essential amino acids.

\* **Amino acids** are fundamentals for the proper functioning and structure of the body.



## ESSENTIAL

These are those that are not produced by our body and must be incorporated through the diet. These are: *Isoleucine (Ile), Leucine (Leu), Lysine (Lys), Methionine (Met), Phenylalanine (Phe), Threonine (Thr), Tryptophan (Trp), Valine (Val), Histidine (His) and Arginine (Arg)*.



## NON-ESSENTIAL

They are synthesized by our metabolism. These are: *Alanine (Ala), Tyrosine (Tyr), Aspartate (Asp), Cysteine (Cys), Glutamate (Glu), Glutamine (Gln), Glycine (Gly), Proline (Pro), Serine (Ser) and Asparagine (Asn)*.



\* The **quality of a protein** depends on its content of **essential amino acids** and is measured by an index called **protein biological value**.

\* These **animal and vegetable proteins**, like all proteins in nature, help and intervene in the **growth, development, maintenance, revitalization and strengthening** of **tissues** (collagen, among others) of the body in general.

*"Anyone, Adults and Children can be treated with this Treatment because it is of Natural origin"*

*If you wish, comment us your Disease and Diagnosis to orientation you and tell you if our Treatment can help you ...Treat yourself at Home and at a low Cost !*

To receive all the Information, contact us in:

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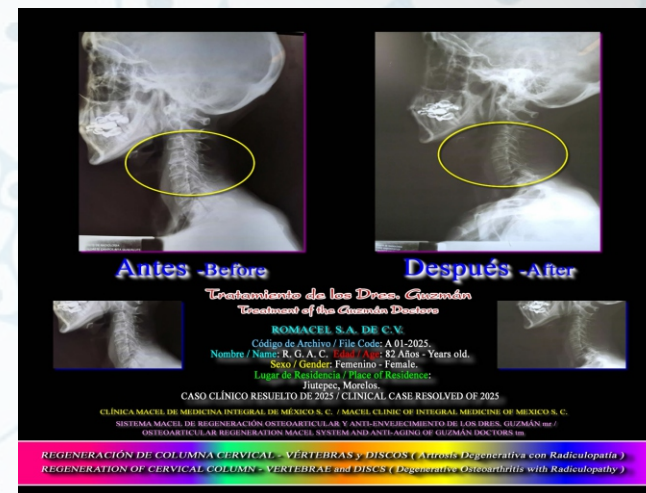
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Treatment of the Drs. Guzmán  
and the  
**International Romacel Group**  
helps in ...



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Osteoporosis and Osteopenia  
Sciatica and Low Back Pain" among others ...**

**Treat yourself Naturally without Surgery! ... Visit us at:**

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**... Don't have Surgery, avoid Surgery on your Vertebral  
Column and Knees, Bones, Cartilages and Joints ...  
Treat yourself Naturally at Home and at a low Cost !  
... More than 40 Years of Experience support  
this Natural Treatment in Tablets ...**

# RECOMMENDATIONS FOR A GOOD NUTRITION



The **Proteins of vegetable origin (Soy Protein)** and **animal origin (Bovine Protein)**, help us repair the structure of our body, which is reflected in a good functioning.

\* The **Garlic (*Allium sativum L.*)** helps us to complement our dietary intake and stay us healthy.

\* The **Calcium Caseinate** reinforces and complements the daily nutritional contribution of the same in the normal diet for **a good calcification**.

\* The **Soy Lecithin (*Glycine max*)** helps to the balance fats in our body.

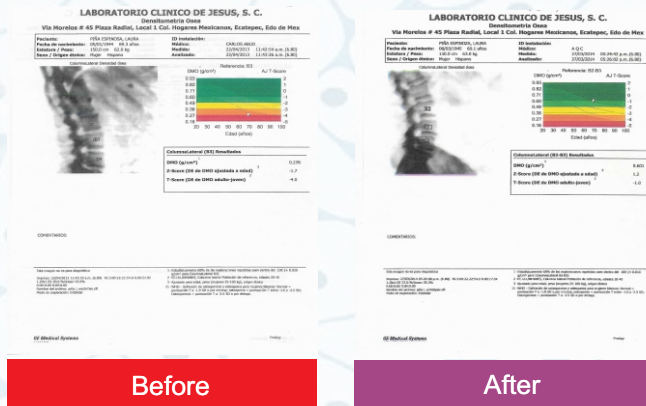
\* The **Ossein Gelatin** is a gelatin that helps to promote protein biosynthesis.

\* The **Spirulina Algae (*Spirulina maxima*)** helps and improve physical condition, increases energy and detoxifies the body.

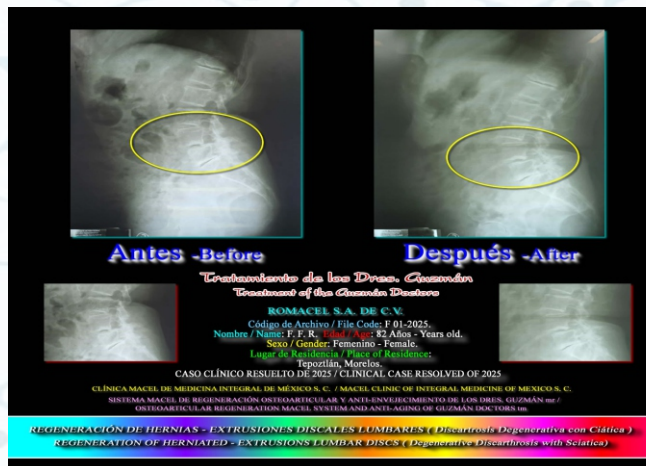
\*The **Tribasic Calcium Phosphate** provides the appropriate substrate for remineralization.

**Calcium** is the main element in the entire human skeleton (**more than 85% of its composition**).

\* The **Chicken Cartilage** contains **Natural Collagen, Proteins and Proteoglycans**.



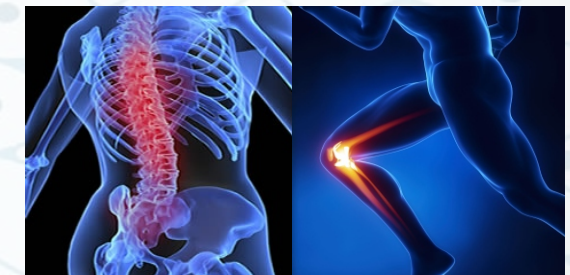
## OSTEOPOROSIS and OSTEOPENIA Decalcification and Demineralization of the Bones with risk of Fractures



## OSTEOARTHRITIS or ARTHROSIS Degenerative Degeneration or Wear of Articular Cartilages



## SPINE HERNIATED DISC of Vertebral Column Neuroradicular Disc Compression - Neuropathies



... Our Natural Treatment also helps in:

RHEUMATOID or RHEUMATIC ARTHRITIS  
GONARTHROSIS OF THE KNEES (Meniscus and Cartilages)  
PREMATURE AGING  
SCIATICA, LOW BACK PAIN and LUMBAR PAIN  
MIGRAINE and HEADACHES, SPINAL FRACTURES,  
SPORTS INJURIES, among others ...