

L-ARGININE

BENEFITS OF L-ARGININE

- ❖ Supports Cardiovascular Health
- ❖ Enhances Blood Flow to Vital Organs
- ❖ Combats the Negative Effects of Premature Cardiovascular Aging
- ❖ Sweetened with Xylitol to Enhance Oral Health
- ❖ May aid in Decreasing Body Fat
- ❖ Anti-Aging Benefits
- ❖ Supports Healthy Sexual Performance
- ❖ Maintains Healthy Blood Sugar Levels Already In Normal Range
- ❖ May Boost Energy Levels

22 REASONS TO USE L-ARGININE

The Nitric Oxide derived from **L-Arginine** is directly or indirectly implicated in practically every cellular response and health condition imaginable, from the cardiovascular system to the immune system, and hormone function to nerve function. Although an exhaustive list of possible applications for the amino acid is not included, the following are the primary scientifically backed reasons why anyone - even healthy people - should consider adding the **L-Arginine** to their health and wellness regimen.

1. It is one thousand times more powerful than any naturally occurring antioxidant in the body. Arginine`s antioxidant properties support various body systems and may protect against Heart Disease, Stroke, Cancer, and Diabetes, as well as Slowing Premature Aging. ^{1, 2}
2. It offers wide-ranging cardiovascular support, including controlling blood pressure ^{3, 4} and plaque formation. Nitric Oxide keeps arteries relaxed and pliable for normal blood pressure, preventing hypertension and angina. ⁵

3. It enhances memory,⁶ particularly long-term memory, and may help to reverse the effects of dementia and Alzheimer's Disease.⁷
4. It boosts **Human Growth Hormone (HGH)** production, which has antiaging properties.⁸
5. It enhances communication of messenger cells between nerves and the brain.⁹
6. It may help improve immune function¹⁰ and fight bacterial infections.¹¹
7. It may help in the treatment and prevention of Diabetes since many disease complications, including poor circulation and blindness, are vascular in nature. L-Arginine is also found to regulate insulin secretion in the pancreas.^{12,13}
8. It may inhibit the division and proliferation of Cancer cells.^{14,15}
9. It helps with cholesterol control by lowering serum and LDL cholesterol levels.¹⁶
10. It enhances MALE SEXUAL PERFORMANCE by treating vascular Erectile Dysfunction (ED).¹⁷
10. Its anticoagulant abilities reduce clotting to lower heart attack and stroke risk.¹⁸
11. It reduces pregnancy-related hypertension, a risk factor for both the expecting mother and the unborn child.¹⁹
12. It is useful in the treatment of Asthma by opening pulmonary pathways for easier breathing and the treatment of Lung Disorders.^{20, 21}
13. It relaxes hypertonic sphincter muscles, preventing and healing hemorrhoids.²²
14. It boosts lean muscle mass and preserves bone density by encouraging HGH production,²³ which also leads to a reduction in fatty tissue. Because these properties, it may be useful in weight management and strength training.

15. It can help offset cardiovascular and lung damage caused by tobacco use,²⁴ since Nitric Oxide levels in smokers are less than half of those found in nonsmokers.²⁵
16. It helps to accelerate wound healing²⁶ and postsurgery recovery.²⁷ Research has shown it is useful in treating burn wounds²⁸ and stimulates wound healing in the elderly.²⁹
17. It may be useful in enhancing athletic performance due to its ability to boost exercise tolerance,³⁰ its beneficial effect on the lungs, and its effect on HGH levels which helps with building lean muscle tissue.
18. It may be used to improve the function of the prostate.³¹
19. It may prevent and possibly reverse the effects of osteoporosis by positively affecting bone mass.³²
20. It has been used in the treatment of irritable bowel syndrome³³ and to reduce the occurrence of ulcers - especially stress-related - without affecting gastric acid production.^{34, 35}
21. It may improve renal function and slow the progression of renal disease and age-related chronic renal failure.^{36,37} Arginine's protective effect on the kidneys may also benefit those with diabetes.

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152

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153

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OVERVIEW

L-Arginine is an amino acid that helps the body build protein.

