

PURE L-ARGININE HCL

Arginine is critical for protein synthesis, production of nitric oxide (fundamental for cardiovascular health), and proper function of the urea cycle.

Each capsule contains 500 mg. of highest quality, pure L-Arginine-HCL.

DIRECTIONS: Take 1-6 capsules, or as needed, of Pure L-Arginine-HCL per day on an empty stomach with water or fruit juice. Vitamins and minerals are necessary for proper metabolism, and FTH's B-Complex Plus and Multi Vita Plus are recommended.

For vascular health, Pure L-Arginine-HCL may be combined with FTH's L-Citrulline to increase nitric oxide production and maximize total endothelial support.

RECOMMENDED TO ENHANCE STRUCTURE & FUNCTION RELATING TO NUTRITIONAL NEEDS AND DEFICIENCIES PERTAINING TO:

- Endothelial support for circulatory health.
- Promoting protein synthesis and anabolic activity for those with surgical stress, trauma, sepsis and catabolic conditions.
- Immune support.
- Urea cycle support.
- Anabolic response for athletic physique.

WHAT IS ARGININE?

Arginine is synthesized in the intestinal tract from Citrulline, and its major food sources are nuts, (peanuts, cashews, almonds, walnuts and pecans) although it is also abundant in chocolate, carob, and edible seeds. It is the precursor for Ornithine and is a vital part of the urea cycle, being involved in the detoxification and elimination of ammonia. It is also important for Nitric Oxide production, (necessary for endothelial health and vasodilation), protein synthesis, wound healing, immune function and has a secretological effect on hormones. Eighty percent of seminal fluid is made of Arginine, and it plays a role in the reproductive system of females as well. It is also a precursor required to synthesize polyamines, which are required for growth and function of all healthy cells. Those with Herpes and similar viruses should take additional Lysine to maintain metabolic Lysine/Arginine balance. Since it competes for absorption with Lysine, the Lysine supplements should be administered approximately 1-½ hours after Arginine supplementation.

THE IMPORTANCE OF ARGININE AND NITRIC OXIDE

- Nitric Oxide (NO), a small molecule synthesized from Arginine in the body, is the endothelial relaxing factor (EDRF). It plays an essential role in the regulation of vascular homeostasis, and modulates cardiac contractility, regulates vascular tone, and helps in preventing vessel injury. Studies at major universities support the importance of Nitric Oxide, and its role in the endothelialvascular system of the body, as well as the effects of Arginine supplementation on normalizing high blood pressure levels and its potential to lower cholesterol and LDL levels.
- Recent studies suggest that damage from hypertension, high cholesterol and other heart factors, impairs the ability of the endothelium to produce necessary Nitric Oxide. When plaque builds up, the blood supply to the endothelial cells gets blocked and also prevents the production of Nitric Oxide. These recent medical studies suggest that Arginine supplementation can begin to reverse this process by helping to restore endothelial cells that have been damaged, and increase their ability to make Nitric Oxide.

IMMUNE SYSTEM AND ARGININE

Arginine stimulates the production of polyamines, which are necessary for healthy cell function. It also appears to improve T-cell activity, and after just three days of Arginine supplementation, patients in one study were observed to have a dramatic improvement in T-cell mitogenesis with improved function of T lymphocytes.

WOUND HEALING AND TRAUMA

Studies of Arginine supplementation with postoperative patients and those with trauma have shown increased healing capacity due to improved immune function. Patients who were administered Arginine had a reduction in infections and experienced reduced hospital stays.

Arginine acts as an immune system booster.

ATHLETES

Arginine stimulates both growth hormone secretion and insulin production, and has an anabolic effect on muscle tissue. The use of anabolic steroids by many athletes may result in hypertension and hypercholesterolemia causing damage to the cardiovascular system. Arginine supplementation may create the athlete's desired anabolic results *without* the negative effects on the cardiovascular system caused by these drugs. Since Arginine stimulates the production of NO (nitric oxide), supplementation may help reverse the endothelial damage for those who have been on steroidal drugs.

BENEFITS OF FTH's PURE L-ARGININE- HCL

- FTH supplies the highest quality, *pure* L-Arginine-HCL (Elemental, or active Arginine).
- **L-Arginine-HCL**, a stable molecular form of Arginine, helps provide hydrochloric acid, which is necessary for proper digestion. This prevents stomach irritation, which is possible with the "base" (alkaline) form of Arginine found in other many other companies' products.

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*These statements have not been evaluated by the Food and Drug Administration. This information is not intended to diagnose, treat, cure or prevent any disease.