

L-Arginine HCl 1000mg

(Free-form)

Presentation

An off white oval clear coated tablet.

Each tablet delivers:

L-Arginine HCl (Hydrochloride) 1000mg

Tableted with:

Calcium Carbonate, Cellulose, Modified Starch, Anti-Caking Agents (Silicon Dioxide, Stearic Acid, Magnesium Stearate), Tablet Coating (Hydroxypropyl Methylcellulose, Glycerin).

Disintegration time: Less than 1 hour

Suitable for vegetarians  **and vegans** 

quantity
90

type
tablets

code
8301



Uses

Arginine is considered a non-essential amino acid, although research indicates that it is 'conditionally essential' in that the body may not be able to manufacture a sufficient amount in times of rapid growth, trauma and other physical stresses. For this reason, research has been carried out on the use of arginine supplementation to help aid recovery.

The body uses arginine to make nitric oxide (NO), a substance that relaxes blood vessels, and the vasodilator effect of arginine is an important factor in maintenance of healthy blood flow around the body. Arginine therefore plays an important role in cardiovascular performance.

Arginine is also required for optimum growth and takes part in the release of growth hormones. It is also involved in the removal from the body of ammonia, a waste product of nitrogen metabolism. Arginine is found in foods such as dairy products, meat, poultry, fish and nuts, but is generally present at low levels in fruit and vegetables.

Lamberts® L-Arginine is a pure, free-form amino acid that is ready to be absorbed by the body without needing to be broken down by digestive enzymes. Each tablet provides a full 1000mg of L-Arginine HCl.

Usage and administration

1 to 4 tablets daily. It is preferable to take Amino Acids with fruit juice or water, rather than milk.

An Amino Acid is best taken 1/2 hour before any meal or at bedtime.

Allergen advice

None (see page 194).

Cautions

This product is not recommended for children, or pregnant or lactating women.

Storage instructions

Store in a cool dry place and protected from sunlight.

Legal category

Food supplement.

