



Manufacturers of
Hypo-allergenic
Nutritional
Supplements



L-Arginine

INTRODUCED 2002

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.

L-Arginine

each vegetable capsule contains	 00
l-arginine HCl.....	700 mg
2-6 capsules per day, in divided doses, between meals.	

*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.



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