

## ➤ Functional amino acids as drivers of muscle mass and function

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## ➤ Summary

- Introduction: AA from substrates to functional nutrients
- Part 1 - Possible roles of amino acids, example of methionine
- Part 2 - Functional amino acids, focus on skeletal muscles
- Part 3 - Inter-organ dialogue, AA and gut microbiota
- Conclusion: an integrated view - Organs & Tissues



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