Your body usually makes all the L-Arginine it needs. L-Arginine is also found in most protein-rich foods, including fish, red meat, poultry, soy, whole grains, beans and dairy products.

As a supplement, L-Arginine can be used orally and topically. It can also be administered intravenously (IV).

Because L-Arginine acts as a vasodilator, opening (dilating) blood vessels, many people take oral L-Arginine to treat heart conditions and Erectile Dysfunction.

EVIDENCE

Research on the use of L-Arginine for specific conditions shows:

- ❖ **Angina.** Studies suggest that L-Arginine might decrease symptoms and improve quality of life in people with a mild to severe form of this type of chest pain.
- ❖ **High Blood Pressure (Hypertension).** Some research has shown that oral L-Arginine can lower blood pressure in healthy people, people with mild blood pressure elevation and diabetes, and in people with a type of high blood pressure that affects the arteries in the lungs and the right side of the heart (Pulmonary Hypertension). Infusions of L-Arginine also appear to lower blood pressure in people with Hypertension.
- ❖ **High Blood Pressure During Pregnancy.** Some studies show that L-Arginine infusions may lower blood pressure in pregnant women who develop high blood pressure. **156**
- ❖ **Preeclampsia.** L-Arginine infusions may lower blood pressure in women with this pregnancy complication. Some research shows that taking oral L-Arginine might help prevent preeclampsia in pregnant women.
- ❖ **Erectile Dysfunction.** Taking oral L-Arginine might improve sexual function in men with Erectile Dysfunction due to a physical cause.
- ❖ **Peripheral Arterial Disease (PAD).** When taken orally or by infusion for a short period of time, L-Arginine may improve symptoms and blood flow in people with this circulatory condition.

GENERALLY SAFE

L-Arginine is considered to be generally safe. It might be effective at lowering blood pressure, reducing the symptoms of Angina and PAD, and treating Erectile Dysfunction due to a physical cause.

However, if you take a blood pressure drug, talk to your Doctor before using L-Arginine.

SAFETY AND SIDE EFFECTS

Using L-Arginine orally or topically is generally considered safe.

Oral use of L-Arginine might cause:

- ❖ Nausea, abdominal pain and diarrhea
- ❖ Bloating
- ❖ Gout
- ❖ Headache
- ❖ Allergic response
- ❖ Airway inflammation or worsening of asthma symptoms

L-Arginine isn't recommended for people who have had a recent heart attack due to concerns that the supplement might increase the risk of death.

L-Arginine can worsen allergies or asthma. Use the supplement with caution if you have these conditions.

Be careful about taking L-Arginine if you've had cold sores or genital herpes. Too much L-Arginine in your system can potentially trigger the virus that causes those conditions.

INTERACTIONS

Possible interactions include:

157

- ❖ **Anticoagulants and Anti-Platelet Drugs, Herbs and Supplements.** These types of drugs, herbs and supplements reduce blood clotting. Taking L-Arginine with them might increase the risk of bleeding.
- ❖ **Blood Pressure Drugs, Herbs and Supplements.** L-Arginine might lower blood pressure in people who have high blood pressure. Combining use of L-Arginine with a blood pressure drug, herb or supplement might increase the risk of blood pressure becoming too low.
- ❖ **Diabetes Drugs, Herbs and Supplements.** L-Arginine might decrease blood sugar levels in people with diabetes. If you're taking diabetes drugs, herbs or supplements, your dosage might need to be adjusted.
- ❖ **Isoproterenol (Isuprel).** Use of this heart medication with L-Arginine might cause your blood pressure to become too low.
- ❖ **Nitrates.** Use of this chest pain medication with L-Arginine might cause your blood pressure to become too low.
- ❖ **Water Pills (Potassium-Sparing Diuretics).** Don't take L-Arginine with amiloride (Midamor), spironolactone (Aldactone, Carospir) or triamterene (Dyrenium). These medications can increase potassium levels, increasing the risk of developing a higher than normal level of potassium in your blood (hyperkalemia).
- ❖ **Sildenafil (Revatio, Viagra).** Use of this erectile dysfunction medication with L-Arginine might cause your blood pressure to become too low.

