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### Introduction

Chronic kidney disease (CKD) is a global public health problem, affecting approximately 10% of the world's population. CKD is characterized by a progressive loss of kidney function, leading to a buildup of waste products in the blood and various complications. The primary goal of CKD management is to slow down the progression of the disease and improve the patient's quality of life. One of the key strategies in CKD management is dietary modification, particularly protein restriction. Protein restriction is based on the principle that a high-protein diet increases the workload on the kidneys, leading to a faster decline in kidney function. However, protein restriction can also have negative effects on the body, such as malnutrition and muscle wasting. Therefore, it is essential to find the right balance between protein restriction and maintaining adequate nutrition. This review discusses the current evidence on protein restriction in CKD, focusing on the role of amino acids and the impact of different protein sources. We also explore the potential benefits and risks of protein restriction and provide practical recommendations for patients and healthcare providers.

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