

L-Lysine

DESCRIPTION

L-Lysine, provided by Douglas Laboratories®, supplies 500 mg of the amino acid in each capsule.

FUNCTIONS

Amino acids have many functions in the body. They are the building blocks for all body proteins – including structural proteins that build muscle, connective tissues, bones and other structures, and functional proteins in the form of thousands of metabolically active enzymes. Amino acids provide the body with the nitrogen that is essential for growth and maintenance of all tissues and structures. Aside from these general functions, individual amino acids also have specific functions in many aspects of human physiology and biochemistry.

Lysine is required for collagen cross-linking. Collagen cross-linking is important for resiliency and elasticity of the collagen and elastin present in all connective tissues and blood vessel walls. During formation of new collagen, fibroblasts secrete immature collagen strands and a vitamin C- and copper-requiring enzyme, lysyl oxidase. Lysyl oxidase oxidizes the free amino group of the immature collagen's lysyl side chains. Once oxidized, these lysyl side chains engage in various reactions between collagen strands to initiate cross-linking. As a result, a complex network of collagen strands is formed, providing elasticity and resiliency. † Animal and human studies suggest lysine may support bone health by increasing the absorption and retention of calcium. † Decreasing the loss of calcium and supporting bone-building activity via collagen allows calcium to effectively adhere to the collagen and create new tissue. In addition, lysine plays an essential role in maintaining a healthy immune system. †

INDICATIONS

L-Lysine capsules may be a useful nutritional adjunct for individuals who wish to supplement their diets with significant amounts of L-lysine.

FORMULA (#7944)

1 Capsule Contains:

L-Lysine HCl..... 500 mg

SUGGESTED USE

Adults take 1 capsule daily or as directed by a health care professional.

SIDE EFFECTS

No adverse side effects have been reported.

STORAGE

Store in a cool, dry place, away from direct light. Keep out of reach of children.

REFERENCES

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For more information on L-Lysine visit douglaslabs.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.

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