



# L-Arginine

## Essential Amino Acid

Amino acids have many functions in the body. They are the building blocks for all body proteins- structural proteins that build muscle, connective tissues, bones, and functional proteins. Amino acids provide the body with the nitrogen that is essential for growth and maintenance of all tissues and structures.

### Suggested Use

1 Capsule daily or as directed by a qualified health professional.

### Supplement Facts

**L-Arginine:** 500 mg

**Serving Size:** 1 Capsule

**Servings Per Container:** 60

Other Ingredients: Gelatin (capsule), cellulose, and vegetable stearate.

## L-Arginine

Individual amino acids have specific functions in many aspects of human physiology. L-arginine is an essential amino acid. The body is usually capable of producing sufficient amounts of arginine, but in conditions of physical stress, trauma, or illness, levels present in the body are often inadequate to meet the increased demand.

- Commonly used to effectively **help dilate vessels and lower blood pressures.**
- May be **used to produce energy.** It is needed for tissue protein synthesis and ammonia detoxification via the urea acid cycle.
- It is required for the synthesis of creatine phosphate which functions as a **carrier of readily available energy in muscles.** Adequate reservoirs of creatine phosphate are necessary in muscle as an energy reserve for anaerobic activity.
- Precursor of polyamines, including putrescine, spermine, and spermidine. Spermine and spermidine interact with DNA, act as **physiological growth regulators of cell proliferation**, and are involved in the **stabilization of cell membranes and cell organelles.**
- Potent stimulator of insulin, glucagon, and growth hormone release, and **functions as a representative signal to the endocrine system** that dietary protein ingestion has taken place.

The ingredients in this product are supplied by well-respected USA and/or European vendors, and they are HPLA analyzed for purity and quality. These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.