

Additional Benefits of L-arginine:

- Hypertension: L-arginine is required in the body to synthesize nitric oxide, which enables the arterial system to retain its youthful elasticity, thus alleviating hypertension in some people.
- Growth Hormone Release: L-arginine has been shown to promote natural (HGH) growth hormone release from the pituitary gland, which is the best form of anti aging.
- Exercise Aid: People who exercise use L-arginine to generate lean muscle mass, reduce body fat and increase stamina levels. It also aids in post-workout recovery, decreasing lactic acid build up. The anabolic effects of L-arginine can enhance the effectiveness of exercise programs.
- Wound Healing: Surgical or traumatic injury greatly increases the body's need for L-arginine. The body uses L-arginine as a key building block to repair damaged tissue and bone. Published studies document enhanced wound healing in response to L-arginine supplementation.
- Enhances immune function.
- Increases growth hormone production.
- Promotes healthy erectile function and sexual performance.
- Enhances circulation throughout the body.
- Helpful for hepatitis.
- Stimulates production of insulin.
- Improved memory.
- Promotes restful sleeping and morning alertness.
- Increased metabolism.
- Reduction in menopause and PMT symptoms.