

L-Arginine



L-Arginine to stimulate Growth Hormone and Sleep

L-Arginine has been shown to stimulate the pituitary gland to produce Human Growth Hormone (HGH). It also influences several hormone functions, such as thymus activity, which has a positive effect on the immune system.

- Quick Recovery from Exercise
- Combats Chronic Fatigue
- Stimulates Human Growth Hormone (HGH)
- L-Arginine helps produce a pleasant deep sleep.

What L-Arginine Does:

L-Arginine is a conditionally essential amino acid. It can be produced by the body, but in insufficient quantities to supply the body's needs. It regulates the urea cycle and is important in the regeneration of ornithine. It depends on easily dissociable manganese for its activity. It has been shown to stimulate the pituitary gland to produce Human Growth Hormone (hGH). It also influences several hormone functions, such as thymus activity, which has a positive effect on the immune system.

How to use L-Arginine to stimulate hGH:

HGH drops off starting in the late 30's. People who notice excessive fatigue can take L-Arginine in the afternoon. Normally HGH peaks at 7 am, 4 pm and at bedtime. The decision as to whether to use it at any of these times depends on the need: if one is tired in the morning or afternoon, take 2 grams at these times. 2 grams at bedtime produces a deep sleep.

Athletes have used it before exercise to build muscle and shorten recovery time. If used for this purpose, use 2 grams before exercise.

Caution: Arginine can flare both type I and type II herpes. If this occurs, balance the dose with equal amounts of L-Lysine. If there is still a problem, use 2 grams of L-Lysine without the Arginine.

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Supplement Facts: Serving Size: 1 Capsule, Servings per Container: 240

Each capsule contains 500 mg of L-Arginine. Other Ingredients: microcrystalline cellulose, magnesium stearate, gelatin

Suggested Use Take 1 capsule daily or as directed by a health professional.

The ingredient in this product is supplied by well respected USA and/or European vendors and is analyzed for purity and quality.

How L-Arginine is Supplied:

VMLA Bottles of 240 capsules

Related Product: L-Lysine



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*These statements have not been evaluated by the Food and Drug Administration
Products are not intended to diagnose, treat, cure, or prevent any disease*