

L-Arginine 1000 mg Tablets

SOLGAR


cardiovascular health*

enhances the immune system*



blood health*

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



Amino acids serve as the building blocks of protein. L-arginine is a conditionally-essential amino acid. In addition to its role in the formation of protein, L-arginine plays a part in numerous metabolic processes throughout the body, including the production of creatine and polyamines. Creatine is involved in the energy transfer among muscles. Polyamines are involved in cell growth.

L-arginine plays a role in the chemical signals between cells through its support of nitric oxide synthesis (NOS).^{*2} Nitric oxide, a free-form gas produced by the body, is involved in circulatory and immune system function.^{*2} It influences blood flow through veins and arteries and enables cells to communicate with each other.^{*2} Scientific research into the role of nitric oxide in blood flow and vasodilation resulted in the awarding of the 1998 Nobel Prize.

L-arginine promotes heart health^{3,4} and may help enhance the immune system.^{*5-7}

Solgar L-Arginine 1000 mg Tablets Facts:

- Offers 1000 mg of L-arginine per tablet
- A convenient dosage (1 tablet 3 times daily)
- KOF-K certified
- Suitable for vegetarians
- Free of gluten, wheat, dairy products, corn, yeast, soy, sugar, and salt
- Formulated without the use of artificial preservatives, flavors, or colors

For specific label information, please log on to www.solgar.com.

***These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.**

References:

1. Institute of Medicine. Dietary Reference Intakes for Energy, Carbohydrate, Fiber, Fat, Protein, and Amino Acids (Macronutrients). Washington, DC: National Academy Press, 2002.
2. Blackman DJ et al. Endothelium-derived nitric oxide contributes to the regulation of venous tone in humans. *Circulation*. 2000;101(2):165-70.
3. Rytlewski K et al. Effects of prolonged oral supplementation with L-arginine on blood pressure and nitric oxide synthesis in preeclampsia. *Eur J Clin Invest*. 2005;35(1):32-7.
4. Bednarz B et al. Effects of oral L-arginine supplementation on exercise-induced QT dispersion and exercise tolerance in stable angina pectoris. *Int J Cardiol*. 2000;75(2-3):205-10.
5. Barbul A and H Dawson. Arginine and immunity. In: Forse RA, ed. *Diet, Nutrition, and Immunity*. Boca Raton, FL: CRC Press, 1994.
6. Park KGM. The Sir David Cuthbertson Medal Lecture 1992. The immunological and metabolic effects of L-arginine in human cancer. *Proc Nutr Soc*. 1993;52(3):387-401.
7. Brittenden J et al. L-arginine stimulates host defenses in patients with breast cancer. *Surgery*. 1994;115(2):205-12.

Solgar's KOF-K certification #K-1250.



SOLGAR VITAMIN AND HERB

500 WILLOW TREE ROAD, LEONIA, NJ 07605 USA

WWW.SOLGAR.COM

© 2009 Solgar Vitamin and Herb