158

L-ARGININE

MAKE YOUR SEXUAL HEALTH GREAT AGAIN



Nicole Sexual Health Aug 14, 2018

How Can L-Arginine Help Me?

Sexual health problems are abundant in the UK. We might not want to admit it, but it's true. Over 43% of women and 31% of men suffer from some form of sexual dysfunction, so you shouldn't be embarrassed.

If however, you'd like to try and take a hold of your sex life again and get your health back on track, L-Arginine could be just the extra support you need.

L-Arginine probably doesn't mean a lot to you right now, but here are a few reasons why it could be your saving grace.

ERECTILE DYSFUNCTION

It's believed that almost half of all men between 40 and 70 will suffer from some form of Erectile Dysfunction or impotence. However it does affect younger people too, so every man should be paying attention. Erectile Dysfunction can be triggered by a number of reasons, including anxiety, depression and a lack of blood flow.

L-Arginine directly combats the latter, blood flow, by dilating blood vessels in your body. Veins and arteries become wider, allowing for more blood to move to your extremities, including your genitals.

L-Arginine is an amino acid, which is one of the building blocks that help to produce proteins in the body. It's also crucial for the creation of a chemical called Nitric Oxide, which is what causes your blood vessels to widen; the more Nitric Oxide, the better the blood flow.

It Works for You Too, Ladies

L-Arginine isn't just a supplement for men to take; it can also have related effects on the female body too. 43% of women in the UK describe their sexual dysfunction in the following ways:

- ❖ Loss of libido
- ❖ Inability to achieve orgasm
- ❖ Lack of sensitivity in genitals

L-Arginine has been reported to tackle all of the above problems by improving blood flow to your nether regions. Women specifically have said that it has helped them to achieve orgasm more easily, has improved their lust for sex, and increased sensitivity, leading to better sex.

FERTILITY is also an important component of sexual health, and L-Arginine has you covered. The increased blood flow we mentioned before can do wonders, especially for sperm and egg cell production. The improved circulation helps make your body the ideal environment for producing sex cells.

IN A RELATIONSHIP? TAKE IT TOGETHER

Like we mentioned before, L-Arginine isn't just a thing for men, it can be beneficial to both genders. If you and your partner both suffer from sexual dysfunction, why not be open to each other about it? If one person in the relationship needs some help in the bedroom, there could be feelings of worry, shame, anxiety and maybe even depression.

When one person in the relationship is suffering, so does the relationship as a whole. Take that first step to strengthen what you have with you partner, it's never a bad thing! Don't let the issue of sexual health drive a wedge between the two of you; make it an event you both can look forward to. Getting rid of any emotional baggage surrounding this area is bound to make you happy and more confident, don't let it eat you up.

IT'S IN A LOT OF FOOD; CHANGE YOUR DIET

It's not well known that your body makes its own L-Arginine. However, things like wounds, infections and other health issues can lead to a deficiency. This, in turn, can cause sexual health problems. A great way to improve your sexual health is to change your diet. It's important to note however that although Arginine is found in food, supplements can be a convenient way of making sure that you're getting an adequate intake. If at any time you're unsure about taking L-Arginine, speak to a medical professional for advice.

If this is the route you'd like to take, foods rich in protein are the key here. Dairy products, fish, nuts and soybeans are great things to introduce to your diet to help your overall health too, not just your sexual health. We do recommend however that you take things slowly. Too much L-Arginine has the potential to result in abdominal pain, diarrhea and bloating. In order to avoid overdoing it, we recommend creating a food log specifically to track your daily intake of L-Arginine.

Daily logs can help create consistency and let you know immediately when you're straying from what you need. As we said earlier, supplements are a convenient way of ensuring your intake is adequate, so consider combining them with a healthy diet.

A recommended supplement dose is between 500 to 1500 micrograms per day, so try adding small new additions to your regular diet to see what works best for you. It's also found in chocolate, so you might be able to incorporate that into your romantic endeavours to help turn on the charm. But remember, moderation is definitely the key when it comes to sugary treats, no matter how good it tastes!

