

**The 6th Workshop on the Assessment of Adequate Intake of Dietary Amino Acids  
“Animal Models and Biomarkers for Assessing Adequate and Safe Intake of Lys,  
Arg and Related Amino Acids”**

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**< Summary >**

Amino Acids (AAs) may be consumed at intakes above those that could be obtained from the normal diet, to promote health status in certain specific situations (e.g., sports training, aging). In this context, the relevant AAs may be used at high intake levels, which may in turn trigger adverse effects. There is little information on the adverse effects or pathophysiological consequences of excessive intakes of individual amino acids or mixtures. Hence, a series of workshops (named AAAW, since 2001) have been organized to bring together experts in the fields of amino acid metabolism and nutritional effects, cell and molecular biology, toxicology, and regulatory issues and policy, with the aim of establishing a paradigm for the characterization of risks associated with specific intakes of amino acids by humans. This article is a report of the sixth workshop in the series, which focused on lysine, arginine and related amino acids.