Because aspartic acid increases stamina, it is good for fatigue and depression, and plays a vital role in metabolism. Chronic fatigue syndrome may result from low levels of aspartic acid, because this leads to lowered cellular energy. In proper balance, aspartic acid is beneficial for neural and brain disorders; it has been found in increased levels in persons with epilepsy and in decreased levels in people with some types of depression. It is good for athletes and helps to protect the liver by aiding in the removal of excess ammonia.

Aspartic acid combines with other amino acids to form molecules that absorb toxins and remove them from the bloodstream. It also helps to move certain minerals across the intestinal lining and into the blood and cells, aids in cell function, and aids the function of RNA and DNA, which are the carriers of generic information. It enhances the production of immunoglobulins and antibodies (immune system proteins). Plant protein, especially that found in sprouting seeds, contains an abundance of aspartic acid. The artificial sweetener aspartame is made from aspartic acid and phenylalanine, another amino acid.