MAKE YOUR SEX LIFE GREAT AGAIN

Your sexual health very is important. Whether you're male or female, 30 or 60, there's always a way you can put the fun back into your bedroom as well as improve your overall health. L-Arginine is a fantastic way of naturally helping to remedy those problems.

The better care you take of your body, the happier you'll feel in the long run. L-Arginine also supports the building of muscles, enhancing your immune system, improving your blood pressure, improving your memory and helps you heal from injuries and wounds. Its positive effects are **well documented**, and hopefully, this guide will help you take the first step to regaining the pride in your sex again. If you're still not sure about the benefits of L-Arginine on your sexual health, never be afraid to ask for help.

Visit your GP or contact a Medical Professional to make sure that you're always on the right path to improving your sexual health. Remember to try and have fun, good luck!

Nicole has been working as a researcher and writer in the health industry for over five years. An avid runner and foodie, Nicole writes about the highs and lows of trying to follow a balanced lifestyle and has a keen interest in the complex relationship between nutrition and disease prevention.

USING L-ARGININE TO BOOST YOUR LIBIDO

By Dr. Mary James, ND

Want to feel turned on again?

There are certain points in our lives when sex is all we can think about. And others when it's the last thing we're thinking about.

If you're simply not interested in sex, it's okay. Honor that and don't push yourself right now.



But if you wish your libido were stronger, keep in mind that physical changes may be the problem. And those changes aren't all beyond your control — they just require something new. If you truly want to rediscover

sexual pleasure and stimulation, you should learn more about L-Arginine. It's a proven libido enhancer, but is also safe and all-natural.

WHAT IS L-ARGININE?

L-Arginine is an amino acid that has several jobs in the body, two of which are especially important. The first is to build specific proteins, like other amino acids. The other is to increase the amount of Nitric Oxide, a powerful neurotransmitter, in the bloodstream. More Nitric Oxide circulating through your system relaxes the blood vessels, which improves blood flow. You can actually feel the positive effects!

L-Arginine is often recommended to:

- ❖ Treat high blood pressure
- ❖ Relieve leg pain connected to poor blood flow
- ❖ Assist wound healing and recovery after surgery
- ❖ Address Erectile Dysfunction in men

But L-Arginine has one further effect that isn't so well-known: its enhancement of blood flow has an especially dramatic impact on sexual arousal in women.

HOW L-ARGININE RELIABLY INCREASES LIBIDO

Supplementing with L-Arginine can expand both sexual excitement and desire. This helps you reach orgasm by amplifying both genital blood flow and smooth-muscle relaxation.

Once it gets in your body, L-Arginine enhances sexual responsiveness by increasing the Nitric Oxide in your blood, which relaxes and expands your blood vessels. This lifts libido by:

- ❖ Intensifying sensation
- ❖ Increasing the flow of oxygenated blood
- ❖ Stimulating the entire vaginal, and even the clitoral, area.

All of these physical effects of L-Arginine mean that sex can quickly become more pleasurable. Plus, your desire is noticeably increased.

In one study, researchers found that in women with low libido, 60 percent of those taking L-Arginine (along with ginkgo, damiana, vitamins and minerals) experienced improvement in their sex life. That's dramatic!

HOW TO GET MORE NATURAL L-ARGININE

L-Arginine is in all protein foods and is one of the "essential" amino acids. Yet some women don't consume enough to meet their body's demands. Plus, less estrogen in menopause is thought to contribute to impaired Nitric Oxide function in blood vessels and genitals. Supplementing is a dependable method for raising levels of L-Arginine in your body.

Our L-Arginine is formulated to use daily to normalize sexual desire and arousal, or, for a more immediate response, one hour prior to having sex. This way, your body can be ready for sex when you are. Like many nutritional and herbal formulas, though, give the product several weeks with daily dosing to influence your physiology and fully express its effects.

