**What Is It?**

l-Arginine is a safe, versatile amino acid supporting protein synthesis and serving as a precursor of nitric oxide.*

**Uses For l-Arginine**

**Cardiovascular Health:** In the body, the metabolism of l-arginine leads to the formation of nitric oxide. Arginine-derived nitric oxide is an important catalyst for healthy dilation of blood vessels, circulation, and blood flow. In a prospective, double-blind trial, l-arginine supplementation supported healthy endothelial function in blood vessels of male volunteers. In other studies, l-arginine promoted healthy platelet function and enhanced exercise tolerance. Additional trials indicate that l-arginine may support healthy lipid metabolism and moderate lipid peroxidation, enhancing its cardiovascular support properties.*

**Support For Immune Function And Healthy Tissues:** Arginine has demonstrated immuno-stimulatory activity and may promote the utilization of nitric oxide by scavenger cells for defense mechanisms. Enhancement of immune messenger compounds has also been observed in several studies with l-arginine. In a study involving elderly individuals, l-arginine facilitated healthy tissue recovery, accelerated tissue repair and supported immune health.*

**Male Sexual Function:** In men with low urinary nitric oxide values, l-arginine may support healthy sexual performance. Some but not all research involving l-arginine supplementation for sperm motility have produced positive results.*

**Growth Hormone Support:** Arginine plays a role in the synthesis of hormones such as insulin and growth hormone, and has demonstrated the potential to support glucose metabolism and growth hormone production respectively.*

**Memory:** Nitric oxide is also a mediator of neurotransmission in the brain, supporting memory under the circumstances of reduced intracellular arginine.*

**What Is The Source?**

l-Arginine HCl is derived from the fermentation of soy and other vegetable sources and is ultra-filtered and highly purified.

**Recommendations**

Pure Encapsulations recommends 2-6 capsules (1400-4200 mg l-arginine HCl) per day, in divided doses, between meals.

**Are There Any Potential Side Effects Or Precautions?**

If pregnant or lactating, consult your physician before taking this product. Because of its effect on nitric oxide production, l-arginine is theoretically best avoided by individuals with migraines, depression, autoimmune disorders, and kidney or liver disease. Arginine is contraindicated for individuals with the herpes virus.

**Are There Any Potential Drug Interactions?**

At this time, there are no known adverse reactions when taken in conjunction with medications.

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*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease. For educational purposes only. Consult your physician for any health problems.