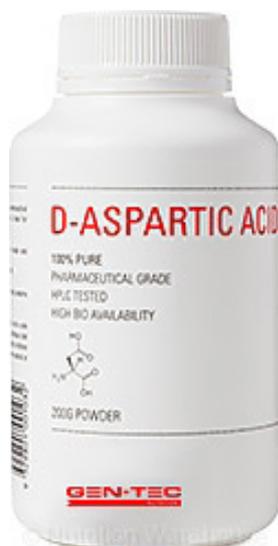


PRODUCT INFORMATION



D-ASPARTIC ACID

By Dane Ivcevic: BSc, GradDip, GradCert, Dip, TAE
Gen-Tec Resident Biochemist

Aspartic acid is an amino acid found abundantly in neuroendocrine tissues which is proposed to serve a primary purpose of increased testicular steroidogenesis (Ota, Shi, & Sweedler, 2012). Within the bodybuilding and fitness industry, D-Aspartic acid is commonly supplemented with the intent of increasing circulating testosterone levels or the initiating hormones that stimulate the testes such as Luteinising hormone.

A study published in the journal of reproductive biology and endocrinology reported that D-Aspartic acid may increase Luteinising hormone and testosterone through various second messenger systems on the pituitary gland and Leydig cells of the testes (Topo, Soricelli, D'Aniello, Ronsini, & D'Aniello, 2009). Furthermore, in rats it has been well established that this amino acid improves the hypothalamic-gonadal axis, leading to heightened hormone release by increasing the encoding proteins hours post ingestion (D'Aniello, 2007).

In animals, Aspartic acid plays a clear and distinct role in the development of the nerves and regulation of the hormonal system via various signals that initiate and release end products like Luteinising hormone (Ota et al., 2012). Its use within resistance training individuals and bodybuilders may provide a regulatory role within the hypothalamic-pituitary-gonadal axis resulting in the release of hormone intermediates and therefore an improvement in spermatogenesis.

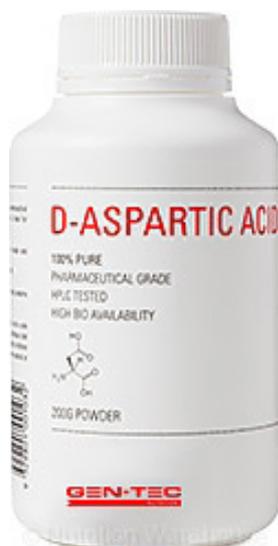


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PRODUCT INFORMATION



D'Aniello, A. (2007). D-Aspartic acid: an endogenous amino acid with an important neuroendocrine role. *Brain Res Rev*, 53(2), 215-234. doi: 10.1016/j.brainres-rev.2006.08.005

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