

# L-Ornithine HCl 500mg

(Free-form)

## Presentation

A white/cream powder in a hard shell capsule.

### Each capsule delivers:

L-Ornithine HCl (Hydrochloride) 500mg

### Encapsulated with:

Capsule Shell (Hydroxypropyl Methylcellulose), Cellulose, Anti-caking Agents (Magnesium Stearate, Silicon Dioxide).

**Disintegration time:** Less than 30 minutes.

**Suitable for vegetarians**  **and vegans** 

quantity  
60

type  
capsules

code  
8319



## Uses

L-Ornithine can be made from arginine and so is a non-essential amino acid; however, it appears to play a key role in various bodily functions.

It is a key component in the urea cycle and so is important for liver and immune function. The urea cycle eliminates excess nitrogen from the body. Ammonia (NH<sub>3</sub>) is a waste product of cellular metabolism, which becomes toxic if allowed to accumulate. L-Ornithine is a catalyst in the process that converts ammonia into urea, which can be eliminated through urine.

Ornithine also releases growth hormone so can aid skin healing and helps maintain the health of the immune system and the liver. It has similar properties to arginine since these two amino acids convert into one another in the body, as required.

Additionally, ornithine appears to promote fat metabolism, although there is limited data on this effect.

As with all our amino acids, Lamberts® L- Ornithine is presented in its free-form for maximum absorption. Each capsule provides a full 500mg of L- Ornithine.

### Usage and administration

1 to 3 capsules 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

To be stored in a cool, dry place and protected from light.

### Legal category

Food supplement.