You can also increase your L-Arginine levels by eating foods that are high in protein, such as:

- ❖ Red meat
- ❖ Poultry
- ❖ Pork
- ❖ Fish
- ❖ Dairy
- ❖ Chickpeas
- ❖ Lentils
- ❖ Peanuts
- ❖ Pumpkin seeds
- ❖ Soybeans

L-ARGININE HELPS SIMPLIFY SEXUAL AROUSAL IN WOMEN



The truth is, there are many times in a woman's life when steamy sex can seem inaccessible. For most women, this includes perimenopause and menopause, prior to your period, pregnancy, right after having a baby, and during any time of stress or emotional upheaval.

During these points in a woman's life, hormones tend to shift and surge or recede. These changes affect both our physical arousal mechanisms and our psychological states. It's no wonder that surveys show nearly half of all women have experienced painful intercourse, difficulty reaching orgasm, slow arousal and / or low libido.

But if your libido is consistently less than you wish — whether as desire or arousal or satisfaction — you don't have to hibernate. With the right support for your body, you can open the door to healthy, fantastic sex, now and going forward throughout.

L-ARGININE & WOMEN

By Kaytee Rae Weaver

PILLS IN A WOMAN'S HAND

L-Arginine is one of 20 amino acids produced in the body that is needed to make protein. It is considered a semi-essential amino acid because although your body generally can make adequate amounts, levels of this amino acid naturally decrease with age and with stress-related conditions. L-Arginine is sold in many health food stores as a supplement and can also be obtained in some dietary foods. Supplementation is not reserved for men alone, as L-Arginine has multiple well-proven benefits for women, as well.

FUNCTION IN THE BODY

L-Arginine is a unique amino acid due to its vasodilatory properties. L-Arginine is the chemical precursor to Nitric Oxide, which is able to widen blood vessels, the action referred to as vasodilation, according to Health Professionals at the Mayo Clinic. It also triggers the body to make protein and is beneficial in healing wounds, burns and treating numerous heart conditions such as chest pain, heart disease and clogged arteries.

PREGNANCY BENEFITS

L-Arginine can also be of benefit for those trying to get pregnant. The human body depends on L-Arginine for the production of sperm, and many studies have shown it to be extremely beneficial for men who have low sperm counts. According to Medline Plus, L-Arginine supplementation can aid in Erectile Dysfunction and male infertility. Applying L-Arginine as a cream helps to increase blood flow and is used for sexual problems in both men and women.

EXERCISE AND WEIGHT LOSS BENEFITS

L-Arginine is needed for the synthesis of creatine, which is important for muscle contraction and helps to supply energy to all cells in the body. It is used to improve athletic performance, stimulate the release of growth hormone and reduce fatigue during workouts. L-Arginine can aid in the

reduction of body fat by improving the body's nitrogen balance, allowing increased metabolism and conversion of protein into muscle mass. A study in the "Journal of Applied Physiology" showed that supplementation with L-Arginine enhanced high-intensity exercise tolerance, allowing participants to extend their workout duration and exercise efficiency.

ADDITIONAL BENEFITS

The Memorial Sloan-Kettering Cancer Center states that supplementing with L-Arginine along with antioxidant vitamins may reduce the incidence of pre-eclampsia in high risk women. When combined with over-the-counter medicine such as Ibuprofen, it is also able to decrease the pain of migraine headaches. Other benefits include enhanced immune function, decreased shock experienced by severely burned patients, and it is used to shorten recovery time after surgery.

CONSIDERATIONS

L-Arginine is generally well tolerated when taken orally, delivered intravenously or applied to the skin, according to the Mayo Clinic. Side effects may include bloating, diarrhea, gastrointestinal discomfort, hives, nausea, rash, lack of energy, vertigo or increased blood pressure in heart transplant patients. Always discuss supplementation or dietary changes with your Doctor.

THE BENEFITS AND SIDE EFFECTS OF L-ARGININE

L-Arginine is one of many amino acids the body needs to function properly. Taking it as a supplement can benefit the heart and muscles, but it may cause gastrointestinal side effects.

Like other amino acids, L-Arginine plays a role in building protein. The body uses protein to help build muscle and rebuild tissue. It converts this amino acid into the chemical nitric oxide, which helps the blood vessels open.

Researchers have investigated the effectiveness of L-Arginine in treating high blood pressure and chest pain as well as in improving breathing in patients with COVID-19 requiring hospitalization.

