

AMINO ACIDS Amino acids are known as the building blocks of protein. Even though so many different proteins are at work in your body, you don't have to worry about consuming each individual protein from the foods you eat. They perform many important functions such as: building cells, protecting the body from viruses or bacteria, repairing damaged tissue and carrying oxygen throughout the body. There are 20 different amino acids. Amino acids are linked together to form peptides, which are small chains of amino acids. The peptides are then linked together to form larger proteins. There are thousands of different proteins that carry out a large number of jobs in the human body. Your body will make those proteins.