

A little about Lysine.

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Always seek medical advice from your doctor or medical practitioner before taking any vitamins, herbs or supplements. Always be aware of any side effects.

Many who suffer from herpes will try almost anything to alleviate outbreaks or symptoms, this includes taking supplements and/or

vitamins. One of these supplements is quite popular with the herpes community and is called Lysine, a simple amino acid.

Video here- <https://aminoacidstudies.org/l-lysine/>

What Is L-Lysine?

L-lysine is an essential amino acid, one of several amino acids that are known as the “building blocks of protein” and are needed in order for a huge number of proper internal functions, including growth.

"Of the few hundred [amino acids](#) found in nature, 20 are necessary for protein creation and growth, and only 10 of those 20 can be produced by the body. The remaining 10 are known as “essential” amino acids because humans must consume them for proper health. Amino acid deficiencies cause a degradation of internal cells and can lead to huge problems, so it’s important to get enough of them in your diet." [Source](#)

"Essential amino acids are most often stereoisomers, meaning they exist in two variations that are identical to one another as mirror images. There are both D- and L- forms of these amino acids, and the L- form is used in protein synthesis and therefore the form found in food and supplements. Because of this, most people simply refer to this nutrient as “lysine” for short.

There are many incredible L-lysine benefits, from its use as a common treatment for cold sores to a potential anti-anxiety supplement. As is true with most nutrients available in supplement form, L-lysine can be taken orally but is absorbed best into the body when consumed through food. It’s found in large amounts in various kinds of meat, beans, cheeses and eggs." [Source](#)

Specifically, L-lysine is very important in the creation of [carnitine](#), which converts fatty acids into energy and also [lowers cholesterol](#) levels. L-lysine also seems to play a role in absorbing calcium and helps the body form [collagen](#), which aids in the growth and maintenance of bones and connective tissue (including skin). (1)

As a natural disease-fighting agent, L-lysine benefits the human body in a variety of ways, many of which are only recently undergoing research. Info Source- <https://aminoacidstudies.org/l-lysine/>

Still unsure of the benefits of Lysine? Good, you should always be a little skeptical and unsure, it's healthy. Because of this skepticism, I decided to dig a bit deeper and listed below are a few studies on Lysine. Interestingly enough, there was a measurable difference in results between the studies and this may be due in part to the difference between actual dosage of Lysine used. One study used Lysine at 400mg, and the other two studies at 1000mg. While these results were minimal, these points are worth mentioning.

In the second study below, outbreak episodes were shown to be *diminished in severity and healing time* due to taking Lysine at 1000mg, and the last study, *more patients were recurrence-free during lysine than during placebo treatment*. So this small but measurable difference is worth mentioning and may also be of interest to those who suffer on a regular basis. But, such a small benefit may not even be noticed by individuals taking this supplement without the proper placebo measurement. Always check with a medical professional before taking any supplements.

This study at 400mg showed no substantial benefit to taking lysine. Lysine has been claimed to be effective in the treatment and prevention of episodes of recurrent herpes simplex (HS) infection. *We carried out a double-blind, placebo-controlled trial of oral lysine hydrochloride therapy (400 mg, three times a day) in a group of 21 patients in good*

general health with a history of frequently recurring infection. Using our measures of episode frequency, duration, and severity, we were unable to detect any substantial benefit of lysine therapy either as a treatment for episodes in progress or as a prophylactic drug for the prevention of recurrences. We conclude that it is unlikely that lysine improves frequently recurrent HS infections in the majority of patients.

<https://www.ncbi.nlm.nih.gov/pubmed/6419679>

This study showed better results at a higher dosage but only an average of 2.4 less occurrence of outbreaks. Which isn't great unless your average outbreaks are two a month, or more.

*A double-blind, placebo-controlled, multicenter trial of oral L-lysine monohydrochloride for the prevention and treatment of recurrent herpes simplex (HSV) infection was conducted. The treatment group was given L-Lysine monohydrochloride tablets (1,000 mg L-lysine per dose) 3 times a day for 6 months. A total of 27 (6 male and 21 female) subjects on L-lysine and 25 (6 male and 19 female) subjects on placebo completed the trial. The L-lysine treatment group had an average of 2.4 (p less than 0.05) less HSV infections, **symptoms were significantly (p less than 0.05) diminished in severity and healing time was significantly reduced (p less than 0.05).** L-Lysine appears to be an effective agent for reduction of occurrence, severity and healing time for recurrent HSV infection.*

<https://www.ncbi.nlm.nih.gov/pubmed/3115841>

This study also showed similar results.

*L-lysine has an inhibitory effect on the multiplication of herpes simplex virus in cell cultures. We have evaluated the prophylactic effect of L-lysine monohydrochloride **1000 mg** daily on recurrent herpes simplex labialis in 65 patients in a double-blind, placebo-controlled, crossover study. After 12 weeks of lysine treatment the*

*patients shifted to placebo treatment for a similar period. On the whole, lysine prophylaxis had no effect on the recurrence rate of herpes simplex. However, significantly **more patients were recurrence-free during lysine than during placebo treatment** ($p = 0.05$), suggesting that certain patients may benefit from prophylactic lysine administration. In the herpes lesions described, lysine had no effect on the rate of healing or on the appearance of the lesions at their worst.*<https://www.ncbi.nlm.nih.gov/pubmed/6153847>

Although this is somewhat anecdotal, it is very interesting to read peoples reviews on using this simple amino acid.

Lysine and the herpes virus - Amino Studies

Source - <https://aminoacidstudies.org/l-lysine/#fnref-485-3>

[Arginine](#) is an amino acid which encourages the Herpes Simplex Virus (HSV) to replicate. Lysine on the other hand can help treat HSV due to its well-researched immune-enhancing and tissue-healing properties. However, blood serum [arginine](#) levels should be low for effective HSV inhibition by lysine. (<https://www.ncbi.nlm.nih.gov/pubmed/11131583>) Once infected, controlling HSV recurrences through diet is based on a person's ability to regulate their lysine/[arginine](#) balance.

This downside of this theory is achieving the correct balance of arginine and lysine through diet alone is very difficult and restrictive. Furthermore there is research to suggest that upsetting the delicate balance of these two amino acids may decrease natural immunity. Arginine, previously thought of as non-essential and now reclassified to semi-essential, has been shown to be important for enhancing immune response. <http://www.ncbi.nlm.nih.gov/pubmed/25164444> and <https://www.ncbi.nlm.nih.gov/pubmed/17513447>

In other words, increasing lysine can be helpful against the herpes virus but if this is a long-term choice, *it may be harmful*. This is because of the detrimental impact on your immune system. It is best to consult with your doctor to determine the best treatment and preventative options for you.

Image Chart of Lysine vs Arginine in common foods. [Click here.](#)
Credit:HSVBlog.org

Side effects of Lysine.

Some side effects include gastrointestinal distress and pain, diarrhea, and abdominal pain. Typically this will happen when taking too much or your personal tolerance may be different from others. There are also risks with kidney disease from supplementation with lysine, so check with your doctor before self dosing. So before you go off on a tangent and start popping pills, Always do your own research as I have done above, and always consult with a physician or a medical professional before taking any supplements.

"How did you get herpes? It's really quite simple. You're a human being and you're alive. Welcome to the planet."

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