The amino acid L-arginine is a substrate for the biosynthesis of nitric oxide, a powerful cellular-signaling compound that helps blood vessels to relax. Studies have shown that L-arginine promotes healthy blood vessel dilation and supports increased blood and oxygen flow to the body’s periphery. As a result, this amino acid is a potent promoter of cardiovascular and circulatory health. This formulation of L-Arginine contains 750 mg per capsule for easy, effective dosing.

**Overview**
L-arginine serves as a precursor for the synthesis of not only proteins, but also of urea, polyamines, proline, glutamate and creatine. It is a substrate for nitric oxide, which plays a critical role in enhancing circulation and supporting cardiovascular health. It promotes proper platelet aggregation, proliferation of vascular smooth muscle and limiting the production of damaging reactive oxygen species. Additionally, nitric oxide is known to cause blood vessel relaxation and enhance blood flow. In this way, it helps maintain normal blood pressure and endothelial health.

**Deficiency**
L-arginine is classified as a semi-essential amino acid. It is essential in children and non-essential in adults. L-arginine levels are regulated by dietary arginine intake, protein turnover, arginine synthesis and metabolism, which may explain why, under certain conditions, it can become an essential dietary component.

**Blood Flow and Vessel Dilation**
When supplemented prior to a single bout of exercise, L-arginine has been shown to support muscle fiber health and to improve exercise performance capacity. A randomized, double-blind crossover study attempted to determine whether orally supplementing L-arginine can support peripheral blood flow and improve status. 15 subjects were given six weeks of oral L-arginine hydrochloride (5.6 to 12.6 g/d) and six weeks of matched placebo capsules. Compared with placebo, supplemental oral L-arginine significantly increased forearm blood flow during exercise. Furthermore, functional status was significantly better on L-arginine compared with placebo. Oral L-arginine also improved arterial compliance and reduced circulating levels of endothelin. A second study of 19 patients assessed calf blood flow at rest and femoral occlusion induced calf blood flow changes before and after IV infusion of L-arginine solution (5 ml/kg for 30 minutes) or placebo. While baseline calf blood flow, arterial pressure, and heart rate showed no significant changes, occlusion-induced blood flow was significantly enhanced by L-arginine. Calf blood flow response after exercise was also higher after the L-arginine infusion than after placebo. Other studies have shown that long-term oral administration of high doses of L-arginine improves erectile response in the aging animal model, as well as in patients with erectile complaints.

**Nitric Oxide**
Most research indicates that the main cardiovascular benefits of L-arginine are due to its role in the biosynthesis of nitric oxide, which is produced by all tissues of the body and plays particularly important roles in cardiovascular function and performance.
Directions
1 or more capsules per day or as recommended by your health care professional.

Does Not Contain
Gluten, corn, yeast, artificial colors and flavors.

Cautions
If you are pregnant or nursing, consult your physician before taking this product.

Supplement Facts

<table>
<thead>
<tr>
<th>Serving Size: 1 Capsule</th>
<th>Servings Per Container: 120</th>
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<tbody>
<tr>
<td>1 capsule contains</td>
<td>Amount Per Serving</td>
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<tr>
<td>L-Arginine USP</td>
<td>750 mg</td>
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* % Daily Value not established

References


Diamond Nutritionals

This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.