Creative Enzymes®

Alpha-ketoglutarate (Food grade)

Cat. No. EXTZ-171

Lot. No. (See product label)

Introduction

Description	Alpha-ketoglutarate (AKG) is an important organic acid, a molecule involved in a number of metabolic and cellular pathways. It can be produced in our bodies, or it can be obtained chemically or by fermentation. AKG also acts as a nitrogen scavenger and can prevent nitrogen overload and prevent the build-up of excessive ammonia. It is also a key source of glutamate and glutamine, which stimulates protein synthesis and inhibits protein degradation in the muscles. AKG has long been a popular sports supplement and is often used in the bodybuilding world.

Product Information

Form	powder