

# L-Histidine

## DESCRIPTION

L-Histidine, 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—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.

Proteins and amino acids also serve as a source of energy, providing about 4 calories per gram.

Aside from these general functions, individual amino acids also have specific functions in many aspects of human physiology and biochemistry. Amino acids serve as precursors for many nitrogenous substances. These include heme, purines, pyrimidines, hormones, and neuro-transmitters, including biologically active peptides. In addition, many proteins contain amino acids that have been modified for a specific function, e.g., calcium binding or collagen cross-linking. L-Histidine is thought to play important roles in proper joint, neurological and cardiovascular support.

## INDICATIONS

L-Histidine may be a useful dietary adjunct for individuals wishing to supplement with this amino acid.

## FORMULA (#7935)

### 1 Capsule Contains:

L-Histidine ..... 500 mg

## SUGGESTED USE

Adults take 1 capsule daily or as directed by physician.

## SIDE EFFECTS

No adverse side effects reported.

## STORAGE

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

## REFERENCES

King PA. Effects of insulin and exercise on amino acid transport in rat skeletal muscle. *Am J Physiol Cell Physiol* 1994;266:C524-C530

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Price GM, Halliday D, Pacy PJ, Quevedo MR, Millward DJ. Nitrogen homeostasis in man: Influence of protein intake on the amplitude of diurnal cycling of body nitrogen. *Clin Sci* 1994;86:91-102.

Quevedo MR, Price GM, Halliday D, Pacy PJ, Millward DJ. Nitrogen homeostasis in man: Diurnal changes in nitrogen excretion, leucine oxidation and whole body leucine kinetics during a reduction from a high to a moderate protein intake. *Clin Sci* 1994;86:185-193.

Reeds PJ, Hutchens TW. Protein requirements: From nitrogen balance to functional impact. *J Nutr* 1994;124 Suppl.1754S-1764S

**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.**

**Manufactured by  
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