Keep reading to learn more about the potential therapeutic benefits of L-Arginine and the research behind them.

WHAT IS L-ARGININE?

L-Arginine is an Amino Acid that helps the body build protein.

It also releases Nitric Oxide into the blood. Nitric Oxide acts to widen blood vessels in the bloodstream, which may help certain circulatory conditions, according to a [2016 review](#) Trusted Source.

The substance also stimulates the release of insulin into the body.

A person's body naturally produces L-Arginine under typical circumstances. People also get additional L-Arginine as part of their regular diet.

Food sources, such as Red Meat, Fish, Dairy, and Eggs, contain low amounts of L-Arginine that can help the body replenish its necessary resources. Plant-based sources can include Pumpkin Seeds, Soybeans, Lentils, and Chickpeas.

Occasionally, a person's need for L-Arginine may exceed their body's ability to produce or consume it naturally. This is often true for older adults or people with certain medical conditions.

In these cases, Doctors may prescribe them artificial L-Arginine in the form of oral medications, injections, or creams. Several potential health conditions may benefit from an increased intake of L-Arginine.

Some people take L-Arginine as a supplement. However, as with any supplement, a person should use it with caution.

Although Healthcare Professionals consider L-Arginine safe in moderate doses, too much can cause Trusted Source severe side effects. It is also important to understand how the supplement may interact with the body and additional medications before taking it.

BENEFITS OF L-ARGININE

L-Arginine has two effects: it turns into Nitric Oxide and helps the body build protein.

These effects give L-Arginine an array of potential benefitsTrusted Source, including:

- ❖ Supporting Heart Health
- ❖ Reducing Chest Pain
- ❖ Helping Build Muscles
- ❖ Repairing Wounds
- ❖ Improving Male Fertility

Although there are many claims about the benefits of L-Arginine, not all of them have support from Scientific Studies.

Examples of benefits and uses of L-Arginine from scientific research include the following:

- ❖ **Growth Hormone Reserve Test:** Healthcare Professionals use L-Arginine in tests to stimulate the pituitary gland. These tests can helpTrusted Source determine if children are producing sufficient levels of growth hormone.
- ❖ **Reducing High Blood Pressure:** A 2021 meta-analysis suggests L-Arginine can help reduce High Blood Pressure.
- ❖ **Correcting Hereditary Disorders of Urea Synthesis:** The body uses Arginine in the urea cycle, which produces urea, a component of urine. The body may use this to correct certain hereditary disordersTrusted Source.
- ❖ **Preventing Heart Disease:** According to a 2019 meta-analysisTrusted Source, L-Arginine may be useful in preventing Heart Disease due to narrow blood vessels.
- ❖ **Treating Erectile Dysfunction:** Low levels of L-arginine may have links to Erectile Dysfunction (ED). Researchers in a 2017 studyTrusted Source hypothesized that this may be due, in part, to narrowed blood vessels. People often use L-Arginine supplementation, sometimes with other treatments, such as sildenafil (Viagra), to treat ED. **169**

- ❖ **Easing Inflammation of the Digestive Tract in Premature Infants:** L-Arginine may help prevent Necrotizing Enterocolitis, a serious illness in premature infants, according to a 2017 studyTrusted Source.
- ❖ **Reducing Type 2 Diabetes Risk:** Because L-Arginine can help lower blood sugar, it may help control blood sugar in people with Diabetes. A 2018 studyTrusted Source found that taking L-Arginine may reduce the risk or delay the onset of Type 2 Diabetes.
- ❖ **Treating Peripheral Arterial Disease:** Because of L-Arginine's effects in widening blood vessels, it may help those with peripheral arterial disease.
- ❖ **Treating Pregnancy Complications:** L-Arginine may helpTrusted Source treat pregnancy complications, including Preeclampsia, Gestational Hypertension, or High Blood Pressure.
- ❖ **Improving Athletic Performance:** The results of a 2020 studyTrusted Source suggest that L-Arginine supplements may have a positive effect on aerobic and anaerobic exercise performance.

Additionally, L-Arginine could help with many other health issues. However, more research is necessary to evaluate its potential to do the following:

- ❖ Heal Wounds Trusted Source faster
- ❖ Alleviate Anxiety Trusted Source
- ❖ Improve Breathing Trusted Source in people with illnesses affecting the respiratory system

There are several additional areas that researchers are interested in exploring regarding L-Arginine and its effects on the human body.

With this in mind, anyone interested in taking L-Arginine needs to talk with their Doctor about the potential benefits and risks before using it.

Individuals should also fully understand and examine a manufacturer's claims about their product before using it. The Food and Drug Administration (FDA) does not regulate dietary supplements as medication, so they may sometimes contain more or less than the dosage according to the label or bottle.

SIDE EFFECTS OF L-ARGININE

L-Arginine has some potential side effects to consider when taking it as a supplement. Some of the more common and benign side effects can include:[Trusted Source](#)

- ❖ Nausea
- ❖ Diarrhea
- ❖ Bloating
- ❖ Abdominal Pain

However, L-Arginine may result in some serious complications.

RISKS AND COMPLICATIONS

L-Arginine can have some potentially serious risks for certain groups of people.

These can include:

- ❖ Reduced [Trusted Source](#) blood pressure
- ❖ Increased risk [Trusted Source](#) of death after a heart attack
- ❖ Interactions with certain medications, including sildenafil [Trusted Source](#) (Viagra) and blood pressure medications
- ❖ Potential to stimulate tumor growth [Trusted Source](#)

Although there are risks that correlate with L-Arginine use, most research indicates it is safe for most people in small doses. However, the FDA does not monitor the safety or effectiveness of supplements, so it is important to choose a reputable brand that undertakes third-party testing.

Supplements are available to purchase online, but as with any supplement or medication, the risks may outweigh the potential benefits. Therefore, a person should consult a Doctor or Dietitian before taking L-Arginine.

SAFE DAILY INTAKE

The amount of L-Arginine a person should take can depend on their age, existing health conditions, and the reason for supplementation.

A 2018 study of 142 participants determined that a dosage of up to 30 grams (g) Trusted Source per day of L-Arginine is safe in most adults. Participants in the study tolerated 15–30 g of the supplement without adverse effects.

DRUG INTERACTIONS

Some medications and supplements may interact with L-Arginine. People who take other medications or have health conditions should consult a Doctor before taking it in supplement form.

NATURAL WAYS TO GET ENOUGH L-ARGININE

A major benefit of obtaining L-Arginine through diet is that it is difficult to get too much. Therefore, a person can generally avoid some of the side effects of consuming excessive amounts of L-Arginine.

On the other hand, food consumption alone may not provide enough L-Arginine to meet a person's needs. Therefore, individuals should discuss their options with a Doctor before changing their diet.

The most suitable natural sources for L-Arginine include foods high in protein. For some people, animal proteins, such as red meat, chicken and turkey breast, pork loin, and dairy products, may serve as their primary source of L-Arginine.

For people who do not eat meat, plant-based proteins that contain L-Arginine include lentils, chickpeas, peanuts, pumpkin seeds, and soybeans.

Individuals who find they have insufficient L-Arginine to meet their needs may wish to modify their diet to include foods rich in protein.

A Dietitian or Doctor may be able to make meal plan suggestions to boost a person's natural intake of L-Arginine before they need to take supplements.

SUMMARY

L-Arginine is an Amino Acid that the body needs to function properly. A person can obtain it through the diet by consuming animal proteins and some plant-based proteins. Individuals can also take L-Arginine as a supplement.

Taking L-Arginine supplements can support heart health, reduce blood pressure, lower blood sugar, and support athletic performance, among other benefits.

However, side effects of these supplements can include gastrointestinal issues and interactions with medications. Therefore, it is best to talk with a Doctor before taking them.

L-ARGININE BENEFITS FOR MEN



Nicole Men and Health Aug 14, 2018

L-Arginine is an amino acid that is naturally found in the body and in various food sources such as dairy, meat, fish and nuts. L-Arginine, **the supplement version**, is most popularly used by bodybuilders but it can also offer a surprising number of other health benefits.

SEXUAL FUNCTION

L-Arginine has been linked to improved sexual function and is commonly used for treating men with Erectile Dysfunction. A 1999 issue of the British Journal of Urology found that 5g per day of L-Arginine for six weeks improved sexual function in men with Erectile Dysfunction. This is due to the fact that L-Arginine increases blood flow and stimulates Nitric Oxide production in the body, making it easier for the soft tissue to engorge inside the penis.

A wealth of research has since been conducted into the use of L-Arginine for sexual dysfunction. This even includes its benefits for arousal in women: A 2002 study looked at its effect on postmenopausal women with sexual arousal disorder. The results showed that arousal in the participants was "significantly increased" when exposed to erotic stimuli. L-Arginine has now become known as a safe and legitimate supplement for increasing the sexual function of both men and women.

HEART HEALTH

One of the most important roles that L-Arginine can play in the human body is in the creation of Nitric Oxide, a chemical that causes blood vessels to widen. Naturally, this has beneficial effects on heart health, the widened vessels reducing blood pressure and strain on the system.

One example from the American Journal of Hypertension found that an increased intake of L-Arginine – either in the diet or through supplementation – decreased blood pressure in participants, when compared to a control diet and regime.

Arginine's ability to encourage blood flow also offers potential benefits for exercise. More research needs to be done in this area, but there is some promise that L-Arginine may soon become part of many athletes' standard supplement routine.

HEALING AND IMMUNITY

With L-Arginine increasing circulation, it means that extra blood is pumped around the body, resulting in a stronger immune system and improved healing time. Alongside this, its effects on white blood cells have also been examined, assessing whether it may help to shorten recovery times from infections.

There's a large amount of research on this topic, with some optimistic results thus far. One study looked at both the healing and immune reactions in 36 healthy participants and stated that "[L-Arginine] may be of clinical benefit in improving wound healing and immune responses." Another observed its effect on lymphocytes - a type of white blood cell - and discovered that it was a safe stimulator of the cells.

EFFECTS ON DIABETES

Diabetes' influence is felt across the whole body, affecting the storage of glucose and its delivery to cells. It's been observed that this puts a strain on the circulatory system, with blood vessels struggling to relax in those with the condition. Naturally, L-Arginine and its ability to relax vessels can help with this, but also it has an effect on how the body absorbs insulin; a crucial hormone in blood sugar control.

There have been positive results into the link between Insulin and L-Arginine; one study found that Insulin sensitivity increased in participants who took L-Arginine supplements for a month, compared to those who took a placebo.

Lastly it has also been noted that L-Arginine can encourage cells in the pancreas, called beta cells, to more readily release Insulin when stimulated by glucose.

MUSCLE GROWTH?

L-Arginine supplements are popular in the bodybuilding community, where it's seen as something that can help increase muscle mass and strength. The link is easy to make, as it's a protein – a "building block" for muscles – that is known for supporting greater blood flow. The actual science about L-Arginine building muscle, however, is less concrete.

In terms of direct strength, much of the research in L-Arginine doesn't observe an increase. One 2017 study found that there was an increase in blood flow in the muscles, aiding recovery. There are many claims that this extra blood flow helps carries nutrients to the muscles and waste away from them, assisting with growth; these properties have yet to have any substantial research conducted on their benefits.

RECOMMENDED DOSAGE

The recommended dosage for L-Arginine is dependent on whether you are taking it as a prescribed medication by a Doctor, or self-administering it as a health supplement. 5g is typically recommended for the treatment of Erectile Dysfunction, and Doctors have experimented with 6-20g for the treatment of congestive heart failure.

For those wishing to simply get healthier, a dosage is recommended at approximately 500mg. As we can see, L-Arginine can produce a wealth of benefits for both men and women and can be a fantastic supplement to include into your regular routine when combined with a healthy lifestyle.

CONCLUSION

L-Arginine can offer a range of health benefits from sexual function to improved cardiovascular endurance. Although typically used in the area of Erectile Dysfunction due to L-Arginine's ability to increase blood flow, the supplement can also offer cardiovascular benefits and improve general health when combined with a healthy lifestyle.

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